



# The Ancestral Continuum: Unlock the Secrets of Who You Really Are

*Natalia O'Sullivan , Nicola Graydon*

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***The Ancestral Continuum* guides readers on an illuminating journey toward an understanding of how much our lives today are affected by the choices and life experiences of our ancestors. This groundbreaking book does for the subject of ancestor acknowledgement what *The Secret* did to explain the universal Law of Attraction to a wide audience.**

*The Ancestral Continuum* is an extraordinary investigation into the spiritual and emotional legacies we inherit at our birth from our ancestors, and a powerful and revolutionary blueprint for transforming how we feel about ourselves. The book takes you on a journey to discover how humanity, throughout time and around the world, acknowledges loved ones who have died and honors those who came before them. And it will give you the tools to explore your family tree, meet your ancestors anew and find your way through the labyrinth of your own legacy. You will begin to see yourself as just one strand in a never-ending tapestry of history and emotion, personality and achievement, tragedy and death, that will continue through your family into eternity.

There is a massive interest worldwide in people tracing their roots. But researching into our forebears' lives often unearths surprising or turbulent histories. The past 250 years have seen more change and upheaval than at any other point in history, and almost everyone alive now will have ancestors whose lives were touched by war, migration, mass upheavals and major turning points in society. Although we may not know their names, the stories of these ancestors have an impact on our lives now and will in the future. We are all connected. By remembering those who have gone before us, we can step into our true power and realize our highest potential.

## The Ancestral Continuum: Unlock the Secrets of Who You Really Are Details

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### Lana says

had to stop reading this book when it got to a point where everything was being centred around the holocaust ancestors, its full of jewish hype and i could not fathom how anyone can go around carrying so much baggage from their ancestors!! maybe cause i believe one is responsible for ones life choices and for the continuum of our lives till we reach nirvana!! the ancestors have their own goals to meet and we have ours!! not my type of book!!

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### Sharon says

Sorry the principle behind this book is great but I didn't feel I was going anywhere. I can't say its not well written it is and just at times it gets a bit heavy going. It is thought provoking about who and why we are.

I am afraid I didn't finish it and its a rare occassion for me to set aside a book before the end. Its not fiction so don't look for a story there isn't one.

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### Amalia says

The majority of the book was made of up other people's simplified experiences in context to the section or chapter topic. There's a completely unnecessary use of a racial slur on page 31 that made me question all of the credibility of the writers. The slur used again on page 52 made my ability to care drop completely and skimmed through the last 250 pages.

Nothing new is really said after the preface, it's just basically the same thing just started from a few dozen other people's experience with it.

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### LemontreeLime says

This was a surprise to me, I picked it up thinking it would be some sort of genetics/family traits discussion with a dash of self helpism. What it really IS is far more literal than I expected. It posits that the traumas and events that occurred to your family members over the years can in themselves be handed down to you along with your DNA. I'm not sure how I feel about this, but I read the whole book and give it 3 stars for putting forth an interesting argument. And there is a valid point in this even if you don't buy the new age angle, our own family's history is our story and should be remembered and honored one way or another. Even the things no one wants to talk about.

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### Am Y says

This was actually about the fancy-schmancy new age stuff like past life regression, dreams, spiritual

happenings, mediums and such. If you are a "science" person like me you probably would dismiss this as pure bunkum in less than a second.

But I finished the book just to see what it was like, reading about all this anecdotal stuff which has absolutely zero scientific backing and no evidence it ever happened (after all, this is just one woman's words).

It read a bit like fiction dressed as non-fiction. But some chapters also seemed like non-fiction that had crept too much into the fiction arena.

It turns out that I could still appreciate some of the material though. For instance, the author details how we can ask our ancestors for help and guidance in various ways - this has some psychological benefit. She also talks about how we should find out what happened to our ancestors and if any particularly notable events took place; she says this is to "heal" ourselves of any past burdens and such. Well, finding out about one's ancestors and their stories is interesting in itself anyway, so there's no harm in doing that.

Probably what is a little more debatable in terms of merit, is how the author posits the idea that certain negative things in a person's life may be due to what happened to their ancestors. This feeds the idea in gullible people's minds that they need not necessarily be responsible for their own actions or own fate, which I found to not be a good thing. After all, you can't claim to have robbed a bank or murdered someone because your ancestors made you do so can you?!

On the positive side though, I could see how this book *may* help certain people (women mainly, as they are more likely to believe this kind of thing) combat their depression and such. Everyone needs a faith in something, be it a god, science, cosmic entities, etc. This book asks you to place your faith in your ancestors instead.

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## **Bookwyrmgryl says**

I picked up this book based on the title - "The Ancestral Continuum", and the depiction on the front cover of a pedigree chart. The subtitle was "Unlock the Secrets of Who you Really Are". Being an amateur genealogist, I was thinking this would be helpful in my work.

Surprisingly, I found that the book is less about our strict biological line and more about the personalities and predilections of our ancestors, their tragedies and crises, and how their trauma may impact their descendants. It is an interesting idea, and one I have contemplated in other terms.

This book encourages family history study generally, however, it comes at it from a very unique perspective. Some things in it will not be comfortable for everyone, such as praying to your ancestors, and having an altar to your ancestors in your home. Based on some of the information and anecdotes in the book, I would say that this book seems to embrace a sort of spirituality that does not entirely coincide with a mainstream view of Christianity.

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## **Andrew Spencer says**

This book will make you want to ask your parents and grandparents to tell you everything they can about your family history. It will teach you to find new pieces of yourself, heal old wounds, and understand things inside you that have driven you since before you were born. It's intellectually stimulating and captivating and

also very useful and practical. It's a must read.

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### **Kat says**

I received this ebook from NetGalley in exchange for an honest review.

I wanted, very badly, to find this book interesting. As an amateur genealogist and lover of all things ancestry, I thought that this book would give me some insight into my further search into my family's history. It's not really like that. It's more about the otherworldly kind of stuff and I couldn't get more than 20% into it. It's hard for me to not finish a book, but I just couldn't get into this.

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### **Nicky Abell-Francis says**

Interesting read some parts I could resonate with others wasn't so sure. But looking at how ancestral health , career choices and how you could look back at other family members and see that the one career you might have put on the side for practical reasons could be your chosen path, in your genetics. It covers lots more, some sad some enlightening. Worth a read if you like these kind of books.

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### **Sherry says**

I got this book because I thought it was about genealogy, but I was totally wrong. It was about praying to your ancestors, building altars to them, and other New Age nonsense. If you're practicing to be the Anti-Christ you might like it, but it's totally unBiblical and full of the lies of the Evil One. I shudder that I even opened this book and continued reading to find something of redeeming value. I did not.

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