

What is Ancestral Trauma? Why do I have to heal from it?

Ancestral healing is a practice that involves acknowledging, honoring, and healing the wounds and traumas that have been passed down through generations within a family. These were generations that had no tools to understand or heal their pain.. And we carry these wounds and traumas within our families and our bodies just like you have your grandmother's eyes and Uncle Larry's ears.

Ancestral Healing is based on the belief that the experiences and emotions of our ancestors can impact our lives today and that healing and releasing these ancestral wounds can bring a sense of peace and understanding.

It's about helping you make sense of the emotional impact, uncovering what may have been passed down, including patterns of behavior, and expanding your connection with your ancestors.

This exploration can be a spiritual journey that will help you move through challenges of grief, loss, change and uncertainty. It will change the way you see yourself and begin the journey of creating a Vision of the future... One that you deserve



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HOW DO I DISCOVER MY STORY AND BEGIN MY JOURNEY?



List your family names

Make a list with you, your parents, grandparents, and so on. Include birth dates or where they were born if you have the information. Include guesses or “thought I heard” because often those nuggets turn out to be true. Don’t feel that you need to list everyone. This is the starter list.



Gather physical items

Collect what you know you have tucked away that may give additional information. These would be pictures, letters, and diaries. Many clues to the family story are found here. Families often wrote additional information on pictures or letters to help remember who people were or where they lived.



Write the stories of family items

What items or artifacts have been passed down through the family? There are often stories attached to those items. These can be anything from jewelry, pictures, furniture, military medals. The list is endless.



Collect your family questions

What do you want to know? When did we first come here? Why did we leave our native land? Did we come through Ellis Island? Or is there a mystery you are trying to solve? Did your parents or grandparents not want to talk about a time in their lives and you wonder why?



Choose your people

Are you more interested in focusing on just one person and their life’s journey? Sometimes their is one ancestor you want to know first. Remember this is just a beginning of the journey



Check for trees

Have you subscribed to, or used, any genealogy sites like Ancestry.com, Familysearch.org, Findmypast.com or many other available sites? Have you or a family member created a family tree that you have access to? Our stories are out there waiting to be found.

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Bernadette O'Brien Thompson

Tell Me Our Story
Ancestral Healing

Who am I ?

I am Bernadette Thompson. I am an Intuitive Spiritual, Grief and Life coach and I did not set out to become an expert in Ancestral Healing, My professional career and training has been centered on working with those both young and old who have experienced trauma and grief. And I have also for over 15 years had a deep interest in ancestral research. What changed the focus of my life was my story.

In March of 2013, my husband David came to me and said.. I have a problem.. The problem he had was alcoholism. I knew he had struggles but I did not know how sick he was but. I knew in that moment my life had changed. It was a tumultuous time. David had a beautiful soul but he wasn't able to overcome this devastating disease. He passed away 4 and a half years later in November of 2017.

It was during that time, as I coped with my emotions, that I began to understand my personal and spiritual connection with my ancestors and that knowledge not only gave me a sense of peace and understanding about who I was but also guided me and helped me move forward during a very difficult time. For each of you hearing my story may bring up your story. Our stories are powerful.. But so are the stories of our ancestors.

Bernadette uses Ancestral Healing to help heal the past looking for a way to move forward with their lives. With a degree in Psychology and professional certifications in grief and trauma, she has spent over 20 years helping middle school students and elders through some of life's most difficult transitions. She holds an End of Life Doula professional certification, from the University of Vermont. Bernadette is also a trained genealogist, helping people discover the records and documents that tell their family's story guiding them with the knowledge of their ancestors.



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