

## 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. 3

# Ancestral Altars

An ancestral altar is a sacred space where you can be present in uplifting and venerating your ancestors. I first want to clarify based on your questions... We are not worshipping our ancestors! We are using the altar space to connect with our beloved ancestors- to show them love, to uplift them, to give and receive blessings. It's a continuation of maintaining a healthy family relationship with those who have passed and are in the spirit realm. Ancestral altars are not necessary, but they are extremely valuable.

Okay, so I've seen videos on what not to do with an ancestral altar... No shade to those who believe what they believe, but I want to reiterate- do not let someone else's beliefs LIMIT your personal experience with your interactions with your ancestors/spirit/deity. I'll say this, if you are creating a space with love and good intentions toward your ancestors- you can not go wrong. So this section about ancestral altars is mainly for inspiration. I want you to have fun when creating any sacred space.

Where should I place an ancestral altar?

Anywhere! Any space that you can interact with regularly and keep clean is ideal. I've seen people say "you can't have an ancestral altar in your bedroom, you can't have it xyz..." You know what I say to that? Bullshit. hahaha. I have my ancestral altar in my room right now for the purpose of my class, and nothing bad or negative or scary happened. SMH. I think about my relatives in overseas who have homes composed of one small room and a bathroom. Their space is limited, so would they be unable to create a small space for their ancestors? Absolutely not. Work with the space that you have. You'll be fine. My ancestral altar is normally above or in front of my fireplace because I resonate with the symbology of my ancestors being near the hearth, but sometimes I move the altar to different areas.

Also the altar can be as big or small as you see fit. It can be a whole table, a small shelf, or even a small corner on your coffee table. Do what works best for you. :)

What should I place on my altar?

<https://youtu.be/Taq32JkFB50>



Okay, so there are no “should’s” when it comes to creating your ancestral altar. Well, I think the only should would be to keep it clean. Here is some inspiration on what you can place on your ancestral altar;

The elements (Earth, Air, Fire, Water, Spirit) : This is optional, but I believe powerful when it comes to any altar spaces. I usually have at least one piece to represent each of the elements on all of my altars including my ancestral altar. If you would like to learn more about this, you can check out my Magick Au GoGo Ch.1 Pt. 2 video about the elements here:

As I go through what can be placed on your altar, I’ll be showing you what I use to represent each element on my personal ancestral altar, but go with what feels right to you.

Photos: If you have any, it’s nice to have photos of any of your ancestors on your altar. Try to keep this photos of ancestors who have passed. I wouldn’t place any photos of living relatives on my ancestral altar. If you don’t have any, don’t worry about it.

Element Air (Clearing, movement, peace, clarity, new beginnings, change, breathe of life):

-Fan, feather, wind chime, smoke (incense, burn bundles).

Element Fire: (power, strength, “the light”, action, transformation, prosperity)

-Candles... If I could only place one item on my ancestral altar it would be a candle. The light of a candle is so powerful and healing. It amplifies intentions. It invokes the light. I light candles every day. Any candle will do or you can buy candles made specifically to uplift spirits. I sell ancestral candles made with real plant medicines that uplift, heal, and invoke clear communication. You can find them in my shop [etsy.com/shop/bizarroaugo](https://www.etsy.com/shop/bizarroaugo) .

-Incense and burn bundles. The power of fire, earth, and air are beautiful offerings to help move your messages to the spirit realm. Be mindful of burning incense if you have pets.

Element Water (Love, healing, spiritual communication, prosperity, release, maternal energy):

A clean glass for libations. The libations are usually hard liquor, wine, or coffee for my sacred space. The libations are considered offerings. I leave them up for short periods of time then pour them outside onto the earth.

-Fresh flowers in water: Another beautiful offering. This represents elements of water (and earth). You can choose any flowers that you like, or flowers that your ancestors may have enjoyed. I've seen people say you can't use flowers with thorns... My ancestors request roses all the time, so... Choose what you like or what you feel called to. I will say calendula and marigold seem to be quite favored. They are uplifting to spirit. Every culture carries a tradition that you may want to look into, but ultimately get what you like, get what smells good, get something that you feel will uplift the space. I will say, try not to let the flowers get all old and moldy.

-A glass of water. This can represent clarity, and also amplifies spiritual communication. Try to keep only clean water on altar.

-Florida water, cleansing waters, perfumed waters. These can be used to cleanse your altar.

-Intention oils to dress altar, candles, etc.

-Seashells, pearls, ocean crystals: These can also represent the element of water.

Element Earth: (ancestors, grounding, stability, ancient wisdom)

-Crystals: whatever resonates with you or your lineage. Other great crystals/stones for ancestral connection are scolecite or petrified wood.

-Salt: cleansing

-Flowers, dried or fresh.

-Herbs dried or fresh.

Other items:

Offerings of candies, food, treats.

Trinkets or pieces that remind you of your ancestors or lineage.

Skulls- Beautiful symbol for those who walked this earth before us.

Pieces that represent your soul/star lineage.