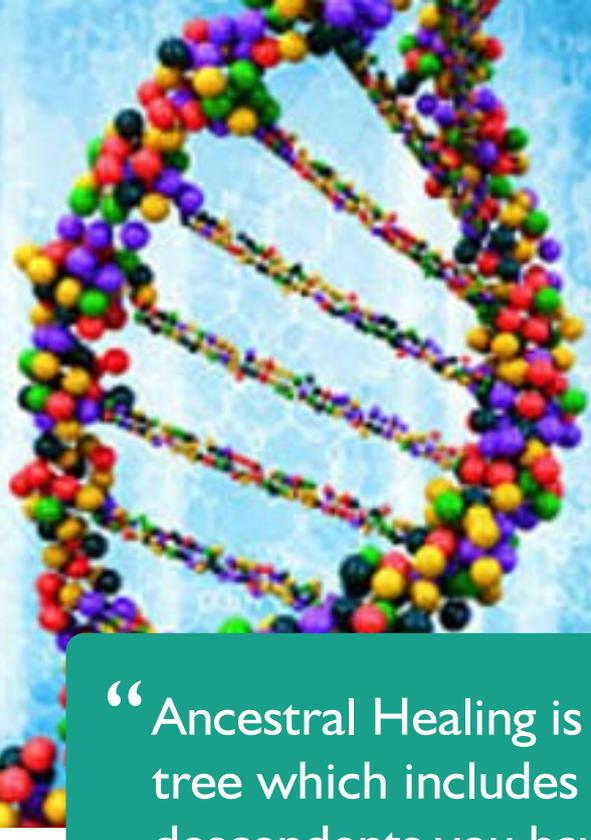


Heather Prince #the RootMaster

CONNECTING TO OUR ANCESTRAL PAST

Healing health, relationships, finances and more





“Ancestral Healing is healing your family tree which includes both you and any descendents you have”

Did you know that research has shown that we hold onto our DNA for generations!

- Struggling to find or keep a man?
- Always seem to be struggling with money?
- Can't seem to get happy no matter what you do?
- It's entirely possible that your inherited DNA is to blame!

You can heal members of your current family, your children, grandchildren, and so on, even before they are born. Our ancestors exist not only in genes passed down through the generations, but also in an energetic pattern of thoughts, emotions, illnesses and karma which can affect every part of a person's life.

Ancestral healing can transform energetic patterns with a vibration shift in the entire ancestral line. Their unresolved emotional issues, problems

or trauma. In so doing, it releases you from any energetic patterns that link you to them - patterns that can have an inhibiting or disruptive influence on your life today.

This Healing process is important because we are impacted by emotional and energetic patterns from prior generations in our family. Some of these can create obstacles in our lives, blocking our pathway to joy, abundance, authentic power and unlimited possibilities.

Since energy is never lost, but simply changes form over time, emotional issues or problems that were not dealt with by your ancestors, or not fully resolved, can 'hover' in your energy field today, creating an imbalance or roadblock - also known as a Healing opportunity.

Let's say you have always had a significant fear of the dark since you were a child. When your bedroom door shut, you felt anxiety and fearful

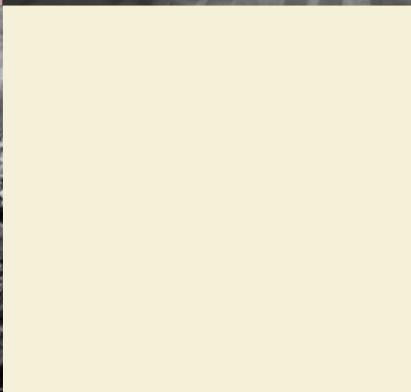
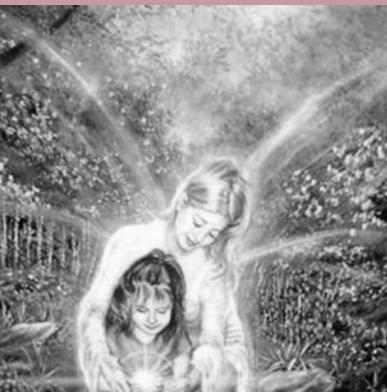
Maybe it is possible...

That deep, deep within your DNA memory banks, your great-great-great-great grandmother, or great-great-great grandfather has a very bad experience with darkness two hundreds years ago, before electricity was invented and they used oil burners, or candles that caused a fire leading to death.

Would a life-changing experience like this, resulting in knowledge very useful for survival, possibly be encoded in the DNA and passed on to future generations and **you**?

What about some similar "peak experience" or life-changing event of an ancient relative six or even eight generations back? After all, we know that at least some part of that history is inside all of us, right in the DNA in every cell of our body, right now.

