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### **Healing Generational Patterns: Memories Are Held within the Physical Body**

The experiences that you have in the womb and growing up create a platform for how you experience the world for the rest of your life. If any of these memories are negative or traumatic, and they are left unhealed, you could inadvertently pass this pain on to your children. Unhealed traumas can weigh you down for many lifetimes as they are passed from one generation to the next. This means that you could even be dealing with the trauma of your ancestors. Your past pain is important to understand and heal because it provides the best road map of what you truly came here to do. It shows you how to heal others that are in a similar situation or who have fought the same battles. Your trauma provides the path to your greatest acts of service on the planet. Follow your pain to find your greatest pleasure.

Children who experience abuse and neglect are more likely to suffer from mental health issues, such as anxiety and stress. This vastly affects their ability to move in the world and handle their careers, education, relationships, or desires for illegal substances in a healthy way. As a result of the way that our subconscious programs itself, even benign events can register as trauma because of the power of perception. Under the same circumstances, another individual may flourish. This is likely a result of a combination of resilience, persistence, inner drive, connection to a higher source, destiny, karma, and their subconscious mind

Whatever the form of trauma, it lives within the body and cells. When it is released, so is the memory. I remember working in labor and delivery one night and a woman in labor began to experience unprocessed traumatic memories of sexual abuse during the birth. She was so frightened that she was scream-

by **pritam atma**

*It is often said that we come into this life as a blank slate, but the truth is that we are anything but. Our experiences in the womb, and even ancestrally, leave deep imprints on our body and mind that we need to clean up in this life if emotional freedom and peace of heart and mind is our goal.*

HEALING  
ANCESTRAL  
TRAUMA

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ing, not necessarily from the pain of labor, but from her forgotten memories. This caused her to have a cesarean. The memories were buried within the energy of her second chakra and were retriggered through labor and the pressure of the baby on her cervix. Your memories are held within your organs and energetic centers. The way you were treated as a child will influence the way that you act and feel as you grow older. Your past events control your present and they physically weigh you down—until they are cleared.

I suffered trauma, but I was one of the resilient ones. I did not have the easiest childhood. Despite this, I persisted and moved forward with a strong internal drive and motivation. From what I have witnessed, through my own journey and through those of clients, trauma can either cause individuals to become slow, isolated and unable to make life decisions or push them to run through life with nonstop activity. The latter, my solution, occurs because individuals either consciously or un-

consciously want to avoid their pain. The act of doing something outside of themselves doesn't allow them enough time to see that they are actually suffering inside. Both of these ways of being are a form of depression, and happiness is usually found somewhere in the middle.

Many of the women I have worked with who suffered from a traumatic childhood started to move through life faster than a freight train with the demeanor of a valedictorian. This changed when they faced challenges such as infertility or the after-effects of becoming a mother. These events triggered a feeling of chaos and being out of control. The road to motherhood forced my clients to slow down and unwind in order to heal.

Most individuals are moving through the world while unconsciously suffering, not even aware of how unhappy they are. The unhappiness stems from past conditioning, attachments, projections, fear, and the tendency to self-sabotage. These patterns are re-

ally difficult to break because they live within the cells and create the energetic field. If you keep attracting the same experiences over and over, it is because you haven't changed your frequency—you have not yet healed the underlying belief system or pattern within you. Your mother and father have the same issues and as a result you created groups of friends, a career, a family, and a community all based on your past conditioning, which was ultimately started in your mother's womb. This is why you don't know anything may be inherently unhealthy in your life, because your entire world mirrors your subconscious programming.

A somewhat painful event will likely have to occur in your life to deconstruct your conditioning so that alchemical spiritual transformation can take place within. Alchemy is a purification process that your soul goes through to mature and resemble its original nature. It is an esoteric experience that is unique to your personal path to awakening to

a higher power. Spirit works directly with you via the elements to help you ascend and become whole when you are ready. This experience isn't necessarily pleasant, which is why many people avoid spirituality. The “pain” caused by this event is just your perception, but the discomfort is necessary in order for you to become aware that something needs to change. Until you fully awaken, you cannot see your life for what it is: a world where you are not in conscious control of your body, mind, or spirit.

If you were abused, neglected, or felt unworthy as a child, you likely attracted a partner with the same tendency and you may be living your life replaying the same wounds. Beginning to see yourself—all of your flaws and all the ways you have not risen to your fullest potential—is the path of self-realization. Awakening is a journey. It is a series of alchemical initiations. Consider the journey to pregnancy as an opportunity to rise to the occasion and change yourself for the sake of

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your entire genetic line. Your children will provide a mirror of your unhealed wounds if you do not, which is why I want you to clear them now.

### The Research

There are many studies that demonstrate how negative experiences in childhood affect the demeanor and future of an individual. Growing up in extreme poverty early in life can cause a decline in physical and mental health later in life (Moore, 2015). Emotional comfort is just as important as the safety felt through material items or a stable home. A study showed that when monkeys were separated from their mothers and raised in cages, they developed severe detachment from their environment, hostility towards their own bodies, and the inability to create attachments later in life. It makes me sad that we even have to test something like this. The consequences of a lack of loving relationships in childhood seem obvious to me.

Another study directly identified how ma-

ternal mothering can affect the epigenome. After baby rats are born, it is normal for the mothers to lick and groom their pups. Not all mothers do this to the same extent though. One study showed that the rats who were birthed by mothers that spent less time licking and grooming their babies grew up to have higher levels of stress responses, a heightened response to stimuli, and were more fearful of their environment (Moore, 2015). These rats were shown to have more methylation in a particular genome region of the DNA. They produced less of a protein that would have helped them respond to stress better.

Further studies showed that when rat babies were taken away from their unmaternal mothers and given to mother rats that were more likely to spend time grooming the pups after birth, they grew to be less fearful adults. Their experience changed their demeanor. The studies showed that the rats who were cared for by the more attentive mothers were more nurturing themselves when they became mothers. A higher level of licking and



“This process is your road to clearing generational history, trauma and heartbreak. It is the path to enlightenment.

grooming even influenced how the rats responded to cognitive tests for attention and spatial learning. The early environmental behaviors of the mother programmed not only the DNA, but the brain and intelligent responses of the animal (Moore, 2015).

Scientists have also shown that PTSD can be biologically passed down through generations. A study looked at eighty children with at least one parent who was a Holocaust survivor and compared each of them to fifteen individuals in a similar demographic who did not have parents that experienced the Holocaust. The children who had parents who both suffered from PTSD after the Holocaust had higher levels of the glucocorticoid receptor, which helps to modulate stress response. Memories are often inherited and experiences that happened generations before can affect you later in life. Not only can your father's or grandmother's memory be passed on to you, but your personal memories can program your child in the womb. Your physical body is

a hologram which stores all of this information. The denser the information, the denser the hologram.

