



Inter-Generational Healing through Ancestral Connection

Why do this?

For many of us, especially those of us who were raised in dominant Western culture, ancestral connection and reverence is not something we likely grew up doing, or talking about. Yet, the practice of staying in relationship with our wise and loving dead is deeply rooted across cultures and in our collective histories. Ancestral healing work is about relationships, and relating to our ancestors is normal.

When we hear the word ancestors, typically what comes to mind might be our deceased grandparents or recently deceased family members 2-4 generations back – the remembered ones through personal connection or family pictures and stories. For some who haven't had good or positive experiences with family, we may feel resistance to opening such an ancestral connection. However, our ancestors are also those that lived thousands of years ago – the ancient grandmothers and grandfathers - the ones we cannot remember by name but who are still in our bones. Expanding our view of family to include connection to our ancient peoples can be deeply transformative, and a source love, support, and new found pride in identity. Tending to ancestral lineage healing is about relating to all of these people as the collective lineage energy that has led to our own life, here and now.

This is also very much true for those who are adopted. You do not need to have any knowledge of your biological family to still experience heartfelt connection and guidance from your blood family ancestors – it is a part of who you are; it is in your bones.

Reclaiming ancestral relationship is a significant contributor to our health, for healing inter-generational wounds, for embodying the gifts that are our birthright, and for contributing to the cultural reparation so needed in our time. We all have ancestors that are waiting for our attention - waiting to be in relationship, to be uplifted into healthy states of ancestor-hood, and to offer their blessings.

The following information is inspired by what is shared in Daniel Foor's book, *Ancestral Medicine – Rituals for Personal and Family Healing*.

Benefits of Working with our Ancestors

Family

- Broader and deeper time context for understanding family and family troubles
- New perspectives for accessing forgiveness work
- Healing for inter-generational patterns of family dysfunction

Sacred Grief

Shauna Janz, MA

- Catalyst for healing breakthroughs and boundaries within living family
- Extended blessings

Personal

- Path of introspection and clarity on life purpose
- Boosted self-confidence, and healthy pride in identity and cultural roots
- Increase support and guidance
- Sharpening of intuition and discernment
- Felt sense of deep belonging and being cared for
- Reconnection with authentic spiritual practices

Cultural

- Source of support for healing different types of collective pain, such as historical trauma, racism, sexism, colonialism,

“When we reconcile with ancestors who experienced different types of persecution or who enacted violence and oppression, we make repairs in our personal psyches and family histories that, in turn, mend cracks in the larger spirit of humanity. This supports us in moving beyond identifying with victim/victimizer conscious and in embodying what is beautiful and helpful from the past. Transforming generations of family and cultural pain also frees us to draw upon the support of the loving ancestors for prosperity in our vocation and service in the world.” Daniel Foor, Ancestral Medicine.

Foundations

Ancestral work is inclusive to all folks regardless of beliefs, faith, prior experience or ancestry. We all have blood ancestors. This work has some foundational tenets however, and I invite you to be open and curious to these possibilities:

1. **Consciousness continues after death** – the existence of ancestral spirits is rooted in the fact that some aspect of who we are continues after death.
2. **Not all the dead are equally well** – many different traditions have beliefs that support this reality. In new age spiritual circles however, there can be a tendency to think that just because one dies they automatically become angelic or a helpful spiritual ally. This isn’t necessarily true; there is a spectrum of wellness. And, for those of us who have lineages that have been disrupted from ancestral tending and veneration for generations/centuries, it may mean that there is a backlog of not-yet-well dead who are needy for attention and care (and who may be causing disruption in the meantime).
 - a. The good news is that the dead can change and grow and *become* deeply well and vibrant and supportive in the present (just like those of us alive can heal and grow and change).



3. **The living and the dead can communicate** – through many means, such as dreams, visions, trance, synchronicities, prayer, meditation, intuition, ritual, near death experiences, and mediumship, to name a few. We don't need to have any special abilities or callings to do this work; we just need to have ancestors and an open and genuine willingness for contact.
4. **The living and the dead can strongly affect and influence one another** – this may be conscious, unconscious, direct, indirect, healthy or harmful. In this method our aim is to make the influence a conscious direct healthy one.

What to Expect When Working With Me

The initial session is 1.5 hours, allowing us time to get grounded in the method and to complete the initial four lineage assessment. The remaining sessions are 1 hour, guiding you through the subsequent healing steps for repair. As a practitioner, I guide you through the healing steps and provide you with support, however you (and your ancestral guides) are doing the actual work.

I highly encourage you to commit to at least 3 healing sessions, within a span of up to 2 months, so that you gain the experience that you need to ensure safety and support through the process. At that time, you may wish to continue the work on your own, having sessions sporadically when you feel stuck or have reached a new phase of the healing sequence. Many people find it more effective and enjoyable to have someone lead the process for them, holding the space, witnessing and recording what happens. I also lead monthly ancestral healing circles, which is a great way to be supported within a community ritual context with others also working in this method of healing. Finally, I highly recommend purchasing Daniel Foor' the book, *Ancestral Medicine*, to augment your healing work.

Each one of us is different in terms of the time it takes to complete the lineage healing of our 4 primary blood lines (Mother's mothers line, Mother's fathers line, Father's mothers line and Father's fathers line). There is no right or wrong. Opening up this channel of relationship may lead you into a beautiful and fulfilling active relationship that lasts the rest of your life (and, well, continues at your death too!). For others, the initial steps of the process may be all they desire, or once all 4 lineages are healed, they move on to focus on other things. All these options are fine!

Healing Sessions – What does it actually look like?

I create an intentional ritual space through invocation. I ask you to come into a relaxed embodied state, through breath and meditative focus. I lead you into a visioning state (active imagination, light trance) and ask you to invite in energies which support you (guides, allies, unseen team, loving compassionate energy etc), and from a contained and protective space surrounded by your spiritual helpers, I guide you to connect with ancestral guides along your lineages who are loving, bright and uplifted. From this place, I continue to hold space, provide gentle prompts and directives, and guide the healing sequence as you engage with your guides who extend healing to all those in the lineage that haven't yet made it into a healthy and vibrant state. At the end of each session, we will have time to debrief and reflect on the



healing that took place, with me offering insights and invitations for homework that will complement and strengthen the healing movements and relationships that you are tending with your people.

Healing Sequence – Basic Overview

1. Assessing overall wellness for the four primary ancestral blood lines.
2. Establishing boundaries and choosing which lineage to work with first
3. Connecting with a vibrant and loving ancient ancestral guide on chosen lineage
4. Establishing trusting relationship with Guide
5. Establishing strong healing containment of remaining lineage between the ancient Guide all the way up through time to you.
6. Understanding gifts and burdens along this lineage
7. Following Guides lead, extending healing and uplifting to the ancient ancestors all the way up to recent dead. (This may take some time – several sessions)
8. Embodying the fully uplifted lineage blessings and extending these blessings outwards
9. Repeating steps 3-8 for each of the other three lineages
10. Harmonizing all 4 lineages into one braid of goodness and support - embodying it, living it, loving it.

The initial 1.5 hour session costs \$125 (focus is on the foundational steps 1-2, and may include step 3 also). All subsequent sessions are 1.0 hour and cost \$85. I have sliding scale options available for low income folks – please inquire about this.

I would love to work with you. If you have further questions, or want to schedule a session, please reach out: 250-857-9642, shaunajanz@gmail.com