Name a personal gift or quality you have that you KNOW or SENSE is an ancestral inheritance.





Where are your people from, originally? How and why did they come to the US? When?

Not sure

Lebanon for education and better life

Jamaica. They came to America to escape poverty in the late 80s early 90s

Slavery, but my family's oral history is roots in Ethiopia

North Carolina and South Carilina...my family are descendants of slaves

scotland and mexico

scotland and ireland /maybe the late 1700s?

Maternal side is from El Salvador and we were forced to migrate to the US in the early 80s due to civil war.

My recent-ancestors were from Southern Italy + Sicily.





Where are your people from, originally? How and why did they come to the US? When?

EnglandScotlandGermanyFranceCame by boat passage1700's 1800'sWhite settlers

Lots of places from both Africa and Europe. Never really settled in one place. always on the move

Germany. No idea when or why.

I'm assuming West Africa and as capital.

Jamaica. Came to US in the mid 80s for new beginnings

Alkebulan. My people were colonized and enslaved. Been here all my life, searching for home.

Maternal (Cape Verde Islands by way of Senegal/Mali)Paternal (Greensboro, GA)

Bengal, now known as Bangladesh, known as east Pakistan when my Ma was born, British Colony when my dad was born. Parents immigrated in the late 1960's as a result of the Immigration Act of 1967.

I'm not sure, too many family secrets to decode this information.



Where are your people from, originally? How and why did they come to the US? When?

Puerto Rico and Panama > before that: West & North Africa, Spain, Portugal, British Isles

Great, great grandfather was enslaved from Africa. My great, great grandmother was a Blackfoot. This is information passed on from family that I am learning more about.

Primarily from Europe

Paternal third-great-grandparents came from Germany 1857 and spent 6 weeks on a sail boat to get here. I do not know why.

Iran. Came to the US in the 1950s and 1970s for education and opportunities

Came to US as political refugee from Argentina in 70's. My people are a mix of european ancestry and african roots via Brazil

akwa ibom! they came in the 80s/90s for better opportunities

Durham, North Carolina

Ayiti-Kiskeya ---- Caribbean, South America, Africa, Europe



Where are your people from, originally? How and why did they come to the US? When?

Transatlantic Slave trade brought us here

Places unknown and known for reasons related to choice and force. Caguas, PR. Durango, MX. Yemassee, SC. Charleston, SC.

West Africa, Poland and Russia. I don't know much about my African ancestors but I know they came through slavery. My Slavic ancestors came, between 1870-1920, for economic opportunities and more political freedom.

Indigenous and Slavery. Don't know the origins or why and how.

Lithuania, Poland, Germany, Ireland.. I'm not entirely sure when or why they came to the US, but trying to figure that out.

Poland, Denmark, France... I don't know how, when, or why they/we came to the U.S.

Jamaica — They came to the US in the 1980s. Before Jamaica, somewhere from the African continent — they left there in the 1800s, I think

Cidra and Jayuya, Puerto Rico. Maternal side came to the US in the 60s, paternal in the 80s.

More research is showing that more of my people were here already while others were brought here from now Cameroon.



Where are your people from, originally? How and why did they come to the US? When?

Belize and Costa Rica. They came for opportunity. They came in the 70's

My people are from northern Peru, what used to be Mochica lands. We're from a small agricultural sea village. My family came to the US in 2003 to pursue the "American Dream"

Northern Italy - came in the 1930's/40'sPoland - came in the early 1900'sHungary via Spain (sephardic Jews) - came in early 1900's

My people were already here in Costa Rica, they were natives of Central America. Others came from Spain, Portugal, France and Germany.

Haiti, came to the US in the 1970's for a new beginning at life.

I know my maternal grandfather's family has been in Buffalo NY since the revolutionary war, and my maternal grandmother is from Trinidad by way of Portugal. My paternal side is all Scotch-Irish

Abya Yala- Colombia. I am the only one who migrate to Canada since 2004. All family still in my dear land

My people emerged from Wind Cave in HeSapa, the Black Hills, in South Dakota after the last cleansing that Mother Earth did when the mountains ran east to west.

