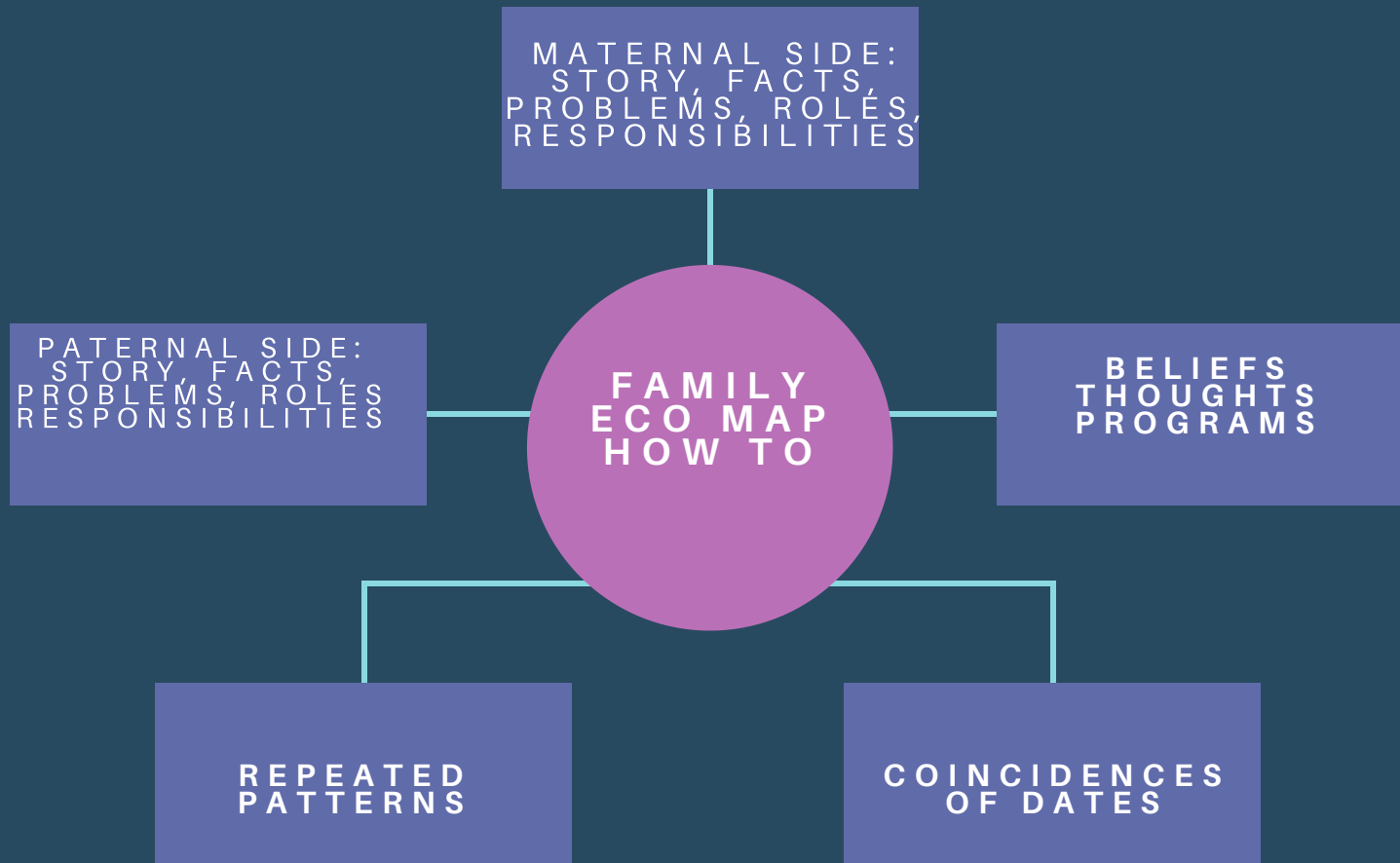


ROOTS OF HEALING

ECO MAP

As long as our ancestors are still suffering within us, we cannot be truly happy. If we make a step with awareness ..., we do this for all the past and future generations. They all arrive at the same moment we arrive, and we all find peace at the same time.

