

Ancestry Alchemy 2.0



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- Our Ancestors are ever connected to us in the web of life
- When we heal ourselves we heal our family tree
- Everything we do touches the past, present & future generations
- We are all related but there is something special about closer family ties

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- Most cultures have some form of honoring or even worshiping their ancestors, even though a lot of that has been lost in modern times

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Why do Our Ancestors Matter?

- Those who go before forage a path that makes it easier on each successive generation.
- They morphed and changed our family DNA
- They can help heal us and we can help heal them
- They can be guides on our path—metaphorically or literally—you can have a relationship with your ancestors
- They want to be remembered and honored and they want to help us

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How can we connect with our ancestors?

- As always, Intention is key
- Guided meditations,
- Journaling or automatic writing
- Altars, Candles, Crystals & Offerings (temporary or permanent)
- Asking for Signs
- Dreams
- Genealogy Work
- Healing Work

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How to make an Ancestral Altar:

You can go from simple to elaborate.

A simple picture and/or candle burning—no one has to know— I have a picture of some ancestors in a corner of my home that I consider a sacred space but to most people it's just picture. To me it's a reminder to connect. As always, the intention is the biggest factor.

Items you can use:

Pictures of ancestors on walls, check in with your ancestors

Candles or incense

Items that belonged to ancestors or that remind you of ancestors

Family crests

Maps of places that your ancestors came from

History books

Crystals—apache tear, black obsidian, merlinite, selenite or follow your intuition

Fresh or dried flowers

Anything that makes you feel connected to past or family whether it seems like it's relevant or not. Trust your intuition.

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3 Steps To Setting up your Ancestor Altar:

1. Set up your altar or sacred space. (I love this book, Altar Your Space--
https://www.amazon.com/Altar-Your-Space-Guide-Restorative/dp/1601090080/ref=sr_1_1?s=books&ie=UTF8&qid=1477329583&sr=1-1&keywords=altar+space—it has beautiful examples—but you can find images online, too--
2. Activate your altar. This is just setting the intention that this is a sacred space in your house that you will use for connection to ancestors. You can smudge of the area or annoin with oil but you don't have to do that and then say a statement such as: I now consecrate this space as a bridge for open communication and assistance from my ancestors and myself. Then, I strike a note on my Tibetan singing bowl to activate the altar but again that's not necessary. You can say any statement that feels right to you.
3. Connect with your altar. You don't have to sit and meditate by it although you can. It's enough just to have a few thoughts about your ancestors and your connection to them as you pass by it everyday. If you like lighting a candle everyday in remembrance, is a nice way to reconnect.

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How our family used celebrated the Day of the Dead:

1. We make sugar skulls that represent many of our relatives and our continues remembrance and love for them.
2. We set up an altar with the skulls, family member pictures, flowers—marigolds or mums, candles, crystals, loved items
3. We sage the altar and set the intention for love to be send back and forth between our ancestors and deceased family members during this time.
4. We light candles and try to keep them burning all the time except when sleeping or out of the house—be safe with fire
5. We usually sit and meditate a few minutes a day by the altar.
6. When it's time to take down the altar, we thank our ancestors for their love and connection. Then, we take any dead flowers out and sprinkle under our trees and we float the sugar skulls down a stream by our house, intending that our ancestor's spirits are always free.

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A few pictures from our Day of the Dead celebration:



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This is my current Ancestor altar. On Tuesday, I leave offerings and work with it. I chose Tuesday because I already work with my St. Martha Altar on that day. Mondays are the Moon's day and associated with family and home life so it is good day to work with ancestors but do what works best for your schedule.



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5 Easy way to add Ancestry Alchemy to Your Life

1. Set up an Ancestor Altar
2. Do Family Tree work with the intention to connect (ancestry.com)
3. Chose an Ancestor to work with on a long- or short-term basis. (Connecting with your Ancestors Guided Meditation included in this class) Unless, you know this ancestor to be healed and whole, consider doing an elevation.
4. Adding your ancestors to prayer, reiki, healing work that you already do (Invite them to assist and send to them as well—I usually include future family members as well)
5. Ask for communication. Look for signs. Complete Ancestry Communication worksheet when you want more answers. (Included in the class)

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A Story of Ancestry Alchemy:

My cousin does a lot of ancestry work and feels a strong connection to her ancestors. While I was doing my work to complete my Certified Crystal Healer certification, she agreed to let me do a crystal healing on her. We had no agenda other than just to experience the healing.

