

# Towards Conscious Re-Patterning: The Influence of Karma and Ancestry Cycles on Human Emotion and Social Behavior

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**Abstract:** *This paper explores the notion that human emotion and social behaviour are influenced not only by immediate personal experience but also by deeper patterns emerging from the interplay of karma (in the sense of actions and their consequences) and ancestry (intergenerational or lineage-based cycles). Drawing on philosophical/psychological literatures on karma, ancestral or trans-generational trauma, and social psychology, it proposes a theoretical framework of “conscious re-patterning” — the process by which individuals become aware of, reflect on, and transform ancestral-karma and lineage-based emotional/social patterns. The paper examines (a) conceptual definitions of karma and ancestry cycles, (b) mechanisms by which these might influence emotion and social behaviour, (c) evidence from psychology for inter-generational effects, (d) implications for conscious re-patterning (therapy, self-work, social application), and (e) limitations and directions for future research. It concludes that while the notions of karma and ancestry cycles remain partly speculative in empirical science, they offer a rich metaphorical and integrative lens for understanding persistent emotional/social patterns and their transformation.*

**Keywords:** karma, ancestry, intergenerational cycles, trans-generational trauma, emotion, social behaviour, conscious re-patterning

