

# Ancestry Alchemy 2.0

## Module 2



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## Topics

- Healing your Ancestors
- Healing from Ancestors
- Communicating with Ancestors
- Manifesting with Ancestors

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## Healing Your Ancestors:

### 1. Ancestral Elevation: Chiron Armond

<https://www.impactshamanism.com/blog/2017/6/2/how-to-perform-an-ancestor-elevation-rite> (“I call upon my Ancestral Helping Spirits – those who lived well, died well, made it through the Veil and chose to accompany me in this lifetime.”)

### 2. Daniel Foor: Ancestral Medicine

<https://ancestralmedicine.org>

### 3. Family Tree DNA Healing (In Module 1)

### 4. Ancestral Afflictions that You Carry

When you heal your ancestors you heal those who came before and after as well. Obviously, we all have freewill, but this work is a gift to everyone linked to you. There are many ways to heal your ancestors and when you begin the work of communicating with your ancestors, you may discover your own ways of healing your ancestors and receiving healing from them. In fact, you likely will. But these four are a good start.

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Some family patterns are carried down from generation to generation. If they are physical ailments, they are often thought to be genetic which I would agree with. I think that vibrations get passed down along with DNA and I recently listened to a podcast with Phoenix Arillus (one of my favorite plant alchemists) where they talked about that possibility that not all of our DNA is physical that some of it could be spiritual. Which I find very interesting and highly probable. Here's a link if you want to listen. It's very long and I don't necessarily agree with everything said but it is thought provoking.

<https://podcasts.apple.com/us/podcast/dr-kaufman-phoenix-aurelius-mashup-rogue-season-3-finale/id1428197805?i=1000475906838>)

What does this mean and why should we care? It means many of the illnesses and many of the life patterns we experience could be ancestral and if we clear it in ourselves, we clear it in our family DNA. You may have some ideas on what these are for you and your family or you may not if you don't know your family personally. I would recommend doing a meditation to dive in and determine what the most prevalent vibrational pattern that could heal the most by healing and what steps would heal it. Sometimes, it will be something obvious and sometimes not. I have included a short meditation on how to do this process with a script. You can just listen to the short recording or you can do it with a longer journeying audio that we'll go over in the communication section.

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Healing from Ancestors:

Always first, do healing work for your ancestors before asking them to help heal you and/or use a statement like Chiron's!! ("I call upon my Ancestral Helping Spirits – those who lived well, died well, made it through the Veil and chose to accompany me in this lifetime.")

I believe that all the work that we do healing our ancestors heals us as well so often there's not as much work to do if we do that work first. However, I get that sometimes you have an immediate need.

For immediate needs for ancestral healing, what I do is very simple. I go to my ancestor altar and I lay down on the floor beside it, which you don't have to do, and I just express my desire for an outpouring of the love, blessings, gifts and healing and then I let go and receive. I lay there as long as I need to. Then I thank them and get up and go about my day.

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If you want to work with receiving Healing from the ancestors in other ways, you may want see if they give you any instruction when you start to practice more ancestral communication in the next section.

You may also want to read the book *Weaving Fate* by Aiden Wachter. It is such a good book, and he shares a technique in the book for healing ancestral afflictions called The Fever Stone that was given to him by his spirit guides. It involves getting a stone and cleansing it and washing it every day while reciting a prayer and then doing some visualizations as well. Even if you don't use his exact technique, I recommend the book to give you some ideas on what can happen when you communicate with your spirit guides regularly and they can give you processes to use for healing, etc.

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## Communicating with Ancestors:

You don't need to be a professional medium to communicate with your ancestors. Just like forming a relationship with a living person, communication with your ancestors is a process. I highly suggest setting up the altar and spending a little time with them there. Also, just like in real life, you can let someone know you are interested in having a relationship with them by inviting them to spend time with you. You can be very direct with your ancestors and just tell them you want to connect.

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**How to pick who to connect with? All, one or some?** You may want to work with your ancestors as a collective or you may have one or two that you focus on or both. I personally have one that I focus on most, along with the 4 healers of my lineages from Daniel Foor's Ancestral Medicine. I, also, call on my healed and whole ancestors.

If you want to work with a certain ancestor, please do healing work or elevation rites for them first. If you have an ancestor around who has talked to you forever, definitely do elevation rites. (See the Healing your Ancestor section)

**How to communicate and receive messages?**

It may feel one-sided at first. Unless it doesn't feel good or right to you, I do suggest starting with an ancestor altar and some form of offerings. Then, the first thing I would do is sit and listen. Tell them you want to communicate and be open to what happens. You can do this at



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your ancestor Altar to start with and you can talk with your ancestors anywhere if need be once you form a relationship.

