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Healing Ancestral Trauma with World Peace Reiki

BY KAREN CAIG

“In nature, we never see anything isolated, but everything in connection with something else which is before it, beside it, under it, and over it,” writes Goethe, my favorite German Romantic writer.¹ I find it fascinating to explore how everything in life is connected. As a Reiki Master Teacher, I study how healing energy works. I channel Reiki energy into the bio-fields of others to help them return to their naturally balanced, energetic state—physically, mentally, and emotionally.

Scientists are just beginning to explore the mechanics of how energy medicine works. But I’m more intrigued by the emotional, mental, and spiritual bodies that envelop our physical bodies. These energetic fields hold information about our broader experiences, including feelings, thoughts, and soul lessons. And sometimes, we get a flash of understanding of how it all works.

On March 29, 2022, William Rand, the International Center for Reiki Training founder, led the Licensed Reiki Master Teachers in a Reiki healing experience and then the Ignition to the World Peace Reiki frequency.² The guided meditation lulled me into a deeply relaxed state, which persisted into the Ignition. Then, suddenly, I felt the energy burst through my heart chakra and saw in my mind’s eye a brilliant, electric white light shooting backward in time. It pierced through my mother’s heart, my father’s heart, back through my grandparents’ and their parent’s hearts, and on and on and on. I saw it shoot forward into my son’s heart, through his children’s hearts, and on and on through their children’s hearts. Also, I was aware of an electrical current buzzing out laterally through my brother’s heart and into his sons’ hearts. Thousands of currents

simultaneously flashed through all eternity. It was impossible to tell where it began and if it ever ended. I began to cry, not sobs, just tears flowing like rivers down my face, like the rivers of light pulsing through and around me.

I have been working on healing ancestral trauma. I've read a little about epigenetics and understand how tragic and joyful experiences imprint on our DNA and pass it down to our descendants.³ I know specific genetic markers can be activated or deactivated by lifestyle choices. So, I used the distance symbol to send Reiki to my ancestors for healing. Through this process, I have been able to release and forgive many of the traumas I experienced in this life. I hoped these sessions would heal my ancestors from the trauma of wars, substance abuse, and poverty. I set the intention to release all the trauma from my descendants as well.

But this Ignition experience was intensely different. This energy was doing something more than I had experienced previously. The following day, I sat at the computer and asked my guides for help to comprehend what had happened the night before: "What *was* that experience last night?" I knew it had to do with generational healing of trauma. Still, the intention of the Experience and the Holy Fire® Ignition was about world peace. I wondered about the connection between my ancestors, me, my descendants, and world peace. I sensed something much deeper was happening. So here is the message as I received it, typing as frantically as I could:

Past, present, and future exist all at once. Time is a prism through which we look to learn about ourselves. Your Divine Self exists within the Human Self. "As above, so below." "On Earth as it is in heaven." We are prisms of light, conductors of consciousness that transcend space.

The electrical current of love flows non-stop through the space-time continuum. You must plug into it. All is available to you through this current. You are the creators you have been waiting for. You are here. It is time. You choose where to direct this energy. Do you want a world of peace or a world of fear? Do you want a world of love or a world of scarcity?

You must choose where to direct your attention. You have this power. You can direct your technology toward destruction or toward solutions. Where do

you spend your energy? Are you flailing in the trauma of your past? Are you worried about the world of the future and whether your descendants will be able to live in it?

You have only this moment. And this moment is the most critical for your personal experience. You can repeat previous cycles from the past or create a new experience. If you want to change your life, you can do it. And in fact, you are continually creating your life right now. All you need to do is decide to consciously create your life in a way that fulfills your personal dreams and goals. What will you create with your wisdom? What can you learn from your ancestors and how can you use this knowledge to heal your family lineage?

The waves of being are eternal. They move up and down. Back and forth. Will you ride the wave into a healthier future, or will you drown in the unhealthy debris of the past and future? You are the light. Weave the light. Create a new world.

That was quite a bit to ponder, but it prompted me to explore further. So, I'd like to share a little research and my experience on how World Peace Reiki can help you and, as a result, the world.

What Is Ancestral Trauma?

In her *Psychology Today* article "Inherited Wounds: Tirzah Firestone on Ancestral Healing," Dale M. Kushner asks some questions to give us insight.

What stories whispered behind closed doors did you grow up with? How many relatives suffered from depression? Were there suicides? Violent behavior? Exile and displacement? A history of poverty? Unmourned griefs? Which questions about your family's past do not get answered? Some evidence now supports the claim that what has not been healed in our family's past may manifest indirectly in us, a new generation, as anxiety, depression, physical illness, or other afflictions.⁴

Many of us have painful family histories. We struggle to "put the past behind us," but Reiki can feel the dense sadness we hold within ourselves and has the energy and wisdom to heal us. As we use Reiki to help clients release their blocks from their mental, emotional, and spiritual

bodies, more seems to arise. We heal in layers—because the layers run so deep.

