

# Something is limiting me and I don't know what it is!

## Releasing Ancestral Trauma

**Pamela A. Field**

Have you ever experienced the following situation? You are making progress by finally overcoming some destructive mental, emotional or behavioral pattern. Time goes by and all seems well. Then, suddenly, there it is again! You get drawn right back into the same old story.

Many quantum physicists believe that we contain within us the memory of events as far back in time as the Big Bang. If this is true, then our ancestor's memories, traumas, fears and suffering are certainly present in our genetic memory bank as well. We are influenced by these issues behaviorally (according to our upbringing), mentally (according to our religious and cultural beliefs) and energetically (contained within our genes and DNA). The accumulation of these inherited and unresolved issues severely distorts our reality, confuses our sense of identity and interferes with the successful completion of our life plan.

Our genes and DNA containing the programs for these patterns are composed mostly of energy. Therefore, it is possible to release them on an energetic level. I have explored this theme for more than 15 years within the framework of individual healing sessions. My main focus was on two questions. 1. Is it possible to remove ancestral trauma and the effects produced by it on an energetic level? 2. If so, would this enable the person to achieve noticeable and permanent transformation and healing? After more than 15 years and hundreds of individual healing sessions I can without reasonable doubt, say that the answer to both of these questions is "yes." Healers, I encourage you hold the intention to reach the level of the being where these programs are stored, access them and release them during your healing sessions. I will explain in greater detail how to do this in my upcoming book *Releasing Ancestral Trauma – And Other Essential Information for Healers*.

Could such disorders as Bipolarity, PTSD (Post Traumatic Stress Disorder) and fibromyalgia be triggered by the intense accumulation of unhealed traumas inherited from the individual's ancestors? I tend to think that they do. The following section contains excerpts from a dissertation written by Ken O'Brien, PhD Student Centre for Social Change Research/School of Management at Queensland University of Technology (Brisbane, Queensland, Australia)<sup>i</sup> The uncounted casualties of war: epigenetics and the intergenerational transference of PTSD symptoms among children and grandchildren of Vietnam veterans in Australia.

*Current trends indicate researchers and mental health practitioners are willing to embrace the perspective that PTSD can be inherited. Epigeneticists argue that events*

*in the environment can turn genes on or off that produce the responses, and transmit them in genetic code to subsequent generations.*

*Can it be plausible that a change in environmental conditions that threaten an individual's life can produce altered psychological and physical characteristics in that individual's offspring, to enhance the survival of the species? Recent epigenetic research seems to support this assertion.*

*However, if the offspring are born into an environment where the original threat no longer exists, then those survival adaptations may present as a problem. In a simplified explanation, this may be the current issue with intergenerational effects of PTSD upon children and grandchildren of Vietnam veterans.*

*Although the bulk of studies on PTSD and its effects are conducted mostly on adult subjects with a history of military service (Yehuda, et al., 2001), there are further findings of studies conducted on other causes of PTSD such as road trauma (Matthews, 2005), terrorism (Fetter, 2005; Brown & Bobrow, 2004), sexual trauma (Friedman et al, 2005; McNally, 2005), natural disasters (Procter, 2005), holocaust trauma (Yehuda, et al, 2005), and medical trauma (Palmateer, 1982), that further suggest the heritability of PTSD symptoms.*

I have met many people who through psychotherapy, family constellations or other means have discovered the causes of the dysfunctional habits they are trying to change. These individuals often enjoy a period in which all seems to have been resolved. Yet, sooner or later the dysfunctional patterns and tendencies returned. It is as if they had a large rubber band around their waist, which enabled them to advance a certain degree by stretching the rubber band. But when it reaches the limit, they seem to be boomeranged back to where they were initially. In my opinion this occurs because the ancestral traumas causing the habits still remain within them like a program recorded into a computer's hard drive. I have found that for permanent healing and transformation to occur the ancestral trauma, memories and emotions connected to it must be removed.

I refer to genetic patterns as a marked tendency, belief, habit, addiction to a way of being or behavior. For example: I have lived for many years in Spain and cannot help but notice that there are many Spanish women whose sense of self-identity is based upon suffering. They are so immersed in this victim pattern/belief that when they enter a phase where nothing is causing them pain, they seem to unconsciously self-induce events that will. These women tend to choose partners who reflect this pattern back to them. In other words they often end up in relationships with abusive men.

When Spain was under a dictatorship (1939-1975) and before that during the Spanish civil war (1936-39), women understood fully what suffering was. Every day was a

struggle for survival. Families were separated, loved ones were killed or died of illnesses and homes and belongings were lost or confiscated. Is it possible that these modern-day women carry within them the memories of suffering inherited from their grandmothers? I believe that this is the case. These women carry within their genes or DNA the program “to suffer.”

**Case Study:** I once worked with a young Chinese man named Chen. He moved to the US when he was around ten years old. He explained that his problem was a tendency during the past fifteen years to quit all of his jobs after a short period of time (sometimes months) to pursue new work opportunities. He was concerned about this habit, because it never allowed him to bypass a certain income level and provided him with no economic stability. Also, it was not very good for his resume to be changing careers so often. In the healing session, it became clear that Chen’s father, grandfathers and great-grandfathers suffered from accumulated levels of frustration at not having been able to dedicate themselves to their true passions and interests. In China, certain governmental agencies assign to each individual the work that they believe is appropriate according to their skills. When Chen arrived to the U.S. his unusual behavior was triggered by an impulse, accumulated over several generations of his patriarchal lineage to pursue one’s dreams and explore all the possibilities (since his ancestors could not). Due to the Communist society in which they lived, his ancestors were also “programmed” not to exceed a certain income level. Once the accumulated and inherited frustration and the strong impulse it produced was released, he felt more centered and was able to make clear and intelligent choices regarding his career path.

We are living in a time where there exists a clear line between the old and the new. Old, outdated structures are beginning to crumble due to their inability to adjust to the times. New and innovative ideas and organizations are forming to re-prioritize and improve the general human condition. In the same way, every individual is responsible for healing patterns or traumas inherited from his/her lineage. Our generation is like a bridge between the old world (our parent’s generation) and the new world (our children’s generation). This is because; 1) Our generation has an active interest in healing and evolution. 2) We are living during a time that encourages and supports such efforts. 3) There are many healing tools and methods available enabling us to do so. If we overlook this task, we will simply repeat what our ancestors did by inadvertently adding our burdens to the already over-stuffed backpack and passing it along to our sons and daughters.

---

<sup>i</sup> Ken O’Brien , PhD Student  
Centre for Social Change Research/School of Management  
Queensland University of Technology  
Brisbane, Queensland, Australia