This healing also impacts the **inner child**, helping to heal the hurts of the past. As children, when something went wrong, we tended to believe that there was something wrong with us. Children develop the idea that if they could only do it right, then parents and caregivers would love them, and they wouldn't punish them. In time, the child believes, *'There is something wrong with me. I'm not good enough.'* As we grow older, we carry these false beliefs with us and learn to reject ourselves.



With mindfulness and understanding...

We can see that our wounded inner child is not only us. Our wounded child may represent several generations.

Our mother may have suffered throughout her life. Our father may have suffered. Perhaps our parents weren't able to look after the wounded child in themselves. So when we're embracing the wounded child in us, we're embracing all the wounded children of our past generations. This practice is not a practice for ourselves alone, but for numberless generations of ancestors and descendants. Our ancestors may not have known how to care for their wounded child within, so

they transmitted their wounded child to us. Our practice is to end this cycle. If we can heal our wounded child, we will not only liberate ourselves, but we will also help liberate whoever has hurt or abused us. The abuser may also have been the victim of abuse. Healing the inner child ends their suffering and brings transformation. Their relationships with their family and friends also become much easier.

Amy said

“I felt scared, vulnerable and unlovable. I didn't want to feel like this anymore.”

“After three months of working through my issues, old thoughts, beliefs, and stuff that I'd inherited from my ancestors, I felt me again. It was like stripping off layers of an onion. I found myself restored to my original beauty”.



My Story...

Energy blocks can be patterns of thoughts and beliefs that can slow down our ability to manifest. It's also important to remember that many of the thoughts and beliefs that we have aren't actually our own. Not only do we have to sift and sort those that are truly ours and those that fly around in our society or culture, we can also inherit the imprint of emotional experiences and ideas – from our ancestors.

My Story

My own experience was feeling totally alone and powerless in my life, when my relationship of 34 years ended. There were times during that free fall that I would sit at the end of the bed and converse with the Universe. 'Why was this happening to me? Yes, I had always put out my intention to fulfil my potential in healing and serving others, but did I have to sacrifice my relationship to achieve that? I begged for signs. How do I show up? And somewhere in that dark night

of the soul, I tracked my way back out. I researched what was in my DNA from my Ancestors, which was – Unhappiness and Failure. The only way out...was to release them from my Soul Records (Akashic Records) and replace them with Happiness and Success.

Today as I recount that experience, naturally as a Rootmaster, I relook at the significance of that period. I had to experience standing independently on my own two feet and release the energy of my inner Goddess. And that's right, to go it alone with my vision. I was driven by being of service to family, clients, and business. It's been a journey of faith. Faith in my abilities, my Divine Mission and God/ Source/ Creative Intelligence/ the Universe.

So, in light of this experience what does this now mean now for how I serve my clients? I now recognise fully the signs of when the client has come to the 11th hour, to find what needs to be cleared from their Ancestors, through the pressure of digging deep.

The information I'll share in these pages are regardless of your goals, profession, skills, experience, age and current financial status.

So are you ready? Are you ready to be free?

If you've gotten this far, I think you are...

As we begin this journey together, I think it's important that you know who I am.

My name is Heather Prince. I am the author of the books "I am indigo"; "The Rainbow Within" and "The Kids Fruit Book". I am a meditation teacher, registered healer and spiritual response consultant – SRT is a deep rooted healing therapy that clears bugs off of a person's personal hard drive and move them into 'dead files'. (It's like deleting files off of your computer hard drive). I am a mother and grandma with a deep passion for supporting people in living healthy, abundant lives that are low in stress and high in happiness.

What are Energy blocks?

- Patterns, energy, events and burdens from the past are carried down and are repeated through generations leaving an emotional, physical and spiritual imprint on the individual as they follow the fates of those that have gone before.
- What happened to your ancestors 2,000, 200 or even 20 years ago can feed into the way you experience the world today. Many indigenous cultures pay great honour and attention to ancestry and it's something that to a certain extent some of us have lost a conscious connection with in today's world.
- We are all connected, that means that when you change, the effect ripples out – not just in your own life, but throughout the lives of all those who have come before you and to create the future that lies ahead for you and all of the generations to come.
- Everything that has been passed down to you from your ancestors represents the best of what they knew and were able to give. As we evolve, we can celebrate all of the things that we want to take forward and become aware of all of the things that we'd like to release. No matter who they were, it is inevitable that our ancestors would have gone through times of deprivation, oppression, fear, scarcity and almost everything that you can imagine.

You might be wondering...

Is it possible that the DNA helix holds some of the important memories of our ancestors?

Theories that suggest that we can tap into the deep nature of DNA to uncover ancient memories are not new. In the 1960's, some psychological researchers claimed that there may be keys that unlock our DNA, revealing experiences of generations of our relatives who lived long before our present time.

