

ANCESTRAL LINEAGE MEDITATION

Begin by sitting or lying down in a comfortable position, focus on your breathing and notice the in and out movement of your lower abdomen, relaxing your body and quieting your mind. Imagine you are in a dimly lit room and there are many doors on a curved wall facing you. Standing in front of the first door, it slowly opens and you see an energetic being that you recognize as your father. As you connect with his energy, bring your awareness to where you are feeling him in your body. Is it in the head area, the lower abdomen or perhaps in the heart?

Then close the door.

Step to the next door and as it opens feel the presence of your mother. Again, notice where in your body you feel her energy.

Open the father door again and then close it.

Open the mother's door again and compare the feeling of your mother and father.

1. Returning to the first door, open it and feel the energy of your father:

Love and appreciate him, honor and show your respect for him.

Hold him in his most harmonious essence and see him for who he is and not for what he's done.

Set an intention to have a harmonious relationship with him.

2. Step to the next door, open it and feel your paternal grandfather's energy. Repeat the process: Show your love, appreciation, honor, respect, and hold him in his most harmonious essence and see him for who he is.

Set an intention to come into harmony with him.

3. Step to the next door, open it and imagine the energy of your great grandfather. Repeat the same process, loving, appreciating him, showing respect, honoring, and hold him in his most harmonious essence.

Set an intention to come into harmony with him.

4. Opening the next door, imagine your great, great grandfather.

Repeat the same process, loving, appreciating him, showing respect, honoring, and hold him in his most harmonious essence.

Set an intention to come into harmony with him.

5. The next door hold the energy of your great, great, great grandfather.

Repeat the same process, loving, appreciating him, showing respect, honoring, and holding him in his most harmonious essence.

Set an intention to come into harmony with him.

6. Behind the next door is the male energy of the sixth generation.
Show your love, appreciation, honor, respect and hold him
in his most harmonious essence.
Set an intention to come into harmony with him.
7. The male energy of the seventh generation is behind the next door.
Show your love, appreciation, honor, respect and hold him
in his most harmonious essence.
Set an intention to come into harmony with him.
8. The next door represents the male energy of the eighth generation.
Show your love, appreciation, honor, respect and hold him
in his most harmonious essence.
Set an intention to come into harmony with him.
9. The next door holds the male energy of the ninth generation.
Show your love, appreciation, honor, respect and hold him
in his most harmonious essence.
Set an intention to come into harmony with him.
10. And finally, the male energy of ten generations back is behind the door.
Show your love, appreciation, honor, respect and hold him
in his most harmonious essence.
Set an intention to come into harmony with him.

1. Going back to the first door, you see your father's mother, your maternal grandmother, as you open it.
Show your love, appreciation, honor, respect and hold her
in her most harmonious essence.
Set an intention to come into harmony with her.
2. The next door opens and there is your great grandmother.
Show your love, appreciation, honor, respect and hold her
in her most harmonious essence.
Set an intention to come into harmony with her.

3. Your great, great grandmother is behind the next door.
Show your love, appreciation, honor, respect and hold her
in her most harmonious essence.
Set an intention to come into harmony with her.
4. Opening the next door, you imagine your great, great, great grandmother.
Show your love, appreciation, honor, respect and hold her
in her most harmonious essence.
Set an intention to come into harmony with her.
5. The next door holds the feminine energy of the sixth generation.
Show your love, appreciation, honor, respect and hold her
in her most harmonious essence.
Set an intention to come into harmony with her.
6. The feminine energy of the 7th generation is behind the next door.
Show your love, appreciation, honor, respect and hold her
in her most harmonious essence.
Set an intention to come into harmony with her.
7. Behind the next door, is the feminine energy of the 8th generation.
Show your love, appreciation, honor, respect and hold her
in her most harmonious essence.
Set an intention to come into harmony with her.
8. The next door holds the energy of the 9th generation.
Show your love, appreciation, honor, respect and hold her
in her most harmonious essence.
Set an intention to come into harmony with her.
9. Repeat the same process for the 10th generation.
Show your love, appreciation, honor, respect and hold her
in her most harmonious essence.
Set an intention to come into harmony with her.

1. Back to the first door again, opening it you see your mother again.
Show your love, appreciation, honor, respect and hold her
in her most harmonious essence.
Set an intention to come into harmony with her.

2. Open the next door and see your mother's mother, your maternal grandmother.
Show your love, appreciation, honor, respect and hold her
in her most harmonious essence.
Set an intention to come into harmony with her.
3. Open the next door and see your mother's father, your maternal grandfather.
Show your love, appreciation, honor, respect and hold him
in his most harmonious essence.
Set an intention to come into harmony with him.
4. The next door is your great grandfather. Repeat the process.
Show your love, appreciation, honor, respect and hold him
in his most harmonious essence.
Set an intention to come into harmony with him.
5. Your great, great grandfather is behind the next door.
Show your love, appreciation, honor, respect and hold him
in his most harmonious essence.
Set an intention to come into harmony with him.
6. Opening the next door, you imagine your great, great, great grandfather.
Show your love, appreciation, honor, respect and hold him
in his most harmonious essence.
Set an intention to come into harmony with him.
7. Behind the next door is the feminine of the seventh generation.
Show your love, appreciation, honor, respect and hold her
in her most harmonious essence.
Set an intention to come into harmony with her.
8. The next energy is the feminine of the eighth generation.
Show your love, appreciation, honor, respect and hold her
in her most harmonious essence.
Set an intention to come into harmony with her.
9. Opening the next door you see the feminine of the eighth generation.
Show your love, appreciation, honor, respect and hold her
in her most harmonious essence.
Set an intention to come into harmony with her.
10. And finally, the last door holds the energy of the tenth generation.
Show your love, appreciation, honor, respect and hold her

in her most harmonious essence.
Set an intention to come into harmony with her.

Back to the beginning, you open the door and see your oldest sibling.
Show your love, appreciation, honor, respect and hold them
in their most harmonious essence.
Set an intention to come into harmony with them.

Repeat the process for each of your siblings.
If you are an only child, skip this section.

Now you have set your intention to have a harmonious relationship with your past 10
generations plus all of your siblings.

Repeat this mediation several times and you will be assisting your whole ancestral
lineage to come into harmony.