

## **SYNOPSIS: FREE THE PAST, HEAL THE FUTURE**

Researchers and professionals in the field of health have obtained scientific proof that a trauma can be passed along from generation to generation. We have all, to varying degrees, inherited traumas from members of our maternal and paternal lineages. These traumas and the mental/emotional patterns produced by them, can distort our sense of self-identity, interfere with our health and impose countless restrictions upon all areas of our lives.

These inherited programs create stagnation in our process of evolution, causing us to take one step forward and then, one step back. Many people have clarified the origin of the inherited, dysfunctional habits they seek to change. This knowledge often provides some relief from the undesired tendencies. However, the dysfunctional patterns or physical symptoms often reappear. Discovering the source of the problem is not always enough to achieve permanent change or healing. On the other hand, the person may have successfully resolved the dysfunctional tendencies connected to traumas experienced in his/her own lifetime. However, the effects of traumas inherited from members of his/her lineages (which may represent the core of the problem) may still be present within them. The method offered in this book has a significant benefit, it is not necessary for the individual to be conscious of the specific traumas suffered by his ancestors in order for them to be accessed and released.

When a trauma is experienced and not addressed it is ultimately buried somewhere within the psyche, the emotions and/or the physical body. These repressed ancestral traumas are stored in something that Pamela refers to as a capsule. This contains the essential event, shock, memories, unexpressed emotions and reactions of the person who experienced it. This capsule can be transmitted from one generation to the next in the same way that our DNA and neurons transfer information.

Pamela has explored this theme for more than 15 years within the framework of individual energetic and holistic healing sessions. She has been focused on two basic questions: 1. If ancestral traumas are stored in our genes, neurons and DNA and these consist, for the most part, of energy; is it possible to release ancestral traumas and the effects produced by them on an energetic level (i.e. perforating the capsule and enabling the content to be released)? 2. If this is possible, might the individual achieve significant, measurable relief from the inherited, tendencies and physical symptoms suffered? Based upon the results of hundreds of individual healing sessions, the answer to both of these questions is "yes."

May this generation free itself from the traumas, wounds and errors of the past to pave the way for our children, grandchildren and beyond. It is time that humanity resumes its process of evolution towards more elevated expressions of being.

Silence your mind and listen...your ancestors are whispering to you: "Wake up dear...we're waiting for you."