Mexico City, Ireland, Sweeden, England....for opportunity, thru marriage, unknowns, bn 1700s and up thru last generation



Where are your people from, originally? How and why did they come to the US? When?

West Africa. Others mixed in over time. By kidnappers and enslavers. Why? Because my people were amazing, intelligent, powerful and strong and could do for the world what their captors could not.

northern Mexico. Mexican Revolution.

West African through enslavement, Mississippi to Chicago and other Northern cities through the great migration.

my people come from Nigeria, Benin, Togo on my mother's side. I do not know when or how although I have theories. On my father's side they come from southern Sicily. My great great grandparents were the first to come to the United States.

My people are Ashkanazi Jews from Russia, Lithuania, and Germany. They came to the US mostly during the programs of the early 1900's (except I think my maternal grandfather's family came in the early 1800's). They came due to antisemiic persecution.

I lost track. My mom - Brasil, Father - Portugal. Great grandpa's - Germany and Italy. And there seems to be more...

some of my people are from the desert southwest/great plains of the so called US, some are from near the Rio Grande and the Sandia and Manzano Mountains, some are from South Central Mexico and some from Spain.

Stolen from Africa not sure when Sent from UK as indentured servants sometime in 1600s

Mexica/Aztec lands now called the state of Mexico in Mexico. Their pueblo is called Totolmajac. My grandparents immigrated to the US as a part of the bracero farm worker program in the 1950's.



Where are your people from, originally? How and why did they come to the US? When?

Michigan & Alabama.... not sure of further roots but do know my maternal grandmother had some herbs growing in yard...large Aloes. Not sure how they got there or when... China, Ireland, England, Wales, Germany, Middle East (current colonial state of "Israel"). They came in the 1960s on one side and 5 generations ago (?) on the other side.

My family is originally from the Caribbean. They came to the USVI for a better life and more opportunities, but came to the mainland bc of the military in 1987.

I don't know when my people came to the US, but I do know my oldest ancestors were born Va, and the Eastern shore of MD, and their people where brought here because of slavery my parents were both born in Ethiopia, my dad is amhara and my mom is wolo and tigray. they came to the US in 1994 (?) for "more opportunities," and i was born in colorado in 1998

My people come from several different regions of Kerala India. My maternal grandfather immigrated to the US in 1960s to work for the World Bank and My dad came to the US in the 19070s in pursuit of education, work freedom and adventure

South India. My family came here in the 80s [with caste privilege] for higher education.

from norway, to north ireland, and south to greece and iran. many fled war, starvation, genocide, and many I don't know and have been untraced. late 1600-1800s

Not fully sure because of enslavement. Some of my people were brought to the US from West Africa. There's a rumor of indigenous American ancestors within the last 3 generations on my father's side.



Where are your people from, originally? How and why did they come to the US? When?

Spain, Ireland, and Norway-escape from dictatorship in the 1960's and famine in the 1880's

boriken, and around the carribean, what is now called mexico, west africa, a lot was lost

West Africa (mostly what is now Nigeria, Cameroon, & Mali) via enslaved ancestorsWestern Europe, most recently by way of Appalachial'm adopted, so I don't know much about dates., but this is the combination from DNA and records.

My family is from St Lucia they immigrated to the US in the 80s for a "better life"... Before St. Lucia I'm not sure I just know I am Black. African. Anything else is a mystery I'm not interested in solving.

Europe.... Germany, England, Ireland, Austria-Hungary. They came as colonial settlers in the 1600's, and also during the 20th century white immigration Ellis Island time.

The wetlands of what is now known as Florida. My paternal side come from Philippines island. They came to the US seeking "American Dream"

West Africa, South America, all round the Caribbean/West Indies

I know my family came from several different parts of West Africa. The furthest ancestor, I can trace named, Armstead born in 1826. was a slave in a small town in Virginia

Enslaved people from Western Africa through the T A S, Maroon people of Jamaica, European immigrants to NY Ellis Island





Where are your people from, originally? How and why did they come to the US? When?

