

## The Background

In these current times of war, global pandemic, enforced migration, resource scarcity, political unrest and ecological damage, it is hard not to feel overwhelmed. Adding to the burden of distress is the resonance felt by our ancestors, brought to the surface by these situations and felt in us. Their griefs, pain and suffering is not dead and buried but alive in us, **passed epigenetically and energetically** echoing through the generations.

Death is the end of our physical body but it is most certainly not the end of our consciousness which continues as does the memory of long carried guilt, shame, joy, loss, and love. The **role of the ancestry is to support the living** but often these wounds stand in the way. An old Irish proverb says, 'The troubles in this world can only be healed in the other world and the troubles in the other world can only be healed in this world. So, we need them and they need us. We need to honour, respect and witness our departed relatives. We also need to do the same for ourselves. Looking at our epigenetic coding, we realise that **much of what we feel isn't ours**, it's been passed down through our family and community, genetically and through thoughts, feelings, habits and behaviours. As we resolve these patterns love flows more freely through the ancestral tree.

## The Content of the Study Day

During this one-day study day we will be exploring how unresolved ancestral trauma of the past affects, our current lives in the present and our children's lives in the future. Epigenetic coding, familial behaviours, social and cultural practices all impact our physical, mental and emotional wellbeing.

This study day will help you identify the most commonly held ancestral traumas in yourself and in your clients. Through a combination of presentations, practicals and experiential guided meditations, we will explore techniques for healing the most commonly held wounding patterns. Working with subconsciously held beliefs we will assist in the integration of collective and ancestral wounds, lightening our load, that of our patients and that of future generations.