



Embodying the Medicines of Our Inheritance through Partnering with Our Wise and Elevated Ancestors

Why do this?

For many of us, 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 into ancestral connection. However, our ancestors are also those that lived thousands of years ago – the ancient 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 healthy 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.

What happens when cultural practices of tending to our ancestors has been disrupted for many generations? Well, it likely means that many of us have dead who are not yet elevated into healthy ancestors because they did not receive the ritual rites of passage and support to become a full ancestor. By embarking on ritual lineage healing, we are first ensuring that all those in our lineages are fully elevated (or crossed-over, or ancestralized, or passed through bardo etc). This means, any major disruptions or traumatic resonance from our ancestral lines is reconciled and no longer flowing through our own bodies as illness, unhealthy patterns or ghost energies. And, this is liberating, because it also means we have better access to all that is good and beautiful that is our people and inheritance.

You may also be drawn to this work because a loved one has died, and you are seeking to ensure that not only do they transition well and are received by a healthy lineage of ancestors, but also as a way to heal through your bereavement and grief in affirming ways.

This lineage-based approach is also very much supportive 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; they are present and available in the here and now, in spirit form.

Reclaiming ancestral relationship is a significant contributor to our health, for healing inter-generational wounds, for embodying the gifts that are our birthright, for tending to our family's wellness, and for



contributing to the cultural reparation so needed in our time. Their voices and wisdom are integral. 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 and support so that we can live our best lives.

The ancestors have an intimate and absolutely vital connection with the world of the living. They are always available to guide, to teach, and to nurture. They represent one of the pathways between the knowledge of this world and the next. Malidoma Some.

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
- 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 contributing to the healing of different types of collective pain, such as historical trauma, racism, sexism, colonialism, and environmental disconnection, to name a few.

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.



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 in 1:1 Sessions

As a practitioner, I guide you through the healing steps and provide you with support, however you are the one connecting to your ancestral guides, and they are the ones leading the healing 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 guide the process for them, holding the space, witnessing and recording what happens. I also lead monthly ancestral healing circles in Victoria, which is a great way to be supported within a community ritual context with others also working in this method of healing.



Each one of us is different in terms of the time it takes to engage with the healing that is needed in our lineages. 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, continues at your death too). For others, the initial steps of the process may be all they desire, or once the healing has been tended to, they move on to focus on other things. All these options are fine!

Healing Sessions – What does it actually look like?

My approach is a blend of ritual and therapeutic support, grounded in embodiment. I create an intentional ritual space through prayerful invocation/intention. We begin in conversation and therapeutic exploration of how the healing work is unfolding in your life, and how to continue actively embodying what is good and healthy from the healing insights and process.

Then I guide you into a relaxed embodied state, through breath and meditative focus to deepen 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). From a contained, embodied and protective space surrounded by your spiritual helpers, I guide you to connect with ancestral guides along your lineages who are loving, wise and deeply well in spirit. From this place, I provide prompts and directives to move the healing sequence forward as you engage with your ancestral 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 follow-up that will complement and strengthen the healing movements and relationships that you are tending with your people.

Sessions are 75 minutes, and cost \$125. I have sliding scale options available for low income folks – please inquire about this.

I would love to work with you. To schedule a session please visit my Book A Session page on my website at www.shaunajanz.com

If you have further questions, please reach out: 250-857-9642, shaunajanz@gmail.com