

Written Article: Cleansing and Healing Family Patterns Interview with Mirabai Devi

What are Family Patterns?

Family patterns are karmic effects that can be found not only as imprints in one's personality traits, belief systems, or lifestyles, but also in one's mental, emotional and physical bodies. Repetitive generational examples include limited beliefs and habits; emotional, physical, sexual, or financial trauma; and ways of thinking or acting which are not in the highest good of all involved.

Manifestations of patterns or karma also include negative thought patterns and carrying negative emotional patterns, poor communication with others, poor relationship choices, unsuccessful career choices, continual struggles in finances, coming from lack and more.

Why do people feel they need to clear their family and lineage karma? Why is cleansing our family so important and what is the purpose?

The purpose for cleansing this is because we carry the burdens, patterns, and programs of our family. All of these patterns and programs restrict us so that we feel the way our lineage felt, we act the way they acted, and we live out our lives unconsciously because of our programs. But if we cleanse them then we have a clean slate with which to form our own identity to experience life and the Divine Light.

What do your clients experience when you work with them on family and lineage patterns?

Things get better and clear up within the family. The relationships get better between family members, between siblings, parents, children, and the whole family. Burdens that are carried for other members of the family are released and the load becomes lighter for everyone. Health improves, relationships heal and become lighter, finances increase, and the entire family feels more freedom.

Can you give us an example of this?

I had a client who had a very judgmental mother and who judged my client's spirituality and her yogic path. It went against her mother's practice and beliefs. After doing the family and lineage cleansing teleconference series her mother had an incredible shift and began to study yoga. She soon became a yoga teacher, started attending regular kirtans, and even went to Kripalu. It was a total and complete transformation.

Many people experience, after doing family and lineage cleansing prayers, that rifts in the family get healed and family members who have not been speaking to one another suddenly reach out and contact them and some form of relationship resumes. This is a common occurrence.

In doing family and lineage cleansing with people, sometimes my client's deceased relatives or ancestors will appear. It could be a grandparent or great-grandparent and sometimes several of them will appear, and since they may have been deceased prior to my client's birth it will be the first time he or she will get to see them.

What is the message that these relatives offer when they appear?

Comfort, reassurance and to let go of regrets from the past. Sometimes they come to support and help, and sometimes they need support and help as well. But mostly they've moved on and are in a better place and they've come to help and support in the healing process.

Sometimes they have messages or information that helps my client to understand with where he or she has learned or accumulated certain patterns, interests, addictions or behaviors as these things pass fluidly through the lineage and are passed on to the next generation.

What do you experience when you work with your clients?

Same as the above.

Can someone clear their family karmic patterns in one session?

No, because family patterns and karma run across generations, across time. The patterns run deep and need to be cleansed on a daily basis. The more we do the prayers and cleanse our lineage with forgiveness, the lighter and clearer it becomes.

Does one need a spiritual practice to clear their family?

Yes, one needs a spiritual practice to clear their family. The Forgiveness Prayers by Howard Wills are very helpful in this regard. And praying for one's family members helps a tremendous amount, along with holding the family and lineage in

the Light. Redemption for the lineage comes when we cleanse the lineage, it also brings freedom from pain and suffering to the individual who cleanses them.

How does healing occur when our relatives are not in physical form?

The healing is occurring in the family members or ancestors, and their connection with the Divine increases as their Light increases. The deceased family members are helped along the way on their path and even though they may or may not be physically embodied they still feel the effects. We may not be aware of the movement that's happening in other realms, but there's always movement happening on other dimensions where our loved ones are living out their lives, even though you may not feel it here on the physical plane. Remember that energy moves through time and space and is not dependent upon the location where our family members are at.

What does that mean? Where do they go when they die?

There are multiple dimensions and worlds where people go to live out their evolutionary journey. In those places they are either studying, learning, resting, or getting their lessons and getting prepared for what's coming next.

Some are reviewing and reflecting what happened in the past. They are always grateful for the cleansing, healing and support that we can bring to them. It brings them greater peace and freedom on their ongoing journey towards being in a more whole state.

How does cleansing help the children?

We are the fruit of our generations, and the family and lineage patterns go from the oldest to the youngest. We live out these patterns unconsciously and blindly. And we don't have the tools to change these programs until we bring the patterns into our awareness. When we cleans a parent, the patterns that have gone to the children and especially to the youngest child that have come from the parents, grandparents and great-grandparents gives the child the opportunity to not live a life of limitation and suffering. It gives the child the freedom to find and become their true self.

What practices do you recommend on a daily basis?

The Forgiveness Prayers by Howard Wills for cleansing family and lineage karma. Also I recommend talking to your ancestors and saying prayers for them. And always talking to the Divine Light and asking the Divine to help us and our family.

How can we further help our family and our lineage?

Find out more about your family tree, find out about your genetics and where you come from. Learn the stories of your grandparent's and great-grandparent's lives. Hear about their stories, light a candle for them, get photos of your lineage, make a family altar, and ask the Light to protect them and guide them.