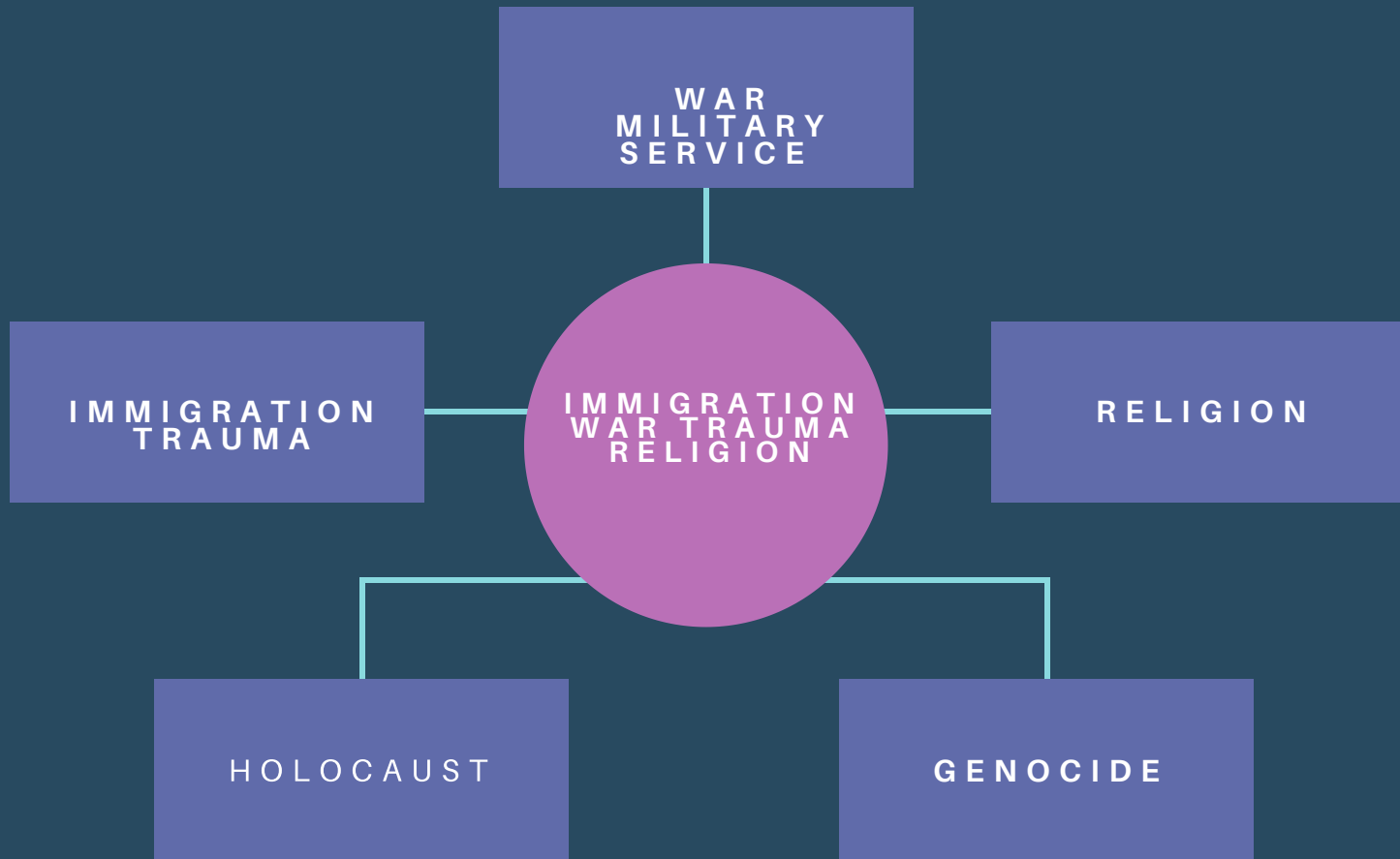
~ Thich Nhat Hahn



ROOTS OF HEALING

ECO MAP

IN ORDER TO START TO TRACE THE TRAUMA IN YOUR FAMILY SYSTEM YOU WILL NEED TO BEGIN LOOKING INTO SPECIFIC DYNAMICS THAT COULD BE AFFECTING YOU TODAY. WHEN YOU CREATE YOUR FAMILY ECO MAP START BY EXAMINING THE STORIES YOU KNOW/HAVE HEARD, RELATIONSHIPS, BIRTHS, DEATHS, ILLNESS, ADDICTIONS, REPETITIVE PATTERNS, ETC. THE FOLLOWING PAGES WILL SERVE AS A GUIDEPOST IN UNCOVERING YOUR FAMILIES TRUTH.

