

## Healing of the Family Tree – Instructions

Generational Healing is similar to the parable of Jesus in which the Kingdom of Heaven is compared to a net that is thrown into the sea and collects fish of every kind (Mt 13:47). Once the net is retrieved the fishermen will set down and separate the GOOD from the BAD.

This is what Healing of the Family Tree is all about. We know that we come into the world with a mixture of healthy and unhealthy traits. What we need to do is to sit down with JESUS and keep what is good in our family history and throw away that which is destructive. In the sacrifice of the Mass, JESUS will communicate healing of those negative traits in our families that are the result of the sins of our ancestors.

To prepare for a Mass being offered for generational healing the following preparations should be done.

**Step 1.** We need to learn what we can about our ancestors and prepare a genogram. The genogram should include not only our ancestors as far back as we are able to remember but also our brothers, sister, cousins, nephews, nieces, aunts, uncles, step-parents, adoptive relationships, step brothers and sisters, etc.

**Step 2.** Once you have finished the genogram then go through it and identify anyone who died without a Christian burial or anyone who suffered a violent death.

Indicate which ancestors died as a result of:

- war, missing in action
- murder, capital punishment
- accident
- drowning
- fire
- suicide or attempted suicide
- abortion, miscarriage, stillbirth, sudden natural death

**Step 3.** The next step is to identify dysfunctional behavior, negative or destructive traits in our family up to and including the present.

Include those involved with mediums, fortune telling, palm reading, tarot cards, Ouiji board, satanism, witchcraft, voodoo, dungeons and dragons, new age practices, cults, pagan religions, etc.

Include as well anyone who professed or engaged in unchristian behaviour or attitudes such as freemasonry, communism, Nazism, KKK, pornographic involvement, Mafia, gangs, drugs, criminal behaviour, invalid marriages, infidelity, homosexuality, etc.

Include any relatives or ancestors with dysfunctions whether it be physical diseases, that do not respond to treatment, addictions to drugs, alcohol, sex, food, gambling, etc.

Emotional illnesses such as depression, suicidal tendencies, mental illnesses or spiritual defects such as atheism, unforgiveness, prejudices, taboos, superstitious practices, anger, envy, pride, laziness, etc.

### Remember

1. The genogram is not a scientific Geneology, but only a tool to help specify our prayer intentions.
2. At the Healing of the Family Tree Mass, we are praying for our deceased relatives. The basic belief is that people can leave this world with “unfinished business” that is with sins not yet atoned for and we, as members of the Mystical Body of Christ which knows no space or time can help make up for their sins and deficiencies by our prayers and sacrifices.
3. We will also pray for the living, asking the Lord through the power of the Mass, to heal the wounds in our family that were caused by the sins of our ancestors. This can have a tremendous benefit on all our living relatives.