

LEGACY BURDENS

Track 4

And now, taking a moment to bring your attention back to yourself, to this legacy burden that you began with, bringing your attention down into your body, feeling into this part of you that carries the energy of the ancestors, noticing again where it lives in your body and asking this part if it would be willing to let go of the energy that it doesn't belong to.

If it says yes, we'll proceed. If it says no, let's just take some time to check and see what it might be concerned about.

Letting the part know that as we let go of this energy, we're also helping the others in the lineage to heal. Letting it know that no one's going to have to carry this energy.

It'll get passed through the ancestors into the healing cocoon and cared for by the whole and well ancestor on the other side.

Then bringing your attention back to the part and just see if it can show you this energy that it carries in the body and ask it if it would be willing to let this go now and when it feels ready, taking that energy, passing it to the parent that it came from in the cocoon. This doesn't belong to me.

I'm giving it back to you.

And that parent, taking your energy and its own, passing it back to its parent.

This doesn't belong to me.

That grandparent taking your energy and the parent and its own, and passing it back and continuing that process all the way back to where it began, passing from one generation to the next, all within the healing cocoon.

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And when it comes to the last ancestor, taking that energy and sending it right out to that whole and well ancestor, who knows exactly what to do with that energy to transform it and heal it, and that whole and well ancestor sends the healing back into the cocoon to each of the ancestors, the exact healing that each of them need, sending it back to each one, allowing them to receive the healing and then back to you, feeling into that place where you have let go of that burden, just see what energies or qualities would you like to take in that would be just right for you.

Allowing that healing to happen, your body to take in whatever energy or quality, it's just exactly what you need.

And knowing that if you have a child or children, that you can pass that quality down to them, that they can also be in on this healing, letting them know the buck stops here, they don't have to carry this anymore.

Then bringing your attention to that part of you, that percentage that may have been just yours and just noticing what that part may need from you, maybe that it doesn't carry much of this energy anymore or if it does just notice what it might need from you're allowing it to receive whatever it needs and then taking a moment to bring your attention to that whole and well ancestor that has helped all of this to happen and just sending your deep appreciation, your acknowledgment and just seeing what would it look like to keep a relationship with this ancestor.

Ask the ancestor what it would like from you and what it would like for you and ask the ancestor also how can you stay connected? What might that look like?

It feeling into your intention to stay connected knowing that this healing of the ancestors will continue and that you don't have to do anything to make that happen. That's really the job of the whole and well ancestor and the cocoon and when you feel complete just really thanking each of these ancestors for showing up for being willing to do this healing and when you're ready you can take some notes keeping this healing close this to you. Bye.