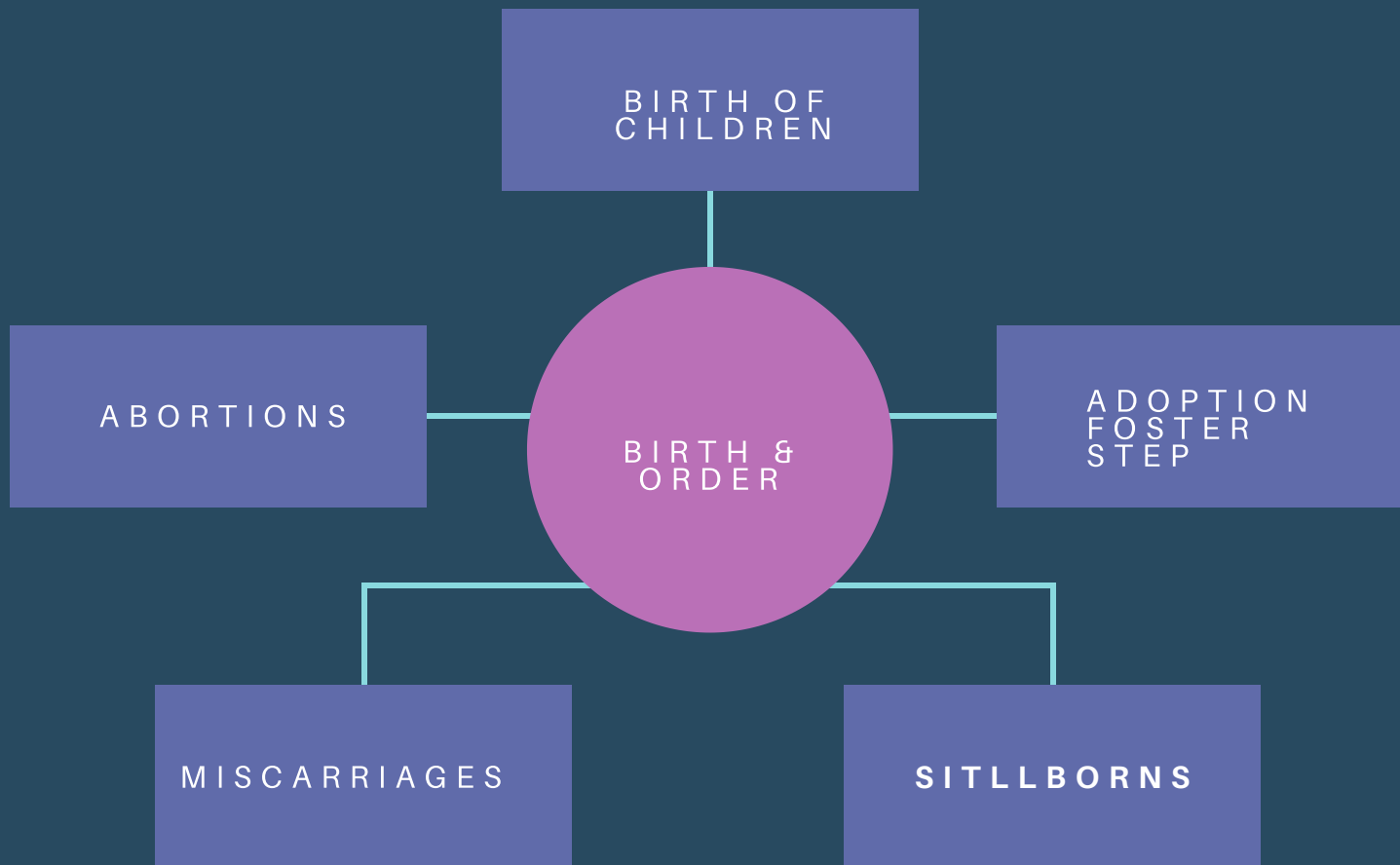


ROOTS OF HEALING

E C O M A P

THINGS TO LOOK FOR::