### Healing through Alchemy

Unfortunately, it usually takes someone hitting rock bottom before they are ready to make changes in their life or clear limiting patterns, painful memories, or self-sabotaging tendencies. For some, it is a lot easier to forge ahead and numb the pain on a Friday night with alcohol or drugs than actually deal with it. You don't know how bad it is, or how much better it can actually become, until you are forced to take a deep look in the mirror and make a change. You can continue to blame every relationship or person in your life for your issues, but it really has nothing to do with them. It is all you, love.

If you haven't had the chance to see how your past affects your present, this section should shine some light on this area for you. If you have tried to hide or ignore physical or

sexual abuse, traumatic births, miscarriages or abortions (or anything that directly affects your body or body image), it is time to look at these wounds head-on. And even if none of this has happened to you, I know that you have a friend or a distant family member who has been affected. You have the power to heal this for all of these women and I will teach you how here. This work matters because until all of us are ready to rise up, there is still more work to do on Earth. My hope is that you can begin to see all your weaknesses and heal them for your children.

At some point in your life, you may feel the effects of alchemy, which is a force of transformation that happens in eight steps. When your life falls apart, or you feel some sort of a catalyst move through that forces change, you are likely in the first step of the alchemical process, which is calcination. You may lose your partner, health, child, house, career, or best friend. It feels like you are on fire and the entire world is falling apart. What is really

going on is that you are physically changing to become more dynamic spiritually. Your ego is slowly being broken down as you continue to move through the alchemical process—or through the elemental forces of fire, water, air, earth, and ether, which purify you here on Earth. Alchemy is one of the fastest ways to God because it peels you open like an onion, exposing the parts of your life where you need to change. This process is your road to clearing generational history, trauma and heartbreak. It is the path to enlightenment and becoming a whole human being.

The alchemical process of transformation uproots everything you thought was safe and stable in your life. Almost everyone is continually experiencing alchemical changes, but not everyone is aware of this, nor is each person's level of transformation equal to another's. I am not going to go into the specific steps of alchemy in detail because the breadth of the information is too substantial for the purpose of our work here. (It also needs to be



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personally experienced to fully comprehend the magnitude of the changes.) What I want you to understand is how the elements are an integral part of your awakening process. They can create balance or imbalance within your life and your fertility.

I am going to discuss each of the elements and their corresponding geometrical shape as they relate to certain physical issues that can be held within your body. If these issues are not healed, they will manifest and creep into every part of your life. They will also be passed on to your children, creating the belief systems and core components of their genome. The following information is based on the life work of my teacher, Celestine Star, my personal experiences, and those of my clients. As you read about each of the elemental relationships, make a note in your journal of all the places where you recognize yourself or another person. Write it down, because I will teach you how to release it later.

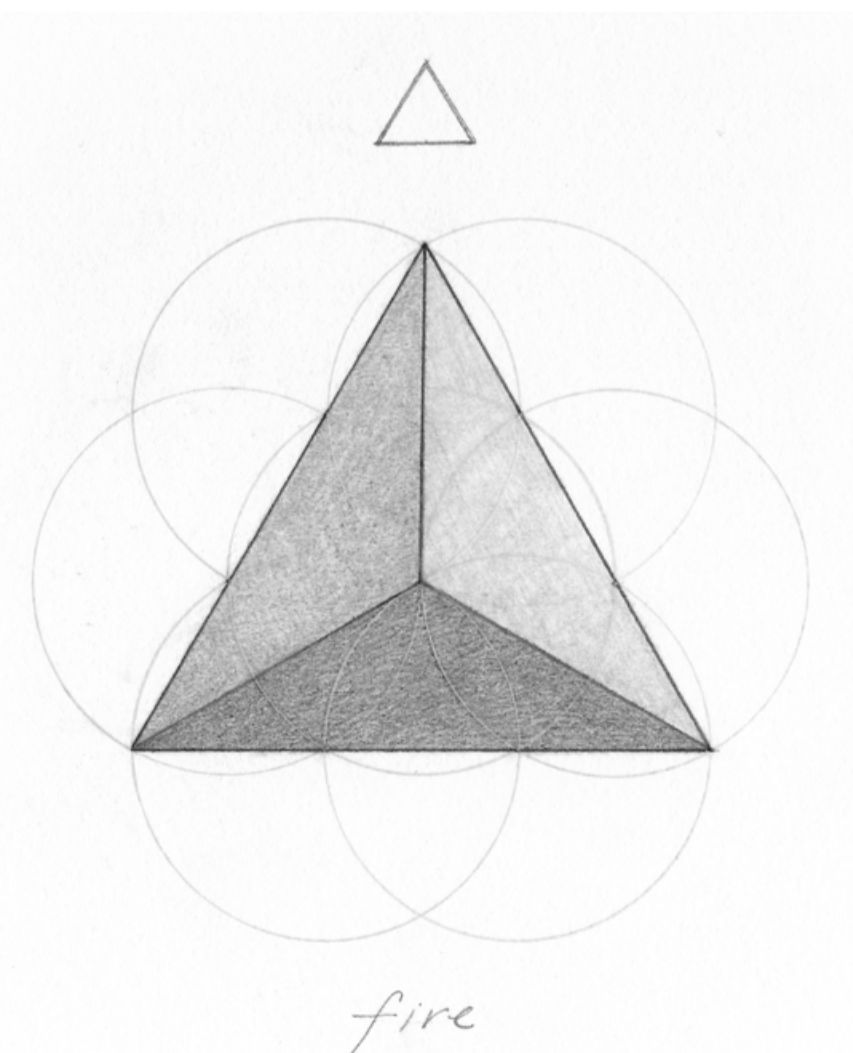
### **The Effects of Unbalanced Elements in Your Body**

I am going to use sexual abuse as a general example of how an event can create imbalance of the elements within. I chose sexual abuse because one in three women have suffered from this. You can replace much of the following information with whatever type of trauma or drama you have experienced, as it all affects the elemental and physical makeup of your life. Examples of events that physically affect you include sickness, pain, miscarriages, rape, surgeries, physical abuse, or traumatic births. There are obviously many mental and emotional problems that are also held within the body, but here we will generally focus on the physical issues for the sake of simplicity. The effects of these events vary in intensity for each individual, but the physical density will always weigh you down. You will likely be able to see parts of yourself or another within all of these unbalanced elements discussed below.

