

**DECODING  
YOUR  
EMOTIONAL  
BLUEPRINT**

**A Powerful Guide to Transformation Through  
Disentangling Multigenerational Patterns**

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# INTRODUCTION

**O**ne idea, even one word, can keep you stuck. Another idea, a new word, can set you free. Our minds are that powerful, language is that potent, our brains are that flexible.

People say things to me all the time like, “Terrible things have happened to me!” And I say, “Okay. And? What can we do with that?”

Or they say, “I’m held back by some invisible weight, and I’m stuck.” And I say, “Let’s find out where that came from and turn that into your gift!”

You are never a victim of your world. There is *always* something you can do.

Even if you feel like you’ve been hitting the same brick wall over and over again, I’m here to tell you that anyone can change and grow into their potential—and then soar beyond. You just have to discover and face the invisible patterns you’ve been loyally following that have been handed down to you by your ancestors—a system you never knew existed and that has been running your life unconsciously. A system *you* can *change*.

Everyone knows that we inherit our physical DNA, but few people realize that we also inherit what I call *emotional DNA*—multiple generations of patterns of decisions, thoughts, feelings, actions, reactions, and mindsets that quietly, unconsciously run our lives. You feel its presence in your body, sense it in your gut, and experience it in your life. And yet one new thought, feeling, belief, or action outside the unconscious patterns of your emotional DNA can change the way your entire life works. It can change your entire family system and how it has been functioning for generations.

Your emotional DNA is what you and your ancestors have brought to life through the generations. Your emotional DNA rises out of your *emotional blueprint*. Your emotional blueprint just is. It isn’t good or bad. It’s like a treasure map with the events and all the decisions, actions, and inactions taken around them in different areas of your life, like relationships,

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leadership, careers, and money, and the effects they have had on your family line—and the meanings that have resulted and been passed down through successive generations. These meanings define your reality and seem like *the* truth. Yet your emotional DNA is simply *your* truth, and you can change it anytime you choose.

When you see and understand the patterns in your family system, when the beliefs and behaviors and blocks buried in your ancestral DNA surface like great whales right in front of you, when you listen to your heart and the wisdom of your ancestors and disentangle yourself from the patterns that you and they have woven, you will be amazed and overjoyed to see the possibilities that are waiting for you.

I am not kidding when I say that the information contained in this book is transformational. Every day I show people how to explore the unique contents of their emotional DNA—the insistence that they're always second best, the belief that they're always “the invisible one” or “the unloved one” or “the unworthy one.” I watch as they do the work and move through an emotional pattern that's stunted their growth for decades, and in just a matter of an hour or so, I watch them “get it,” and this insight begins to rewire their brain. The embodied experience can only be described as transformational.

I watch as they realize that they are not the small, incapable beings they thought they were—that they can really make a difference with their voice and presence. That they matter and have purpose.

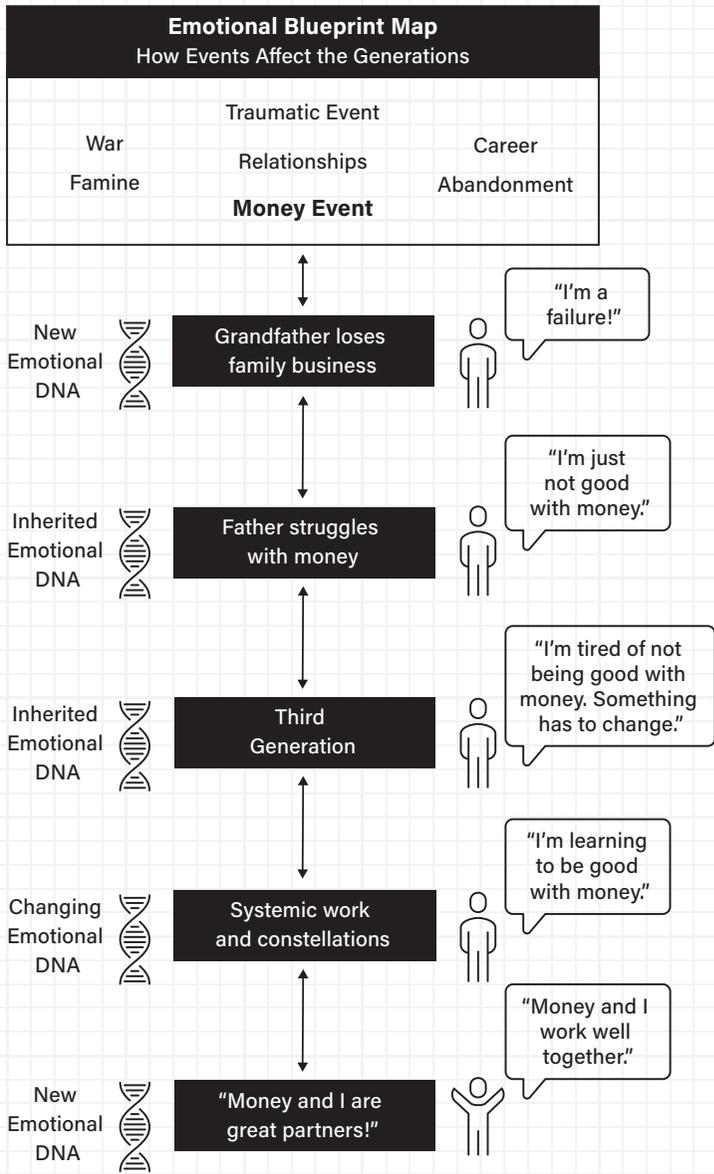
From that moment on, their lives are never the same again.