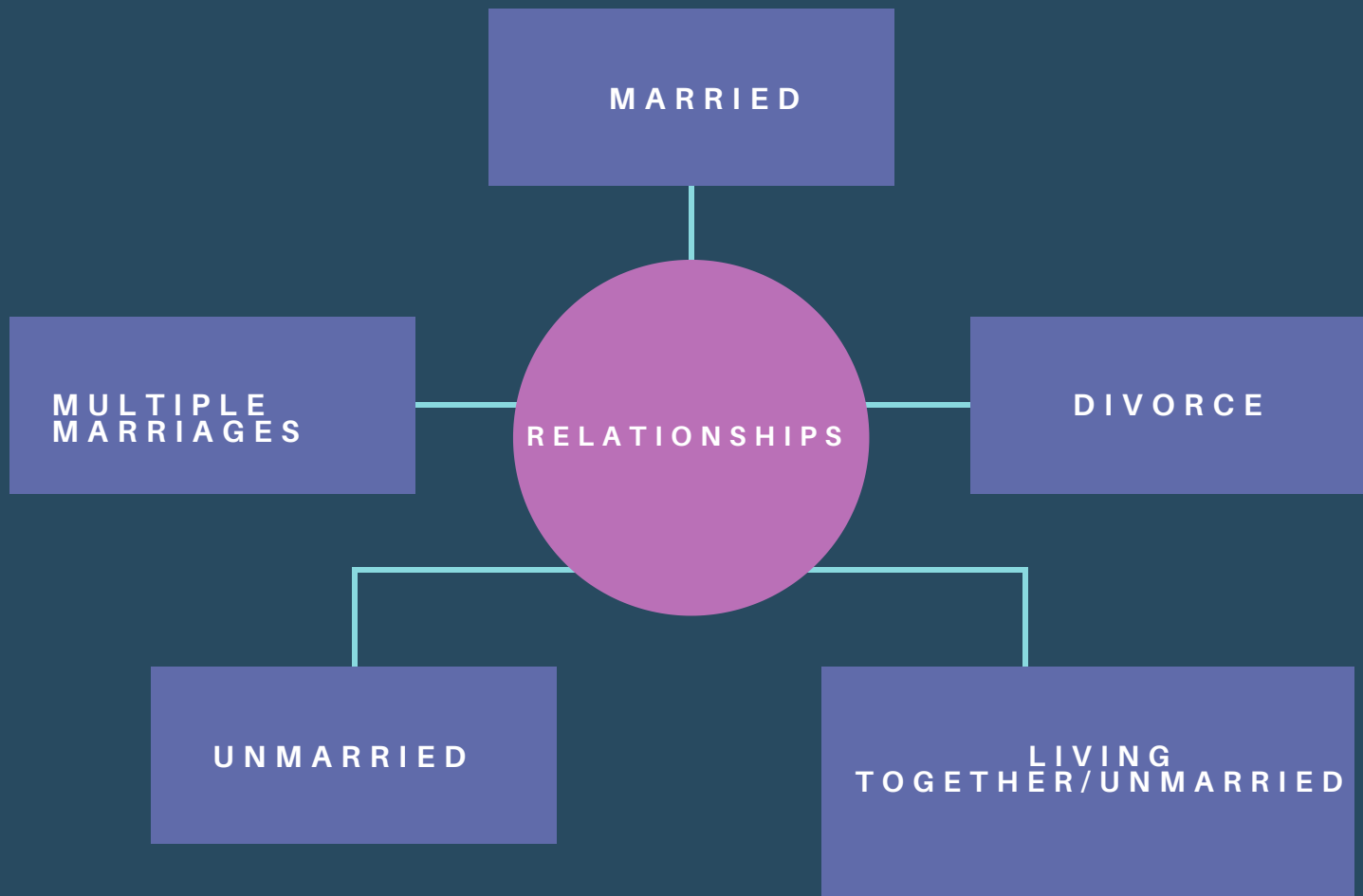
WHO WAS IN THE MILITARY. WAS ANYONE IN WAR? DID ANYONE DIE IN WAR? WHAT WAS THE RELIGION OF YOUR ANCESTORS? IS THERE ANY TRAUMA ASSOCIATED WITH RELIGION? HAS YOUR FAMILY EXPERIENCED HOLOCAUST OR GENOCIDE TRAUMA? WHAT WAS THE RESULT?