If you have been sexually abused, there will always be mistrust of the perpetrator. Until you have healed, you will attract lower nature Beings and people into your life due to your feelings of being unworthy. If you were abused when you were very young, and never had a relationship before this encounter, you will always feel impure because of the loss of innocence at such a young age. You may continue to abuse yourself by sleeping with various men or being around men or people who hurt you.

You will inadvertently and continuously attract the people with the same vibration in order to relive the trauma in the hopes of healing it. This is something that you cannot stop unless you take time to recognize what happened to you. Unhealed trauma, or ancestral wounds, live within the subconscious and arise to be eliminated. Abuse can cause anger and may make you feel like you need to get back at the world, or at the perpetrator or the situation that caused you pain. It is criti-

cal for you to comprehend how pain experienced in the past can creep into the present moment.



“Taking the steps to heal your wounded child will help you to prosper in the present moment.”

**Fire (Tetrahedron):** This element represents the abuse or violence itself. It is a moment in time that burns the hole in your pocket that makes everything fall through. It is the opening of the legs or the taking from the womb. Fire is nature out of control. It is fierce pain that pierces your heart and soul or yoni. The flame burns continuously and anything that comes into your field will catch on fire too. You may attract very low or unconscious people so that you can burn them. This will help you to feel in control again or prove to yourself that you still have power. When this occurs, you know your fire is out of control. It is easier to see the weaknesses in others before we see it in ourselves: Do you have a friend that burns through partners or jobs? Do they partake in mischievous or self-sabotaging behaviors and not necessarily comprehend the damage that they have done to others or themselves?

An unbalanced fire element creates self-destructive and painful choices that hurt

the individual and everyone around them. As you begin to purify, the salt of your tears will clear you and put the fire out. If you were sexually or physically abused, part of the healing is pushing off the perpetrator. You have to go back to the moment in real life and physically pretend that you are pushing someone away using, for example, a pillow. It is sometimes necessary to relive all the pain—physically feel and act it out—in order to burn it out of your system.

Going back in time and rescuing the inner child, who is still wounded, is a vital part of the healing process. You can actually locate your wounded child in your timeline and put her in a safe place surrounded by loving items and people. My inner child is living in Big Sur with a loving grandmother. She spends her days playing and gardening. Many people I know create a physical altar in their house for their inner child with toys and books. Taking the steps to heal your wounded child will help you to prosper in the present moment.

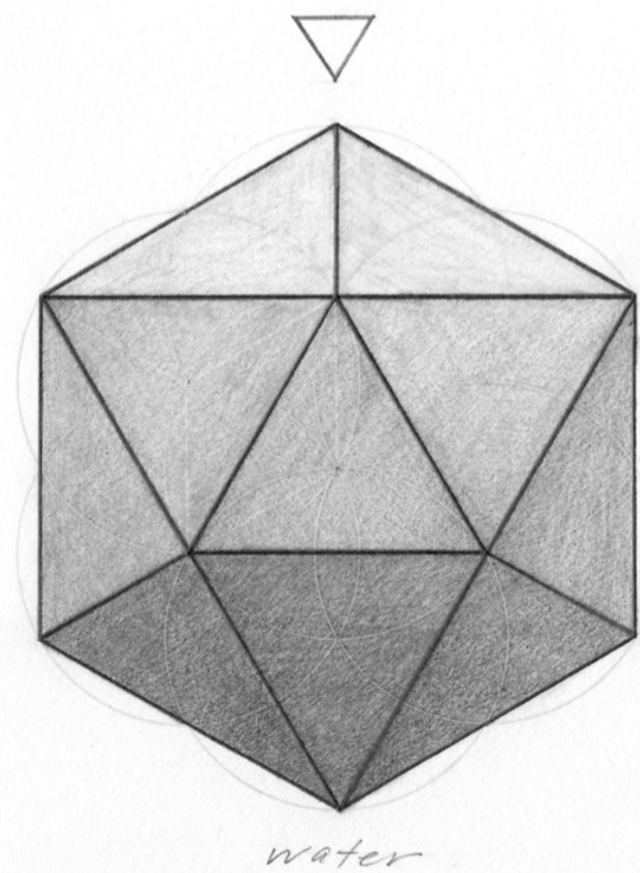


“You can alter the pattern of each element by mentally and spiritually using the element itself as the mode of healing.

In order to heal, you can go through your memory bank and find all the painful events that are still hurting you. Take a sabotaging pattern, such as always being afraid that your partner is cheating and going to leave you, and find all the memories where you felt abandoned throughout your childhood. You can locate these memories within your chakras and organ systems by closing your eyes and scanning your body. These events may have a texture, color, or shape. Energetically pull the memories out, relive these experiences in your mind's eye and, consciously using the element of fire, burn the whole story to ashes using your imagination.

**Water (Icosahedron):** When the water element is unbalanced, it may feel like you are drowning in emotional grief. The emotions of suppression, depression, and oppression are common. The water element is often pushed down because very few people want to talk or think about negative events from

their past. The level at which this suppression takes place depends on their history and current environment. Water has the ability to hold the other four elements within it like a



container. And if this container becomes unbalanced, aspects of all the elements may be released at once, causing havoc in a person's life if left unhealed.

If a person bottles up their emotions, they may become untrustworthy or delusional in their words or actions. They create internal and external illusions about the status of their life to themselves and other people to hide the pain. This can come in many forms, such as acting like everything is alright when it is not in relationships, career, or self-love. It could also come in the form of overbuying, overeating, overdrinking, or oversleeping. These individuals are often embarrassed about who they really are and cannot face their faults, so they begin to tell lies that may be big or small.

I have a friend who was inappropriately touched as a child. Until she healed, she constantly felt all the unbalanced elements in her life, but the water element was particularly difficult for her. She drowned herself in alcohol in order to numb the pain and told lies to

herself and other people to hide it. She overate and then submerged her head in a toilet to bring the food up. She created a front, or a barrage of stories, about how good she was doing externally, so that others could not actually see how bad she was feeling internally. Lies were so common that she got lost within them. As a result, she lived in the past or the future because she couldn't handle being in her present life circumstances.

