

## Strengthening Your Foundation & Deepening Roots

# Connecting with Earth & Your Ancestors

In Chapter 2 we focused on cleansing, release, the element of air, and the throat chakra. Now it's time to start enforcing a strong foundation on which to build upon. In order to truly work powerful and reliable magick we must have a stable foundation. This will help ground your work in this material realm, which is pretty pertinent if you want to manifest your desires. We'll be going deeper into connecting with the element earth and the root chakra, so we can get nice and grounded. We will then work explore those who have paved the path before us- our beloved ancestors. I will be doing a very important ancestral reconnecting and healing ritual for this very important course chapter.

### Chapter 3 Overview:

- Connecting with Earth. Grounding energy.
- Root Chakra.
- Healthy gut. How diet affects intuition.
- Connecting with ancestors.
- Creating an Ancestral Altar
- Earth Offering Ritual
- Live follow up. Guided meditation for ancestral healing.

## Ch.3 Pt.2

# Ancestors

Why work with our ancestors? There is medicine in knowing and connecting with our lineage. Our ancestors are what roots us to this physical realm. If you've felt disconnected or a lack of motivation, your ancestors just may hold the key to help you with that. When we start making contact with our ancestors a feeling of visceral connectedness to all that is starts to blossom. Cultivating our relationships with our ancestors also brings about blessings and healing from the spirit realm. I've had clients make significant breakthroughs in self-healing, family healing, and even large monetary blessings through working with their ancestors. Our ancestors may also help amplify our magick and manifestation game . You'll find that your ancestors are some of the strongest players in your spirit team. They are rooting for your prosperity because when you succeed, your lineage succeeds.

Important points when working with ancestors

-Intentions. It's important to set clear intentions when initiating contact with our ancestors. Be clear that you wish to only work with ancestors that are there for your highest and greatest good- those who will support, guide, and bless you on your path.

-Do not fear connecting with your ancestors. It's unfortunate that in western society, it is common to fear the dead and the spirit realm. I've literally had comments from folks saying that ancestral veneration is demonic. It is my perspective that colonizers demonized many forms of spiritual power, not because they wanted people to be "saved" by their god. They did it because they wanted us to fear our ancestors and our own spiritual power in order to control us. The colonizers wanted to strip us of our personal power in order to keep us under them. I'm not going to get too into this, but please- Do not be afraid of your ancestors or spirit, for that matter. It's okay to work with caution, but the last thing you want to do is carry the burden of fear when working with our beloved relatives.

-Consistency in cultivating your relationship with ancestors is important. As a medium, I can relay specific messages from a client's ancestors, and perform ancestral healings, but what's really valuable is the magick and strength that comes from an individuals' personal relationship with said ancestors. I can initiate connections, but it's up to the individual to develop and nourish these valuable family connections.

-Set healthy boundaries. If you are an empath, or psychically sensitive it's a good idea to set healthy boundaries with your ancestors. Some ancestors may not be fully healed, may ask for attention from you at odd times. It's important to know that it's up to you to set boundaries. You choose when to contact/connect with your ancestors. Also, if an unhealed ancestor seems to upset you, or asks you to do things that makes you uncomfortable it's good to stop communication and only work with healed ancestors who are there for your highest and greatest good.

-Pay attention to your dreams. Sometimes our ancestors find that it's easier to communicate with us in our dreams. I receive messages from my ancestors in dreamscape all the time. If you have questions for your ancestors, before you go to bed ask if they can answer them in your dreams. Try to write down anything that you remember immediately when you wake up. Can you recall any symbols, colors, animals, etc, that stand out? Write as much as you can down as soon as possible. This is why I think it's valuable to keep a dream journal. It's good practice to keep tabs of your dreams. You'll start noticing patterns that reoccur.

-Different ways of communication. I've noticed that different spirits communicate in a variety of different ways. It's good practice to try different ways of communication and see what works best for you. You can speak to your ancestors and see if you hear, see, or feel any responses. Writing to your ancestors and trying out an automatic writing session is another way of communication. Singing, dancing, connecting through music. Sometimes they communicate through divine synchronicity where you'll notice that you ask a question and notice that it's answered through a song or even a sound. The key is to be in the moment and pay attention. You'll find the more you pay attention to your surroundings, the more you'll become in tune with spirit.

