



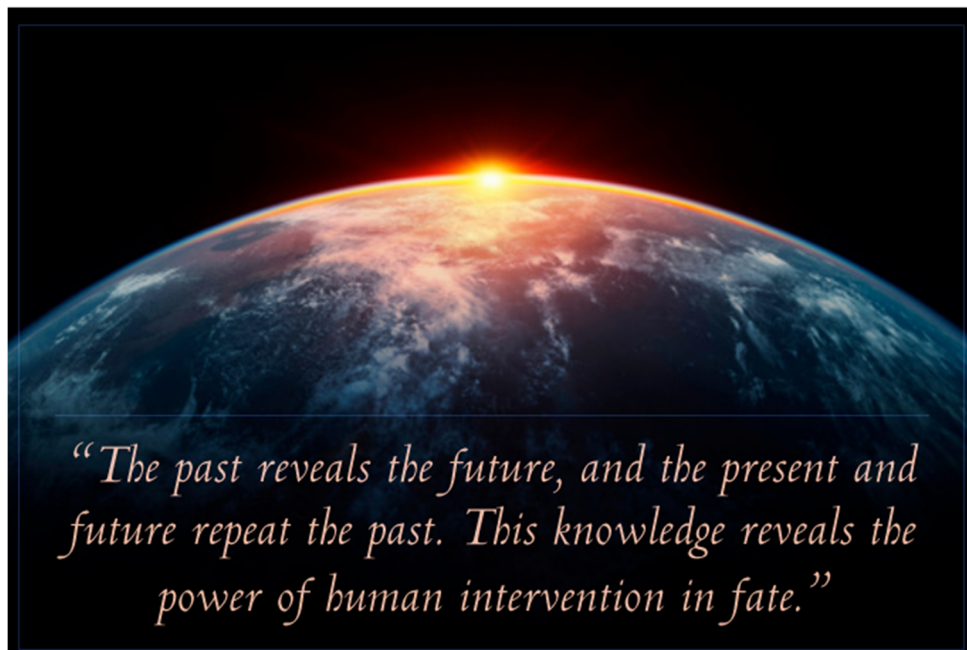
How to Heal Ourselves and Our Family

Understanding the Root of Our Suffering

from Dr. Joseph Michael Levry

Dear beloved members of our worldwide community,

The Earth is going through a very complex period right now which is causing most people to be very reactive. There is a karmic wave presently sweeping the Earth, causing all unresolved emotions and karmic patterns that we have inherited from past generations to come to the surface, and affecting every man and woman without exception. Everywhere we see evidence of an internal battle, that is causing many to feel a deep sense that something is missing in their lives. As a result, people are experiencing mental, emotional, and/or physical stress that is affecting relationships with friends, loved ones, and themselves. Many people are feeling a lack of direction in their lives, some are caught in emotional problems, others are experiencing health challenges, preventing them from releasing the inner potential of their own divinity.