If your water element is unbalanced, you may become a false storyteller. Truth will be difficult. Rampages of spending, drinking or drugs are not uncommon in order to hide or suppress the pain. If this hits home, until the tears flow and the truth is unleashed, you will be in a whirlwind of unresolved issues. You can alter the pattern of each element by mentally and spiritually using the element itself as the mode of healing. In order to heal the water element in yourself or another person, you can create an illusionary watery healing area, or even go to this place in real life. Water

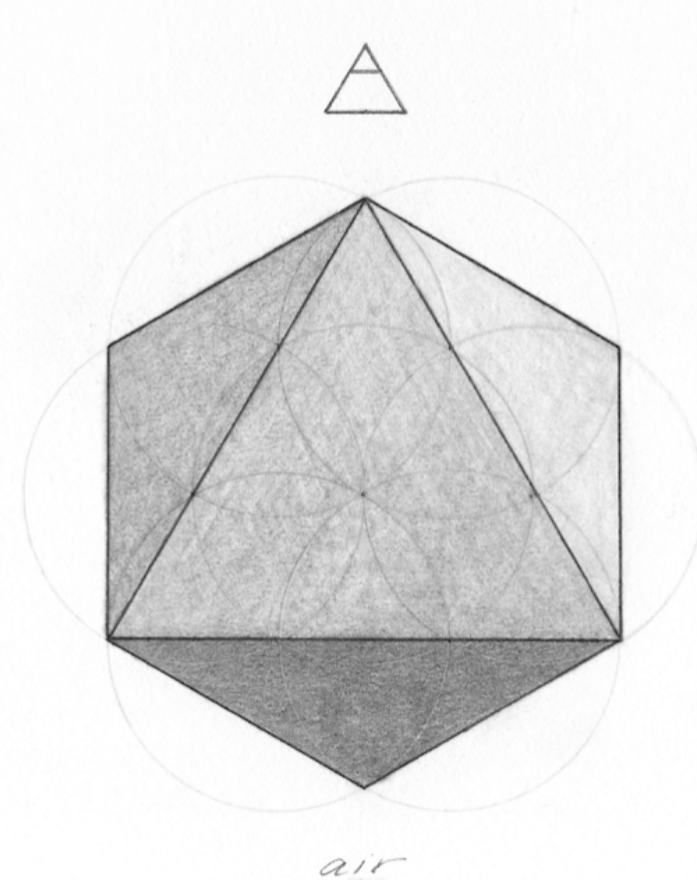




“The ability to take responsibility for what happened in your past allows healing to rise to the surface.

represents the subconscious and unconscious issues within you. At this water formation or lagoon, you can ask Spirit to purify you.

It is necessary to go through a purifying ceremony in complete sobriety and ask for all the unresolved issues to come up to be released. Within your home environment, it is also necessary to let go of any objects that are causing you pain. Put away the memorabilia of any family members or friends that you would no longer like to associate with, such as pictures or gifts. All of these physical items carry a vibration that affects you. This is the process of dissolution in alchemy, which is the letting go of outmoded belief systems or ways of living. As you heal, you must start on the path of total truthfulness. Be honest with yourself about what has happened and how you have hurt yourself and others by avoiding the pain. The ability to take responsibility for what happened in your past allows healing to rise to the surface from the depths of your soul. This is the beginning of spiritual maturity.



**Wind or Air (Octahedron):** An unbalanced air element creates a total whirlwind of a life. It makes an individual harsh and austere and can result in the loss of femininity. Have you ever seen someone who looks frail, tired, tight, or stripped of life force? Their air element is not

in balance, which can make the heart shut down. The heart may feel like it is functioning energetically, but if your air element is out of balance, everything in your life will be done with practicality, total determination, and a disconnection from yourself and others. You may feel a tremendous amount of vigor and the propensity to overachieve. This brings a lack of joy, natural flow, and acceptance of what is. When you are always goal-oriented, it is hard to focus on the journey that gets you there.

Air can become hot and wound up, creating a vortex of energy that runs down the sacral chakra, or center of gravity and power. Women with unbalanced air may become activists because they want to fight. Wind is the element of anger and when it is not properly released, it creates inner turbulence and the need to be heard. Wind doesn't easily calm down and can be destructive to the environment around it. It causes individuals to feel constantly on edge and fearful about what will happen next. This creates a constant

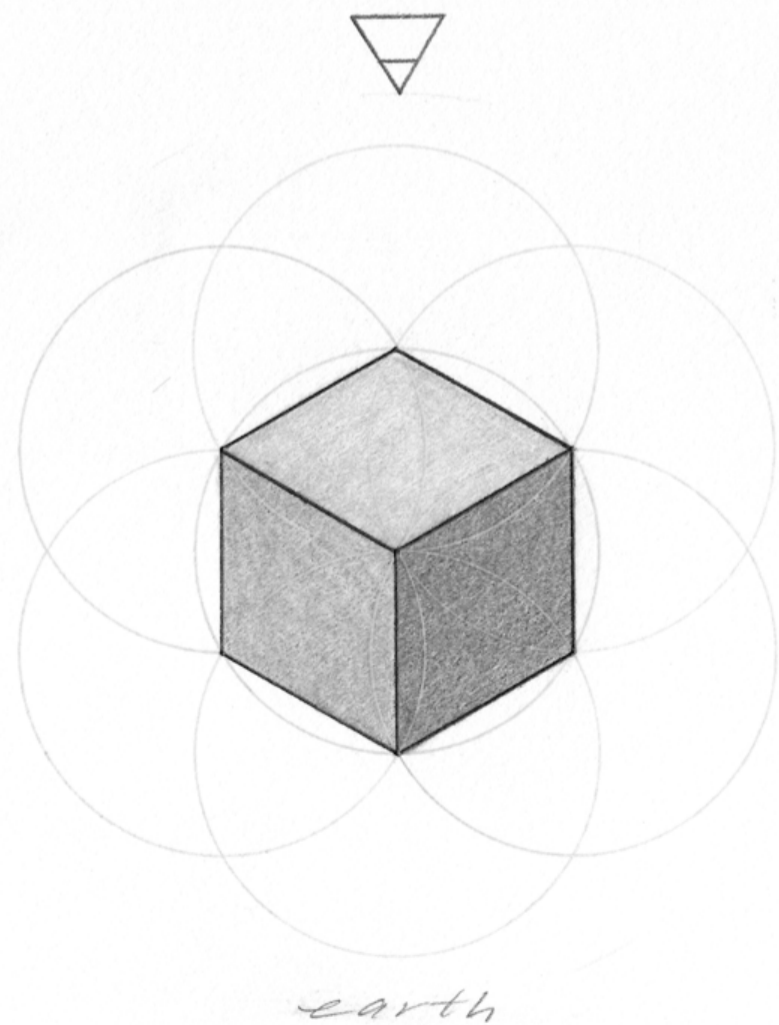
state of fight or flight, creating high cortisol levels in the body which decrease fertility. At its worst, unbalanced wind creates individuals who often have split personalities and a rollercoaster of emotions to counterbalance.

