

Identifying and Using EFT to Resolve Family and Ancestral Patterns

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The more work I do with clients, the more I recognise how much of how we see our selves and the world is linked to the beliefs of our families and our ancestors.

Way back survival was the most important motivating force. Not so far back our families would have starved if they had no work, or if they were labeled as dissidents, or heretics, they would have been imprisoned and maybe killed. Is it any wonder that they have passed some of their fears down to us?

If starvation was an issue, they would have had beliefs about life being hard and a struggle. They would have thought that you had to work hard to get what you wanted and maybe they might have created a belief that people didn't deserve things unless they had worked hard.

How many of you resonate with one of those beliefs?

If somewhere in your family background people had problems because they were different, or believed differently to the people around them, they could well have passed on beliefs about the world being a scary place. Or don't stand out; it's dangerous. With inherited beliefs such as those, are you going to be comfortable speaking in public?

The area where you were born will also have an impact on the beliefs of the people there. If you live in an area where there has been a lot of conflict, then people may be very vigilant. They may be watching out for attack and that can translate into a day to day belief that people are out to get you.

If you belong to a race that has been persecuted, there are likely to be fears of being a victim and again a belief that every man's hand is against you.

These things are not passed down consciously by parents, but if they were the world view of their ancestors, they will have picked them up from what they saw around them as children, from how their family dealt with things, from how they saw

When we are small we don't understand the world or how it works and so we look for clues. Our parent's behaviour and the things they say are our first lessons. Bruce Lipton says that until the age of 2 children download information directly into the subconscious to help them deal the vast volume of information that is available them. Is it any wonder that these sorts of beliefs are operating subconsciously?

On the surface, logically we can know these things are not true, however if emotionally our subconscious believes them to be true, they will be true for us.

I used to say, do you realise that you are running your life from the perspective of a 4 year old, now I think of it more as running your life from the perspective of a person from the stone age, with a lot more added from the generations after that.

The good news is that it's possible to identify those limiting beliefs and to use EFT to clear them. The subconscious is very willing to make changes if you tell it what changes you want it to make.

If you want to know what beliefs you are running in your life, look at what's not working for you in your life. What would you have to believe for that to be happening in your life? Answering this question can be quite revealing. The good news is that understanding what's happening is the first step to making changes and EFT is the perfect way to do that. Start noticing where beliefs are keeping you stuck and have some fun exploring ways to use EFT to clear them.

Happy Tapping [Jaqui Crooks](#)

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