ROOTS OF HEALING

E C O M A P

THINGS TO LOOK FOR:
BIRTH TRAUMA, BIRTH DEATH (MOTHER OR CHILD), ADOPTIONS, FOSTER OR STEP CHILDREN

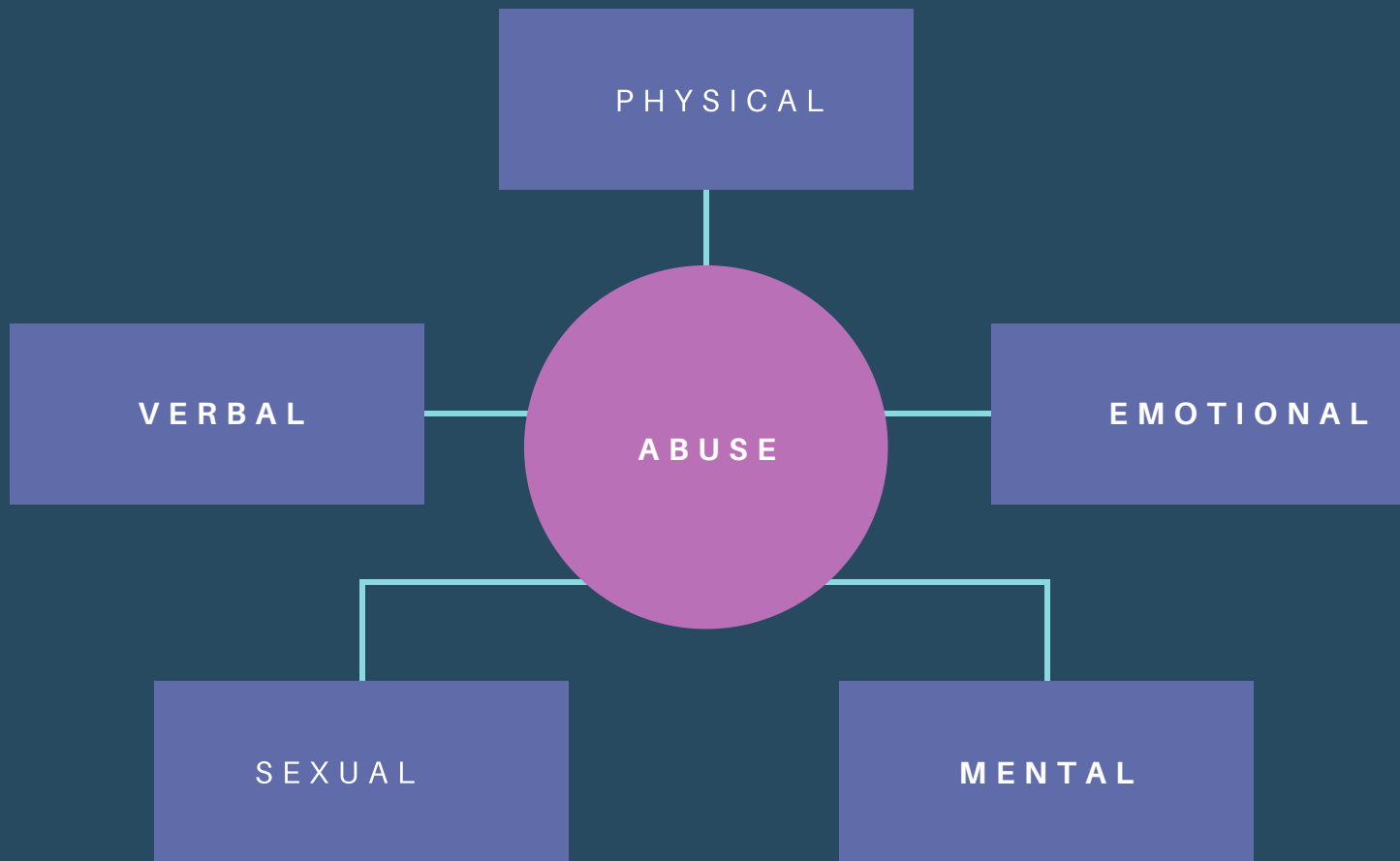


ROOTS OF HEALING

ECO MAP

THINGS TO LOOK FOR:

HOW MANY MARRIAGES/RELATIONSHIPS/DIVORCES DID YOUR ANCESTORS HAVE?
ARE THERE ANY ANCESTORS WHO DIDNT HAVE RELATIONSHIPS/CHILDREN?