-Combine tradition with practicality. Everyone's relationship with their ancestors is unique and special. As long as you are initiating connection with respect and love, you really can't go wrong. Working with ancestors is like any relationship. In order for it to work, there must be compromise. It can be quite inconvenient to try to follow some traditions and most ancestors get that. I see a lot of videos that state quite stringent ideas on how to work with their ancestors, and I can see how it can appear a bit off-putting. The reality is, we should never limit ourselves based on other people's beliefs. Working with our ancestors should never feel like a chore. Find ways to work them into your lives in ways that feel right to you.

-Trust your experience and be patient. Everyone's connection with their ancestors is unique and valid. Sometimes it takes time. Sometimes it's immediate. Just trust the process and know that working with our ancestors is always worth it.

How to cultivate your relationship with your ancestors:

-Connect with them regularly, not just when you want something. Your ancestors

are your family and you should treat them like you would living relatives. Most relatives aren't too fond of hearing from you only when you want something. You can't call them on the phone, but you can call all them whenever you'd like. You can do this by speaking to them, praying to them, writing to them...whatever feels right to you. Communicate with them as you would any living elder- with love, respect, and kindness.

-Set up an ancestral altar or small space where you can connect with your ancestors and leave offerings. I'll have a more detailed class on how to set up an ancestral altar. In short you can have a small or large space dedicated to your ancestors. It can include pictures of relatives who have past, a space for candles, incense, or any thing that reminds you of your lineage. This is your special space for your ancestors. There are many ways to set it up. Just make sure you keep it clean. Ideally you'll want to interact with this space regularly. Decorating and cleaning your ancestors space is an act of love that is always greatly appreciated.

-Do your best to research your lineage. Researching can be going through old family photos if you have access to them, looking-up your family culture, or the history of your line. You can look into building a family tree online or see if any of your relatives have already conveniently done so. I know some may find it hard to connect with their blood relatives due to adoption, or possibly not getting along with family. If that's the case, try to go taking an ancestral DNA test to see where your lineage lies and search for insight there. The more you research, the more you'll start finding threads that connect you even deeper to your family line. If you feel stuck, light a candle and ask for guidance from your ancestors. You'll be amazed at how well this works! Your ancestors really want you to connect with them.

-Ancestral healing. You can work with a practitioner to help heal your ancestral line. There is immense value in doing this. I have seen amazing results with my clients when it comes to doing ancestral healing ritual. This can help alleviate inherited anxiety, depression, and physical illness. This can also help resolve disputes amongst family. One person I worked with did an ancestral healing ritual with me. Apparently his mother had not spoken to her parents in 4 years. The day after the ritual, she called her son and told him that she had started speaking them again that day! She had no idea that the ancestral healing ritual had been done. That is the power of working with spirit. The heal is real, y'all!

-Strengthen your connection with earth. If you missed my last class, I discussed the importance of connecting with the Earth and healing the root chakra and ways to implement this. I also do a guided meditation/journey to help connect to earth and heal the root. It's pretty valuable to connect with earth and heal the root chakra when working with our ancestors. You can find the that class here:



You'll also find that the more you work with your ancestors, your relationship with Earth will be strengthened and your root chakra and other energy centers will heal in ways you never imagined.

-Dance. Music and dance is an extremely powerful way to connect with our ancestors. Dance with the intention of bonding and connecting with our ancestors. Dance to send energies of love to our ancestors. When we dance for our ancestors, they dance with us. It's a beautiful and powerful act of love and connection. Do it!

## Offerings

-Give regular offerings.

-Libations. On my ancestral altar. I regularly leave out hard liquor (rum, bourbon, tequila, etc). I tend to like putting out hard liquor because it doesn't attract bugs like other libations, also it seems to be what my ancestors prefer. I buy bottles specifically for offerings, since I don't drink anymore. I also sometimes leave out coffee or tea with special herbs related to specific intentions. Choose libations that you think your ancestors would enjoy. Sometimes I'll have a nice beverage and I get the feeling my ancestors would like some, so I pour them a little. The libations can be poured in small shot glasses or cups. They stay on the altar for a 1-3 days, then I pour them onto the Earth under a big tree out front. If you don't have an altar for your ancestors or if you are out, you can always our libations directly onto the Earth as an offering to spirit.

-Food- As with any family members, one of the most valuable ways to connect with our ancestors is to share a meal with them. You can place this meal at the table that you eat at,

or place it on the ancestral altar. I usually share a little of my meals regularly. I also give offerings of candies/cookies/cakes every now and then. It always feels nice to share goodies with my ancestors. I usually have general intentions that I set when offering food to my ancestors such as healing/happiness/love/prosperity for my family including my ancestors.