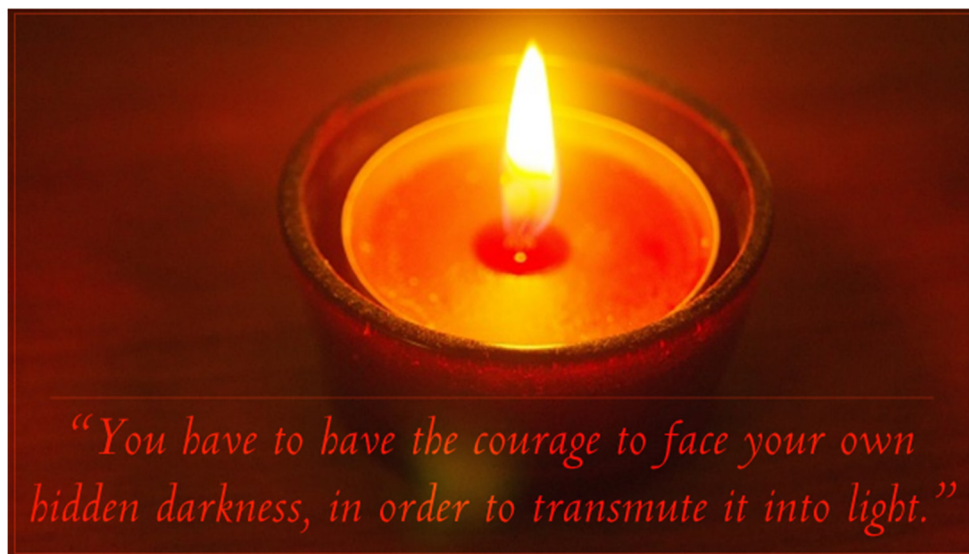


All the health challenges, misfortune and adversity are linked to the enormous influence that our genetic and inter-generational karma has upon our lives. The past reveals the future, and the present and future repeat the past. This knowledge we are sharing with you reveals the power of human intervention in fate. Even yogis, kabbalists and spiritual people are subject to the negative influence of the past. Whether you are yogi, kabbalist or meditation practitioner, or whether you go to church, temple or synagogue, trying to deal with these problems without an understanding of their root cause will always be at the expense of something else in your life. The reason being is that in the material world everything behaves according to a predetermined set of laws that never waiver. Therefore, it is impossible to create permanent change until you make contact with the higher forces that are at the root of these karmic and inter-generational patterns.

The practice of yoga, kabbalah and meditation, or going to your place of worship, is just the beginning of learning how to prepare to address this problem at the root or causal level. The truth is that if you are still reactive, are victim to your emotions, gossiping, or embracing negativity in all its forms, it means you have not even started to lay the groundwork that is needed before

tackling this problem. The first sign that your foundation has been properly established is that you stop being reactive. The second sign is that you no longer blame anyone for anything because you understand that we are all a reflection of each other. On this self-healing journey it is important to realize that the people, places and situations we encounter are a complete and total reflection of ourselves. The third sign is that your love becomes more spiritual or unconditional. In other words, your love moves from conditional, which is a source of anger and destruction, to more spiritual or unconditional, which invites the grace of God into your life. The more unconditionally loving you are the easier life becomes. The next sign is that you no longer gossip because you realize, as is stated in all the scriptures, that “In the beginning was the Word and the Word was with God and the Word was God.” You try as much as you can to no longer engage in any form of negativity. This means that every minute of your daily life becomes a meditative practice of healing awareness. It means you become aware of the quality of your thoughts, feelings, actions words and attitude. It takes awareness for a person not to react, and that in itself is a raising of consciousness without having to do any yogic kriya or meditation.

Everything that is happening to us in the physical world has a spiritual essence. We will never understand the hidden wisdom contained within each of life’s challenges until we develop the courage to face the root cause of it. The Universe is speaking to all of us through our challenges. Listening to the Universe, is the process of beginning to look at yourself. You have to have the courage to face your own hidden darkness, in order to transmute it into light. You cannot find your light until you face your darkness. Every single person without exception has to go through this deep self-healing process, either in this lifetime or the next, otherwise we will never understand the meaning of our life, because there is a specific reason why each one of us is on this Earth right now. No doctor, psychotherapist, life-coach or counselor can go through the process for you.