Every person will be different when it comes to communicating with their ancestors. Here are some of the ways it can happen:

1. Through one of the “Clairs “ You may already have a certain “Clair “that you are strong in and I would focus on that first or you may find your ancestors reach out through a “Clair” you don’t normally use. Some of the clairs:

- CLAIRCOGNIZANCE – INTUITIVE KNOWLEDGE
- CLAIRVOYANCE – INTUITIVE VISION
- CLAIRAUDIENCE – INTUITIVE AUDIO or HEARING
- CLAIRSENTIENCE – INTUITIVE KNOWING BY FEELING
- CLAIRSALIENCE - INTUITIVE SMELL
- CLAIRTANGENCY INTUITIVE KNOWING by TOUCHING
- CLAIRGUSTANCE – INTUITIVE TASTE
- CLAIREMPATHY – INTUITIVE FEELING of EMOTION

This list is from <http://www.okinhealth.com/articles/10-clairsenses-intuition-emily-matweow>

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2. Often what can help bring on information from one of the “clairs” is Journeying. I usually do this with meditating on connecting with my ancestors while listening to drum journeying music. There are some good tracks on Youtube. You may have other ways you like to journey.
3. Asking for signs and symbols to appear and they will. Sometimes, synchronicities will happen just by being open to it.
4. Through Divination. Using a pendulum, spirit board, spirit box, cowrie shells, a deck of cards, automatic writing, etc. Any divination form can be used to contact Ancestors is you set that intention. Checkout the book, Honoring Your Ancestors: A Guide to Ancestor Veneration by Mallorie Vaudoise. She has a whole section on divination and mediumship with ancestors.
5. I find doing actions and ask them to participate through you. For me, mostly this is dancing, (When I dance my ancestors dance with me) and eating food and inviting them to experience it with me. Remember, only invite healed and whole ancestors to do this and only to your comfort level.

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6. Use Ancestral Communication form to do automatic writing— Decide who you want to communicate with. It can be just your healed and whole ancestors or a specific lineage or person. Decide on a question. Once you have this written down sit and meditate in your preferred method for 5 or 10 minutes then pick up your pen and write. Don't focus on what you are writing or question it just let it come through. It may not make sense at the time and that is fine.

## Tips:

- Don't ask yes/no questions
- Don't ask "test" questions to make sure they are who you want to connect with
- Don't worry if it your answer doesn't make sense right away, put it up and look at it in a day or two
- Practice often with no pressure on yourself
- Save all of your writings in a notebook or folder, they may have more meaning later
- Allow answers to come later in other forms, maybe a sign, etc.

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Manifesting with Ancestors

As I've said before your ancestors have more interest in you because you are linked by DNA, family connections or affinity. In most cases, if you are working with an ancestor or an ancestor lineage, you are the only person doing so. It's not like working with a saint or deity that has thousands of people venerating them. Here in the west, it's likely just you unless you have other family members who did ancestor work as well. Still, you get the double punch that your ancestors benefit when you heal and receive blessing, so they have skin in the game when assisting you and you are likely the only one working with them. This makes it a perfect set up to enlist them to help you manifest your goals.

In my opinion, any work that you do to heal your ancestors or communicate with your ancestors can help you improve your life. You are shifting energy which makes it easier for you to manifest.



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Ways to Manifest with your Ancestor's help

1. Ancestor Money: Ancestor money is money that you buy to burn for your ancestors to send them prosperity and blessings. In my opinion, you could even make or print your own. You can use any kind of pretend money.
2. Do healing work on any wounds that may block blessings. If one line has problems with money or relationships, etc. doing healing work around that for your ancestors and for yourself helps you end that in your family line.
3. Ask your ancestors to help you create a sigil
4. Consider researching your family crest and motto and maybe you will find a mission
5. Make a pact that you will honor their memory by doing something and then ask for their help. For example, I will make money and share abundance to honor you
6. Do journey work and ask for ancestor's guidance and help with goals. (We will do one together on Samhain.)

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This is just the beginning of your Ancestor Alchemy adventure. Listen to your intuition and connect with your ancestors in way that feels right for you. Continuing to attempt to make a connection will make the relationship with your ancestors improve and grow.

Please feel free to reach out share your experiences or questions.