

ANCESTORS

KIT



New Age
Hipster

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The logo for 'New Age Hipster' is presented within a light purple, heart-shaped speech bubble. The words 'New Age' are stacked above 'Hipster', both written in a bold, black, handwritten-style font.

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Who are the Ancestors?

While many of us often think of our "ancestors" as our literal blood ancestors, I believe they are so, so much more than that.

In this kit we're going to delve into connecting with our blood ancestors for sure, but we are also going to connect with our spirit ancestors - I see them as kind of like our ancestors from previous lifetimes here on earth, or ancestors from our soul family, or even ancestors from our partner's and friend's family who work with us.

We are also going to connect with the ancestors of this earth, the collective ancestral energy and we are even going to go totally out there and explore the idea of star ancestors - our ancestors from the stars!

So whoever you are, wherever you're from, and whoever is watching over, this kit is gonna help you get more connected with the Ancestors who are watching over you and available, no, not just available, but incredibly eager about helping you on your journey!

Who are the Ancestors?

What does the word "ancestors" mean to you?

When you think of connecting to your
ancestors, who or what comes to mind?

How does your connection to your ancestors
feel?

How do you want your connection to your
ancestors to feel?

Ancestors by Blood

The ancestors we usually think about when we call on our "ancestors" are those who are connected to us by blood. The people who came before our own mothers and fathers. The great grandmothers and great, great grandfathers, the six times great aunts, the warriors, the royalty, the farmers, the hunters and gatherers, the survivors, those who suffered in the most horrendous times on this planet, and the thrivers!

In modern spirituality we often get caught up in the idea of spirit guides, Archangels, Goddesses and other deities who can help us on our path, and even though we sort of stick "and ancestors" on the end of our calling in our peeps, we can sometimes find ourselves wondering who they really are, who they were, and what on earth they are doing following us around centuries or even millennia after their lives on earth are complete, I mean, don't they have a bajillion other descendants to work with too? And other incarnations to have? (We can talk about how all that works another time!)

Ancestors by Blood

I believe our ancestors are with us and watching over us. Maybe not all of them, maybe just the ones that we have a special connection with. The ones we are linked to through appearance; you got that blonde hair from somewhere right? Or the ones who we are linked to through ability; why is it that you can play piano and no one else in your family has a musical bone in their body? Or how about the ancestors who we are linked to through personality traits? How many times has your mum told you that you remind her of great aunt Joan for example?

Our own physical bodies and personalities can tell us a LOT about our ancestors, so who are you?

Let's start by checking in with who we are in this physical world. Many of us are a pretty big mish mash of lots of different cultures and backgrounds, but the more we know about ourselves and where we've come from, the more empowering it can be, and the easier it is to begin to connect deeper with our ancestors.

Who are you?

What is your full name?

What is your cultural background?

If you have a mixed background, which culture do you currently identify with the most?

Where does your last name come from?

What is your mother's maiden name (if applicable!) and where does it come from?
What other last names are in your family (grandparents etc.) and where do they come from?

What is your (natural!) appearance?

What else do you know about your family background?

Is there a particular relative or family member that's passed (recently or someone you never met in the flesh) who you feel particularly drawn to?

Troubleshooting your Ancestral Lineage

So, what if you don't really know who you are? What if you were adopted or looked after by a foster family or other people who weren't your blood relatives? Or what if you just don't know anything really about your family and where they from?

Well, you could do some research to find out, depending on where you are and how easy that would be for you.

You could take a DNA test. In fact, if you're up for it and you have the cash, it's a great way to start to understand a bit more about who you are.

But if that doesn't sound like your bag, there are a few other things worth mentioning here.

If you were adopted it's generally believed that the ancestors of your adopted family *and* your blood family will be with you. Cool huh? If you had a childhood of moving around and spending time with different families you not only have your blood ancestors on your side, but I do believe you've got some pretty powerful energies with you. You have Archangel Metatron at your back and your spirit ancestors may be with you in even bigger numbers.

Troubleshooting your Ancestral Lineage

Another tricky situ is when you are born in a country that your family wasn't born in.

For example, even though I have a lot of Celtic and European DNA, I still feel a deep connection with the ancestors of Australia because I was born there.

You may find that even if you're not connected by blood from a place, that being born there can link you to the country and the ancestors of that place will be with you.

Ancestors by Spirit

Ancestors by spirit are the beings who are guiding and supporting you in this life, but know you from previous lifetimes or other places where we spend time with "families".

While many of us do incarnate back into our ancestral blood line, it's not always the case!

If you've done any past life work, you may have seen yourself, or been told by a reader (I LOVE doing past life readings BTW!) that you were someone from a very different background.

I have seen myself in Ancient Egypt as an Egyptian woman, as a young boy with dark skin on a tea plantation and as a Native American girl.

When my folks got their DNA tested, neither of them came out with anything from near Egypt or the Americas!

But I do still feel like I have a connection to those places and that my ancestors from when I was in those bodies may still be working with me!