## SYSTEMIC WORK AND CONSTELLATIONS

In these pages we will explore the power of systems, family and organizational systems in particular. I'll show you how to decode the language that contains clues to the power of *you*, and how these systems are always in service of you. You are going to discover that all the systems you are a part of—family, business, clubs, organizations, and social systems—contain clues to what you want to *stop* doing and what you need to *start* doing to create the incredible life you always suspected and hoped was possible.

By understanding systems and their clues, codes, and patterns, by understanding the events in your life—the meanings you have ascribed to them

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**Forming and Changing Emotional DNA.** Events cause reactions, which then create thoughts, feelings, and actions. Repeated often enough, these actions become the truth *until you choose to do it differently*. One new thought, one new feeling, and one new action at a time!

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and their tremendous ability to shape you—you will also begin to realize how you are both the shaper and indeed the shape-shifter. Through systemic work and the constellations approach (constellations are the breakthrough part of systemic work), I will show you how to make the invisible visible and the unconscious conscious by (1) learning the language of your issue and re-languaging and reframing it through the systemic lens and then (2) dimensionalizing your issue by creating something called a *constellation*, a dynamic process that allows you to actually walk through and examine your issue from a three-dimensional perspective. It's a one-two punch that cracks open old patterns you never thought you could heal, opening your heart, head, and gut to possibilities you didn't know existed.

I once worked with an executive who came to see me because he'd been told he had a lot of potential but that he wasn't showing up fully in his work. He was creating and supporting other people's talents, but not shining himself. By the time he came to me, his career was in jeopardy. When we looked at his family system, it turned out he was the eldest child who had been told to always look after the younger ones and put them first. That family pattern had crossed over into his career. As soon as he saw the pattern that had been invisibly running the show, he realized he could look after his own career as a leader and stop looking after everyone else. It was "okay" to move forward and take care of himself. Then, as a leader, he could help others.

Transformation is a revolutionary part of systemic work and constellations. Executives and other clients I work with are shocked by the depths to which they are able to go and the heights to which they are able to soar as they explore their rich inner systemic world.

My hope is that by the end of this book, you will be soaring too.

## AN INVITATION

In this book you will learn practical ways to explore your own family and other systems and powerfully transform your life. I'm going to take you through the basic steps of systemic work and constellations in the most understandable way I know. We will explore family and other systems; events, mindsets, systemic language; dimensionalizing (also known as constellations); and your traps, freedoms, unconscious loyalties, possibilities, and potentials.

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Along the way you will discover how feelings and emotions are the juice that either destroys or elevates you, and you'll come to understand how to use higher emotions to shift into insight and wisdom. You will understand at a profound level that you are indeed the genie in your own bottle, and you will encounter the "sacred you" by using your heart to open your mind and access your gut's intelligence. Once your heart and head align, you will notice how your gut switches from survival to wisdom. And *that* state of coherence is where the chemistry and the magic happen for individuals, leaders, and teams.

You will finally get that *you* are a sensing being, and that you know how to use your senses no matter how shut down you may think you are. You will also understand how your body is continually sending you messages, telling you what is going on for you and your entire family or organizational system. We miss so many clues because we don't understand what our bodies are telling us!

