

Judy Wilkins-Smith - Claim Your True Family Lineage 2022

In this inspiring 7-module course, you'll explore:

- How to **choose your destiny**, instead of automatically falling in line with the systems you're a part of
- The many systems you're a part of, each with their own unique language and rules — including the broader field system we're *all* a part of, called the *knowing field*
- How to acknowledge and honor your lineage and inheritance, using old emotional DNA patterns to **evolve and create an enormously rich and satisfying life — positively changing those imprints for generations to come**
- How you **inherit issues via epigenetics** — and how to mindfully choose which issues to keep, build on, lay to rest, or change
- The physical, emotional, and psychological **symptoms that emerge to call attention to dynamics and patterns that are causing dysfunction**, failure, or a standstill in the system and in your life
- How limiting emotions are **inviting you to complete a pattern** — revealing your heart's desires in the new pattern that's trying to begin
- Exercises to identify the **systemic rule(s) that are asking to change**
- Systemic language that's been passed down through the generations — so you can shift the limiting systemic language, creating powerful resolutions for wellbeing in your life
- How the choices you make in your everyday life are **shaping your system anew** during this era of great change — and how these choices will determine your success or failure as the world moves forward
- Exercises to **reframe and transform blocks, rewire ancestral patterns**, and find sovereignty and freedom — to create a remarkable life for yourself and future generations
- How to **shift limiting money-related patterns** in ways that will allow your finances to flourish

What You'll Discover in These 7 Modules

In this 7-part transformational intensive, Judy will guide you through the fundamental skills and competencies you'll need to transform your lineage and inheritance, shifting old emotional DNA patterns to evolve and create an enormously rich and satisfying life.

This course will feature step-by-step teachings and experiential practices with Judy. Each session will build harmoniously upon the previous ones, so you'll develop a complete holistic understanding of the practices, tools, and principles you'll need to transform your lineage and create a deeply fulfilling life.

Module 1: Our Ancestors Speak Through Us



As this powerful journey opens, Judy will introduce or reintroduce you to emotional DNA, systemic work, and constellations — as a practical, yet profound source of inner wisdom, transformation, and outer action and results.

She'll explain emotional DNA as your inherited pattern of thoughts, feelings, actions, reactions, and unique language garnered from your family line.

You'll discover how systemic work and constellations **reveal multigenerational patterns and unconscious loyalties that create repetitive** — and sometimes limiting — patterns.

Judy will guide you through experiential exercises to show you how you can shift those patterns, profoundly transforming your life for the better.

You'll learn how you're part of many systems, each with their own unique language and rules — and how we all belong to a broader field called the *knowing field*.

You'll also learn how to dimensionalize your family system — creating a 3D model of your issues and your system, enabling you to use multiple senses to gain embodied insights into limitations and possibilities. You'll freshly interpret and make meaning of relationships and events.

In this module, you'll discover:

- A **guided exercise** to energetically and physically get in touch with the knowing field of energy and information
- **How family systems work**, the language of systems, and how to use them wisely
- **Exercises to identify the systems you belong to** — family, organizational, work, religion, and more — and which parts of them are keeping you stuck
- The **3 principles of systems** — belonging, order, and balance
- The true power of constellations and **how to physically “dimensionalize” your inner issues** — creating a 3D model of your issues and your system

Module 2: Exclusions, Emotional DNA & the 3 Principles of Belonging, Order & Balance



Judy will explain who belongs in your family, **why it's important to include all members**, and what happens when there are exclusions.

You'll discover how emotional DNA originates in systems — especially family systems — from reactions to and decisions made about events.

This recorded library of thoughts, feelings, and behaviors is passed down epigenetically through generations and becomes law, or *the truth* in your system.

Then your past becomes your present and, of course, your inevitable future...

As Judy will explain, you also *create* emotional DNA, adding your own issues to the system's inheritance.