Who are you in Spirit?

Which cultures or countries are you most drawn to?

Which cultural traditions and rituals are you drawn to?

What plants and animals do you resonate with?

Do you know of any past lives?

When you think of your "ancestors" where do you see them as being from?

Ancestors of Earth

As well as your personal ancestors, we have collective ancestors too.

The ancestors of this earth are working with us all right now in a big, big way to help us to help this planet.

When I tune into this energy I always feel like White Eagle is with us all and many other Native American ancestors who are passionate about helping us help this earth. but for you it might feel different.

I personally feel the ancestors of the earth are helping us to essentially save this planet from where it could go if we don't clean up our act, if we don't start honouring nature and each other in a more connected state. For me these ancestors feel very indigenous and connected to the Earth, much more than we are.

Ancestors of the Collective

When you think of the ancestors of the earth,
what comes to mind?

What do you feel the ancestors of the
collective are trying to tell us? Trust whatever
comes through!

What are they telling you personally?

How are you being called to help the Earth
ancestors to help the planet?

Star Ancestors

If you are into the idea of other beings on other planets and perhaps even incarnating *on* different planets as part of your soul journey, you might also resonate with the idea that you have some star ancestors working with you.

There are also some theories about star people visiting and helping us at different times in history.

These beings usually come through for me as "beings of light".

It's wise to be discerning when working with star ancestors, or star beings of any kind. Not to freak you out, but we really know very little (presently!) about these beings, and so use your discretion and trust your gut.

Always make sure your energy is protected before calling on them, and if anything feels weird, just let them go, call in Big Mike (AKA Archangel Michael) and go crank some of your favourite tunes.

If you would like to learn more about your star ancestors begin by noticing where you're drawn to in the night sky and which star systems peak your interest!

In my humble opinion, there is very little info out there that is accurate when it comes to star beings and star ancestors. As with all things, be discerning in your quest for star connections and go with what resonates with you.

Standing Stones + Stone Circles

One of my favourite places in the world to connect with my ancestors is at stone circles and standing stones here in the UK.

According to DNA tests, quite a large portion of my DNA is from the UK and Ireland, so it makes sense, right? But these amazing monuments are so much more than just places to honour your blood ancestors.

I experienced something really incredible last time I was in Wales. I was at Maen Llia. There was no one around except me and my boyfriend, and he went to go check out a stream and say hi to some sheep, leaving me alone, on the top of this big hill with this giant standing stone that been there for no one knows how long really.

I put my hands on the stone and I "tuned in". Now, these guys are usually pretty good at not giving up any secrets, but this one was alive. In came a flooding feeling of just being connected to my ancestors. Not just my Celtic ancestors, but all the ancestors of this earth. I just felt so connected to all the people who had come before me, it was unreal.

Standing Stones + Stone Circles

They didn't say anything specific, but in that moment, I just felt so held and connected.

Feeling that connected, I realised how disconnected we really are, not just to our ancestors, but to everything, and each other.

It made me want to pay more attention to my ancestors, our ancestors, the collective and the personal who are watching over our lives, the earth and helping us to move forward, for the benefit of ourselves, our family lines, all those around us, and the planet as a whole.



Ancestral Places of Power

Spending time with your ancestors in places they have been is a powerful experience. I think it's part of the reason I'm so drawn to living in the UK.

You don't have to go to their exact address, you could just visit a city that you know an ancestor lived in, or the country that your family is originally from, maybe you know where they were buried.

Or you may even just want to visit a place in your own town or city that holds some family history for you. For example, I have a strong connection to Canada, and I think it's because even though they weren't from there, quite a few of my ancestors did live there for some time.

Ancestral Places of Power

Where are some places your ancestors have lived or visited?

Where do you feel most connected to your ancestors?

Which sacred sites would you most like to visit?

Are there any other places you feel called to visit?

Create an Altar

Creating an altar, or part of your altar to honour your ancestors can be a simple but powerful way to connect with them.

Some ideas for objects to place on your altar could include:

Photos of your ancestors

Photos of places you know your ancestors lived

Objects that your ancestors owned

A crystal grid (your own mini Stonehenge)

A piece of Preseli bluestone (the stones Stonehenge is made of!)

Spiritual objects or tools from your ancestral culture

Herbs or oils from places your ancestors are from

Crystals sourced from the places your ancestors are from or places you feel called to

Images of deities of cultures your ancestors are from

Offerings

One of the simplest and in my opinion, powerful, ways to honour your ancestors is through an offering in the form of lighting candles and incense.

As with most beings we work with, they really don't need or expect much from us.

Just thinking of them really is enough, and when we light a candle and/or some incense in honour of them they feel seen and heard and know that we are open to their guidance and support.

If you don't have an altar, or even if you do, having some photos around the house of your family and ancestors if you have them, can help them to know that you are open to connecting with them.

What other offerings could you bring to your altar or sacred space?