An unbalanced air element may create the constant need to control everything and everyone around you. This may show up in the neurotic tendency to clean, reorganize or constantly move around the house doing a lot, but not really getting much done at all. Control may come up in the areas of food, work, friendships, weight, money, sex, or love. In fact, control is one of the most common emotions that I work with within individuals who are trying to conceive. My clients who had controlling mothers or caretakers who controlled their childhoods often suffer from attempting to control every part of their process of becoming pregnant. The healing begins with the unwinding of both the tornado and the constant need to move forward with tremendous speed. The train must come to the station. You need to look at all the places you

“Reflect on what your life looks like—a good representation of this is your house.

are wound up and tight, at everything you try to dominate, and all the ways that you can let

go. Start with releasing the little things first. With this comes more spontaneity and joy.



**Earth (Cube):** This element can weigh you down when unbalanced. Reflect on what your life looks like—a good representation of this is your house. When you are spiritually developing, it is common to dream of houses in different forms, as these are representations of your physical and spiritual bodies changing. Is your current house dirty, cluttered, falling apart, or in need of minor repairs? Do you move around a lot or miss your rent if you do not own your house? When your life begins to crumble, do you have the ability to build it back up just like you would a solid structure? If you have been abused, neglected or hurt, your earth element will not come together. You won't enjoy living in your own body and may dislike yourself. And your house won't be strong.

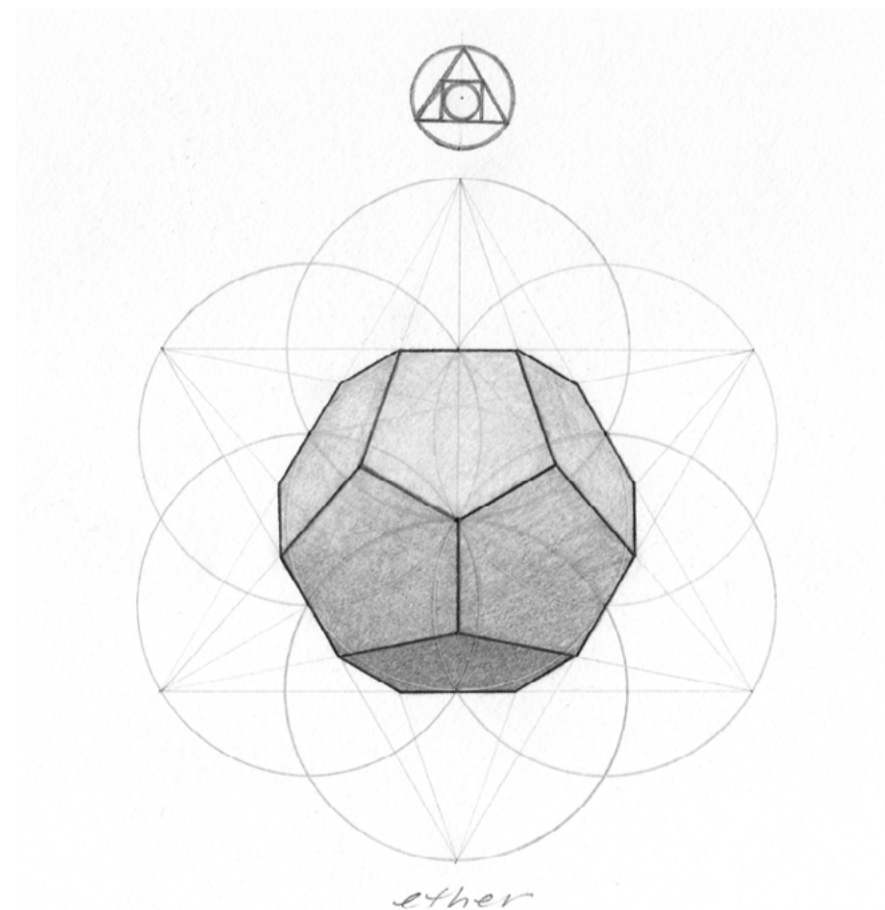
In order to heal, you have to look at all the ways that you need to rebuild your life.



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In *Mystical Motherhood*, I teach how to use Maslow’s Hierarchy of Needs in order to become a fulfilled woman. This theory is applicable to healing the earth element. Start with ensuring that your needs of nutrition, sleep, sex, and shelter are met and then slowly move up the hierarchy into meeting the needs of safety, love, belonging, and self-esteem.

**Ether or Prana (Dodecahedron):** When this element is in the destructive mode, it creates weakness and sickness. An example of this would be the cessation of your menstrual cycle. Ether works on your energy body and makes you feel powerless. Being exposed to pain or frequencies that are discordant on the inside will eventually weaken your immune system. If these painful experiences persist, they can break an individual down. When sickness and disease occur, it is a sign of the separation of the soul from the body or Spirit. You may not be able to make decisions because you feel disconnected. You may



not even be able to dream because the etheric body has been torn.

If a traumatic event occurred and the person wasn’t able to protect themselves, they may call on a protector. This can be detrimen-

tal, because the protector can be an outside source such as a negative spiritual energy. It is not uncommon for individuals who have suffered from physical, sexual, and mental abuse or alcoholism to have negative spirits attached to them. It is in moments of loss and desperation that a spirit will acknowledge a similar energy and attach. You can pinpoint when someone has a negative energetic spirit attached to them because they will suddenly change personalities. It is not uncommon for these individuals, who are otherwise caring people, to be cruel, mischievous or self-sabotaging for no reason, completely out of the blue.

They typically find a way to ruin something when it gets good, whether that is a job or a relationship. There will likely be issues of love and abandonment with all their relationships and a constant need to blame or project. Once love gets too close, they find a way to question it or push it away, which causes the other person confusion. These individuals will

suck out your energy, just like a vampire, because it is necessary for that negative spirit to thrive. They basically turn their lives over to the spirit.

Trigger mechanisms are developed over time and the negative spirit becomes the individual’s personal navigation system through life, constantly checking to see if their environment is safe. The person becomes incredibly sensitive to their environmental surroundings and may be extremely affected by sounds, smells, or feelings. It is not uncommon for this individual to become isolated or hypervigilant of people and places. A lot of trust issues may arise because the person was so harmed by the original trauma.

If this feels familiar for yourself or another person, ask these questions: Do you sometimes not recognize yourself? Do you have moments of lost time? Do you have problems remembering what you said to another person even when they try to remind you? Do you often lose people or push them away? If



“Whatever the subconscious mind needs to do in order to dissolve the issues, do it.

any of these apply to you or someone close to you, there may be an energy attached that is breaking down the life force. Removing this type of energy cannot be done alone and requires help from an outside source. It is imperative to find out why the spirit attached in the first place and ask why they are still there. Oftentimes it is the individual who wants to keep the energy.

