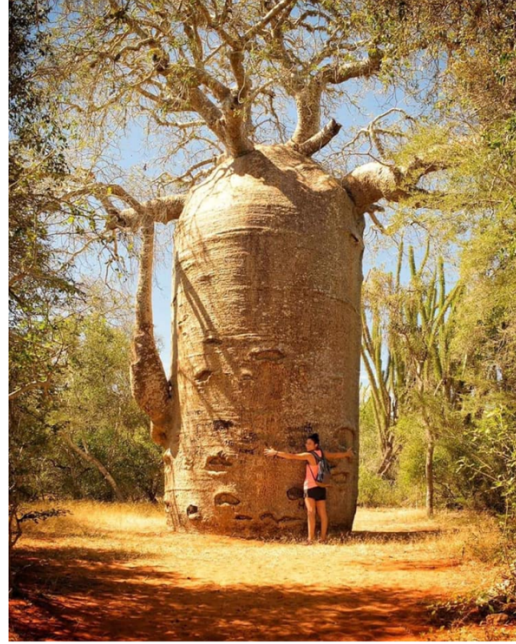


Hugging The Family Tree of Humanity

Ascending into our Divine Inheritance

“For a seed to achieve its greatest expression, it must come completely undone. The shell cracks, its insides come out, and everything changes. To someone who doesn’t understand growth, it will look like complete destruction.”

— Cynthia Occelli



Close your eyes and picture yourself sitting in a glorious courtyard with a lush, green lawn, or entering a primeval, cathedral forest-where you find yourself at the edge of a small clearing, covered in soft moss and pine needles. In the center of this area is a magnificent tree: A mighty oak, an ancient chestnut tree, a humongous beech tree, a giant sequoia, a towering redwood, or even a magnificent baobab tree (any tree that you would like). Picture this tree in your mind’s eye now in vivid details.

As you look at the trunk of the tree, you see that it is several feet in diameter. The circumference is SO BIG you cannot put your arms around it, even if you tried. The bark is smooth, with fissures that indent just slightly. A few of the tree’s roots, as thick as some of the tree’s limbs,

break the surface of the ground, giving hint to the vast network of roots far below the surface of the Earth. These roots, fathoms deep, always provide to be a mighty stability of force, as the winds of change blow to and fro way through the trees branches and leaves.

You find yourself, now sitting at the base of the tree, with your back up against a flawless nook in the trunk, as if it's a chair designed perfectly to the contours of your body. And it is so comfortable. You move your shoulders and back, side to side, for a more perfect fit, and then settle in by relaxing comfortably into this spot.

Take a nice, slow, deep breath and relax your body into this comfortable nook, contoured perfectly to your body. As you sit here, leaning your head against the trunk, you consciously send a sensation of love and gratitude up the trunk, up through all the branches, out to the smallest branches, out to each leaf and every cell of chlorophyll.

Follow this deep breath of gratitude with another slow, deep breath and feel how relaxed and comfortable you feel in this spot. Its like being with an old friend.

With your next slow deep breath, give thanks for how far you have come on your own human journey, how much you have transformed over the course of your life. Like the tree you rest against, realize and appreciate just how much you are evolving consciously each day. Take another slow deep breath, and give thanks once again for all the wisdom you have gained on this human sojourn.

As you look up, you notice that this tree is extremely tall and has thousands, upon thousands, of branches. The abundance of leaves

provides lavish shade all around, and this sense of comfort in the shade of the canopy of leaves or pin needles, feels wonderfully reassuring.

As you take another slow deep breath, you begin to realize that this tree represents YOU; specifically, you and your family history; a family tree with a history that goes back not just centuries, but eons and eons. This tree also represents a bloodline, your bloodline; like a river that begins miles and miles away, with an underwater spring, bubbling to the surface, creating the headwaters of your life and that of your distant ancestors.