Rabbi Dr. Tirzah Firestone has spent her life investigating intergenerational trauma from psychological and spiritual perspectives. She provides the following insights into how inherited trauma manifests.

Ancestral traumas are the unworked legacies of those who have died. These might include unresolved life stories, secrets, resentments, or other injuries that never had a chance to heal. The scientific field of epigenetics bears out that these unprocessed life stresses can influence future generations in the form of inherited tendencies to similar kinds of stress, anxiety, and psycho-emotional issues.⁵

Science openly recognizes genetic diseases, of course, and researchers are exploring how mental illness, addictions, and more run in families. As a Reiki practitioner, I have seen Reiki help heal these issues. But some issues run deeper than families.

Dr. Firestone states *collective trauma* is the residue of extreme life circumstances that occur (*historical trauma* is another term for this) that continue to affect not only individuals but entire groups, ethnicities, communities, and entire nations. One example is the African American community whose ancestors were abducted, shackled, and forced into centuries of slavery. We might say that their ancestral trauma is also a collective trauma that is still being worked through intergenerationally in the lives of their living offspring and the life of American society.⁶

I believe this problem is part of what World Peace Reiki addresses. We must extend our thinking from individual ancestors to global ancestors and how our collective healing is necessary for world peace to manifest.

How Does World Peace Reiki Help Heal Ancestral Trauma?

I feel calmer and more grounded since receiving the Ignition to the World Peace Reiki frequency. That sense of security allows me to focus inwardly on healing myself rather than focusing outwardly on events beyond my control.

More importantly, I've also taken a deep dive into understanding time. I don't mean mathematically; I suppose I mean poetically. And it's poetry that gets to the heart of all mysteries. The message from my guides that past, present, and future exist simultaneously intrigues me. The power of

paradox has always lured me, and my guides deliver when I ask for an explanation.

I recently felt drawn to watch a series I had heard of and even started the first episode but hadn't continued. Unable to find anything interesting to watch a week after the upgrade, I started watching *This Is Us* again. Its narrative technique demonstrates what my guides meant. The series begins in the 1970s and then flashes back and forth to the present and even into the future. Watching this family struggle with alcoholism, war trauma, depression, and more, I can better understand how ancestral trauma works. I can see in one episode the complex interconnectedness of people with their families, ancestors, and themselves.

This series also triggered a healing for me. I watched the episode where the mother was going to "go on the road" and pursue her dream of singing with a band. During her passionate plea to her husband to let her have something that was just *hers*, I suddenly burst into tears, uncontrollable sobbing. A memory arose.

When I was about nine years old and my brother was five, my mother left us with a babysitter for a weekend so she could just get away from us. As a single mom with a GED diploma, she supported us by running a daycare in our house. We usually had ten to thirteen kids besides my brother and me. I never realized that nine-year-old Karen internalized her mother's escape weekend as an abandonment. My younger self interpreted my mother's necessary self-care as a confirmation of this little girl's unworthiness of love. It felt like another abandonment following my father's desertion of us as he slipped farther into his alcoholism.

So, I hit pause on the remote and continued to sob out all those feelings with my hands on my heart and belly, Reiki flowing and transmuting all that pent-up pain. For the first time, I deeply understood that it wasn't because I wasn't being helpful enough to my mother. It wasn't my fault she needed to get away from us—from *everything*, actually. It wasn't my fault. I had been telling myself an untrue story. All mothers get overwhelmed. And it's not their children's fault.

Here's my point: Sometimes, we are so bogged down in pain that Reiki must heal us in stages. Like a spiral spinning upwards, we evolve as we heal. We gain a new perspective when we come to a pain point that still isn't healed. With the broader view, we can see a bigger picture. This expansive scene requires another narrative. We must be open to

changing the story we have been telling ourselves. World Peace Reiki brings that simultaneous grounding and expansiveness we need to grow individually and collectively. As each one of us begins to heal these ancestral traumas, we can move forward with new narratives for a new, better world.

What Can You Do to Heal Your Generational Trauma?

How can you use Reiki to transform your ancestral pain into wisdom? Try this process: When something scary or painful comes up, *feel it*. Then, even if you're not alone, just let it rip. If you are in public, excuse yourself to the bathroom or somewhere more private.

Recently, I was on a happy excursion with my Reiki friends in Hot Springs, Arkansas, to dig crystals. We were heading to the crystal mines from our Airbnb on a beautiful spring morning when I suddenly felt bone-crushingly sad. My friend Kathy was the only one in the car with me, so I just let it out. I said, "I'm sorry. I'm feeling an incredible sadness, and I don't know why. I just have to let it up."