Russia and Germany. Fleeing war, persecution. Early to late 1900's

Canada, Virginia, Tobytown, MD,. Many from the Great Maafa ukraine/russia during the pogroms, Ireland during famine,
Denmark and Scotland - unknown

Jamaica to New York - to have a better life and escape poverty. My Great Great Grandmother from India to Jamaica. Further back, West and Central Africa - Slavery

Europe. Not sure when. My ancestors were working class people, so possibly looking for a better life.

Central Appalachia Settlers, Southwestern Virginia Settlers

My ancestors are from Turtle Island. Some are from the island of Bermuda (~1900s escaping from racist prosecution). My ancestors are also from the African Disapora and born in ("so called") Canton, Mississippi and Seneca, South Carolina.

Mom came from Taiwan in 1979. Her parents escaped to Taiwan from Northern China and Southern China during the Cultural Revolution in 1949. My dad has German and British ancestry, but he has come to what he calls a dead end with his father.

Cameroon, Mali, Nigeria, Scotland





Where are your people from, originally? How and why did they come to the US? When?

various parts of Africa, Europe and United States

My Saturn return in 2010 created a need for a restructuring of my belief system.

My ancestors left Sweden due to famine

Pueblo Revolution of 1680, 1868 Grito de Lares

some of my people are from Ukraine because of the antisemetic pograms in Russia, some came from Ireland during potato famine, some came from what i know of Kentucky and i believe were colonial settlers, some came from Italy and i'm not sure why



What is an historical event, era or person that is important or pivotal to your personal/family history?

2020	the spanish inquisition	Chinese Cultural Revolution
My dad's biological father.	The birth of my son	Jamaican Independence
the Indian Removal Act of 1830	1985 When my family migrated to the US	Migrating to the US in 2003



What is an historical event, era or person that is important or pivotal to your personal/family history?

The unification of Italy in 1861

british colonialism of nigeria --> independence --> military rule

US fomenting dictatorships in Latin America and the persecution and mass killings of the people

My Dad took me to a cipher that was hosted by Dr. Keefa Lorraine when I was 13. She spoke about wholistic health and the benefits. I was immediately enamored!

transitioning to becoming a mother

My grandmother

Malcolm X

The Queens of the 1878 Fireburn in St. Croix

Roots being aired on tv





What is an historical event, era or person that is important or pivotal to your personal/family history?

the death of my very best friend in high school was pivotal in my life, and pivotal to who i am now as a person

My maternal great grandparents settling in Duxbury, MA

When my great great grandmother learned Root Work and passed that imprint down to me. The transatlantic slave trade. When I discovered the book Farming While Black. Being 7 and watching Imitation of Life.

African American Slovaery

The birth of my daughter

The death of my parents.

The Indian Removal Act and the genocide against my people.

Ancient ancestry is Saraswat Brahmins, who passed on spiritual traditions and prioritized learning and passing on knowledge

luther vandross, whitney houston, and michael jackson





What is an historical event, era or person that is important or pivotal to your personal/family history?

transatlantic slavery era and how our people were shifted around

Columbus' genocide in the Caribbean

NAFTA!

Toni Morrison

my mom meeting my teacher Francesca Mason Boring and deciding that she had to bring her to the east coast to do a training

The Golden Era, The Age of Water, The Great Maafa, The Trail of Tears, Civil Rights era, My birth year, My children's Birth years, The year of my Initiation, Next year studying herbal medicine in Naija

the English (later British) East India Company, and the Dutch East India Company leading to colonization of South Asia in late 1500s/early 1600s & post-World War 2 colonizer determined partition of South Asia in 1947

An ancient ancestor came to me in a somatic experience. It was what seemed to me to be of some Asian-descent. They were a warrior but, I saw them on a mountain holding small forest animals. This is how I know that I have a romani lineage.

Ida B Wells



What is an historical event, era or person that is important or pivotal to your personal/family history?