Science has finally validated this by acknowledging epigenomes, which are amino acids that attach to our DNA and store ancestral trauma, adversity and limitation and can even skip generations.

The butterfly effect...

There is no need to immerse yourself in blame, shame or guilt for anything that has gone before and there is no need for you to relive any of it, as my Ancestry Healing will clear your Soul Records (Akashic Records)...

There is no physical contact with my work and no belief is necessary. The only requirement is to want help. I encourage people who are skeptical to let the results speak for themselves.

This work is presented to complement the care of medical professionals and not be seen as a substitute. A partial list of the areas in which my clients have reported benefits:

- Headaches
- Back and Joint Pain
- Arthritis
- Weight Issues
- High Blood Pressure
- Digestive Disorders
- Auto-immune Disease
- Relationship Concerns
- Financial Uncertainty
- Addictions
- Fears and Phobias
- Low Self Esteem
- Clarity of Purpose

In short, anything detrimental you feel you have inherited or where there is a dysfunctional pattern in your family tree can be a candidate for ancestral healing.

Many cultures embrace the idea of the connection with our ancestral lineages. Native Americans and Aboriginal peoples particularly incorporate the idea of their ancestors living with them and guiding them through their lives.

As modern day westerners, unfortunately we have forgotten our ancestral connections as we go about our busy lives. Some of us see little relevance in what our distant family may have done in the past. We do not realize that whatever has been done, felt or thought is within our DNA. We have inherited all the energetic patterning including our ancestors' thoughts, feelings, illnesses and reactions to both tragedies and celebrations. Although we normally don't remember these things, as we become conscious, we become more aware of the importance of making peace with our ancestors.

Finally, the animal kingdom provides ample examples of complex inherited capacities beyond physical characteristics.

Monarch butterflies each year make a 2,500-mile journey from Canada to a small plot of land in Mexico where they winter. In spring they begin the long journey back north, but it takes **three generations** to do so. So no butterfly making the return journey has flown that entire route before. How do they "know" a route they never learned? It has to be an inherited GPS-like software, not a learned route.



Old family wounds...

Ancestral healing helps us step out of the patterns we have lived so we can walk our path with clarity and make peace with our family histories.

Each of us has genetic inheritance of the actual instructions and knowledge that precedes learning. These can be cultivated, enhanced and nurtured. Genetic memory exists in all of us.

We carry in our bodies the stories, illnesses, tragedies, pain, and grief of our ancestors. Oftentimes we are unconscious of how the energy of old family wounds informs how we think and act in everyday life.

This is why we see patterns of

- Abuse
- addiction
- poor health
- PLUS many other traits passed down through generations.

These traits are seen as energetic imprints in our Energy Field which need to be cleared so the ancestral pattern ceases to inform our behaviour or health. In my practice I have found that many people with traumatic family histories need ancestral healing for personal healing to occur.

Mini Assessment

1. Do you have a debilitating belief or emotion, which you share with other members of your family lineage e.g. anxiety, depression?
2. Do you have a destructive behaviour such as substance abuse or addiction which runs through your family?
3. Do you experience health problems or accidents that appear in "themes" along a male or female lineage. E.g. men of the family having heart attacks in their mid 40's or back injuries that the women experience at a particular age?

By now I hope you're feeling hopeful...

There is a powerful resource that I recommend for moving significantly faster through this process.

Ancestral healing really can remove the blocks, burdens and debris from your life and ancestral lineages – restoring physical, emotional and spiritual well-being.

Do not be afraid to do this as you have already been carrying this energy around with you all of your life. If you don't look at these patterns, they will still influence your life.

Ancestral Healing may be the missing link that can free you to attain personal fulfilment

#1 is to sign up for my 'Core Transformation' program

Testimony

"Healed my health, relationships, finances and so much more..." F. Haywood, London

This 9 Step process will catapult the speed at which you can re-balance the inner cogs of your clock. The program also goes much deeper than I could possibly go in a book alone.

I could list story after story of people changing their lives through this program, but the best way for you to learn what this program is and how it can help you is by going here. Go here to sign up now:

[Click here to start your journey?](#)

Are you ready to release your ancestral past?

That's it for this book. You've finished reading it but the bigger question is...

Life is a choice. Every aspect of our life, when examined, is the result of choices we have made. Life is a product of our own decisions. I trust you will make the choice best for you.

Until I see you again...

Heather Prince

Heather's goal is to help you overcome issues by deleting all the "bugs" on your personal "hard-drive" – such as self-limiting beliefs, sadness, trust, doubt, conflict, trauma, fear etc. – so you can finally love your life.

To date, Heather has worked with many people. Plus she has also made an impact on many of those who have attended her Workshops and Retreats and those who have come into contact with her writing.

Heather has always been into psychology and self-development. Her life transformed by applying what she'd learnt.

