

Ancestor Connection and Healing Ritual

We embody the continuation of life. We can be good relatives and a blessing for a thriving, vibrant future for Mother Earth and the following generations. In this ritual, we have the opportunity to connect with our wise ancestors and begin awakening the ancient memories that inform our unique human identity as caretakers of Mother Earth.

In the universal spirit of ritual and remembrance... Set your intention and put into motion these simple, sacred actions.

GATHER

Small offerings: candle, small bowl of water, flowers, and homemade food.
If you have them, include photos, stones, soil, water, herbs, foods, or flowers from the lands of your ancestors.

Gather dried herbs for [smoke purification](#). Research which herbs were used by your ancestors. Grow and/or [harvest](#) the herbs, if possible.

CREATE

Locate a quiet spot in your home to become a dedicated altar space.
Mindfully clean the area.
Gather a small table or a cloth to define the altar space.
Gather a notebook and a pen.
Lovingly assemble the altar and offerings. Light a candle and burn the herbs. With the smoke, cleanse yourself, the altar, and the offerings.

ENTER SACRED SPACE

Stand or Sit before your Ancestor Altar
Acknowledge the [Indigenous peoples](#) of the land on which you live. Give thanks to the ancestors (plant, animal, elemental and human) of the land.
Sing ancestral (or family) songs/chants.

OFFER YOUR INTENTION AND BLESSING

Greet your ancestors and introduce yourself. Give thanks for your life and your family.
State your intention to work with ancestors who are available to support the wellbeing of life on Earth. Speak from your heart - would you like to connect with your ancestors' Indigenous wisdom? Heal family traumas? Receive assistance in realizing your purpose?
Here is an example of an ancestral prayer.

Ancestors,

I am the seed of your precious lineage. I know that your memories and wisdom live in my bones and my heart. I feel grateful that through you I came to be and I want to be a good relative for my small and big family.

Through this ritual I invite my healing and wise ancestors to be present in my life and to help awaken the ancestral memories carried in my blood. Somewhere close to me or thousands of years ago I know that I have ancestors who were Earth People and that they shared the breath of this knowing through the sacred helical strands that are my physical blueprint.

Thank you beloved ancestors.

Thank you for my life and our Earth lineage.

Thank you for your sacred ways, connection to the Earth and the cosmos.

Thank you for planting the sacred seed that I am today

I feel immensely grateful for the medicine that was your life and your dream.”

LISTEN

As you sit with your altar, listen intuitively. If you see, hear, or feel symbols, directions, or images, write or draw them in your notebook. Connection with our ancestors is usually not straightforward or literal, so gently pay attention.

CLOSE

When you are complete, thank the ancestors for their presence. Extinguish the candle. Now or later, offer the water, food, and flowers back to the land. The land herself is one of our strongest allies in recovering our ancestral memories and this act of nourishing Mother Earth with our small offerings helps to awaken our ancient memory of living in balance.

CULTIVATE RELATIONSHIP

Continue to work with your ancestor altar. Regularly sit with the ancestors, make offerings, and ask for guidance. When we ask for their help, ancestors may respond with synchronistic events, dreams, and intuitive guidance. Their messages are often symbolic, nonlinear, and archetypal. Over time, their assistance can become a tapestry to support our lives, our families, and Mother Earth. Ancestral wisdom lives in our blood and bones.

To go deeper and continue your journey with your ancestors we recommend Jambalaya: The Natural Woman's Book of Personal Charms and Practical Rituals, by Luisah Teish, and Ancestral Medicine: Rituals for Personal and Family Healing, by Daniel Foor.