

LEGACY BURDENS

Track 3

So, taking a moment right now to just feel into a legacy burden that you may want to do some work with. Just taking a moment to just notice what is it that you carry that doesn't belong to you.

You. So, taking a moment now to bring your attention to that cocoon, that cocoon of healing around your ancestors, feeling into that cocoon, you wow.

And just beginning to notice what happened here.

Allowing your ancestors to share with you where this energy, this legacy burden that you carry, where did it begin?

And you may have to go way, way back, or you may just be feeling into a few generations back.

But taking some time to let them show you and share with you what happened in this lineage.

Allowing them to show you the burdens they carry.

And also letting them show you the blessings they carry.

Craftspeople, all, artists, healers, merchants, let them show you everything.

What do they want you to know about themselves? What do they want to show you or tell you?

And when they've shown you all they want to show you, take a moment to do some writing, writing down the blessings of these ancestors, the gifts that they carry, and also writing down the burdens that they carry.

Knowing that the healing has begun in this cocoon.