Sometimes I'll make a meal of the food that my ancestors enjoyed, but that is usually for special occasions, and not always necessary in my opinion. While ancestors appreciate you cooking the food that they ate, most will definitely appreciate meals that you can acquire more readily. The importance is the idea of sharing with them like you share with family and loved ones. I've seen other people post that they should only prepare food that their ancestors consumed as offerings... I have a different perspective than that through working with my ancestors. Think about how much food has changed over the years...centuries... Think about our ancestors who were venerating their ancestors hundreds of years ago. It's more likely that they shared with their ancestors what was readily available at the time. I personally don't eat meat or fish in order to make conscious decisions for the planet. My ancestors from the Philippines who ate meat and fish are definitely not going to be picky with what I offer them. In fact, I receive so much love and gratitude when I give any food offerings because I put a lot of love and gratitude into the offerings that I give. That is what's truly important. Some people don't even know what their ancestors consumed. I would find it hard to believe that the ancestors would fault family trying to venerate them because they have specific food preferences y'all. Don't get me wrong, while it's nice to sometimes make special meals that are composed of what our ancestors actually ate. It's more of the feeling that is evoked when we share these ancestral meals... the smell and taste of what our ancestors consumed. The feeling of sharing something that is remembered in our blood and bones. I see the value in that, but it's never necessary. Again, try not to limit yourself based on other people's beliefs. Do what feels right in your heart.

That being said, there is magick in consuming the food and plant medicine of our ancestors. There is great comfort & healing that can be experienced when consuming the ingredients that built and supported the blood and bones of our ancestors. It's definitely worth looking into.

-Lighting candles (element fire)- The most readily available offering you can give to your ancestors is the light of a candle. Candles can be any color to correlate with the intentions you want to send to your ancestors ie: green/gold prosperity, but white candles are my go-to for ancestors. I prepare special candles for my ancestors made with herbs, flowers that are used specifically for ancestral veneration, love, healing, and prosperity. I put a lot of love and good intention in those candles, but again a plain white candle is good for any intentions.

-Incense(element fire/air) - The smoke of the incense helps move messages to the spirit realm. I burn incense, tobacco, and burn bundles regularly for my ancestors and before doing readings. Research what your ancestors enjoyed, and see if they resonate with you

personally. If you don't like the smell of what your ancestors burned, burn something that you enjoy the smell of. I think it's important that you also enjoy the smell of your offerings.

-Fresh flowers (element earth/water): I enjoy giving fresh flower offerings to my ancestors every now and then. If you've got \$5 to spend at the market to get a little bundle of flowers, it's a great offering. Just try not to let the flowers get gross and moldy.

Dried flowers and burnable herb bundles: This is a great alternative that can last a lot longer than fresh cut flowers. The energy of the plant is still remains in dried bundles. I keep a dried burn bouquet from [loveandleafboutique.com](http://loveandleafboutique.com) on my altar. These bundles are beautiful, smell wonderful when they are not burned, but also have creates a wonderful aromatic smoke when burned as an offering to the ancestors.

\*Ancestor money- I see folks selling ancestor money which is sometimes chinese money with which has large numbers written or other fake money to burn for the ancestors... in my opinion it's unnecessary. It might work for some people, but it's most likely because of the idea of a person giving offerings helps visualize the intention of offering money to spirit. The burning of the paper uses the element of fire which brings power to the intention. You can literally draw numbers and write good intentions to your ancestors on a piece of paper and burn it and the get the same effect. The ritual of giving something to our ancestors as long as you hold a good intention and gratitude the offering can be anything. It almost feels like a scam that people are selling this money to burn, but at the same time if you put your good intentions into burning the fake money, it could work. I'm just saying, it's highly unnecessary. I see burning ancestor money similar to burning incense, or a hand written petition. It can work, but it's not necessary. I find it more practical to burn candles, incense, or herb bundles for my ancestors.

### Stones and Crystals for Working with Our Ancestors

-Solecite: This is a great crystal for accessing deep spiritual wisdom and higher realms. Its a soul star chakra crystal that I feel can be valuable for ancestral healing.

-Petrified wood: Considered a member of the quartz family, petrified wood is heavy with ancient wisdom and earth energy which makes it great for connecting with our ancestors.

-Research stones and crystals that would be native to where your ancestors are from. Or perhaps jewelry from your ancestors. I feel like pieces like this can be more valuable than anything that I could suggest. Enjoy doing the research. Ask your ancestors and I'm sure you'll be pointed in the right direction.