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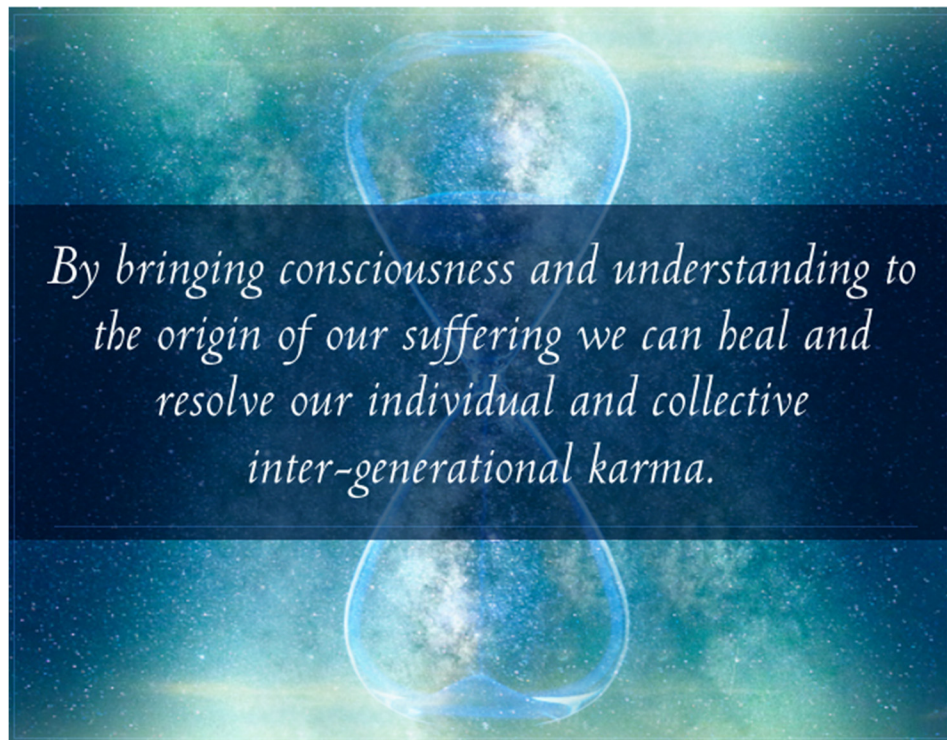
Above all, there is much more to addictions or any other kind of problems we are faced with than people may realize. A human being is much more complex than we can imagine. Divine Spiritual Wisdom reveals a very precise and accurate method of easily recognizing potential strengths, weaknesses, certain qualities, aptitudes, virtues, and faults, as well as peculiarities of health and character inherent in each one of us, saving a lot of money along with many years of therapy required to obtain the same goal. This information is of vital importance in the process of self-healing. Remember, knowledge of others is power but knowledge of self is superpower. Our genetic, karmic and planetary influences sometimes become an obstacle for us to overcome the challenges of time and space. Through the conscientious application of your natal vibration chart you can rise to a deeper level of awareness, as revealed in Divine Spiritual Wisdom and also easily obtained from the online Akashic Record service (Carta Astral en Espanol). In essence, the only way to make permanent healing changes in your life is by addressing the problems we encounter on the causal level. Otherwise your life will continue to lack meaning and fulfillment. People often underestimate the power that the effects of previous generations within their family lineage have upon every aspect of their lives. There is another vast aspect not covered here, that is addressed in Harmonyum Healing, and that is the positive or negative influence the people that have departed from this world still have upon our lives. It is vital for us to understand our past as it relates to our present so that the mysteries of our lives may be lifted and the responsibilities and destinies that we carried with us into this incarnation may be revealed and become known. As a result, we will receive the guidance, love and strength to embrace our true path, so that we may begin the work that we have been destined to do. My humble prayer is that you read and reflect on the wisdom contained in this newsletter so that it may support you on your self-healing journey.

Unknown to most is that we all are experiencing the karmic ripples of previous generations that are affecting our health, love life, career and our very sense of mental and emotional wellbeing. Some of us also bear the remnants of unresolved inter-generational trauma. It is vital for us to realize that Divine justice visits the trespasses of each generation upon the next. Generational karma is karma that is passed down in families, from great grandparents, to grandparents, to parents, to children. Remember, an impure source communicates its impurities to its products. In other words, if a man or woman commits evil the karma is automatically transferred onto his posterity. Certain diseases, afflictions and habits run in families, and children born to parents who have mental, emotional and/or physical problems are likely to have similar issues when they grow up. A new baby, then, is not only born with his/her own karma from previous lives, but will also be affected by some of the karma of the family he/she incarnates into. Therefore, it is important for each of us to recognize the signs and symptoms of intergenerational karma in our own lives so that we can take action to break the cycle for ourselves and our children.

