

Science and the Ancestral Brain Yildiz Sethi

It is commonly accepted that we have a conscious and unconscious mind while Family Constellations demonstrates the existence of another level of consciousness that is the generational or ancestral brain. This links generations and provides an avenue for knowledge, patterns and unresolved trauma to be carried or shared from former to present generations. It can be transferred through children and grandchildren.

These ideas are supported by the study of epigenetics that shows that we carry much more from our ancestors than we had previously assumed. Epigenetics is showing that trauma, disturbed emotions and patterns are inextricably linked or embedded in the DNA we receive at birth. This means that a person who comes from a particular culture will receive the essence of what has gone before them in that culture. Of course this includes love and belonging and also the shocks their family system has experienced, particularly those traumas that could not be processed at the time. These may include societal or family trauma, genocide, the effects of war and famine as well as unresolved relational and emotional pain. These feelings and shocks appear to reside largely in our psychological and emotional blind spots such as our unconscious mind or in what I have come to think of as our *generational mind or ancestral brain* and be expressed through feelings, behaviour and patterns in our life.

Such patterns or shocks need to be resolved with methodologies that have the ability to work systemically with the family system.

Family Constellations works with systemic or generational issues or patterns. It is a unique approach that is brief, experiential and solution-focused that is at the forefront of psychotherapy developments for the twenty first century. It is suitable for a wide range of mental health and personal development issues alike and cost effective in providing treatment suitable for the broad population of any culture.

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Yildiz provides training in Family Constellations, Rapid Core Healing and Emotional Mind Integration.

If you would like to know more about Family Constellations please look at the book www.rapidcorehealingbook.com written by Yildiz or see her books on www.yildizsethi.com