As I did the healing, I had some experiences on my side but I mostly I always focus on just being a channel for the healing. I want to share her experience in her words because it was a spontaneous example of Ancestry Alchemy

She told me a little bit afterwards but didn't want to talk too much, but she sent me the following email the next day:

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I will be brief, but could write a book about my experience today. Few thoughts I wanted to share. At the very beginning my grandma was there on my right closer to bedside, grandpa standing bedside, but back from my feet. Then the amazing unusual thing happened after this. I couldn't share then because it would have been too much emotion for me and maybe you. My grandma and grandpa gradually faded into a crowd of millions of ancestors. Bright white from side to side like a rainbow and into a distance of eternity. But then to my right, just a little further back than where my grandma was. Your grandma's face came closer to me. She was smiling at me. I had to look a few times, because I wasn't sure why she'd be there. I have several thoughts about this and they may be different for both of us. During my visit home. Your mom allowed us to pick out a quilt for each of the girls to put on their beds that your mom had made. My mom had gotten me some 4 pink depression glass pieces. 2 bowls and 2 small dishes. And a small white bowl with a flower on the side. Your mom later gave me a box of dark brown cooking ware. I held these items to great value emotionally. I never takes things into my life like that as just "items". I can feel things from things I have. Its almost like people living or dead leave parts of their spirit in everything they've owned or valued. It was almost like I felt she was giving me her blessing on having her things. I didn't feel worthy to have these items at first. I felt guilty. That someone else in her family deserved them more than me. I just saw her face. It was a constant smile and I looked into her eyes so vividly. It was brief, but I wanted you to know.

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Then, a few days later she send me these texts:



My grandma and grandpa gradually faded into a crowd of millions of ancestors. Bright white from side to side like a rainbow and into a distance of eternity" this is exactly what I saw. Except on a larger scale. As in was on the bed. They surrounded me like a rainbow from side to side. All in white and many faces. But nothing distinguishable. Almost looked like floating heads in s bunch of white flowing material. I find it so peaceful coming across this. Never having seen it before. Or anything like it. I experience it from you. And now come across these looking for something else



iMessage



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Transcript for the Connect with Your Ancestors Meditation:

Find a comfortable spot to sit down and close your eyes. Take a few deep cleansing breaths and relax.

We know life is a web and we are all connected to each other. Everyone who is alive on this planet now is connected to you. Everyone that has lived in the past and will live in the future. We are all connected.

Those who share close DNA strands with you, your ancestors and your progeny, share an even closer connection. They are close by you always in a spiritual sense. It is often easier to connect with them than your living relatives. There's no family drama in the non-physical. They can attend to their own existence and be connected with you with no conflicts. Their time and space is different than ours. They can be in many places at once so it's not pulling them away from anything when we call them to us. They are already here.

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Transcript for the Connect with Your Ancestors Meditation (Cont.):

Take three more deep breaths and visualize the web of life. See or feel all the energies of your ancestors and future progeny that you are linked to. In this moment, know the truth that you are all one, for indeed we are all one. Know that the Universe has linked us up in the web perfectly synced to the energies of ancestors or progeny that will serve us best. Visualize a giant beautiful glowing web of energy, pulsing with life and connecting us all together. Today you will be led to connect with the most perfect relative or relatives for the highest good of all.

We are always connected but today we chose to connect for a specific lineage for a special purpose. If you have a specific person in mind that is fine but be open to connect with a relative that you do not consciously know.

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Make your requests now silently or out loud for why you would like to connect. It can be any reason such as to have a permanent DNA linked spirit guide you can connect with daily or for a specific purpose such as as muse for a writer, help with finding the perfect relationship, DNA linked healing, etc. If no specific reason comes to you, you can ask just to connect with the best relative or relatives for the highest good for all involved.

I am going to start sending reiki with the intent of supporting our connection with our ancestors and or progeny. As I send, just relax and allow yourself to experience any sensations or visualizations that come up. You may see faces or hear names and you may not. Either is OK. Just know that their energies are here connecting with you. Just relax and be willing to allow the best possible outcome. I am now sending the Reiki energy and asking my relatives, past and future and your relatives past and future to add their own highest energies to this connection.

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Now, as we close this connection, know that it is never truly closed and that your ancestors and relatives are always close by and sending love to you. No matter what you experienced know that it is perfect for you. You may continue to receive messages from your relatives. They may visit in your dreams for the next few nights especially because sometimes it's easier for us to be open in dreams than while awake.

Ask for signs that your relatives are with you. They may tell you now in these next few minutes what signs to watch for. If not, you can ask for a specific sign such as a white feather, purple butterfly or song. Take a few moments now to focus on what the signs might be and to thank your relatives for their presence here today.

We will now close out this formal connection with thanks to all and the intention that all our highest good has been served during our time here today.

So it is. Namaste & Hugs.

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CONCLUSION:

Ancestry Alchemy can be an integrated part of the Daily Alchemy in your life. As you explore it, you will find your own ways to connect. Just start and follow your intuition. Choose the activities that feel right for you and drop the rest. Many blessings on your journey to connect with your web of life.

Please feel free to share your stories of Ancestry Alchemy connections in the group.

Namaste & Hugs,
Michelle