I have had clients who unconsciously stand on one leg when they're just waiting around. When I point it out and ask, "Which of your parents is absent from your life? Whose support do you not have?" they are uniformly shocked to realize that their bodies have been shouting at them to awaken to their precarious, unsupported position their entire lives.

The body is the repository of thousands of years of experiences and has incredible intelligence. We just have to learn to tap into its intelligence and know what it is saying. I had a client who kept reporting a stabbing pain in her stomach. Tests revealed nothing. But in our session, her family history turned up a great-great-grandmother who died at the age of thirty-five after she was stabbed in the stomach. Even more common are clients who turn up with a stomachache, and the minute I ask, "What can't you stomach?" they figure out what it is, and it resolves pretty quickly. As with all information, once we become aware of it, the choice is then ours as to whether to continue to embody the same message or evolve beyond it.

In this book, we will explore the conscience of systems and understand how "acknowledging what is" is a pivot point to what's possible for you. You will learn to identify the patterns that want to stop and start for you. You will learn about the wisdom of your heart, brain, and gut and how constellations help to create profound and lasting shifts.

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We have the incredible ability to evolve into *whatever* we choose. As you read this book, you may be shocked to realize the limiting patterns you have unconsciously taken on as your own. Yet you will also find yourself inspired by the wisdom of the multigenerational patterns in your family system and their gifts of emotional DNA waiting to be seen, enhanced, or changed through you and for you.

Transformation is not for the chosen few. It's been here waiting for you all along. You are a remarkable being—you just have to know how to see *you*. Once you learn who you are through the lens of systemic work and constellations, you will see that there is an incredible life just waiting for you to shape and embody it.

Welcome to the journey!

**Judy Wilkins-Smith**

# PART I



## **DISCOVERING YOUR EMOTIONAL BLUEPRINT**



**The Treasure  
Map Within You**



## CHAPTER 1

# THE SYSTEM

### A Treasure Chest of Possibilities

**W**e tend to think we exist in a vacuum, that we're solitary individuals. And yet just the opposite is true. We are deeply connected. From the time we're conceived until long after we die, we're part of a multigenerational family system that goes back to the dawn of humanity. We're part of a social system thousands of years in the making. We can see this legacy in our own lives: most of us are raised in a religious system of some sort, and all of us are the product of widely differing cultures.

All of these different systems—their unique traits, their defining decisions, and the language we have inherited from our family system (our parents, grandparents, and those who came before them; our siblings; and our children) and our organizational systems (the companies we work in, the careers we choose)—determine how we think, what we think about, what we feel, what we choose, and how we act and live. They determine the direction our lives take, often shaping our fate when we should be creating our destiny. These systems that influence us, commanding our unconscious loyalty from first breath to last, are largely invisible yet intensely powerful.

We haven't got a clue that great-great-grandfather's terrifying struggle with poverty after the Bolshevik Revolution, which destroyed the family fortune, is what drives us to pinch every penny long after our bank balance has passed the million-dollar mark. We have no idea that the anxiety that overwhelms us every time we're alone at night stems from a long-dead ancestor's

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abandonment as a little child. We just pop a Xanax and soldier on. We don't realize that our career ambitions started when we saw our parents struggle.

Or how about what happened to Lucia? She came to me puzzled and upset because yet another fast-growing, non-cancerous tumor had bloated her abdomen into a mock pregnancy. This was the seventh tumor she'd had in as many years, and her doctors had no idea why her body kept producing them. She'd had six surgically removed so far, and each time a tumor formed, her body would swell as if she were with child.

During our work together, it came to light that her grandmother had had seven miscarriages. Her grandmother and the rest of the family had refused to speak about any of those lost babies because it was too painful. Through a systemic lens, we know that what or who we exclude from our own experience finds a way to reappear through someone else later in the system. Exclusion of a grandmother who is institutionalized can reappear as a child who feels trapped in some way or excluded from the family. When Lucia could acknowledge each one of those seven beings, giving all the missing ones their place in the family system, the seventh mass shrank within a month. No surgery was needed, and no more tumors occurred after that.