If you need help on your path to healing you can write in to: [www.mysticalmotherhood.com](http://www.mysticalmotherhood.com) for further assistance. Either I will assist you or I will direct you to a person who is the right match for your healing process. Celestine Star is a powerful healer who can also assist you or a loved one through the process of alchemical transformation. The exercises below are based on her work with clients.

### Healing Your Inner Child Exercise: Learn to Mother Yourself

**1. List all your traumas or dramas** between the ages of zero and twelve (if your mother has

told you stories about negative events that happened while you were in utero, list those too as they can be addressed in the same way).

**2. Rescue your inner child** and begin to mother her. This can be done at one age or multiple ages. You can find this child in any memories that still haunt you or in memories left unhealed.

**3. Take some time to tell this child** that you love her and she is not alone. Hold her and make sure she knows how cared for she is. You can even hold a pillow while doing this. Allow any tears to flow or screams to arise.

**4. Go into the memory**—the actual room of the trauma or drama—and pick up this child. Carry her out of the house or place her somewhere that feels safe and secure. Create a loving home for her and a place that you can return to in meditation. Make sure she has all the amenities to keep her happy.

**5. Talk to the perpetrators or past caretakers**—whoever it is that caused you pain. You must be the adult that shuts them down because, deep in the subconscious mind, this is still happening to you in the present moment. Whatever the subconscious mind needs to do in order to dissolve the issues, do it. Put these adults in parenting school, bring angels in to take care of them, take them to a healing place, put them in jail, or take them to court. Do something in your mind’s eye that releases the pain and creates justice.

**6. By mothering yourself, you will become a better mother.** If these wounds are left unhealed, they will creep back into your own experiences, triggering you while raising your children. The cycle stops with you.

### Understanding Your Earthly Contracts: A Writing Exercise

**1. Why did you choose this?** Why did you choose the events in your life? Why did you

choose your family? You shouldn’t be shocked by these questions, as we are all the creators of our own realities for our greatest healing.

**2. Close your eyes and go back to the time before you were born.** Imagine yourself looking down from a higher dimension at your mother’s womb. You knew what your life would be like as you looked at this family. You were attracted to your mother’s frequency, but why? What would you learn through her? By choosing this family, you knew you would experience specific events that would physically affect your body, mind, and spirit in this lifetime—and you chose it. What have you learned since your choice, and what benefits have you gained from these lessons?

**3. Ask yourself the following two questions** about the people and the experiences that you have dealt with (you can do this with each significant experience individually):

*Was it a personal agreement?* This would

“When you let go, you will be ready to accept your divinity and be unified into the consciousness of all.

mean that you have done this to others and need to have it done to yourself. Or, you need to experience this to heal it for yourself or for a generational line.

*Or was it a mission?* Meaning you chose your family or the experience so that you could understand the pain and help others. The mission is for everyone and for the ALL. You may go in and experience a rapist—the totality of the pain, the grief—so that you can be a healer and heal others. You need to feel the pain of humanity to be a true healer and be trusted that you have the compassion and integrity to support others. You walk into the fire and then you come out as a diamond.

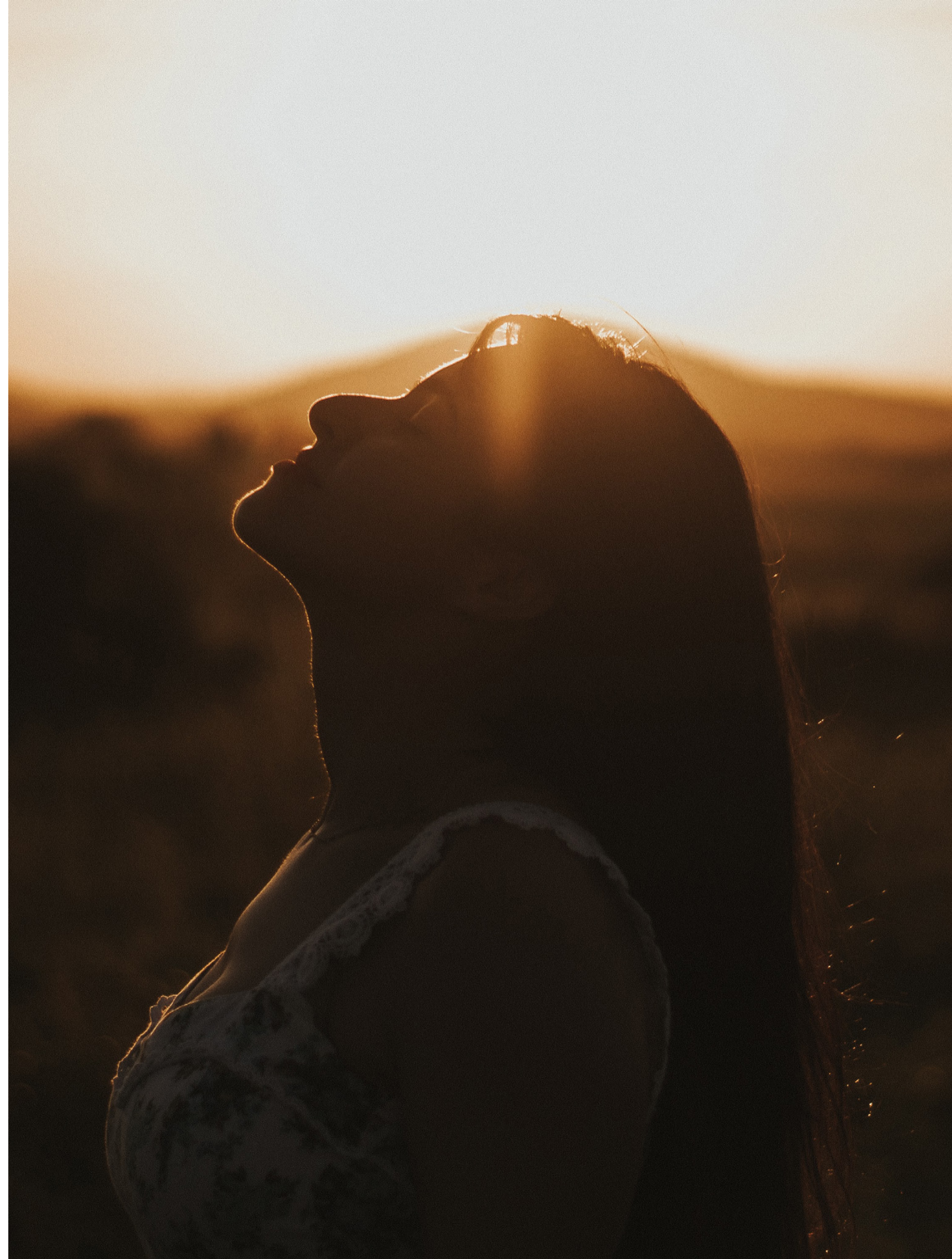
**4. Once you know if it was a personal agreement or a mission,** you can complete the following ceremony. Say these words out loud: “I hereby release my contracts and/or soul tribes (which is your family and friends), or attachments to these lessons.” You can visualize the contracts between specific peo-

ple and yourself burning up in a fire. You can also visualize cutting all the cords that may be attached between your bodies. After doing this, the dynamics of these relationships will change.