You'll explore how you inherit issues via epigenetics and neuroscience, and focus on how to become aware of what lives in your system and **learn to mindfully choose what you keep, build on, lay to rest, or change.**

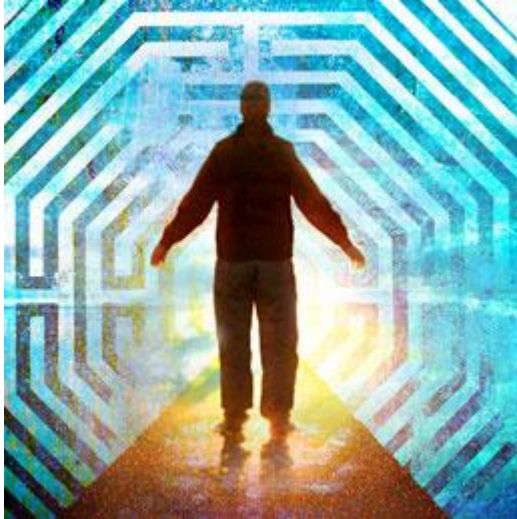
You'll take a deep dive into symptoms — physical, emotional, and psychological — that emerge to **point out dynamics and patterns that are causing dysfunction, failure, or a standstill in the system and in your life.**

In this module, you'll discover:

- An exercise to **identify your family system members who may have been excluded**, children born into your family then placed for adoption, miscarriages, and more
- An exercise to **discover where your thoughts, feelings, and actions come from**, and why they're critical to personal and system evolution
- The impact of **epigenetics and neuroscience** on events and how they ignite emotional DNA — and how to rewire your limiting DNA
- An exercise to **identify emotional DNA's symptoms of limitation**, the messengers that show up through illness and accidents, repeating events, emotional issues, financial problems, and mental blocks

- A deeper dive into the **3 principles in all systems**, exploring how they are entry and exit points into and out of constellations

Module 3: Acknowledging What Is & Understanding Patterns Waiting to Be Seen



Judy will explain the importance of acknowledging *what is* as a fundamental prerequisite for growth. This is the key that unlocks a shift.

As Judy will share, when you can look even the most awful circumstance in the face, you can then unfreeze and consciously begin to make different choices — because acknowledging *what is* enables you to see *what's now possible*.

Each pattern has a time and place and needs to be acknowledged.

As you'll discover, **when you don't bring a pattern to completion, it continues to cycle down through the generations**, looking to be seen and given a place so it can rest.

Once completed, this pattern becomes a source of wisdom rather than contention.

You can open the door to the pattern trying to emerge and step into the realm of what's possible.

In this module, you'll discover:

- Why acknowledging *what is* is **ground zero for the transformation process** — and the prelude to pivoting from *what is* to *what's possible*
- An exercise to **open a space in your heart** by acknowledging *what is* — Judy will coach you to bring up an issue and move past excuses, non-acceptance, and limiting stories, so you can **open your heart to greater possibilities**
- That **every pattern has its time and place** — for instance, a problem might have once been a solution in another generation
- An exercise to determine how you might be **a victim in your family system** — Judy will coach you to examine yourself in the context of a family pattern that no longer serves you

- How irritants and limiting emotions are telling you that your box is too small and **inviting you to grow** — and your heart's desires are revealing the new pattern that's trying to begin through you
- A guided exercise to identify a **multigenerational pattern**

Module 4: The Conscience of the System — Inhabiting & Exiting the Systemic Trance



The conscience of the system is all about systemic loyalty and unity, and its sole function is to bind the system's members to it.

As Judy will explain, **this function strengthens bonds and offers support and confidence by providing *security of identity***. However, when it functions blindly, the system stalls.

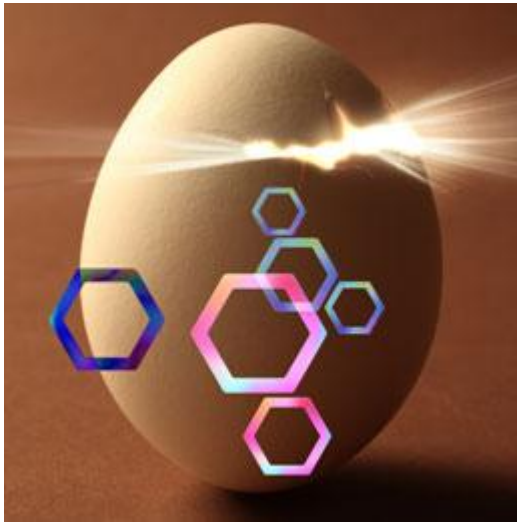
She'll also explain the conscience of the system, in terms of the often-unwritten, yet powerfully dominant rules that run systems.

You'll explore the personal conscience and how it's often trumped by the system's conscience. You'll also discover the concept of a *good and bad* conscience and how your biggest areas of growth sometimes occur when you're in a bad conscience.