Other ways to connect

Here are some ideas for other ways to connect with and honour your ancestors:

Music - play some music that your ancestors may have enjoyed

Food - a common way to honour those passed is to set a place for them at the dinner table. What food could you serve as an offering? (It's OK for you to eat it!)

Practices - what religion or belief system did your ancestors have? You may like to say a prayer from their religion to honour them

Spend time with family - I always feel a really strong ancestral presence at family gatherings. Invite some of your fam (blood or soul fam!) over and see if you can sense your ancestors celebrating with you!

What other things could you do to connect with your Ancestors?

A Prayer to the Ancestors

*Ancestors by blood, spirit, star and earth,
Thank you for being the pioneers and paving my
way,*

I honour you

*I honour the difficulties you faced and worked
through and overcame*

*I honour the work that you did, the lives that
you led, the healing and karmic clearing that you
undertook so that my path could be easier than it
was for those who went before me*

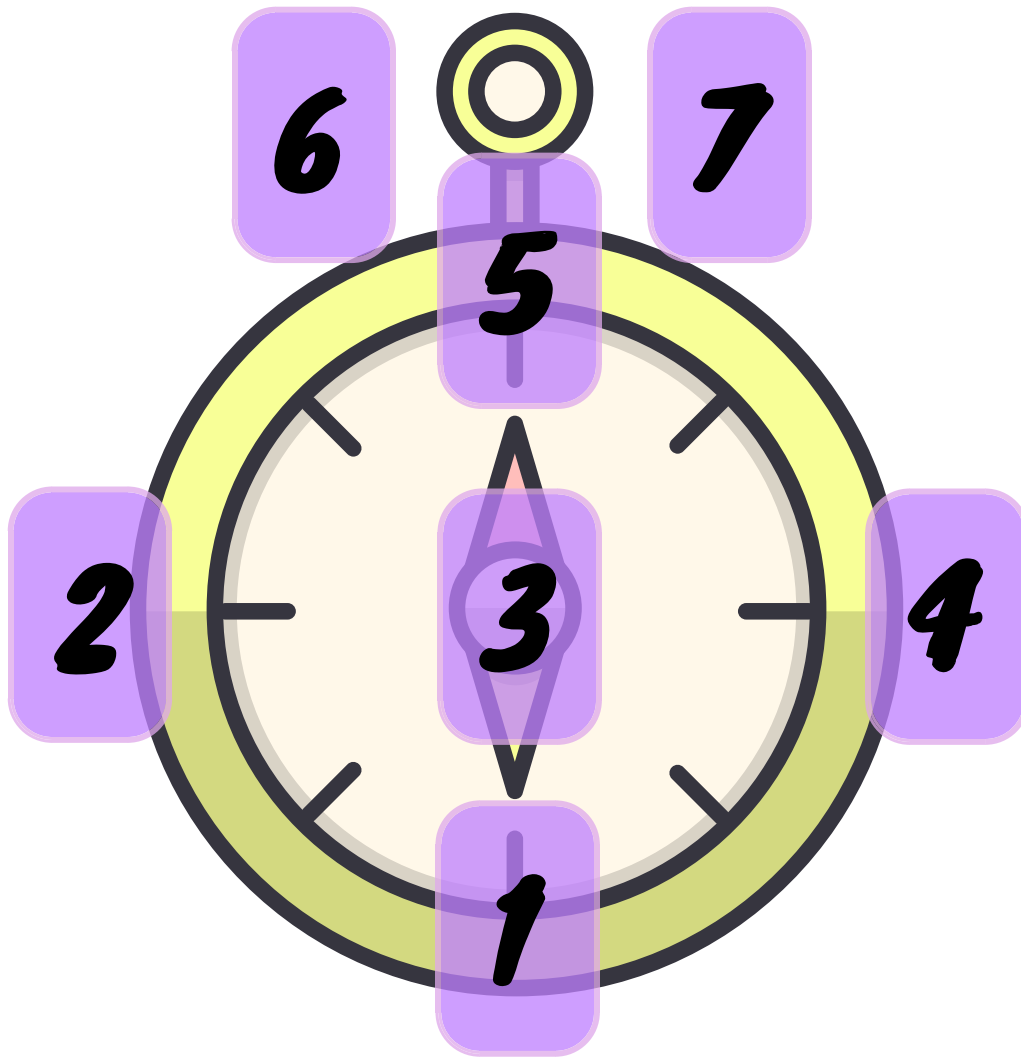
*Thank you, ancestors, for your support, your
wisdom and courage that help me navigate this
life with ease*

*Thank you for helping me to pave the way for
those who come after me*

*Thank you for being a part of my journey, my
spirit, my soul and my body*

*And so it is,
Amen*

Ancestors Wisdom Spread



1. Wisdom from the Ancestors of Earth
2. Wisdom from your Ancestors by Blood
3. How to honour your Ancestors at the altar
4. How to honour your Ancestors through Action
5. What to heal for your Ancestors
6. Wisdom from your Ancestors by Spirit
7. Wisdom from your Star Ancestors