Or how about Andrea, sixty years old, whose legs were so weak that ever since age eleven she'd had to wear leg braces? The doctors could find nothing physically or psychologically wrong with her, and she came to me as a last resort. During our session, I asked whose support she might be missing. The body is very literal in its messages. Sometimes people who like to stand on one leg or have weak legs have one or both parents missing from their lives. In essence, their legs have been "cut out from under them."

As it turns out, Andrea was nine when she heard her parents screaming at each other. She ran down the stairs and interrupted an argument in which her parents bluntly announced they were getting a divorce. "Choose one of us right now," they said to her. She chose to live with her father, but he died two years later. "At that point I had to go crawling back to my mother," she said, "and my legs just gave out. I've had to wear braces ever since." (Notice the language about having to crawl.)

"Will you imagine walking with me back to the top of those stairs and experiencing that moment again?" I asked. When she agreed, I asked her, "What do you see, standing there?"

## THE SYSTEM

“I see my parents screaming at each other.”

“Can you walk down those stairs again, and this time tell your parents, ‘I choose you both?’”

She did so. Then I asked her to say goodbye to her father and say hello to her mother from that place of empowerment. In that moment, she realized she had always had both parents and their support in her life. All she had to do was choose it. She walked out of the session and never wore leg braces again.

How is this possible?

Fundamentally, working with our family and other systems and using constellations is a highly effective method of making the unseen seen, the invisible visible, and the unconscious conscious. It allows you to look at issues, grasp them, interact with them, and move them around virtually, inspiring life-changing insights and *aha* moments that weren't possible for you before.

When I work with people to explore their family system, we surface the hidden patterns and unconscious loyalties between and around family members going back several generations. We examine the language and actions the family uses. Clients learn to create a full-on 3D experience around their issues and aspirations. Together we explore their pain and fear, the insistence that they're always second best, the belief that they're always “the invisible one” or “the unloved one” or “the unworthy one.” They actually walk through the emotional pattern that's stunted their growth and, in a short period of time, they “get” the pattern and rewire their brains, changing how they think and act for good.

“Oh!” I hear people say. “I'm not this small incapable being I thought I was. I'm really bigger than that! I can really make a difference with my voice and my presence!” Or, “I never saw *that* before! No wonder I've been so \_\_\_\_\_ (afraid, resentful, anxious, fill in the blank).”

Even if you feel like you've been hitting the same brick wall in the same way over and over again—making then losing money, walking away from relationships, helping others succeed at the cost of your own success or well-being, not feeling good enough to succeed all the way—I'm here to tell you anyone can use systemic work and constellations to change and grow into their potential and their dreams. I've seen people restore broken relationships, establish lasting ones, move past their limiting money thoughts and behaviors, lean into stability, and bring wealth to their family. I see people

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understand origins of chronic multigenerational conditions and release them in favor of a healthier body and mind. Transformation is not for a chosen few. It's available to all of us. And when you suddenly see and understand patterns in your family system or other systems of influence, when you listen to your heart and the wisdom of your ancestors and climb out from beneath the tangled patterns that you and they have interwoven, you will be amazed and overjoyed to see the possibilities that are waiting for you.

### UNDERSTANDING WHAT A SYSTEM IS

We easily navigate complex systems every day, adapting to fit each one's rules. If you are a child of divorced parents, you learn very quickly that there are different rules in Mom's system than in Dad's. You can watch TV for as long as you want at Dad's house. In Mom's house, everything is done by the book, and you cannot watch TV until you've done your homework. When you go to school, you don't take the family dog. When you drive to work, you follow the rules of the road. You don't go into a bar and pray, and you don't go to a church and start cussing. It's that simple.

We are surrounded by systems. We live in a planetary system situated in a relatively unpopulated area of our galaxy. On our planet we have created highway and telephone systems, computer systems, political systems, business systems, clubs, and social and economic systems like capitalism. Any collection of people coming together within a common framework that contains rules and regulations for its members to follow to ensure belonging and survival of the group is a system.

Our primary pattern maker is our family system consisting of our parents, siblings, and other relatives. It is our most influential system and the origin of much of our success and failure. A large part of systemic work centers around the patterns created in the family—their origins, content, and impact. Systems teach us how we can and cannot behave and how to succeed or fail within them, and they define our parameters for belonging with respect to relationships, money, emotions, leadership, spirituality, success, and purpose by impressing behavioral patterns upon us. For example, a family might have strict rules for children of dating age and follow certain rituals, such as always eating Sunday dinner together or not eating with cell