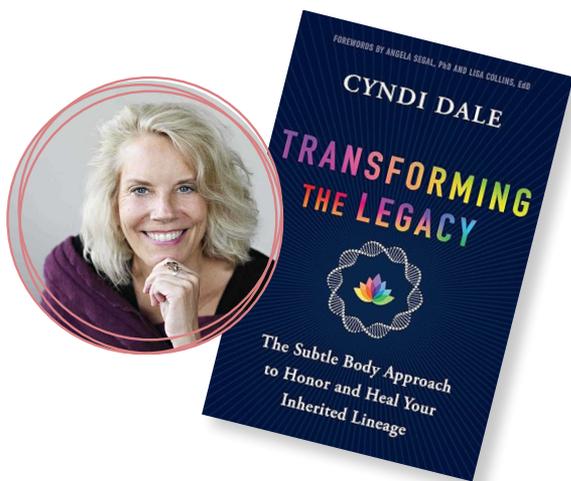


I would read through all of part I, which will explain the energetics of your lineage, both ancestral and soul. Then pause and think about how important you are to yourself. It's time to move on when you know you deserve to release the negatives of history but to also reactivate its positives.

Part II is a collection of tools. Practice a few of these so you are aware of what vehicles you'll be working with in part III. The actual techniques will come alive once you embrace and use them.

As for part III, you can either go straight through or jump around.

Look through the various chapters and the subjects of each and start where you sense you'll best benefit. Do you want to immediately gain a few skills about futuring? Then get creative, begin with chapter 11. Have you always been fascinated with auras? Leap into chapter 10. Of course, you can always conduct your pilgrimage chapter by chapter too.



Q: What advice can you offer to a reader who does not sense an immediate intuitive insight to a reflective question and/or senses their reaction to a question is fear based?

A: Know that the "self" is mainly subtle. In fact, almost 100 percent of you is composed of your spirit (essence) or soul (part of you that travels across time). The latter is the aspect of you that interacts with your subconscious or buried personality.

Q: *Transforming the Legacy* is packed with deep meditations. How do you recommend a reader approach reading your book?

A: I would recommend starting at the beginning, which is a very good place to start indeed. However, you can approach each of the three parts somewhat differently.

If you don't sense a response to a practice don't worry. You're benefiting anyway. Think of the primary journeyer as being your soul and it will be impacting your subconscious. You know how this works. Think of a time in which you read a passage in a book or watched a television show or sought an answer to an important question, and then pop! A few hours or days or even weeks later, you became aware of an important insight. Because the practices in *Transforming the Legacy* are based on interactions with the subtle anatomy, much of the work can occur

on that invisible level.

As for fear, fear often blocks intuition and deep processing. There are several sources of fear. One is your own resistance to change. That anxiety might dissipate once your subconscious clears an old pattern because you at least read through a reflective question. If you just “feel free” one day regarding that focus, you’re all good.

Fear can also be an inner protection mechanism. Fear can cover up memories of abuse or hardship that would be painful to face. If it feels like this is the fear that is blocking you, set aside the question or practice for a few days and ask if your soul will reveal a memory or knowing about an event that might be important. Don’t be surprised if you get a dream or an idea that reveals what has been hiding. You can then return to the book’s probing question or practice and complete it.

Know too that the fear might not belong to you. Family systems are famous for not wanting someone to remember or recall a vital experience. Systems also don’t desire transformation in their members. If you sense that the block to a practice doesn’t belong to you, ask your soul to remove others’ fears. Then redo the exercise and most likely, your intuitive self shall be fully operational.

Q: Towards the start of the book, you wrote a practice geared towards unsticking “Stuck Spots Across Time and Space.” I intuited a stuck spot was in the bloodline of Grandmothers from my Motherly lineage. Then, I finished *Transforming the Legacy* the same day that my larger, extended family gathered at the restaurant my great grandmother and great grandfather owned in the early 1900s. My grandmother (mom’s mom) was raised there and my great grandfather killed himself there. I, too, considered that act several years ago. At the restaurant this November, we were celebrating the conclusion of my uncle’s 40-year genealogy research project and publication of his multi-series family history books. It was

startling to learn at the party that my birthday is the same day my great grandmother and great grandfather married. I can’t help but think there is an energetic connection. When a reader sees interrelatedness, how does one make certain they remain clear and healed?

A: What a perfect story to underscore the complications of your lineage. There are so many sources in our bloodline impacting you. Now add to that web the various past and in-between lives of your soul, and wow!

In the end, the way to get and remain clear is beautifully simple. Love.

First, decide to love yourself.

When you love yourself you’ll absorb only the supportive energies from your bloodline. You will want the best for your relatives but know that you aren’t the vehicle to deliver healing if there is a cost to you.

Second, love the path.

No matter what you’ve gone through, or how you’ve been influenced by others, you have become who you are because of it. And that is someone great. You can only become grander, and offer more to the world, by remaining open to accepting only what is good for yourself in body, mind, and soul.

Q: My two favorite sections of your book are about the Crystal Facet because the vibe is so high and the exercise your therapist had you do about your family tree because it helps one see more clearly. Is there a passage in *Transforming the Legacy* you sensed would have the most influence on a reader?

A: I adore the Crystal Facet energy body, so thank you for pointing it out. It’s an all-purpose mirror that can be used for energetic and intuitive analysis, clearing, futuring, healing, and more. And learning about the



family tree gives each of us context for our lives. As simple as it seems, my favorite concept is about the Book of Life. This is an energetic library, rather like the Akashic Records, available to assess anything and everything about our lives. Uniquely, it only invokes positivity, which means it is ultimately a tool of grace. Following is my description of this Book.

Book of Life: This library is the crème de la crème. It is a Divine-kept scrapbook of great magnitude. Within are all the ways in which the Spirit has seen you over the ages. Through the perceptions held within this record, you will be invited to perceive yourself, or any event in your life, through the eyes of love.

What if you really only saw yourself through these eyes of love?

Q: What did you learn about yourself while writing?

A: I learned that at some level I've always been a "history buff," if you would. From the time I was tiny I often intuited my own past lives, but also what my relatives had really gone through.

My knowledge didn't always spring in psychically. I was that child with the "big ears." For instance, I once overheard my parents talking about Great Uncle Andrew and Great Aunt Hannah. Apparently, Great Aunt Hannah, a rather large older woman who was a horrible cook (from my point-of-view) had not been Great Uncle Andrew's first wife. That was Eva. Andrew left Eva for a stripper in the 1920's. Yup, that stripper became my Great Aunt Hannah. (I couldn't quite see it in her.) I was the only relative who recalled this story after my parents passed away. €

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