



# 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.

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