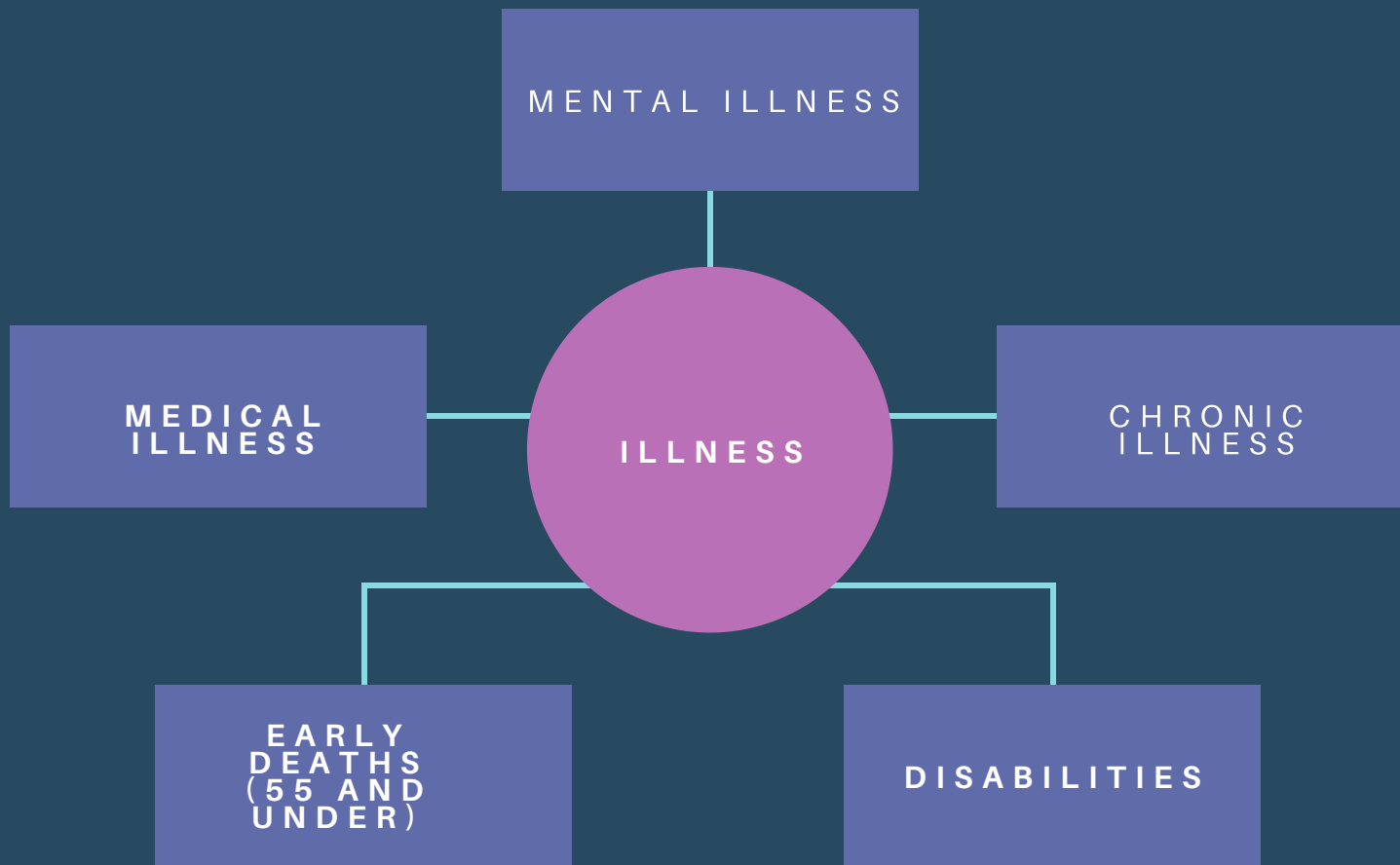


ROOTS OF HEALING

E C O M A P

THINGS TO LOOK FOR:

DID YOUR ANCESTORS SUFFER ABUSE? THE RELATIONSHIP OF THE ABUSER IS IMPORTANT.



ROOTS OF HEALING

E C O M A P

THINGS TO LOOK FOR:

HAS ANYONE BEEN IN A MENTAL INSTITUTION? WERE PERSONS WITH DISABILITIES CAST OUT? CHRONIC ILLNESS OR GENETIC REPETITIVE ILLNESS?