With your back resting comfortably against the trunk of this tree, take a moment to reflect on your family tree. Look up for a moment and reflect back in time to the branches that symbolically represent your mother's side, and your father's side, and in turn, each of their parents (your grandparents), and their parents, and their parents. Faces, names, even biological traits that you might not even know, or are aware of, but are very much a part of who you are now and your evolution to this point in time. This is the yin and yang of human creation; these are the energies that coalesce into harmony of life. Collectively, we now consciously access these energies to redirect our lives, in both the present moment and future for the use of our highest potential. Unlike Rip Van Winkle who sat up against a tree only to fall asleep for 20 years, you are fully awake and become more aware of all of your potential; your creativity, your inner strength and your unique gifts all of which you share unconditionally with the world in these changing and challenging times of transition and global shift.

Every family tree has a history, with drama in each chapter, that rival any popular television series or best picture nominated screen movie—only better because its real. Or worse, because it is real.

Psychologist Carl Jung believed that not only do we carry the genetic endowment of our ancestors, but bound tightly within our genetic makeup, we also carry the emotional memories, even the traumatic memories, that lie deep in the unconscious mind associated with these old habits, traditions, secrets and beliefs. As modern science explores the mysteries of our DNA, it is bearing this wisdom out. But Jung also believed that these memories can be consciously released, so that we can detach from the emotional burdens, liberate ourselves, and move more gracefully with our lives. In essence, like a dialysis machine, we can metaphorically cleanse our bloodline, with a powerful alchemical intention of conscious thought, acceptance, forgiveness and insight. Through the work of Joe Dispenza, we know that conscious intention can up-regulate our genetic make-up to positively change our genetic destiny.

In this time in the history of humanity, as we evolved our consciousness, we are invited to take the next step forward of evolution, by making peace with our past; clearing blocks and obstructions in the bloodline that impede the flow of the universal life force of energy: That which flows through our meridians, chakras and human energy field and connects continuously, through the quantum field of energy to all living things.

As a means to ensure this dynamic and uninterrupted flow of energy, at some point in life, we need to make peace with our family history; the good, the bad and the ugly. That time is now. As we mature spiritually in what is often called the “*ascension process of awakening*,” this is now declared as the time to make peace with our past, and at the same time, creating a better future for our descendants, whether they be blood-relations, or simply members of the collective we call humanity, the brotherhood and sisterhood of our species.

To make peace with our past is a two-tier process. First, we must acknowledge that there were specific habits, traditions, agreements, secrets and belief systems that were adopted by those in our family members, very early on in this history, adopted for reasons we many never fully understand. Most likely, the men and women in our lineage were taught, adopted and passed on these traditions, agreements, secrets and belief systems as a means to survive physically, or emotionally, in their specific time period, despite the fact that they may have, and we certainly have outgrown these reasons and justifications.

Cultural ways, practiced just a few generations ago, and woven into our psyche, may make no logical or rational sense to us now. In fact, through today's standards, they are gross violations to the human condition. Yet, rather than judge (remember, with judgment comes the tendency to harbor ill feelings), we are now invited to release not only these aspects, but the feelings of anger, frustrations, and anxiety that accompany them.

In the acknowledgment of these habits, behavior patterns, biases, perceptions and lies, addictions, and traumas, we consciously and purposefully let go of all of this (blocks and obstructions) that no longer serves us, in fact, they impede our spiritual growth. At this time, we are granted permission, and in turn, we grant permission to clear all interferences and negativities that have coursed through our bloodline, including those from our own experiences. The generational lies, dysfunction, ambivalence, ignorance, apathy violence, and abuse all stop here. Our ancestors may have done the best they could with what they knew, but today we deserve better. Today we consciously demand an awakening of light. Make a conscious promise, a heart-felt intention, that

these behavior patterns and all associated with them cease and are cleansed today.

Picture for a moment the leaves of this tree turning colors, and then falling to the ground. This act of letting go is a reminder that we too, must let go of those parts of our generational past, and karmic past, that no longer serve us. While we maintain the wisdom of the experience, we release the old to make way for the new. In doing so, we give ourselves permission to reprogram our DNA to a higher potential; one not ruled by ego, but by the divine light of the soul.

