

## THE RITUAL OF ASCENT for Offspring Return and Parental Healing

*For all parents: mothers, fathers, guardians, and spiritual parents*

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### JACOB'S LADDER — THE RITUAL OF ASCENT

Origin: Genesis 28:12—Jacob dreams of a ladder to heaven. YHWH speaks: “I am with you... I will bring you back.”

This ladder is your connection to heaven through prayer and covenant.

Prepare:

- Set aside 10–20 minutes each evening for 7 nights
- Light one candle
- Draw or build a simple 7-rung ladder
- Sit quietly and enter prayerful awareness

The 7 Rung Meditation (One per night):

Night 1: Offspring Name

- Speak their name aloud
- Prayer: “\_\_\_\_\_, you are not lost. Your name is written in my bones. I call you from the East and the West. Return, child of delight.”

Night 2: Offspring Promise

- Speak their full name

- Prayer: “\_\_\_\_\_, child of covenant, you carry joy. I bless the name you hold, no matter who speaks it.”

### Night 3: Your Voice

- Ask: "Where was I silenced?"
- Prayer: “YHWH, restore to me the tongue of fire. Let the parent's voice rise like thunder.”

### Night 4: Your Womb/Seed

- Lay a hand over your belly or creative center
- Prayer: “This is the gateway of life. \_\_\_\_\_ came through me. I bless this body as sanctuary and trumpet.”

### Night 5: YHWH's Vengeance

- Surrender justice to YHWH
- Prayer: “I release wrath to the Holy One. Let Your fire bring justice. Vindicate us, O God.”

### Night 6: Double Portion

- Name two blessings you believe will return with your child
- Prayer: “I receive Job's reward: double for my trouble. What was taken will come back overflowing.”

## Night 7: Return to Eden

- Imagine the reunion
  - Prayer: “\_\_\_\_\_, I see you running back into my arms. The cherubim at the gate are gone. The sword has become a dove.”
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### HEALING ANOINTING RITUAL — THE RESTORED PARENT

For all who have loved, lost, parented, or carried life in love and pain.

You will need:

- Oil (olive, cedar, frankincense, or sacred oil)
- A small mirror
- A candle
- Quiet space

Steps:

1. Light your candle. Say:  
“I light this flame for the child I love,  
For the name I gave, the name I lost,  
For the heart that still beats in me.  
I am not abandoned—I am aligned with the God who sees.”
2. Gaze into the mirror. Say:  
“I anoint the Parent within me.  
I bless these hands that carried and released.  
I bless this heart that bore what no one saw.  
I bless the soul that continues to love.

I am not just a caretaker—I am a co-creator with the Divine.”

3. Dab oil on:

- Forehead (Wisdom): “Let the mind of Messiah be in me.”
- Heart (Compassion): “Let love return where pain lived.”
- Palms (Service): “Let these hands guide without fear.”
- Feet (Direction): “Let every step lead toward covenant restoration.”

4. End in silence. Let tears come. Say:

“I release shame, guilt, and burden.

I receive joy, blessing, and restoration.

I am a vessel of return.”



#### INNER CHILD VOICE EXERCISE — THE (YOUR NAME) ECHO

1. Sit quietly with paper or recorder
  2. Ask: “[Your Name] at age 5, what do you want to say?” Let them speak freely.
  3. Respond: “I hear you. I will not leave you. I choose you.”
  4. Ask: “What would you say to my child, from the child in me?”
  5. Close: “[Your Name], you are the voice I was waiting for.”
  - 6.
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## PROPHETIC DECLARATION — RESTORED PARENT

Say aloud:

“I, [Your Name], child of fire and fragrance,  
stand in the lineage of all those who wept and warred for love.  
I claim my children from the grip of injustice.  
I am not forsaken—I am a warrior of the covenant.  
My body is no longer a wound—it is a gateway of Eden.  
My voice is no longer silenced—it is a trumpet of return.  
I declare: restoration, return, and resurrection.  
In the name of Yeshua, the Wounded Healer.  
Amen. So be it.”