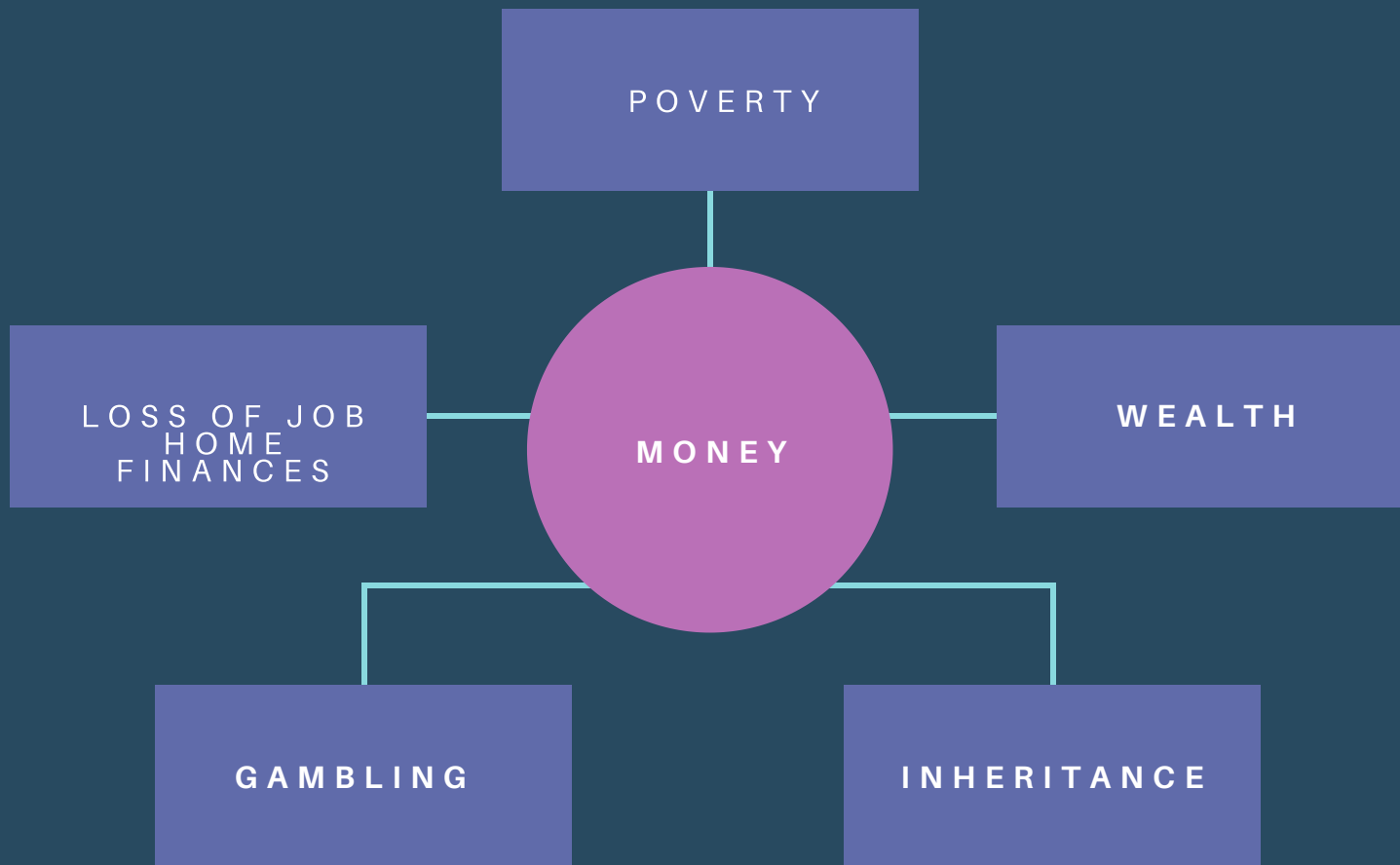


ROOTS OF HEALING

E C O M A P

THINGS TO LOOK FOR:

HOW HAS ADDICTION ISSUES WITHIN THE FAMILY? HAS ANYONE LOST THEIR LIFE/OR TAKEN SOMEONE ELSE'S LIFE THROUGH ADDICTION? REHAB/JAIL ASSOCIATED WITH ADDICTIONS?

