



Breaking the Generational Curse and Its Effects

Full Review PDF Edition

Blackshield Institute

Introduction

Breaks in the generation occur and their effects linger.

I wrote this book because there is a dire need for a textual study guide solely based on lived experience, history, and the generosity of others who have shared their experiences with generational curses far and wide.

In my healing process, I have been confronted with thinkable actions, unthinkable actions, unsettled thoughts, patterns, misinterpretations, misrepresentations, miseducation, detrimental emulation, and more.

The roots of generational curses derive from many sources. During my research, I discovered articles linking family impairment to the 1940s and 1950s. I call it the Decade of Feral Syndrome.

This was when the stripping of the male from the household became prominent. Drugs began streaming into communities. So-called women's liberation was sparked. This is not the only source, but it is relevant.

Desperation drove uneducated parents to sell their souls - even their families - for proximity to power and perceived status within systems.

The list goes on: drugs, rape, incarceration, entrapment. I am both victim and accountable participant in some of these atrocities.

What causes thought patterns to run through bloodlines? Why alcoholism in one family, drug addiction in another, violence in another?

This is not a university study. I am a Black man in healing who lived an ugly life. That gives me the right to write this.

This is not entertainment. This is truth. The reality starts with me, you, us - never them. They had their chance. Let's go.

Chapter 1

The Family Vault and Its Secrets (The Root of the Curse)

Once I became concerned with my family history because there was, to my knowledge, a depletion of my family name and members of the Warfields occurring, I began asking questions.

So I went to my mother about the family tree. She said her mother was a Hargrove connected to the Reeves, and that was where the history ceased - at least as she knew it or gave it to me. She referred me to my great-aunt.

When I asked my great-aunt about the Warfields, her anger rose immediately. She would not reveal anything and was ready to put me out of her home if I pushed further.

The Warfield information available to me was this: like myself, my mother was a bastard child. The man whose last name she carried was not even her father. So technically, I am not a Warfield by blood nor marriage.

My mother's father, as discovered later, was a King. Like him, my own father abandoned ship. Mr. Warfield disappeared after my grandmother's death and left another blindsided history behind.

My mother's upbringing through foster homes and orphanages shaped her parenting under pain, abandonment, and lack of guidance. A baby was born to a baby.

If we do not research the hidden meanings and value of our journey, we repeat the same historical desolation.

We look at the branches and ignore the body and roots of the tree. We must seek the secrets that may be the origin of that particular generational curse. Ask.

Chapter 2

Don't Be Mad at the Truth - The Reality of the Curse

One of the greatest mistakes about the healing process is being mad at the truth.

Once you become angry with the truth, you are no longer receptive to the benefits of the journey. Anger clouds counsel and clarity.

The Prophet Muhammad advised a man repeatedly: do not become angry. I understand this because I grew up with a nasty attitude. That came from emulation.

You are who you are in reality until you accept the truth and decide to change it.

Sometimes the statement, 'You are just like your father' or 'You are just like your mother,' is accurate. The point is not denial. The point is interruption.

Call a spade a spade. If that spade is what you became, stop it. Do not be the quarterback of the curse. Do not pass it.

The truth of the truth is that it remains the truth. Whenever it has to be fixed, it starts within. Recognizing it. Embracing it. Facing it. Annihilating it.

Chapter 3

The Axiom

An axiom is a statement generally accepted as truth.

Families create axioms too: 'You ain't shit.' 'You'll never be anything.' 'That's just how our family is.'

Axioms become cages when they are repeated long enough to feel more real than your own soul.

My mother's infamous saying to me was that I was not going to be anything. Hearing that repeatedly stains self-worth and becomes an embedded thought.

A lot of who people think we are comes from interpretations passed down through other people's mouths.

Be who you are by specific truth, not general assumption. That is the real axiom.

Chapter 4

The Great Emulus

As children, we are the greatest emulators of our parents because this is the only reflection available to emulate from.

I watched my son imitate my hand movements while I assembled a table. I watched my brother's son emulate his father's dance move. Later I found myself emulating my father in adulthood.

Emulation is not bad in itself. It becomes dangerous depending on what is reflected.

Children do not merely hear behavior. They absorb it. They mirror tone, chaos, coping, sensuality, rage, and indifference.

Thus the emulation has no filter, and the curse loses the objective for a cure.

Chapter 5

Loving the Curse

Love becomes dangerous when it attaches itself to what is killing you.

We become so complacent in the ways inherited from generations before us that we actually fall in love with the actions themselves.

What is repeated becomes normal. What is normal becomes defended. What is defended becomes identity.

Many will say openly: I love that coke. I love that dope. The curse gets wrapped in pleasure, ritual, nostalgia, and false intimacy.

Until this is confronted, the curse will continue to be loved, accepted, emulated, and passed on.

