

DISCREET & CREATIVE WAYS TO HONOR/VENERATE YOUR ANCESTORS

- **Writing to them in a journal, then reading that letter out loud to them. Do this alone, or when no one is around. You can whisper the letter to them if it's people in the house. In this journal you can vent or write love letters. You can write to whoever raised you or was close to you.**
- **Dedicate a wall to them in your home and hang their pictures up. Do not use pictures with you or anyone else whose alive for this or on the altars. Hang their pictures on the wall and everyday you can wave to them, greet them or conversate with them. Put a table in front of this wall with a flower vase for flower offerings, an incense holder with incense burning, a candy bowl or bowl with nuts in them. You can leave a bible on the the table or a glass bowl of Florida Water Cologne. (ALWAYS USE GLASS BOWLS). If people ask about the Florida Water bowl you can tell them it's to make the house smell good since it's cologne. Tell them don't touch. If people want to eat the candy or nut bowl tell them it's for decoration or that these foods are old. Do make sure you change the offerings of food every 2-3 days.**
- **For an hour or whenever loved ones are at work you can leave food out for them. EXAMPLES: So if your relatives such as the judgmental mom/dad/aunt/sibling works during hours you're home alone you can leave the food out for those 8 hours or 6 hours. Then, remove the food before they get home. Put the pictures on a clean table white cloth, with pictures of your ancestors, glasses of their favorite drinks and water, put the food in front of their pictures. Light white candles on the table you can use 7 day glass candles. Play their favorite music.**
- **When you're in the mood to watch movies you can with them. EXAMPLE: Let's say John Doe dad passed away and one of his favorite movie was Braveheart starring Mel Gibson. In this case, John Doe can sit on the couch with his dad picture next to him in a frame, share popcorn bowl and watch the movie.**
- **When you cleaning up play their favorite music.**
- **Pray psalm 23 on their behalf for them. This will cover them even in death and uplift their spirits. This psalm can also protect them while they watch out for you. Think of it as if you were under spiritual attack this prayer would be their shield while they protect you. I highly recommend praying protection prayers over your ancestors. But also affirming out loud how powerful they are. Speaking life into them will empower them.**

PSALM 23 ANCESTORS PROTECTION : EXAMPLE: If you use this psalm you can pray for a specific ancestor, or multiple. The Lord is my deceased mother Jane Doe shepherd; she shall not want. He maketh her to lie down in green pastures: he leadeth her beside the still waters. He restoreth her soul: he leadeth her in the paths of righteousness for his name's sake. Yea, though she walk through the valley of the shadow of death, she will fear no evil: for thou art with her; thy rod and thy staff they comfort her. Thou preparest a table before her in the presence of her enemies: thou anointest her head with oil; her cup runneth over. Surely goodness and mercy shall follow her all the days of her life: and she will dwell in the house of the Lord for ever. Amen.

- Talk about your best memories with them with others. Talk about their achievements and the good things they done in life.
- Clean their graves and leave gifts or flowers.