

# Healing Ancestral Karma Free Yourself From Unhealthy Family Patterns

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uncover your family s past and create a better future has your family gone through the same trials and tribulations generation after generation do you feel fated to continue that trend if so it s possible you ve inherited the karma of your family members the good news is that you can break the cycle renowned author soul healer and shamanic practitioner dr steven farmer shows you how to not only free yourself from negative cycles of the past but also access the ancient wisdom of your ancestors in healing ancestral karma you ll learn how to make contact with your ancestors heal hereditary traits and characteristics that have compromised your physical emotional and mental health incorporate your ancestors wisdom into your spiritual path clear karmic baggage so your descendants inherit only positive karma imagine how different life could be if you had access to the wisdom of all those who ve come before you healing ancestral karma shows you how no matter what your current spiritual philosophy or practice you can have a relationship with your ancestors and gain guidance knowledge and healing

today it is often said that the world is on the verge of a new age a worldwide evolution of a higher consciousness in a series of essays that draw upon various new age issues white reveals how this higher state of consciousness can be explained in spiritual and scientific terms

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