It is written that Man will reap what he/she sows. Those who sow to please their animalistic nature will reap destruction, while those who sow to please their angelic nature will reap eternal life. If you sow good things in your life, you will reap good things. If, however, you sow sin generated by negative thoughts, feelings, words, actions, and attitude, you will reap the consequences of that sin. But it is not just you that you need to be concerned about, for the law of generational harvest says that others, particularly your children and our immediate family, will be affected by our choices, either for good or for ill.

Your past is the foundation of your life, it shapes who you are, but you do not have to be attached to it forever. The reason why so many people lack direction in their lives right now is due to the fact that we can never know where we are going until we understand where we came from. The time for this understanding is now. The first step toward freedom is an awareness of our genetic and karmic ties. The medical community has begun to understand the connection between our genetic lineage and the diseases that manifest in our lives. In the coming years, the scientific community will begin to draw parallels between some of the inter-generational traumas and their effects on our emotional and mental life. Detaching from the past starts with our capacity to develop continuous awareness. We can either be aware of or fall victim to our Body of Pain. When you are aware your consciousness predominate. When you are not aware your Body of Pain predominates. It means we have to train ourselves to be aware of our thoughts, feelings, words, actions and attitude, on a daily basis. Spirituality is self-realization and God-realization but you cannot find God until you find yourself.

You cannot let your past define you. You can use it to guide you toward a better life. We cannot let our genetic lineage define us and become victims of circumstance. We have to use the past as a guiding vector. Harmonyum is a transcendental healing system which addresses the astral body in such a way so as to cause you to detach from the past. It causes you to bring your consciousness into your thoughts, feeling, words, actions and attitude. Harmonyum healing forces us to look at ourselves and understand who we truly are. We are now in the period when all the emotions of our karmic influences and inter-generational karma are coming to the surface to give people a chance to do something about it. The only way to heal the past is to become aware of the power that the past has and redirect it toward our highest good.



Our past is made up of various layers. Inter-generational trauma occurs when people in our familial lineage have experienced unbearable traumas created either on the familial or the societal level. For example, patterns of abuse passed from one generation to the next are familial traumas. It is important for us to note that this karmic burden and suffering may be too much for the first generation to endure. The children then have the opportunity to resolve the inherited karma and free future generations from this pain. Societal traumas, on the other hand, are the systemic abuses and oppression leveled on a particular group of people, the impact of which is passed down through the generations. Throughout the history of the human race we see examples of societal trauma through war, genocide, poverty, oppression, slavery and disease. Whether afflicted or inflicted, each continent, country, race, religion and group of people are processing the pain and traumatic events of their collective past. American chattel slavery is a clear example of intergenerational trauma initiated on a societal level. The holocaust is another example. The persecution of Native Americans, the mass genocide in Rwanda, the Ukrainian famine – these are unfortunately only a small fraction of the pain humanity has lived through, and we can clearly see the lingering effects of these traumatic events on the practical and psychic lives of the present generations. Each civilization bears the scars of prejudices and racism inflicted on one portion of the population by another. This is the collective intergenerational trauma of the human race. We are not helpless in this regard, however. By bringing consciousness and understanding to the origin of our suffering we can heal and resolve our individual and collective inter-generational karma.

