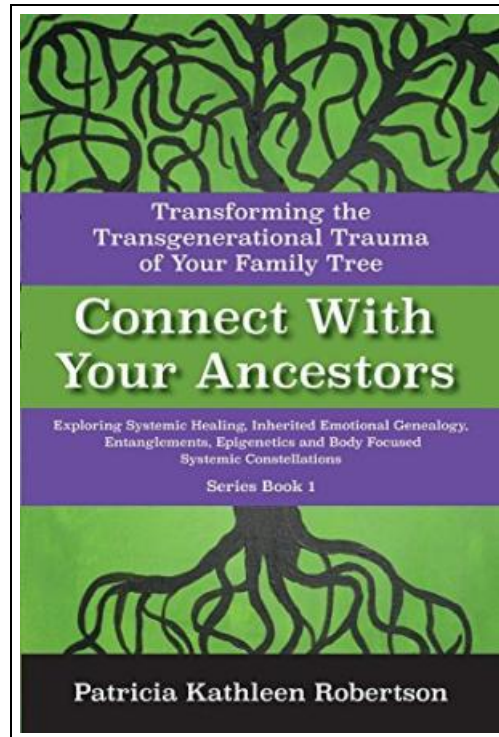


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BookBaby, 2018. Paperback. Condition: New. Language: English . Brand New Book. Connect With Your Ancestors provides hope for anyone frustrated with a lack of answers for their symptoms, conditions and repetitive life challenges. Do you experience unexplainable fears; feelings of grief, anger or shame; addictions; relationship challenges; anxiety or depression; burnout or chronic health conditions? These are some of the ways that descendants carry transgenerational trauma for their ancestors. This book reflects upon how to recognize the transgenerational trauma you might be carrying for your parents, grandparents and ancestors, and provides body focused ways to address it. If you repeatedly explore different medical treatments, therapies or alternative healing techniques, yet remain stuck in life in some way; there is a strong likelihood that you are entangled with someone or something in your family system that is emotionally unresolved. My family system had plenty of transgenerational trauma to address and yours might too. War, immigration, displacement, family tragedy, birth trauma, adoption, exclusion or religious persecution are some of the transgenerational trauma experiences that transmit from generation to generation. Silence is a profound carrier of transgenerational trauma in many family systems. If you know very little about your ancestors than the transgenerational trauma has likely been silenced. Family secrets or traumatizing experiences that are silenced take on a life of their own. They live on in the unconscious body of family members waiting to be addressed. The impact on living generations becomes more powerful with each generation of silence. This book is a compilation of blog entries (aka small essays) on topics of transgenerational trauma and systemic healing. It engages with the insight that is found through systemic and family constellations, emphasizing the need for energetic body focused systemic healing approaches. It is the first in a series of books that will...



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