

## **Clearing Generational Limiting Beliefs**

### **“Like Father, Like Son; Like Mother, Like Daughter”**

For many people that is not just having the physical or character traits of parents- for good or not so good- it can also relate to repeated patterns and habits that have been passed from one generation to another.

That can be fantastic if they are patterns of how to make and keep great financial wealth, or how to live past 90 or how to have a marriage that lasts 50 years or more or good traits and patterns that help and support you.

All too often, though, the patterns are not very constructive. There may be patterns of financial lack, of intense dislike and mistrust of rich people, or relationship breakdowns and painful health conditions such as arthritis passed from one generation to another.

If you have problems of any description caused by things or people from the past or from your family, then please seek professional help from an appropriately qualified person to deal with them.

## **Abundance and Lack**

In case of money and finances, families seem to follow the same patterns of lack and just getting by.

We certainly did in our family. This was the same on both family lines. I can remember when I was growing up nobody seemed to have any money; not my parents nor my grand-parents.

My dad would come up with some brilliant ideas, make some money and then lose it all.

When I look further back to my grand-parents parents and beyond, there seemed to be some consistent themes around this making and keeping money thing.

It takes a real rebel or a total maverick thinker to break out of that mould and create wealth. Then how often do we see the next generation squander and lose it all because 1) they have had plenty, which had come easily and they have not learnt the value of money 2) there could still be some generational stuff hanging about.

## **Health**

When we talk about families, we can frequently see the same health tendencies appearing from one generation to another. These become almost ingrained expected beliefs, and surprise, surprise someone else gets the

same condition and the belief becomes a self-fulfilling prophecy or family members tell you their family is cursed.

Our family seems to have been plagued by hip and joint problems. My grand-dad on my mother's side had a new hip, my mother has had a new hip, my grandma has got arthritis in her knees and then my mum told me my cousin (on the same maternal side) has had problems with her hips- in her 30s- and might need a new one.

On the other side, my dad has also had a new hip.

My husband's mother has had new knees and her mother has had a new hip.

Hmm, can we see a pattern emerging? It would be very easy for me to say., "Oh, joint problems all round, I'll be next!" or worse than that to say "Well, that's bound to be something that affects my two girls as they get older".

I decided against that one and made the choice I was not following that pattern.

## **Generational Beliefs**

If you are experiencing lack of abundance, health, happiness or any other good things in your life you could be following the same patterns and beliefs as your parents and grandparents did, and are probably teaching the same beliefs to your children.

From being children, most of us have had huge amounts of "lack programming" from our family, our peers, our school, our church, the media, and society around us. Do you find yourself repeating those same phrases in your own life?

Listen to your **language** around money. If you find yourself saying "I can't afford it", STOP yourself immediately and change it to "HOW can I afford it?"

That gets your creative brain going and gets you out of lack.

Do you get involved in negative conversations with others about how bad things are? Or what's going wrong in your life? In the lives of others? In the Economy? **STOP** at once.!!

We create more of what we FOCUS on. If we focus on lack and not enough and how bad things are, we create more of the same.

## **Your Birth**

If there is any negativity at all around your birth, it is very likely that you carry all the negative emotions right through your life. Feelings of being unloved,

unwanted, in the way, unsupported, having to do everything for your self and being fiercely independent in everything you do, not having your emotional needs met as a child will carry right into your life and affect your every day actions.

These are deep-rooted patterns, which are mostly unconscious, and which most people are not even aware of. They are very easy to clear and heal.

Every human being was born into the perfect family for them at the perfect time for the lessons they came to learn.

## **Healing**

All of this can easily be healed, and you will be doing your family a huge service by clearing the old, generational beliefs about money. You free your ancestors from the burdens of lack and you attract the energy of abundance for all your family now and from now on.

When one person takes things one step further and decides to heal and release the “curses” that have blighted their family for generations then a whole powerful new ball game comes into play.

There are a couple of very simple, painless processes you can do.

The important thing to remember is that there is no guilt or blame or recriminations of any kind in this process. You are also not taking on any responsibility for the actions of your ancestors. What has been done has gone and it is now time to let go of the pain of the past and move on to the life of abundance you deserve.

It is important to be at peace with your ancestors. They may have done horrible things that you feel are un-forgive-able. This is not about condoning the actions, it is about releasing the emotional pain and attachment to it, so you can talk about past events without strong emotional sting of anger.

You don't have to suddenly love everyone that you really can't stand, although that may be a useful place to aim for. It is about being at peace with yourself when you think of those people.

This may not be reciprocated, but that does not matter because it is how you feel about yourself and what you are carrying around with you.

If you cannot offer any peace or forgiveness towards them, then ask God, the Universe or your Angels to do it for you.

## **Family Tree**

Sit quietly and close your eyes. Imagine a family tree diagram, with branches going off in all directions. Imagine going up your lines, through your parents, grand-parents etc. it does not matter if you do not know any of these people.

Set an Intention to go as far into your family trees to the first place where the generational problems occurred, whether that is health, money or whatever it is.

Imagine then golden light pouring from the top down through all the branches and stems to the present day.

This is a bit like pouring soothing healing water over a tree from the top- every little branch is affected.

When the healing, and release comes from the top down, everyone is affected, all your cousins, aunts, uncles and everyone with the same name as you in your family line, wherever they are in the world.

Ask that the ills and wrongs of the past be healed for everyone, who is open and ready to receive healing and abundance and where it is for their highest good to receive it.

The healing will be offered to them; whether they choose to be open to receive it is up to them.

Remember, you cannot force healing and abundance on anybody and some people are happy where they are and don't really want their lives to be any better.

### **Generational Clearing Camp Fire**

This is an amazingly powerful exercise to do, if there are long standing issues within your family, which appear to follow the same pattern through several generations.

Imagine you are sitting beside a campfire. You may want to have someone to support you, such as a friend or a guide.

Ask that everyone is safe and protected.

Make this full of dark blue flames. These are **flames of transformation**, which turn negative energies into positive ones, without any person needing to take them on.

Call forward the generations of your family- past, present and future. You don't have to see them individually, just get a sense of their presence.

See them coming forward carrying big backpacks and heavy weights, which represent all the burdens created through these beliefs.

Ask them to take off these burdens and throw them in the fire. Watch them all burn in the blue flames.

See the relief come over their faces, see them start to smile, jump and dance and be happy. Make sure that everyone discards their burdens and no-one wants to hang on to them.

When all the burdens are in the fire, see the blue flames rise up above everyone and turn into a beautiful white healing, cleansing light which is full of gold flecks.

This is the white and gold of love, abundance, peace and healing. See it showering down on everyone, filling them full of wonderful, positive things. Let everyone soak up as much as they want. When everyone has had as much as they want, see all the generations fading away.

Thank all your helpers and protectors and gently come back to your physical body and your present place.

### **In Conclusion**

You can now objectively look at what has come down through the generations of your family and ask yourself which beliefs, values, habits and patterns serve you and which don't.

By choosing to release those that don't serve, you can create others that do serve you. Our family and our ancestors have shaped us and made us who we are and now we can acknowledge them for that, honor them for all they have done and release what no longer serves.

I feel certain they would be delighted if you could live the life of abundance that is your birth-right and they strived so hard to give to your family.

With abundant blessings

Amanda Goldston

Abundance Coach

<http://www.GetYourDreamLife.com>

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