As previously mentioned, the feelings attendant with the experience of trauma can become so overwhelming that they are beyond the scope of what the individual can handle. At the point when the pain becomes too great, some people avoid it by blocking their feelings. As a result, they also block their necessary healing process and the pain is submerged rather than released. Submerged pain must find an alternate pathway for expression and resolution. This pathway is too often transferred to the next generation in the expression of symptoms that cannot be ignored. It stands to reason then, that we sometimes carry the fragments of emotional trauma too great to be resolved in one generation. In other words, the effects of trauma, whether familial or societal, are passed from generation to generation both biologically and behaviorally, in much the same way that physical features are passed. Indeed, studies show that persistent inter-generational trauma becomes embedded in our nuclear material, thereby altering certain control mechanisms. Left unexamined, these alterations are passed from generation to generation. It is in this way that we are able to inherit emotional trauma, addictive behaviors, fears and mental illnesses in the same way that we inherit a certain nose or eye color. These qualities or conditions are then reinforced via a variety of parenting styles, as well as environmental and cultural factors. In turn, they are integrated into our lives even if they did not originate with us. The above is the reason why sometimes people may look very healthy physically but may not be mentally and emotionally healthy. Physical healing alone is not sufficient to address these problems. The only way to permanently address them is through the astral body, which is exactly what Harmonyum does.

The karmic burden of wrong thoughts, feelings, words, actions and attitudes can persist for seven generations after us. This is a burden that all parents and children share. That is why the combination of Divine Spiritual Wisdom, Harmonyum Healing and Naam addresses this problem on the causal level. We must realize that just as Divine justice can afflict the children

through their parents, so too can it also purify the parents via their children. We can make up our mind to break out of the cycle of the same sins as our parents. We are all responsible for our own choices and actions. Therefore, we can direct our life in such a way as to come out of the cycle of this generational karma. With the proper use of free will, we have the power to not fall victim to the collective consequences of parents' sins. While you may have been born with a handicap in terms of your familial karma and/or inter-generational trauma, you do not have to be defined by the mistakes of your parents, community, culture or society. You are only destined to repeat the mistakes and continue the negative cycle if you choose to do so. It is not easy to break patterns, particularly those that are hidden in the subconscious, but it is possible. It is possible to bring the shadows of the collective unconscious of your family and your society into the Light so that they may be integrated for your greatest good and the greatest good of your offspring.

Remember, parents pass on tendencies, not requirements. This is good news, as it indicates that we do not have to follow in our parents' sins. Rather, we can use our free will to resist adopting their negative tendencies. The fact the law punishes the children for the sins of the parents does not take away our own personal responsibility for changing the way we decide to think, feel, speak, act and behave from today on. We are accountable to God for our actions, and we cannot shift that blame to our parents or to anyone else. We must all face the consequences of generational karmic sin and choose to break the cycle. It is important to look into at least three generations of family history in order to understand the mechanism behind repeated patterns of suffering. Again, most of us do not realize that we are actually suffering more from the mistakes of our forefathers than from our own. We must gain an understanding of how we may be unconsciously reliving aspects of a relative's life experience. Inherited traumas are often reinforced by the stories our parents tell in addition to their actual ordeals. In order to process trauma, it can be helpful for a member of the family to have a direct experience of the feelings and sensations that have been submerged in the body. Some of the people who wish to annihilate themselves can be deeply entwined with their lost family members. Often, realizing that some of the trauma we go through is buried in the family's unspoken history is the first step in the healing process.

This communication is only an introduction to a topic that is as vast as life itself. It is what makes Divine Spiritual Wisdom so fascinating. Divine Spiritual Wisdom is the missing link for it has the capacity to fill a void in us that we are all experiencing. When we are devoted to Divine Spiritual Wisdom, we not only affect the future of the world, we affect the past by erasing its sins and purifying the darkness of memory. Divine Spiritual Wisdom and Harmonyum can rebuild the walls of support and restore the flow of unrestricted love in our families. Harmonyum and Divine Spiritual Wisdom are excellent healing modalities. They work to purify the karma of the parents through the children, as they allow us to heal by helping us face the origins of family traumas and address long-standing negative familial patterns. This is one of the main topics that will be covered in-depth at the upcoming Harmonyum Healing trainings. Divine Spiritual Wisdom, along with Naam, creates a healing atmosphere of awareness which activates our consciousness, causing us to progressively think, feel, speak, act and have an attitude so healing that it becomes a blessings for us, our surroundings and future generations.

*With Love, Peace and Light,
Rootlight Team*