

Wise Elder Love Wisdom ~ Project 4

Rectifying and renewing family ties

For whatever reason, families break apart, folks move away from each other and people feel hurt, disgruntled and unrelated. To be truly right with yourself, you must be right with your family of origin. Part of being 'right' is also letting go of being righteous and opening your heart to the notion that everyone is human and everyone is just doing what they can, what they are programmed to do to get by, and what they are doing may not always have you or your best interest in mind, but it is only about 7% of the time that it is deliberately going after trying to hurt or make some one fail in a malicious way.

Exercise in Love

This exercise help sooth the inner essence of your emotional and relationship being which is defined by some as the etheric body.

1. Create a list with phone numbers of all relatives, start with immediate nuclear family and build out to cousin's aunt uncles and grandparents.
2. Call each family member and explain you are just calling to get in touch and let them know that you love them. Tell them that is your moving away or being out of communication hurt them that you are sorry. Be willing to hear what ever they have to say and stay loving and grateful. Thank them for taking the time to speak on the phone and let them know you love and appreciate them.
3. With parent: tell them in addition to what is above, the best part of me comes from you, and give them credit for some talent that they have passed down to you.
4. If you have been making someone wrong for a long time even if you haven't said it to their face they know it. In this case, say I have been making you wrong for something that happened a long time ago and I am sorry. I will not do this again. (When you say this you than need to agree with yourself to stop thinking or speaking negatively about them forever)

That's it! I did 56 relatives in 3 days...only 2 were negative and so many were delighted to be back in touch! Understand this is for you, it will heal a broken heart and help you feel you belong in and have a special place in the world once more.