Healing Ancestral Afflictions

Have a notebook and a pen handy to write down all of your notes when complete.

Get into a comfortable, relaxed state. Whether you just settle in and relax and get quiet for a few minutes first or listen to some journeying music. Usually drumming music works well. This is one I use from YouTube: <https://youtu.be/iIc6GB_WQAk>

Ask in your healed and whole ancestors to support you and any other guides, etc. that feels right to you.

Then state your intention to give healing to your family line.

Next, ask what ancestral affliction most needs healing, and which will serve the most members of the family lineage. Notice what comes up for you. It’s ok if it feels like you made it up. Just accept what pops into mind. Or if you just get a symbol, just take notice so you can work with it later.

Now ask what you must do to heal this affliction. The answer you get may be physical and practical or it may be symbolic and spiritual or both.

Before you depart ask for a gift from source to help you complete your healing work. Notice what is given and thank the Universe for the gift.

Then, thank and release any helping spirits and slowly return yourself to this place and time.

Quickly, write down all you can remember from your journey. Then, set about taking any steps given to you to complete the healing. Make sure to stay aware and notice any synchronicities, etc. that happen over the coming weeks.

Repeat any time you feel called to.