

Connecting to Your Ancestral Lineage



“The ancestors are benevolent beings who love us. You are their legacy and they want the best for their progeny. Their own evolution in the Other World depends upon the completion of unfinished business or making amends for unkind acts or deeds that they may have committed during their lifetime.”

~Baba P.H. Mtshali, Zulu Traditional Healer/Sangoma

My name is Gretchen Crilly McKay and I want to invite you to open to your Ancestors. Not just those whose names you are familiar with but the ancient wisdom keepers as well.

In 1999 I met the Zulu Sangoma who would change my life. He was from Swaziland, Africa, visiting the United States and he had come to Southern California to teach and meet with medical doctors and traditional healers. Baba P.H. would become my mentor and guide me back to my ancestors, my biological lineage from Northern Europe and Celtic traditions.

I had been practicing shamanism for a number of years but he brought another dimension to my understanding of my spiritual path. I always say my ancestors sent me 10,000 miles from home to be reconnected with my lineage! I was privileged to live for a few months among the traditional healers of Southern Africa, the *Sangoma* (shaman), who have been the mediators between the ancestors and the living for centuries. Today, even in business, the ancestors are consulted regarding big decisions that need to be made.

What I brought back with me from that experience was a deep understanding of the importance of the challenges and sacrifices of my ancestors and the awareness that I carry not only their gifts and talents but also the traumas and wounds, within my DNA. We all do! The realization that I can manifest and/or heal my lineage through releasing old wounds carried in the DNA has guided me in the sixteen years since my initiation and graduation into the tradition of the Sangoma. Bringing that hope into the world is my greatest desire.

In my practice I often find that clients are experiencing difficulties in their lives that are the product of family karma. The ancestors are inviting them to work on restoring harmony for themselves, the ancestors, and their descendants. By setting the intention to open to healing the DNA that carries our family traumas and patterns, we affect the past, present, and future generations.

We are part of a divine order. Every incarnation our soul co-creates is a carefully designed plan, including karmic issues that we agree to correct. Some karmic imbalances are generated in this lifetime and some we bring in from prior lifetimes. At birth we activate our life lessons, karmic issues, and inherited ancestral issues that our soul has agreed to work with for healing and resolution.

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The ancestors are an important part of our soul's evolutionary process. Among them there is usually one, sometimes more, that are chosen as personal guardians. Ancestors who have been assigned to work with us may be grandparents or other deceased relatives, including family members from long ago, ancestors who have *lived good lives and transcended*. They speak the language of intuition and symbols through the elements, memories, dreams, and metaphors.

Restoring balance and harmony to the planet begins with healing oneself. Working in partnership with our Ancestors is part of the process.

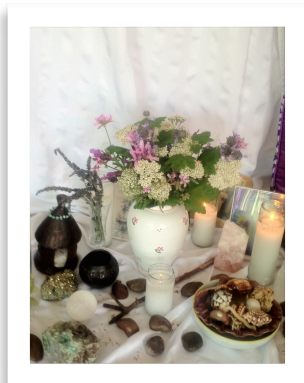
Categories of Ancestors:

There are three categories of ancestors: Spiritual Ancestors, Biological Ancestors, and Ancestors of Land and Place.

Spiritual Ancestors are the Ancient Ones including the Ascended Masters and Angelic realm. They are the high vibrational beings who guide humanity and have been doing so since humankind began on Earth. This would include Star Nations, Jesus, Buddha, Mother Mary, and many more. This can also include people who have brought great change to the world: Gandhi, St. Francis, Chief Seattle, etc.

Biological Ancestors are those who are part of our biological DNA. We ask to work only with those who have lived good lives and transcended. Among these ancestors there is usually one or two chosen to look after your movements and then report back to the elders. Ancestors who have agreed to work with us may be relatives that we knew in life or from many generations past.

Ancestors of Place of Land may never have incarnated but have been with particular places on Earth since the beginning. These include the elementals that oversee the well-being of places and/or create awareness when areas become out of balance and need restoration. Power spots on the planet have vortexes that bring power and draw people to them for healing and visioning. These places have powerful ancestors watching over them.



