

Note from the author

This is not an extensive book, rather an intense one. Apparently, it is a book for mid-afternoon, even so, I invite the reader to stop after each chapter and reflect on their life to get the most out of it.

Despite focusing solely and exclusively on transgenerational analysis, in this book I will not accommodate all the aspects that can be analyzed in a tree knowing in advance that I leave many nuances in the inkwell, nor am I going to explain what the strategies to discover and link to the members of the clan are, nor how to analyze the information that the tree gives off: for this purpose I recommend some books¹ and videos on YouTube².

The aim of this book is not to instruct, but to stir from within to generate the motivation of "wanting to form oneself". Learning to look at family stories as a pattern that is repeated in different ways, generation after generation, and discovering the hidden emotions associated with such repeated stories is not something that is easily learned and yet, I firmly believe that unpacking some of those stories is going to be very enlightening to anyone who, like me, is interested in releasing everything in their hand to do so.

¹At the end of the book you will find a short list of the books that have helped me.

²I recommend the videos of Marta Salvat, as well as her transgenerational course.

That is why for this small book I have chosen several deep-seated personal stories. It is my desire that they resonate with enough strength to bring about an internal change in those who feel identified with them and, like me, become seekers of liberation.

It helped me to write this book.

I hope reading it will help you, also.