

Our Ancestral Healing

Guidelines for a Home Practice



Create a ritual. In some cultures, this means offering fruits, chocolate, tobacco or other food or drink. You may wish to develop an alter that has their picture and candles that may be lit when you wish to connect. Or simply dedicate a candle to your ancestors that is lit only on their birth date, death date and special occasions.

Communicate. You can simply pray or have a conversation with your ancestors. Then be open to hearing their response.

Work on a problem together. Write down the scenario or question you are seeking assistance from them with. Hold the piece of paper in your hand, meditate on the issue and then ask for your loved one to provide assistance. Practice daily & watch for signs.

Root out the pattern(s). Can you give it a description of 1-3 words?

Guilt/Control/Manipulation
Victim/Perpetrator/Bystander
Self-Worth/Martyr/Self-Sacrifice
Exclusion/"Choosing Favorites"/Judgement
Lying/Deception/Inauthenticity
Self-Sabotage/Fear/Negativity Obsession

Offer an affirmation or token of acknowledgment

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