

## Healing with your Ancestry: The Last Frontier

- *We are the ones we have been waiting for* because we are our own ancestors!
- *I call this the last frontier because we often focus so much on our own personal healing that we forget that we have past lives, family patterns that go way back, more ancient ancestors, and ancestors that have influenced the collective consciousness of the country that we live in. Let me explain a bit more:*
- Whether you subscribe to past lives, karma, or simply genetic patterning and ancestral inheritance, we are all affected by the *ones who came before* and this influences the *ones who are our future*.
- This influence happens on a personal level within our own soul's lineage and also in families, and in cultures. In Michael Moore's latest film "Where do we Invade Next" He talks about the movement in Germany to bring attention, even in placards and signs on the streets to the atrocities of the past. And if you followed the Standing Rock events of last fall, you know that when the veteran showed up to protect the native americans, they also did a ceremony to make amends for what the US Government has doen in the past.
- Then there is trauma: Our unacknowledged trauma, whether we participated in it or not, has the effect of influencing our choices which then influences the quality of our lives. Our karma, whether it is family karma or cultural karma, gets passed down to us through our genes, and then gets activated by our choices and behaviors. It is now pretty much an accepted fact that we can be at effect of our trauma, our genetics and our family history far more than we ever thought possible. In my opinion and in my experience as a psychotherapist who has been working with trauma for the past 42 years, past trauma is the single most powerful blockage to living the life you desire to live. And, if we take that further, it is the single most powerful blockage to creating a New Earth.

Trauma: what is it, where does it live.

- Repeating memories, thoughts and obsessions that haunt us.
- Repeating patterns that show up over and over in relationships and life circumstances.
- The "do over" phenomenon: finding yourself having to go back and re-do lessons that were not learned the first time are often a signal that there is trauma at the root.
- Trauma can live in our nervous systems, or really any part of our physical, emotional, mental or even spiritual bodies.

Ways to Heal the Trauma and Pay it Forward: backwards and forwards, because time and space are constructs in this dimension that help us accomplish things, but in the other dimensions the past present and future all exist in the NOW.

*Personal Trauma Healing: What is still affecting you from your past?*

- Shamanic Astrology Reading: to assess where the stickum' still lives, what cycles are the best in which to do the inner work.

For instance:

\*If you have strong Saturn aspects in your natal chart, chances are you will need to be working with your inner critic, which can also be a critic that judges others.

\*If you have strong Pluto aspects – victimization & persecutor patterns

\*Neptune-can be about addiction, dissociation or over-sensitivity patterns

\*Uranus-can be about separation from others patterning

- Shamanic Breathwork or other kinds of transformative breathwork can both help to locate the trauma and help to clear it out
  - \*[www.shamanicbreathwork.com](http://www.shamanicbreathwork.com) is the resource for locating a practitioner
- Flower Essences can provide a resonance with the trauma to shift it out of your energy field: body, emotions, mind and soul
  - What are flower essences?
- Essential Oils which are the life-blood of the plant can also help with trauma....YL has a few oils specifically for trauma, one is called Sara
- Sound therapy of all kinds, when combined with other modalities I have found to be profoundly effective...as if we have certain frequencies that are specific to us that will work to move out trauma
- EMDR: a skilled practitioner can assist you to move it out of your nervous system
- Sacred Sexual Healing with a Qualified Daka or Dakini: for sexual trauma, childhood sexual abuse, rape and incest.
- Radical Forgiveness and Self-Forgiveness work [www.radicalforgiveness.com](http://www.radicalforgiveness.com)

*Karmic Clearing: Clearing the records*

Akashic Records work with a trained practitioner [www.yourownsoul.com](http://www.yourownsoul.com)

[Tamalla Mallet, Shamanic Priestess](#)

4 steps:

- Practitioner finds the information, the patterns (energetic patterns with others, genetic karma and ancestral karma) and the lifetimes...no need to have volumes of info, but enough so that you can resonate with it.
- Practitioner presents it to you so that you can feel the resonance and own the patterns
- Practitioner requests the clearing of the records of those patterns (it's actually your guides who do the clearing of the records)
- Receiver uses a repetitive prayer for clearing and cleansing that grounds the shift into 3-D reality.

### *Ancestor Work:*

My experience with Daniel & I's Renaissance of the Sacred Feminine excursions to the Celtic and Neolithic lands of England, Scotland, Wales and Ireland has really highlighted work with the ancestors!

- It is easy to resonate with the ancient temples, stone circles and monuments, to make prayers and do ceremony because these are the places where this has been done for thousands of years.
- Recognizing that the stones are also our ancestors and hold the records of ancient ancestors.
- When you experience them you can actually see the faces and the features that they were chosen for, which allows us to further feel our connection with the ancient people who created these earth temples
- The stones have personalities, hold the stories and are the skeleton of the our planet...they can be communicated with, talked to, even loved.

### Ancestor Ceremony

#### Elements:

- Radical Forgiveness and Self-Forgiveness worksheets
- A Traditional Item representing the old way, the ancestors' way of life
- An Item representing the new story we are calling in
- An altar with all the elements represented
- A traditional libation: pour out a bit for them (alcoholic probably preferred, but water if that is not available)

#### Steps:

- Call in the directions and shamanic astrology archetypes
- Create an invocation calling in the ancestors specific to your needs
- Forgive them for what they have done that has been harmful and bless them for what they have created that is helpful
- Call on them to support your new visions
- Follow with a feast and create a plate for them and a place for them, to feed them with the energy to carry out your vision
- Follow with music and dance

*Additional Invocation:* *"I stand between the ancient wise ones, the ancestors of my bloodline and a new earth. I am the bridge, as they speak and act through me. I receive their gifts from the past, I transform it in the present and I offer it to the new story."*