Creating an Ancestor Altar & Welcoming the Ancestors:

In this first module we are exploring the element of “reveal”. During our first guided journey you will be meeting your Guardian Ancestor. After connecting with this Ancestor, you will continue journeying during this two-week exploration period to seek more insight and guidance about your lineage and how you can help heal the subconscious limiting beliefs.

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The purpose of an Ancestor altar is to open the door, to begin building a relationship with your ancestors. Light a candle on the altar and speak the names of your maternal and paternal ancestors, to honor their lives and the sacrifices they made so that you could be here now. When we open this door we begin a healing process for seven generations past, the present, and seven generations into the future.

If you don't know the names of your ancestors, acknowledge them by calling in those whose names you do not know but whose blood/DNA you carry. (*Note: Sometimes we can be our own ancestors reincarnated.*)

Altar:

- ☼ White or Red Candle
- ☼ White cloth
- ☼ Flowers
- ☼ Incense (sage or a favorite incense)
- ☼ Pictures, objects, and/or symbols of maternal and paternal lineages
- ☼ *Note: if you feel guided to use a colored cloth from your cultural heritage, please do so! White is simply a traditional color in many cultures but not all. In Southern Africa the colors red, white, and black honor the ancestors.*



Altar Ritual:

To activate your altar, light the candle and incense daily for 7 days. Speak your ancestors' names and give gratitude. Ask your ancestors to guide you in breaking any current situation that is holding you back, including the evolution of your ancestors.

Welcoming your Ancestors: Rituals in Nature:

These rituals are to introduce your ancestors to the land where you are living. One needs to be done by water, the other at a mountain/hill by a tree. If there is a place near you that has both mountain and water, you can do this ritual there.

Water:

Find a place in nature where there is water. This could be the ocean, a lake, river, or stream.

- Take offerings of flowers and coins. Bring bread or birdseed to scatter for the birds.
- Stand with your feet in the water. Feel your "roots" going deep into Mother Earth, grounding you. Open the top of your head to connect with Source and your own divine nature.
- Call in your guardians (angels, ascended masters, power animals, and Guardian Ancestor) to be with you and support and protect you during this ritual.

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- Open with prayers to the ancestors of this place in nature and invite the ancient ones to come. Introduce your ancestors to this place where you live now. Think of it as having a family reunion at your home where you are welcoming your loved ones to join you.
- Name your ancestors and give thanks. Tell them about this place you are living. Give gratitude to them and share your needs, your prayers. Talk to them about your work and what you want to create in the world. Ask them to help you resolve old patterns and issues in your lineage through you. Whatever flows through you to say, let it be spoken out loud to them.
- Create a medicine wheel by marking the four directions and the center or build a cairn to honor the ancestors and this place. Leave your offerings here.
- Meditate or journey at this shrine/altar and pay attention to the omens in nature around you. Take some time to write in your journal before you leave.
- Close the circle by giving gratitude.

Mountain/tree:

Find a place in nature with a big tree by a mountain/hill. Create a medicine wheel by marking the four directions and the center or build a cairn to honor the ancestors and this place.

- Set sacred space and talk to your ancestors like you did at the water.
- Leave your offerings here such as tobacco, sage, herbs, egg, birdseed, bread, and/or flowers
- Stand with your feet on the earth or with your back to a tree. Feel your “roots” going deep into Mother Earth, grounding you. Open the top of your head to connect with Source and your own divine nature.
- Call in your guardians (angels, ascended masters, power animals, and Guardian Ancestor) to be with you and support and protect you during this ritual.
- Open with prayers to the ancestors of this place/land and invite the ancient ones to come. Invite your ancestors in and introduce them to this place where you live now.
- Name your ancestors and give thanks. Tell them about this place you are living. Talk to them about gratitude, your needs, your prayers. Talk to them about your work and what you want to create in the world. Ask them to help you resolve old patterns and issues in your lineage through you. Whatever flows through you to say, let it be spoken out loud to them.
- Meditate or journey at this shrine/altar and pay attention to the omens in nature around you. Take some time to write in your journal before you leave.
- Close the circle by giving gratitude.