

**ANCESTRAL  
CONNECTION:**  
A Foundational Guide



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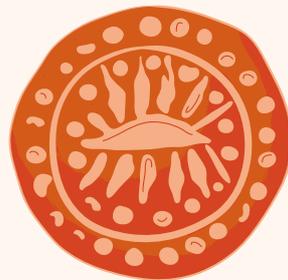
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# ANCESTOR WORK

Ancestors are not limited to blood and family lineages, however, ancestors of your present body tend to be very impactful. Our ancestors, especially those of blood and body, are our roots and grounded connection.

Cultivating a healing and restorative relationship with them is to deconstruct toxic and trauma induced programming and cycles, but it also taps into generational gifts and intuitive connections.



# **GROUNDING YOURSELF WITH MOTHER EARTH**

Staying grounded is really important in setting boundaries and keeping your energy protected while connecting ancestrally. Here are some grounding exercises to prepare you for ancestral connection.

## **ROOT ANCHORING**

Find a quiet or focused space. Take a few deep breaths Relax your body When you're ready, imagine a root coming down from your body (This can be from the middle of your forehead, your heart space, womb space, or root space, whatever feel best) Then imagine roots coming down through your body, down through the bottoms of your feet, and going deep into the core of the earth tightly rooting itself into the loving, nurturing embrace. Remember to be consistently breathing while doing this. Once you feel centered open your eyes.

## **TREE CONNECTION**

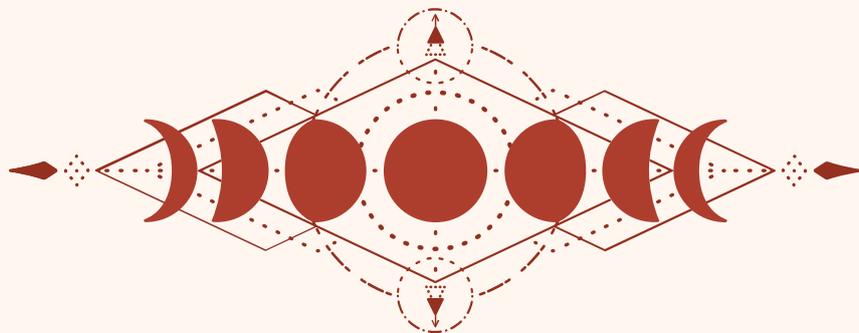
I like to visualize I am in a forest and I find a tree that feels safe, loving, and familiar. Once I find the tree, I extend thanks and gratitude and ask if I can hug it. Once the tree says yes, I allow myself to be embraced by the loving tree branches, leaves, and sap. Knowing that I am protected and loved. These are only a few ways to ground and protect! Ultimately you know what is best for you so play around with it!

# WHO AM I CONNECTING WITH?

When connecting with your ancestors you have autonomy with who you choose to connect with.

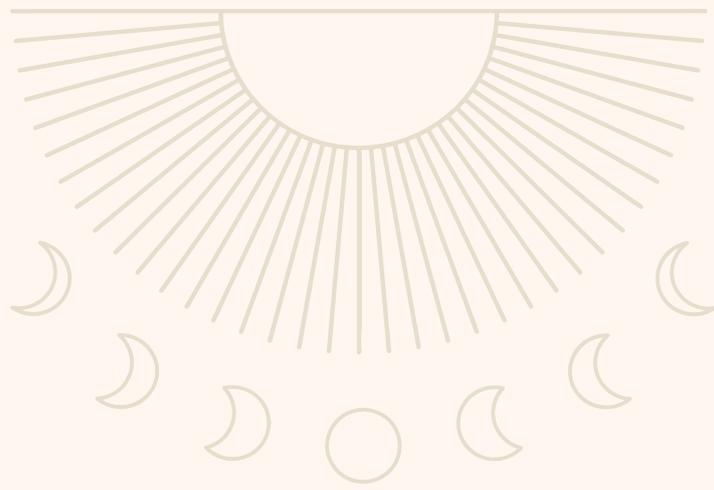
You can connect with a specific ancestor that your trust, or your ancestral lineage as a whole.