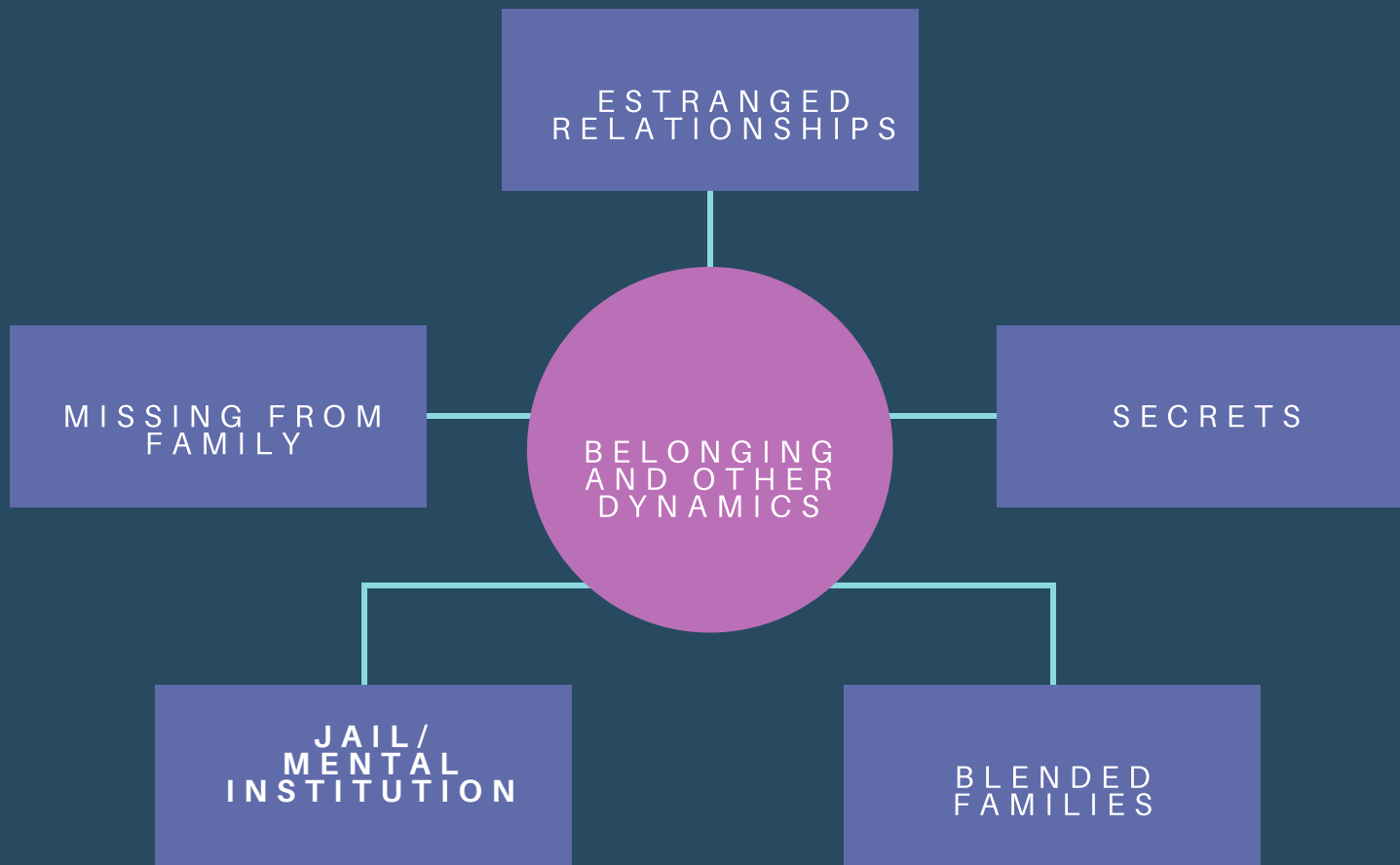


ROOTS OF HEALING

ECO MAP

THINGS TO LOOK FOR:

HAS ANYONE FILED BANKRUPTCY, LOST A HOME OR BUSINESS? LOOK FOR LOST JOBS AND TRAUMA RESULTING IN IT. ANYONE EXCLUDED OUT OF WILLS, INHERITANCE, GENERATIONAL WEALTH?



ROOTS OF HEALING

E C O M A P

THINGS TO LOOK FOR:

EVERYONE IN THE FAMILY HAS THE RIGHT TO BELONG. LOOK FOR ANYONE ESTRANGED, MISSING (CHOICE OR IN DEATH) WITHIN YOUR ANCESTRAL LINE.