

OBSERVATIONS FROM A CLINIC

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TIME TO CLEAN OUT THE ANCESTRAL SEKELETONS IN THE CUPBOARD?

Mary (fictional Name) has a difficult relationship with her daughter. In comparing her life to others around her, her daughter believes that her personal life circumstances from childhood through adulthood have held her back and Mary is blamed for this. The discussion reveals that Mary's mother held the same beliefs; she held her own mother as well as her children for being responsible for ruining her life, and preventing her from doing what she wanted. Mary enjoyed the times she spent with her maternal grandmother, she did not know her maternal great grandmother but had been told by those who did remember her that she was a very "nasty piece of work" vicious and vindictive, a very unhappy woman.

Muscle testing revealed that this was an inherited pattern in the Mother/Daughter line which had begun many generations previously, seemingly appearing in it's most severe state in every other generation.

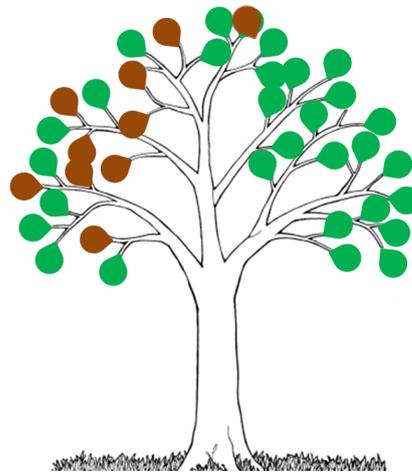
Things had come to a head with her daughter and Mary was looking for help to improve her relationship with her daughter.

I am always intrigued when an issue arrives frequently at my clinic over a brief period of time and Parent/Child family line issues have popped up several times just recently. This always makes me feel that I am witnessing something that is not just occurring for my clients but also for the human collective; a need to look at and heal ancestral issues.

7 years ago, Rachel Yehuda, a pioneer in epigenetics, headed a research team at New York's Mount Sinai Hospital which looked at how parental trauma might impact the genetic make-up of their children. Her team's work was acknowledged as the clearest example in humans, of the transmission of trauma to a child via what is called "epigenetic inheritance" - the idea that stress can affect the genes of your children and possibly even grandchildren.

The study provided the first demonstration of transmission of pre-conception stress effects resulting in epigenetic changes in both the exposed parents and their offspring in humans.

Now step back over 5000 years, which is how long "Jing" tonics have been used in traditional Chinese medicine to support and restore life force energy. Jing is a powerful



Are you willing to look into your own ancestral cupboard?"

- *Are you able to identify a possible unhelpful ancestral issue in your family blood-line?*
- *Do you recognize certain unhelpful traits or behaviors which you can see as having been passed down through the generations?*
- *If so, does it relate to the Father line or Mother line?*
- *Would you be willing to undertake the work needed to heal all generations, past present and future?*
- *As above, so below. What might be the impact on how we live with each other as a collective if we were all able to resolve the unhelpful ancestral issues which we carry and which can give rise to so much discomfort in our lives?*

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substance that forms the essence of who and what we are, it is the primal energy of our life. Jing energy is regarded from two perspectives: Pre-Natal Jing and Post-Natal Jing.

Pre-natal Jing, is our core **ancestral life-force**. It is the highly concentrated energy inherited from generations past and the combined powers of our parent's life force.

As well as our "Jing" energy, we also inherit our appearance, tendency to particular behaviors, diseases and other conditions from our ancestors. We inherit our gifts and talents and many good things as well as challenges and difficulties from our family line.

ANCESTRAL BLOOD-LINE BALANCE

Ancestral Blood-Line Balance is one of the techniques used in the clinic when issues of an ancestral nature arise. The aim of working with this aspect of our energy is to restore our fundamental energy to as high a level as possible so we can be healthy, happy and in touch with our purpose as it is possible to be.

Within a tracking session we may be looking at either of the following:

- Recognition and embodiment of ancestral gifts
- Identifying issues of imbalance and difficulty to be cleared and healed.

However, most of the work is with the clearing and healing needed for the person to move on in their life.

Tracking is used to discover the nature of the ancestral issue and the part/s of our system holding the issue. If the issue was present at conception, we track to find which lineage it relates to and the number of generations affected. We also track to see if the client's DNA and RNA is affected in any way.

The healing of Ancestral Issues is profound. It will ripple backwards and forwards through the generations to both ancestors and descendants. With this intent a whole lineage can be healed BUT the client must be willing to do this for their ancestral line.

Ancestral healing is aligned with the science of Epigenetics, which studies inherited genetic changes in an individual based upon the experiences of those in their family line. Epigeneticists have found that after someone

experiences a stressful event or emotional trauma, this can leave a chemical coating on the chromosomes of their body and make those that come after them more susceptible to being triggered by such stress.

This coating becomes a sort of 'memory' of the cell and since all cells in our body carry this kind of memory, it becomes a constant physical reminder of past events; our own and those of our parents, grandparents and beyond.

I'm not sure a Traditional Chinese Medicine practitioner of some 5000 years ago would have explained it quite that way!



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Sessions in clinic or online over Zoom or Skype. Different time zones accommodated for.