



Create your own Soul Sanctuary 12-day journey

Honoring your Ancestors

Your ancestors, your lineage, regardless of how well you've known them, greatly influence your life. From your perspective and outlook to your experiences, beliefs, stories, and patterns in your way of being. This is an incredibly deep topic...one in which you could spend a great deal of time diving into, exploring from so many different perspectives.

Whether conscious or unconscious, the beliefs and stories of our ancestors live within us and they greatly inform our way of being. As we come to understand and know their struggles and triumphs, we can begin to recognize how those same patterns are living in our lives and we can begin to consciously choose a different way of being.

Today, you are going to be invited to reflect on your ancestors. And then, honor them within your space. As one of my teachers (Alberto Villoldo) shared, when you 'come into right relation with these patterns and honor the gifts of your ancestors, you can set them free and empower yourself to create the world of your dreams.'

Your sanctuary is one of the most powerful spaces to do this.

As you dive in today, be mindful, this is not the easiest and most comfortable topic to explore. You may find yourself wanting to retreat from the reflection journey, so take your time with it. Be patient. Be loving. And let yourself become a sacred witness to the lives of your ancestors. Trust that as you bring awareness and love to how they lived and how their life is informing yours, you are setting them free. This is the greatest gift you can give them. And it is one of the greatest gifts you can give yourself.

So, let's begin. Spend a little time in there with this reflection journey. As you move through the questions, you will be invited to bring items into your space to symbolize or reflect these challenges.

So grab a cup of tea, light a candle, play some soft music, burn some incense, and dive in.

1. What is your intention:

2. What do you know about your family...paternal and maternal sides.

7. What beliefs have you adopted from your ancestors? Some beliefs you may want to keep, and some beliefs you may want to let go of because they no longer serve you. When we shine a light on familial beliefs we create an awareness that empowers us to make conscious choices about whether or not we accept a family belief as our own truth.

8. What are some of your family's greatest triumphs? How do they inform your belief about what is possible in your life?

9. Are there currently any items in your sanctuary to honor and acknowledge your ancestors? If not, bring something into your space today.

10. Take some notes on the personal significance of the items that you have chosen.

11. Where do they want to be placed within your sanctuary? Go ahead and place them.