Chapter 6

Redisguising the Pain - The Great Pretender

One of the greatest sicknesses of the generational curse is lying to ourselves.

If you are the culprit, pain doubles when you refuse accountability. If you are the victim, pain deepens when you take on blame that is not yours.

People rename their sickness to make it survivable. A robber becomes a collector. A violated person becomes 'just a freak.' A wound becomes style.

No, it was not your fault what was done to you. Yes, it is your pain. But it is not your shame.

Do not be the great pretender. Address the pain.

Chapter 7

The Greatest Story Ever Told - Yours

When someone tells their story honestly, your perception of them changes.

Sharing story is like a cleansing machine. It removes rot from silence and opens doors to recognition, compassion, and healing.

Untold stories have devastating effects on Black American lives and humanity as a whole.

Know the pain and be deliberate in healing it.

Chapter 8

You Are Not Alone

Living under the curse without being seen, heard, or cared for breeds abandonment.

These conditions help produce inferiority complexes, depression, PTSD, self-harm, addiction, and suicide.

This is not isolated pain. These are historical symptoms. It is important to know you are not alone so you can assist, reach, comfort, and heal one another.

Chapter 9

What Do We Do Now?

Now that the framework of the curse is visible, the question is: what do we do now?

We begin healing by identifying impact - on our lives, reactions, choices, and inherited patterns.

Bring out the personalities you buried because you feared rejection. Confront pain, action, emulation, shame, and truth.

Find people who recognize your curse and pain. Healing requires company, sincerity, discipline, courage, forgiveness, and change.

Straighten your back. Look them in the eyes. Put on the armor of 'I dare you.' Put on the crown of 'I am.' Then do it again.

Chapter 10

The Mind and the Spiritual Core

Though this book belongs to no religious denomination, it cannot ignore spiritual benefit.

The spirit is breath, animated principle, soul, moral nature, energy, and sacred direction.

Allah says He will not change the condition of a man until man changes the condition in his heart.

The human is not merely five senses. Intellect and spirit elevate human beings above instinct.

In our healing, everything we reconstruct must be placed back into the mind and spiritual core.

Chapter 11

No More Pain, No More Curse - The Reality

Let us never fool ourselves. This is not a game.

We are not healed. We are healing.

The curse still exists. Suppression is still a must. Avoidance and disassociation are imperative.

I relapsed after years clean because I believed I had conquered what still lived in me. Arrogance opened the door.

Though there is pain, we are healing.

Chapter 12

Self-Worth and Redefining Its Ability

What is your value? What is your worth? What can the next generation emulate from you?

Without honest answers to those questions, we cannot place order in our daily living.

You can be victimized and still become a predator if you repeat what damaged you.

Claim your change. Reestablish your name. Break the old mold. Live in a new soul by self-worth.

Ability and worthiness are symbiotic. Transformation begins when both are recognized.

Chapter 13

Relative Change Is Not Free

Real change comes with wages - challenge and sacrifice.

Have a funeral for the past. Change your nickname. Change your friends. Change your hangout spots. Change whatever stands between you and healing.

When you let go, you create room for better things. Freedom has always required cost.

Sometimes surgery is necessary. Remember: nothing is free.

Chapter 14

Cutting the Ties and Burning Bridges Behind You with Reasoning

I had to cut ties with my father temporarily so I could focus on healing.

Some people can remain because they are balanced. Others must go because they repeatedly invite you into destruction.

Not all bridges should burn, but when a person, place, or thing is toxic to your development, the bridge must be burned behind you.

Use reasoning. If it can chop your hand off, do not put your hand in it.

Chapter 15

The Building the King or Queen Within

The Word became flesh. Spirit and intellect point toward kingship, queenship, self-governance, dignity, and crown consciousness.

When you carry yourself as king, you earn the crown. When you carry yourself as queen, you change the room.

Do not wait for coronation. The greatest emperors crown themselves.

Chapter 16

Black Excellence

Black excellence is true self-understanding and pure connection to origin.

It implies strength, honor, dignity, self-respect, intellect, integrity, discipline, spirituality, family, and community with love as foundation.

When those components are stripped, soul condition changes. Black excellence is spiritual life aligned with origin.

Chapter 17

The Eulogy of the Generational Curse

Generational curse passed away violently as of this day, born to the hearts and souls of man with intent to decay.

It lived in service of depletion and family disruption. It was admired by emulators and perfected in spiritual destruction.

Prayers and condolences will not be accepted. Remember its death proudly.

Hashtag save lives.

Synopsis

Breaking the Generational Curse and Its Effects presents the lived experiences and perspectives of Ronald Warfield.

With unfiltered truth and commitment to healing, this book confronts trauma, accountability, forgiveness, transformation, and family repetition.

It is not a novel. It is a study guide of reality.

The only way to defeat a generational curse is to confront its root, redefine life within yourself, fortify spirit, and reclaim kingship and queenship.