**5. Acknowledge if your mother, father, sister, or brother is your soul tribe**—which is the group of souls that you may have spent many lifetimes with, learning lessons. When you are ready to move on to the next Higher Self, you need to let go of this tribe. When you let go, you will be ready to accept your divinity and be unified into the consciousness of all.

**6. Create a symbol to anchor your new life.** This is the first shape that comes to mind. Symbols are forms of energy and communication that allow Spirit to speak a vast amount of information quickly. Take some time to let it unfold around you.

**7. Once you change these agreements,** the



“The fire element has the power to harness the Kundalini life force. This brings a connected creativity and expression.

world around you will change. Your world will rearrange itself to accommodate your new ideas about reality.

Doing this work is vital so that you can become an awakened mother. There is no need to pass these patterns on to your children. If you had a whirlwind of a childhood, would you want your children to experience any of this? I highly doubt it. As you do this work and release your past, make sure that all the healing is done from the level of your heart not just the head.

### The Effects of Balanced Elements in Your Body

**Fire:** When the element of fire comes into balance, you will become a living expression of the God-force energy and an incredibly dynamic individual. The fire element has the power to harness the Kundalini life force. This brings a connected creativity and expression of divinity here on Earth through whatever

medium you choose, including creating children. You will feel inspired, creative and motivated to complete what you came here to do. Your destiny becomes evident and easy to fulfill. You are no longer stuck in the mundane or repetitive.

A passion for life becomes evident and whether that is creating art, raising children, or working, you will feel the drive, and what you contribute will feel worthwhile and valuable. Energy is abundant and focused. Charisma will help you to lead others because you are connected to your Higher Self and Spirit. When you get to this point, you have gone through the fires of transformation and you have watched many of your negative patterns and beliefs burn to ashes. A diamond has been created.

**Water:** When in balance, this element allows your emotional body to relax and expand. You will resemble a container—able to hold others with your open and expansive approach to

life. By this point, you will know where you end and another person begins. Like the edge of a pool, boundaries become natural and they are there for your emotional safety. No one can take advantage of you now because you have released the contracts of obligation. This broadens your opportunities. Life becomes beautiful and it flows with ease. You are not afraid to show yourself or who you truly are inside. With increased emotional intelligence comes reliability. The more you trust yourself, the more others begin to trust you. As your mission on Earth begins to change, you begin to adjust to this with harmony.

**Wind:** Rather than being an unpredictable tornado, the balanced wind element brings calmness and radiates assuredness. This is focused determination with power. You begin to see clearly all around you. Though pain is apparent everywhere, you now know how to focus on love. It is natural to surround yourself with individuals who are similar—in fact

you couldn't have it any other way. Relationships have changed at this point and have more breadth and connection. Running away from your past and personal faults is no longer an option. You now stand tall and remain present with yourself, breathing in your body with fluidity. This calms your nervous system down, which lowers your anxiety and anger. There will be a truth in your words and a desire to lead and speak because others will listen. The balanced wind element brings strength, love, and an open heart to serve on Earth.

**Earth:** This element will keep your life and body grounded when it comes into balance. You will easily begin to build a solid house, career, or family life. The earth element creates structure, which magnetizes opportunities to you. Whatever you choose to excel in becomes possible because your auric field is grounded into Mother Earth. You become a solid creator of your reality and easily attract the material or spiritual needs required for





“When you begin to connect Heaven and Earth inside, or the lower and higher selves, everything becomes alive.

abundance. Your life will no longer be falling apart or crumbling in areas because you have created a solid foundation within, which becomes apparent without. This is the element that allows you to ground Heaven on Earth.

**Ether:** This element, when balanced, allows you to work with the higher realms of reality with ease. You will become physically, emotionally, mentally, and spiritually attuned to consciousness and be cocreator of your reality in conjunction with God. The angelic realms, Ascended Masters and higher Beings all become accessible because you begin to match their frequency with your lighter energy and thoughts. Your auric field becomes strong because you have cleared it. You love yourself now. Others will reflect this love back. The dream world will be in alignment with your truth because you now understand the story of yourself.

When ether is in balance, you are connected to your Higher Self and begin ascending to the higher realms while still being a fully em-

bodied human. When you begin to connect Heaven and Earth inside, or the lower and higher selves, everything becomes alive. Your entire reality becomes conscious; your senses are fully awakened. All known and unknown worlds around you expose themselves. Everything in your life becomes a form of communication like divine art. Anything is possible, absolutely anything. And you have to trust yourself that it's all real. Once connected, you will begin to see that your inner world is directly connected to the outer world. All parts of the outer world then speak to your inner world. Our ancestors understood this. When you open up like an innocent child, you can return to wholeness. This is the path of the warrior, the truth seeker, and the lover. When your elements come into balance, you will attract a high vibrational child unlike any other.

### Exercises:

#### 1. Build an Altar for Your Child

An altar is a sacred place you create within

your home. You can build an altar that represents the child that you want to birth into this world. The altar should only contain items that have significance to you and are charged with purpose. It must also have a representation of the elements described above. If you have suffered a miscarriage, another good idea is to create a memory box or altar for this child. I ask my clients to write letters to their lost children and keep them on the altar until they are ready to let them go.

#### 2. Tap into Your Intuition

Throughout this, I have asked you to tap into your intuition through feeling and visualization. If you feel lost and cannot figure out how to do this, here is something you can do: Begin by sitting upright with your eyes closed. Imagine a beautiful place on Earth and begin to walk through this location in nature that you feel connected to. Feel the love for Mother Earth and all of nature. Then send this love through your spine down into the earth like a tree would plant its roots. Allow your energy

to ground deep through each of the elements within the layers inside earth. Then think of the sky above and send your love from the top of your head into the sky. You can imagine a golden thread or rope rising out of your spine and connecting to the moon, stars or sun. Once you feel connected to Heaven and Earth, tap into your heart and womb center by taking a few very deep breaths and visualizing the organs.