Just feel into what best serves you at this time. Creating a safe space and setting an intention will ensure that an aligned ancestor will support you.



Setting  
boundaries  
is a part  
of your  
healing process.

– L A L A H D E L I A



# INTENTIONS AND BOUNDARIES

**Boundaries are important with our ancestors as well. You need to be intentional about your connection with your ancestors and set strong boundaries so that the energy does not overwhelm you.**

You can come up with your own or use the structure below to support you

"My intention is connecting is \_\_\_\_\_

because \_\_\_\_\_

I am only connecting with my ancestors of love and highest good for my  
highest intention."

# THE HEALING CONTAINER

Create your IDEAL healing container. What comes to mind when you think of a restorative, supportive, healing space while connecting with your ancestors?



# AFFIRMATIONS

Affirming yourself as a powerful creator will only propel you to manifest your desires more. Many of us have grown up hearing other's affirmations, and validations. And this is a huge part of the human experience that is definitely appreciated.

When we say affirmations in connection to our ancestors we create a greater bond since we are believing the affirmative words.

And once you believe, you connect.

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# AFFIRMATIONS FOR ANCESTRAL CONNECTION

Affirming yourself as a powerful creator will only propel you to manifest your desires more. Using affirmations to build a connection with your ancestors is a way to co-create with them.

When we say these statements in connection to our ancestors we create a greater bond since we are affirmative the wisdom, understandings, and intentions. And once you affirm, you connect.

## **DAILY AFFIRMATIONS:**

*I allow myself to live in my purpose.*

*My life has purpose outside serving others.*

*I draw strength from the earth and for those who rest peacefully in the soil beneath me.*

*I live in harmony with the earth, nature, and my surroundings.*

*I live freely within myself.*

*I am my ancestor's wildest dreams.*

*I can learn from my past, and the generations of ancestors before me.*

*I nurture my dreams so that I can make them my reality.*

*I am a manifestation of my ancestors' perseverance.*

# VISUALIZING

## OUR ANCESTORS AND ANCIENT CONNECTION

*You human lineage extends so far back. You have a hub of human connection that is rooted in the earth. Visualize this ancestry that is interconnected with you. This is your support, your power, your community. Visualize what they look like and what they feel like. What comes to mind?*

*Take a deep breathe in. Center yourself and check in with yourself.*

- 1. First ground yourself and create a protective energetic space around you.*
- 2. Next, set an intention and boundary : " I am connecting with my ancestors of love and highest good at this time."*
- 3. Allow intuitively messages to flow through.*



# VISUALIZAIING

## UNDERSTANDING THE GENERATIONAL CYCLES

*Interview your ancestors and ancestral lineage with this questions. You may want to first meditate and allow answers to flow through, do automatic writing, or even other forms of divinations. Whatever is best aligned with you at this time.*

Take a deep breathe in. Center yourself and check in with yourself.

Let's do a visualization with our Ancestors:

1. First ground yourself and create a protective energetic space around you.
2. Next, set and intention and boundary : " I am connecting with my ancestors of love and highest good at this time."
3. Allow intuitively messages to flow through. You can write down anything that calls to you.

✦ Why am I connecting with my lineage at this time?

✦ What are some ancestral gifts that have been passed down to me?

✦ What are so ancestral traumas that have been passed down?

✦ What is a cycle that has been occurring in my life that stems from generational guilt, shame, and/or trauma?

✦ How can I start to heal and break the cycles that no longer serve the lineage and myself?

# ANCESTOR HEALING

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*Now that you have intentionally connected you have this direct link you can navigate!*

*This is the foundation of a loving and supportive relationship with your ancestral power and an understanding of the healing that needs to be done.*

Thank you for downloading this guide!

I hope it is reflective and helps you with navigating the beginning parts of your shadow work! Visit [www.nikeaurea.com](http://www.nikeaurea.com) for more workbooks, coaching, and course information!

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