

Coming Home to the Core of Your Birth Family

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“Family” is a word that evokes tremendous charge and reactivity in our culture. Yet, the Guide reminds us that we choose a specific family as the ideal seeding ground for our evolution. A reciprocity exists between purpose in life and the family chosen for each person’s birth.

In the Lecture #240 on the Anatomy of Love, the Guide notes that when people are reactive to investigating family or intergenerational history, they are often in a state of rebellion against boundaries. The reactivity is said to come from a state of hate rather than from a state of love. For, “in a state of love, you don’t submit, you seek the truth.” There is a healing value in knowing the truth about family and ancestors. In contrast, “submission is the price you pay for the hope of attaining self love through others”.

However, humans without love wither away. As stated in Lecture #99, (p.4) “It is not the love you receive that is the most important thing. It is the love force in your heart that is the spiritual life blood you need. It is the driving force that gives meaning to life. Without this love you will be empty, meaningless and shallow. The more anxiety, bondage and dependency, the less you will be able to open that inner channel through which the life and life force can flow and lubricate your soul”.

The child’s first impressions come from the initial environment in which family or family substitutes create the energetic field. Moreover, a child experiences selected aspects of parents, grandparents, siblings and other family members. The wholeness of their personalities is not perceived. “This fragmented impression is distorted, yet it influences all subsequent relationships” (#99, p.4).

These falsified impressions of family members can be transformed through specific strategies (99, pp.4-6). First, one must become aware of one’s true feelings about all family members. Learn how you experience your parents and grandparents on a physical, emotional, mental, willful and spiritual level.

Secondly, become conscious of your distortions and falsifications of them. Ideally, the Guide suggests that we energetically hold and clearly

see the strengths and limitations of each family member. Understand their journey, their inner and outer struggles, their childhood hurts and frustrations. Explore their perceptions of your life and their own.

Understand them as a mature adult attempts to understand another human being with as little emotional reactivity and as much objectivity as possible. When parents and grandparents are seen clearly, it is easier to see the truth about one's self. The Lectures admonish that neither glorification nor contempt is useful. The goal is always to seek the truth about ourselves and our extended families (99, p.4).

Even if family members are deceased, one still needs to explore this path of family history and reactivity. If a person says, "I cannot find out about my family/" the Guide wonders if this means he or she does not want to find out the truth . (99, p.6).

As soon as people begin to understand their parents and other family members, feelings of hurt and rejection will cease, even if they have been cruel to you. "In understanding what makes them cruel, you will see it as their problem and realize that it had nothing to do with your unworthiness." You can't change patterns unless this occur (99, p.6).

However, a great deal of Core Energetic work on a physical, intentional and spiritual level must accompany this mental work. Mask and lower self attitudes and feelings about family members are experienced before this truth is evoked. Beliefs, images and misconceptions, designed to avoid pain, must be unearthed and surrendered.

This reactivity and misconception fuels masks and defenses. In Lectures 100 and 101, a defense is defined as a form of negative intent towards life. "The defense against the original hurt becomes a whole chain reaction of negativities and defeats its own purpose which is to avoid pain."

To come home to the core of the birth family, the road passes through mask images of ancestors that have been passed down from generation to generation. For consciousness and energy to expand, an evolving family mandates members to challenge the status quo. This flows from a yearning of the heart for truth and for a clearer vision of the beloved of the soul which is at the core of every being.

According to Carolyn Mvss, an expert on energy anatomy, the first chakra contains energetic patterns that we have acquired from our family and tribe. Evolution requires that we become aware of these energetic patterns and transform them until they are synchronous with our inner truth (Mvss, tape one).

Elaine DeBeauport and Paul MacLean have studied the triune brain (pp.25-27). They find family and tribal patterns embedded in the reptilian brain or the basic brain which is located at the top of the spinal cord. For this workshop, grounding exercises got participants in touch with their first chakra and with their reptilian brain.

DeBeauport and MacLean further note that the limbic brain is the transformer for emotion and love. African music was played so that participants could connect with their basic or reptilian brain and their emotional or limbic brain. Since Africa is said to be the birthplace of humanity, this music reawakened ancient ways of knowing. The drumming stimulates tribal patterns deeply imbedded in the triune brain.

The family energetic field was experienced through exercises, posters and discussion. Since the child has energetic connections to both sets of grandparents, a three generational map of the family was explored. Verdi's "The Four Seasons" was played as participants connected with their extended families. This was followed by discussion and experience of family energetic blocks and an exploration of the family masks that have been handed down through the generations.

The workshop ended by connecting participants to their family core. The relationship between individual and family core was experienced. The music used was a Sufi chant, "All I Ask of You is Forever to Remember Me as Loving You". This connects the heart with spirit and stimulates the 2nd, 4th and 7th chakras. Grounding exercises will stimulate the 1st chakra and the reptilian brain. Posters and discussion are geared to the 3rd chakra and the frontal lobes of the brain. An outline of the workshop is described.

REFERENCES

DeBeauport, Elaine, "The Three Faces of Mind". *Intuition*, Issue 19.

December, 1997. pages 24-27 Myss, Caroline, "Energy Anatomy and Self Diagnosis," audiotapes produced by Stillpoint Publishing, Walpole, New Hampshire Pierrakos, Eva, The Guide Lectures, #240, "Some Aspects in the Anatomy of Love," #99, "Falsified Impressions of Parents," #100, "Meeting The Pain of Destructive Parents," #101, "The Defense."

Outline of Workshop

I. Grounding of Group

Experience ancestry of human family by dancing to African music and grounding that energy

II. Discussion of family energetic field with energetic skin containing it. Posters will clarify concepts.

III. Discussion:

1) To study family, a three generational map of energetic movement and consciousness is useful.

2) Child has energetic connections to each of his four grandparents.

3) May be conscious or unconscious but is expressed in the body.

Posters will clarify concepts.

Experience:

1) Grounding

2) Followed by visualization and breathing in a scene from mother's family. If cut off, experience that in the body, if overclose, experience that in the body with full intensity. Explore where in the body they feel their mother's family.

3) Music played. Move the energy from your mother's family from your body.

4) Repeat the experience with the father's family.

IV. Discussion of family energetic blocks; participants have just felt them in their bodies. We'll discuss their triangular formation.

1) Explore energetic formation in central parental triangle and distortions of energy and consciousness for the three participants.

2) Triangular blocks express avoidance phenomena between two people.

3) With an energetic triangle, one cuts off body sensation and shuts off feelings experienced with another person.

4) Track the flow of movement in an energetic triangle toward, or away, from a person, situation or experience.

V. Discussion:

Exploring your family mask.

- 1) Family mask is the distortion of consciousness and energy movement.
- 2) Parents, to avoid seeing the truth of their higher selves, distort their consciousness and project the energetic movement outwards.
- 3) Manifestations of this distortion in the family are:
 - a. Over/under functioning reciprocity
 - b. Blaming marital conflict
 - c. Projection of distortion on to child.

Posters will clarify concepts.

VI. Exercise: Connecting With Family Core

- 1) Get in circle, ground, breathe, get in touch with own core and your qualities.
- 2) From this place, get in touch with at least one core quality of your birth family. (It may be a distorted searching for that quality.)
- 3) Put on music (Sufi chant "All I Ask of You is Forever to Remember Me as Loving You")
- 4) From their core, self breathe in from the center space, energetic qualities from their families' core.
- 5) Breathe out your own core qualities and breathe in your families' core qualities.
- 6) The center contains the energetic core of all our families, whether living or dead.
- 7) When finished, ask them to walk out with at least one other person and share their experience with them.