#### 3. Creating a Family Tree

*This meditation may take you days to weeks to complete. It is a process that can be continually worked through.*

Imagine a cube. Visualize all the corners and lines of this three-dimensional square. This cube is clear and as you look into it, you see that it is split into three cross sections. There are two solid breaks in between the top and the bottom. These three sections represent your past, present, and future. As you look

“Ask your Higher Self to tell you if anyone else in your genetic history has experienced this. There will likely be an immediate knowing.

at your past, which covers the bottom of the cube, it is likely to be dense and darker in color. The middle may be lighter, representing the present, and the future is clear. Now imagine yourself holding this cube in your palm and then set it in front of you on a desk or table.

Bring out your journal and begin to write about all the issues from your past that create the density in your cube, any issues in your present that need to be resolved, and discuss in detail how you would like your future to look. This can be done in bullet points under past, present and future sections. Try to get as much done as you can in each sitting. Symbols, such as the cube, carry a lot of information and are a way that the Universe can speak to you. As you are writing, make sure to continue to go back to your cube in your mind's eye and ask your body to connect with each area of the cube fully. Ask for all memories, patterns, dysfunctional relationships, pain, and negativity to come up, in order to be re-

leased for the highest good.

Once you have this all written out, you will want to take this information and create a family tree to see if you can trace the core problems back to the generations that came before you. Take a concept or painful experience that you wrote down and have been holding in your body. Trace it back in time. Begin by writing down anything from anxiety to miscarriage to start. Ask your Higher Self to tell you if anyone else in your genetic history has experienced this. There will likely be an immediate knowing.

Create lines out to the people in your family that had the same problem occur to them. You may hear “Grandma” or “three generations back.” Whatever you feel, hear or see around each of the issues—write this information down and learn to trust yourself. Ask for a higher source to come in to keep you open to receiving. You can do this for all the information you discover about yourself down to the tiniest details, such as: weight gain, bulimia,



“Know that by doing this, you are likely the first person in your family to even acknowledge the pain of the past and heal it.

reactive behavior, anger, depression, sadness, or compulsive reactions. You may need a large piece of paper or a lot of space! That is totally normal, we all have a lot of history to let go of.

Know that by doing this, you are likely the first person in your family to even acknowledge the pain of the past and heal it into the future. When you do this work, you become the record holder and the healer for the whole family. It will all end with you, because of your dedication to create a better world. There is tremendous power in forging ahead into a whole new future for your blood line.

After you have written down any information that has arisen intuitively about issues from your past as they relate to yourself and other family members, you may want to reach out to family members to verify what you have found. Let me provide an example for you. I was working with a client that continually miscarried, and I intuitively knew that she had a family line of women who had the

same problem, which could be easily linked to her grandmother on her mother's side. She felt that this was correct too, and asked her mother about it—sure enough it was. Knowing this, she began to understand that she was repeating a pattern that went back in time through her family. She committed to healing herself from the inside out and the miscarriages stopped. Families hold secrets: admitting negative traits is a sign of failure. You will be surprised by what you find hidden within your genetic line.

#### **4. A Meditation for Alchemical Transformation**

*Now that you have a larger picture of your own issues, and an intuitive sense of how these issues run back through your DNA and past generations, we are going to work on healing them at a spiritual level using alchemy. The elemental process of alchemy will transform and alter your life. You will need*

*to be alone in a room for a period of time for this next part of the process.*

Create an altar with the five elements in front of you: a candle that is lit to represent fire, a glass of water, a representation of air such as a feather, a piece of nature that represents earth, and something representing the higher realms for ether. This outer ceremony will help you transmute on the inner realms. Before you begin the following visualization, you may need to connect to Heaven and Earth first as described earlier under Tap into Your Intuition. You will also want to ask your Higher Self that all records from your past be opened in order to be healed for all past generations. You are asking to help transmute your genetic line and release that which no longer needs to be passed down—for the benefit of all and the children that will be birthed through your womb.

Close your eyes and see the Family Tree you created above drawn on a piece of paper in

your mind's eye. Under it is a golden bowl, representing your womb. Imagine that the ink with which each of the issues has been written is dripping like water—dripping into the golden bowl. Each problem is being released.

As each issue drips like tears falling, allow memories to arise. Screaming and shouting are welcome. There may also be flashes of insight from your family history. Don't be surprised if you feel hot, cold, sad, or angry. Allow it all.

Ask your body to begin to pull out all of these memories from your cells and imagine these memories are going into the bowl too. It may make it easier if you say this command out loud: “I am clearing (insert memory) from my cells and DNA.”

Once this history has been wiped clean, and you have felt the emotional, physical, and spiritual aspects of all of these memories, all your genetic information will be held in the element of water within the bowl.



“As the flame burns, it removes the blood line and memories. Visualize DNA being cut and put back together into its crystalline form.

In your mind’s eye, hold this bowl high with both of your hands and ask a higher force, such as Mother Mary or the Holy Spirit, to help you transmute it into gold. Ask that the energetic contents be released. To help you do this, visualize a flame that is blue at the bottom and red at the tips burning the bottom of the bowl, heating up the water.

As the flame burns, it removes the blood line and memories. Visualize DNA being cut and put back together into its most crystalline form. This clear and crystal DNA will run throughout your body soon. Let this flame burn as long as needed to fully remove all the pain from your physical body.

Just as Jesus turned water into wine, watch as the water in your golden bowl turns red representing your DNA in its purest form. As the contents continue to heat up you will begin to see evaporation rise representing the transformational power of the air element.

When the element of air has cleared the contents of the bowl, you are left with the pure

salt of your tears in the shape of the cube—your soul’s essence. Visualize the cube you began this meditation with, now completely clear. Pick it up and see it as a three-dimensional representation of your cleared genetic and generational history. This cube represents the earth element in its most refined state and at its highest frequency.

Place this cube into your uterus or womb, asking your body to keep this sacred shape safe until you conceive your child. If you are already pregnant, ask that the current child be cleared. This cube will help to anchor this higher vibration into your body. Allow this clear cube to become the frequency of a magnet attracting a powerful soul or keeping your current child safe.

*This piece is excerpted with permission from [Fertile: Prepare Your Body, Mind, and Spirit for Conception and Pregnancy to Create a Conscious Child](#) by Pritam Atma.*

**Pritam Atma** (previously named Chelsea Ann Wiley) wrote *Fertile* as part of a series and follow-up to her first book, *Mystical Motherhood*. She is deeply connected to bringing conscious children into this world. She currently works as a Nurse Practitioner in a fertility center within the New York area, practicing reproductive medicine. Pritam Atma also works with women privately and in groups, helping them to apply the concepts of *Mystical Motherhood* and *Fertile* to increase their fertility and consciously prepare for motherhood. Learn more at [mysticalmotherhood.com](http://mysticalmotherhood.com)