My maternal great grandmother. Grew up with comfort, then married and moved to a rural mountain in Arkansas and worked the land without elec., water, etc.

The Iranian Revolution

Living away from home for 7 years, while studying in Norway and US

My dad's family migrating from Arkansas

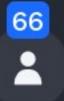
Moving to New York City as a young woman (1991)

The birth of my grandmother, Mary C. Cook who was born on Xmas day in the 1900's in Springhill, NC. She became my herbalist teacher as we we walked through the woods on Cape Cod, showing me nature and plant medicine.

My time at Standing Rock

1994 when I migrated to the US

The explosion of the pharmaceutical industry.



What is an historical event, era or person that is important or pivotal to your personal/family history?

Both my grandmothers, my ancestors and what they had to overcome

my son's health being impacted adversely

Brahminical patriarchy in South Asia and US. Colonization of Mexico. Farmworker movement in California in 1950s.

High Priestess, Medicine Women, George Washington Carver, Lucid Dreams - connecting to intuition and communication w/ancestors

Movement of maternal grandmother from PR to Chicago at 14. My maternal grandfather being the first born in US from MX. My paternal grandparents leaving Yemassee, SC (White Hall Plantation) for Charleston, SC.

The rootworkings of my Great Great Great Great Grandmothers.

connecting with my late grandma through a candle meditation as a teen, Chinese Cultural Revolution, Irish famine, Joy Luck Club movie & book, Mulan in the 90s, seeing Kristy Yamaguchi & Michelle Kwan at the Olympics on tv,

Nikki Giovanni's poetry finding its way into my mama's life

Settler Colonialism. White people being encouraged to immigrate to US. Women's rights. Science, education, and individualism. as a value (at expense of tradition, community, relationships). Then, most pivotal personally was social justice movement.



What is an historical event, era or person that is important or pivotal to your personal/family history?

Dr. J Marion Sims, Tuskeegee Experiment, Marronage

WW II, my mother and the fractured relationships around her (including mine), 2018, 2016, and 2020

My paternal great-grandmother passed away in 1936 from trying to perform an abortion at home. I grieve for her this as I reflect on the conservative nature of the family which surrounded her at the time, and still surrounds me today.

My grandparents passing. I feel we were cut off from a lot of ancestral knowledge at that point in our family history and we adapted a different cultural identity.

My grandmothers' birth, my mother biking 40 miles and eating a full crab feast the day before I was born, not going to my ancestral home for the first time in my entire life during the 2020 crisis, Spanish Civil War

find out Portugal was my home.

Establishment of Leeward and Windward Maroons, Wars between Maroons & the British, Jamaican Independence, Socialism in Jamaica, Rastafarianism Movement...

For me it was when I went to visit South Africa for the first time.

Passing of Mom while I was very young, farming with my cousins, history of Black conjure women, Gordon Parks' photography, August Wilson's plays, Jacob Lawrence's paintings, Great Migration, sharecropping in my family, the Choptank.



What is an historical event, era or person that is important or pivotal to your personal/family history?

Great Migration is important as a time I think my family lost the tradition of passing on plant knowledge

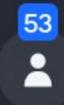
the death of my mother and the birth of my son

Forgive



what actions can we take toward lineage healing?





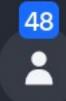


Ginger	Peyote	dandelion root
water	ALOE!!! <3 <3	Blue Vervain
Mimosa Flower	rose	Rosemary



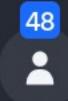


Rose	Mugwort	water
lavender	Chamomile	rosemary
lemongrass	yarrow	Jasmin



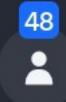


water	water	Aloe Vera
Ginger	hibiscus	lavender
Mugwort	nettles	jasmine





Cannabis	Mullein	hawthorn
St. John's Wort	tabaco	Osha root
tabacco	water	rose





cardamom

Rye cedar tea rose coconut (thennga) psilocybe mexicana. they help accept rose and move through change in in a grounded and beautiful way. Turmeric Honeysuckle





Asosi aka Cerasee

A local evergreen from each of their European lands

dandelion-roots and leaves

