Life Change Breakthroughs

A FREE FAMILY CONSTELLATION GUIDE

Releasing Ancestral Patterns

A Guided Practice to Help You Heal from the Roots

A gentle reflection for anyone noticing familiar patterns in relationships, work, or the way they respond to change.



CREATED BY IARA LINE

01 / BEGIN HERE

Make room for curiosity

A repeated pattern might look like saying yes when you want to say no, taking responsibility for everyone, continuing to eat unhealthy foods when you're trying to get healthy, or continuing to say yes to men or women who don't value you instead of attracting the romantic relationship you've desired for years. It might also look like feeling guilty when you choose a new direction.

What are Family Constellations?

Family Constellations is a therapeutic approach in which a certified Family Constellation practitioner uses the client's family history, family dynamics, and the concept of a morphogenetic field to gain insight into an unresolved situation or unwanted recurring patterns in the client's life. These may involve health, relationships, finances, career, or other areas. Click here to learn more.

This guide offers a short individual reflection inspired by that work.

BEFORE THE REFLECTION

Choose your focus

01 Choose one everyday pattern

Pick something specific and manageable. For example, “I agree to things before checking whether I have time,” “I keep attracting people who make me feel diminished,” or “I consistently lack motivation when I want to start something new in my life.” You can reflect on what you learned growing up, even if you know very little about your family history.

02 Set up for a few quiet minutes

Find a comfortable seat, a small stone or other everyday object, and something to write with. Notice your feet on the floor and look around the room. Set aside about 10 minutes and take a few deep breaths.

A STONE / A QUIET SEAT / SOMETHING TO WRITE WITH

02 / GUIDED REFLECTION

What am I carrying?

Let the stone represent a habit or pattern you're ready to look at. Keep your eyes open or softly focused if that feels more comfortable. Say to the stone, "You are now representing…" and describe the pattern out loud.

01 Notice the pattern

Place the stone in front of you, preferably at eye level. Pay attention to how you feel as you look at it. Write down what you notice, or make a mental note. Recall a recent moment when the pattern showed up. Try naming it in one sentence. "I notice that I tend to…" Make a note of this pattern.

02 Consider where you learned it

Bring to mind a family member, an ancestor, or simply the idea of earlier generations. Ask, "What might I have learned about this from them?" For instance, you may notice that your mother or father had the same pattern, or perhaps a grandparent or an uncle did. Let any answer remain a possibility. Make a note of your impressions.

GUIDED REFLECTION CONTINUED

Choose how to respond

03 Set down what you can

Still gazing at the stone, if it feels right, say, “I can acknowledge that this pattern or behavior began before me, and I choose to respond differently today and whenever it arises in the future. I feel compassion for my ancestors who also carried these patterns, but I choose to do things differently, and that is okay.” You may feel gratitude, mixed feelings, sadness, or very little. Allow your feelings and any tears to flow. Give yourself permission to have your own response.

04 Name something you want to keep

Consider a quality you value, such as courage, humor, or care, that you can also recognize within that pattern. Finish with one choice you can make today. For instance, look at the stone or object and say, “I can keep my care for others and give myself time to think before I say yes.” Create your own sentence that fits the pattern you chose. Another example is, “I can honor my ancestors and still make better choices in my romantic relationships.”

Now look at the stone one more time and say, “Thank you.” Then place it outdoors, preferably on soil or grass, for a few hours or overnight.

Close by looking around the room and noticing your feet again. A drink of water, a short walk, or a few quiet minutes can help you ease into the rest of your day.

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From noticing to choice

Use these prompts now or return to them after you have had time to reflect.

PROMPT 1

What did I notice about when this pattern appears?

PROMPT 2

What quality or strength would I like to carry forward?

PROMPT 3

What is one small response I could try this week?

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04 / CONTINUE THE WORK

Explore your next step

When a pattern keeps showing up, it can help to give it more space and explore it with a facilitator.

I’m Iara Line, a Family Constellation facilitator and transformational life coach based in Sedona, Arizona. Through Life Change Breakthroughs, I work with people who are navigating life changes and transitions, as well as those who are ready to release old family patterns that have been holding them back from creating a life they truly love.

Private Family Constellation sessions

A private 90-minute session gives you space to explore one issue or intention with me. Online sessions are available via Zoom. Visit my website for session details and upcoming group experiences.

Schedule a Family Constellation session

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This guide is for personal reflection and education. It does not replace mental health care or medical care.