

FAMILY PATTERNS

The influential, generational umbilical cord

As a member of a family, you have an “umbilical cord” that connects you to others to some degree. Even though this cord was cut at birth or if there has been separation or disconnection from your “family” through other situations or events, you still, I believe, have an energetic connection to the previous generation and to the next one. Generational patterns through your family lineage of loss, ill-health, conflict, abuse, parenting and relationships, for example, can be stopped or altered by the choices and behaviours that YOU make today - allowing more positive and life-affirming patterns to be passed on in both directions of your family tree.

The “whanau” tree

Maori, the indigenous people of New Zealand, view the whanau (family) as not being limited to the nuclear family of mum, dad and the children. Whanau encompasses uncles, aunts, grandparents, relatives, caregivers and significant others. Imagine how that family “tree” might look both in linear form on paper and also in real life – expansive with a solid trunk and lots of intertwining roots and off-shooting branches.

Different situations occur in your life that bring you closer or distance you from certain people thus challenging the “traditional” construct of family. eg. adoption, care-giving your grandchildren, being raised by a family member other than your parents, gay parents, separation and divorce, blended families, step-parenting and families distanced geographically.

Get to know your biological family history as well as your “extended whanau” history – whether the people are in your “bloodline” or not – for they are all people of influence.

If you are adopted, you may not share your adoptive parents’ bloodline, but I believe that it is no accident that you are in this family. My belief is there is an “energetic” blueprint in that adoptive family dynamic as well as other family contexts linking you together, so gathering your extended whanau history is important to gaining a more extensive picture of what makes you uniquely you.

Being familiar with a sperm or egg donor’s family history or that of a surrogate is also important. They are not merely “physical” donors, but energetic donors who play a part in your make-up.

Even in blended families, what part does a step-parent play in the generational aspect of who you are and how you play that out in your behaviours, patterns, beliefs and habits? What does “absence” of a parent or family member mean in terms of generational patterns? Absence, for me does not equate to “non-existence”. Their energetic influence as well as their whanau connection does play a part no matter where that person is in the world.

Bruce Lipton in his book, “The Biology of Belief: Unleashing the power of consciousness, matter and miracles” has researched growing evidence that the conditions set up before a child is even conceived, to some extent determines its disposition and its future state of health and happiness. Those environmental conditions include thoughts, beliefs, words, diet, attitude, self-beliefs and values, for example.

Choose carefully therefore what you wish to seed in to the next generation or change with the one before. The environmental and energetic umbilical cord is always at work!

Soul whanau

My belief is that you can be part of a greater soul or spiritual family who you are influenced by, and who you also influence.

My three oldest daughters were gifted to me after their birthmother was killed in an accident. I have always refused to be called “step-mother” because in my deeper knowingness (and also spiritual connection with their birth mum) I am confident that in this life time I AM their mother and was put here on this earth to see them through to womanhood. This has been revealed and confirmed to me in many ways.

People may have been placed into your life for your soul growth – often seen as your greatest supporters or sometimes your greatest challengers and you will know who they are!

Other people may have crossed your path to “midwife” you through change and transition. These “soul family members” also form a branch of your greater whanau tree. They have also been impacted by the patterns that have formed as part of that relationship.

The story of the whanau tree - ephistogram and body biography

So how can you look at your whanau tree (hi)story? Medical history gathering is a great start, but it often doesn't complete the picture of your life and the way it presently looks, nor does merely considering your biological or bloodline history.

Niravi Payne, author of “The Whole Person Fertility Program – A Revolutionary Mind-Body process to help you conceive” – uses an ephistogram to help people map out their family history. This history-taking is important as each of us is the product of many generations and not just the one before. The ephistogram maps the family structure, family relationships and factual data including education, economics, health, spiritual and religious attitudes, relationships, siblings, births, deaths, marriages, divorces, occupations, substance use and so on. Gathering this information helps people gain insights into the conscious and unconscious patterns in the family which may be impacting their life at present.

I have devised a very simple body biography (available free at www.janellefletcher.com) - that literally is the written story of your body that is useful for recognising many patterns that run through your life especially in relationship to your body, your self esteem and your life. The point of this exercise is not to blame life events, family members or yourself for the way your health, happiness and life looks, but is more a self-awareness activity whereby you can choose for yourself what you wish to be continued (or discontinued) for yourself and your family upline and downline. Armed with more information, new insights and greater compassion, you may also see people and events in your life in a totally different light that support your “tree” grow better.

Healing the whanau tree – one example

My belief is that when you heal certain things in yourself, you heal not only the generation after you by setting up new expectations, new patterns and new outlooks, but you can also heal the generation before you. I think of a client of mine, who wanted a baby but to date, had not had one despite her efforts and fertility investigations.

When I asked her to sit quietly and really feel into the core of what was impacting why she wasn't falling pregnant, she answered, “I am scared of the responsibility of being a mum.” Honesty is a great start.

In our healing work together, she revealed that she had experienced being in a household (during her puberty and developing reproductive years) with her stressed mother and elderly, mentally ill grandmother. She witnessed her very busy mum in “overwhelm mode” and my belief is she took on

those impressions as an early teen and buried them in her subconscious as well as in her physical body in her developing reproductive organs.

When, like my client, you realise you have subconsciously “inherited” or assumed your parents’ burdens, (that are actually not your own) and when the body takes on the memories of that event or trauma at a cellular level (and in her case in her developing reproductive organs), then you can heal this by clearing the cell memory and consciously challenging the beliefs and subsequent patterns you have set up.

A week or two later, my client came back after having investigated further about her grandmother’s life. The grandmother’s first child had died at birth. She then conceived my client’s mother whilst experiencing postnatal depression. After giving birth to her, the grandmother left her baby in the hospital for a few months because she was “not in a state’ to look after her. She was overburdened and overwhelmed with responsibility. My client’s mother assumed the trauma of responsibility and overwhelm in utero and as a newborn, and the generational pattern was set up.

When the relationship between my client and her mother heals at various levels, and through having greater compassion for her mentally ill grandmother, in conjunction with addressing other factors which are impacting her fertility, I believe she will fall pregnant. When my client heals her relationship with her mother, both will heal. So too may her grandmother in spirit.

(Re)Planting the whanau legacy

What legacy do you wish to (re)plant so your whanau thrives?

Bibliography:

Lipton, Bruce (2004) The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles Hay House Carlsbad

Payne, Niravi (1997) The Whole Person Fertility Program – A Revolutionary Mind-Body process to help you conceive Three Rivers Press USA

Body biography www.janellefletcher.com

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