She sent me Reiki as I began to cry harder and babbled, "I don't know why I feel so sad. It's so beautiful here with all the flowers. Oh, the daffodils; it's the daffodils. I miss my garden. I'm grieving about my garden. Before I moved, I had so many beautiful flowers on my three acres."

There it was. I felt as if I would never walk among flowers again. My mother planted daffodils. My granny planted daffodils. Generations of women before me had left behind hundreds of daffodils as they traveled as military spouses or escaped to another country. Finally, I heard from the daffodils: *We're still here. We are everywhere. Open your eyes.*

I suppose the entire process took about five minutes. My first instinct was to shove that sadness down because it made little sense and because I didn't want to bring down the mood. But emotions are the breadcrumbs to your heart's home. And your heart wants to heal to make more room for Reiki to shine through you. So let yourself feel and hear what your heart has to say.

Ask Reiki About Your Pain

You may be telling yourself a fake story, something handed down for generations, so ask Reiki about the source of your pain.

A couple of years ago, my son told me he wouldn't be able to visit me from college the following weekend because

his girlfriend wanted to do something. I felt hurt and then angry. My mood quickly turned sour as we drove down the road. For about a minute, I felt my son sensing the negativity that suffocated us in the car. Then, I asked myself, "Do you want to ruin the hour you have with him now because you can't see him next week? It's normal for him to do things with his girlfriend. What's wrong with you? What's this about?"

I gave myself Reiki and listened. I realized my feelings had nothing to do with him or this situation. It was old stuff, going back to my paternal grandparents' divorce, which left my father abandoned. It was also my parent's divorce, my divorces—all that abandonment junk. I was creating a story about why my son couldn't spend time with me. And none of it was true. So, I said, "I'm sorry, Son. I'm not angry with you. I'm just frustrated with old stuff which has nothing to do with you. Mama's working on it." He squeezed my hand as I let that old narrative go, and the car lightened up. When you ask Reiki for help, it will take you to a higher perspective so you can see the bigger picture and heal.

Send Reiki to the Far Past

I always used the distance symbol, and all attuned symbols to send Reiki to my past lives. I sent to my time in the womb when my mother suffered domestic violence and my childhood. Now I send it to everyone connected to me to the source of the issue. I even include the land—by that, I mean the dirt, the water, everything possibly connected to the pain I'm feeling. We are part of Earth, and as we heal, we help the Earth to heal, just as Earth's healing transforms us.

Also, sending Reiki at the moment I am feeling the pain seems to work like a laser beam on that specific issue. It's almost as if my Higher Self is pulling up this horrible, tangled wad of strangled-sobs-soaked-in-angry-bile and saying, "Here you go! Heal this!" I use the distance symbol to connect, the power symbol and mental/emotional symbols for clarity and strength, and my Master symbols to manifest healing, purification, empowerment, and guidance around this specific issue. I activate the Karuna Reiki® symbols Zonar/Halu/Harth for deep healing, and I send the ICRT Animal Reiki symbol for deep grounding.

Use the symbols you have and place your hands on your body where you feel the pain. The trauma could be anywhere in your body. I have felt it in my heart, throat, solar

plexus, sacral area, and sometimes in my legs. Don't think. Just feel and respond. The Reiki will guide you. Let it flow as you release. Let it continue to flow as you listen to the story of the pain of your ancestors and examine the truth you can see from your higher Reiki perspective. When you have peace and understanding, seal your session and brush off any remaining energetic debris with Kenyoku.

As you continue upward along your healing path, this process will get easier. And your life will expand as you embrace new narratives about how your life unfolds. Like a sunflower, you will follow the light naturally, as you are firmly rooted in the dark soil of your past. You will realize that every experience you heal continues to feed your soul. Every experience has benefits, nourishes you in some way, and prepares you for this incredible life of endless possibilities.

Conclusion

As the pendulum of time swings back and forth, we can use World Peace Reiki to pause in the moment's interlude. We can give thanks to our ancestors and shine our blessings on those who come after us. We can choose to focus on the peace that lies within when we search for it and decide to connect to love rather than fear. We can choose to heal and build a new world from that space and radiate our peace and love to others, who are simply a refraction of light, a reflection of the parts of our self that we don't always recognize. We can create a new world. ■

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Endnotes

- ¹ Johann Wolfgang von Goethe Quotes. BrainyQuote.com. BrainyMedia Inc, 2022, https://www.brainyquote.com/quotes/johann_wolfgang_von_goeth_393498.
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- ⁴ Dale M. Kushner, "Inherited Wounds: Tizrah Firestone on Ancestral Healing," *Psychology Today*. January 1, 2022, <https://www.psychologytoday.com/us/blog/transcending-the-past/202201/inherited-wounds-tirzah-firestone-ancestral-healing>. (Accessed June 10, 2022).
- ⁵ Ibid.
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