In this module, you'll discover:

- What the **conscience of a system** is, and its primary functions, both "good" and "bad"
- An **exercise to identify when you're in bad conscience in your system** — you'll identify family system rules you've broken, and how that affects you
- The **systemic trance** and why it's so hard to break old habits and patterns
- How to discern **whether you're in a systemic trance** — and a 2-part exercise to exit the trance
- An **exercise to identify the systemic rule(s) that are asking to change**
- How you're **unconsciously loyal in your family system** — to factors including your family's struggles, limitations, and successes

Module 5: Systemic Language — Learning to Break the Systemic Spells We Cast



There are sayings and words we use in every family — encompassing platitudes, morals, codes of conduct, warnings, cautions, and prescriptions that we automatically utter, and that are handed down from generation to generation.

These sayings probably hold a deep unconscious place as *the truth* for you, yet as you'll discover, you can change this dynamic anytime you want to.

These “systemic sentences” often run the show and act like they hold sway over your psyche, influencing your life in ways you might not see.

Judy will show you how to explore systemic language, including the words and sentences that limit you. You'll then learn to **shift limiting systemic language, creating powerful sentences of resolution that can springboard you to a whole new level** of excelling and wellbeing in life.

In this module, you'll discover:

- How **words coupled to emotions can absolutely destroy or give wings** to your hopes and dreams
- An exercise to identify positive and negative systemic influences, examining common words and sayings in your family system to **determine what is and isn't helping you** — and who exactly is in your head (family members, authority figures, etc.)
- An **exercise to choose a goal or dream you want to act on**, and identify any negative voices in your head that might be holding you back
- How to **determine whether you're in a systemic entanglement** — by examining your unique language
- A **guided exercise to identify systemic sentences** relating to money, your relationships, and your career
- How to move from *what is* to *what's possible* through the **language you consciously create**, digest, and employ

Module 6: The Meta Systems, Meta Events & Meta Patterns That Run the Show



You don't just have individual family-transmitted emotional DNA — you also have the emotional DNA of your culture, country, ethnicity, and East/West philosophical orientation.

Together, these elements create the meta emotional DNA that colors your individual emotional DNA...

As Judy will explain, **global patterns emerge from large events like famines, wars, genocides, epidemics, and economic meltdowns that deeply affect us all.**

There are also ethnic, nationalistic, and political patterns that shape our outlook, emotions, and overall way we relate to ourselves and the world around us.

Because of our deep unawareness, **it often takes a meta event to wake us up to the new limitations and possibilities that are unfolding.**

Judy will explain how humanity is at a point of great change. The choices you make in your everyday life are shaping your system anew, and these choices will determine your success or failure as the world moves forward.

In this module, you'll discover:

- The **types of patterns that flow from meta events**, such as post-traumatic stress disorder, eating disorders, fears about people of specific ethnicities, and more
- An exercise where you'll **identify national and cultural meta events** that have affected your family
- A return to an exercise from Module 1, where you'll look at who belongs in your system — and **consider who or what might have been excluded** that you'd now like to include
- How the issues surrounding meta events also resolve into one of the **3 principles that frame systems and systemic work** — and how to apply that information to meta patterns in your family system

- An exercise where you'll contemplate **which great causes in the world** you feel drawn to embrace
- How to **decipher the situations where you use hyperbolic language**, think heavy thoughts, and experience large-scale reactive actions — as they relate to a meta pattern in your family system

Module 7: Your Money DNA



Your money DNA — the ways you do and don't connect with and relate to money — goes back generations, forming patterns and hidden loyalties that can determine your financial choices at the subconscious level.

As this course comes to a close, Judy will guide you to bring together all the concepts and principles from your journey through this course, using money as a practical example.

You'll pinpoint the costs and opportunities as you come to understand the money patterns that are trying to rest in your system — and identify the new ones trying to emerge through you.

You'll then shift any limiting financial patterns to allow money to flourish in all areas of your life.

In this module, you'll discover:

- **How you limit your wealth** with your words, thoughts, feelings, and actions
- How **emotional DNA and the 3 principles** (belonging, order, and balance) apply to money
- The importance of **accepting what is when it comes to money**, so you can pivot to mindfully creating a new pattern and what's possible
- An exercise to identify **your what is around money**
- The "rules and regulations" of **your family system's money DNA**
- An exercise to identify your family system's language around money