This is the second tier to step up to in this process of making peace with our past; letting go of the past, specifically, forgiving ourselves and those in our lineage. In this moment, we are given the gift of consciousness to metaphorically erase, and understand with new eyes. In essence, creating a metaphorical dialysis to filter and purify the bloodlines. In doing so, we create a new and better future for ourselves, our decedents, and those in our family of friends; in essence, everyone. Through the wisdom of Ramana Maharshi, when asked how are we supposed to treat others, he replied, *“Others? There are no others.”*

Take a moment, through your mind’s eye, to visit the headwaters of your bloodline. Imagine that you are standing at the spring of these headwaters. As you dip your hands in the waters, through your hands, send a conscious intention, with loving energy, to clear the currents in your bloodline that travel from these headwaters to where you sit at the base of your tree.

With your next deep breath, send the energy of love and compassion down the trunk of the tree, down into the ground throughout the entire root system underneath you. In this process we invite the earth to absorb

past transgressions and heal the trauma between masculine and feminine energy, heal the trauma of addiction, and the scars of physical, mental, emotional and spiritual abuse. We ask and invite the earth to absorb the mistakes made, the pain caused, the trauma inflicted to any and all people, throughout the ages, under the canopy of the life of this tree.

Like the apple tree that becomes pruned of it's branches each year so that it may continue to bear sweet fruit, so too, can we metaphorically prune our family tree of the memories of thoughts, attitudes, perceptions, beliefs, biases, habits, addictions, and painful traumas that no longer serve us. This pruning doesn't rewrite history: it merely allows us to begin today with a clean slate rather than carry the weight of these memories (consciously or unconsciously) each day forward.

With your next slow deep breath, feeling your back supported by the trunk of this tree, send the energy of love and compassion down through the trunk of this tree, down into the root system; a network of support and stability. Feel the roots absorb this energy just as they absorb rain water and nutrients from the soil. Feel the increased strength of the roots provide an increased strength to all parts of the tree above the ground, clear up to the heavens above you.

Once again, feeling your back supported by the trunk of this tree, and as you settle in even more, send the energy of love and compassion up through the trunk, to the very tip of all the branches. As your awareness reaches upward, greet the sunshine, the rays of divine light that are absorbed by the furthest reaches of this tree. In doing so, you allow more light, more nourishment into the bloodline. The collective ego, formed from the fibers of this tree, an ego that worked so hard for survival now becomes a beautiful container to hold this divine light. See this tree filled with light; each leaf, each branch, each limb, and the trunk

itself, radiates with divine light. This spiritual light transforms and transmutes the history, the stories, the sins and misunderstandings; thus manifesting a new reality for current and future generations. From this day forward, we embrace and write a new story of harmony and peace.

Once again, feeling your back supported by the trunk of this tree, and as you do, with your next breath send the energy of love and compassion up through the trunk, to the very tip of all the branches. With your next deep breath, once again send the energy of love and compassion down the trunk of the tree, down into the ground throughout the entire root system underneath you.

Take a moment to focus your attention on the future of your family history; your legacy, the fortune (gifts) you share with the world; your children, your grandchildren, nieces and nephews, godchildren, and those deep family members not of blood, but of spirit.

We are at a very unique moment in history, where we can not only look back in time, but look ahead to plant new seeds for our future. In doing so we manifest a new reality, a new legacy, where we resonate at a higher vibration, one of love and compassion. In doing so, we accept the unique gift of the alchemy of our humanity and divinity that allows us to reach our highest potential and make the world a better place to live.

Once again you find yourself sitting in a glorious courtyard with a lush, green lawn, or entering a primeval, cathedral forest where you find yourself at the edge of a small clearing covered in soft moss and pine needles. In the center of this area is a magnificent tree: A mighty oak, an ancient chestnut tree, a humongous beech tree, a giant sequoia, a towering redwood, or even a baobab tree. Picture this tree in your mind's eye now in vivid details. Once again you find yourself approaching this tree. When

you are within reach you extend your arms as wide as you can reach from hand to hand around the tree trunk, pressing your body up against the tree. Feel the energy of the life force of this tree on your cheek, the palms of your hands, and your chest. Take one final slow deep breath and give a nod of thanks from your heart-space to the tree, from the deepest roots to the highest branches.

In closing we reflect on the words of naturalist John Muir, “*The sun shines not on us, but in us. The river flows not past us, but through us.*”

