

# ANCESTRAL HEALING



*New Age  
Hipster*

# ANCESTRAL HEALING

The Kit includes:

**This PDF workbook**  
**The Video Lesson**  
**The MP3 Meditative Journey**

Start where you like

Print out the workbook or use it as a guide for your own  
journalling

Start with the parts of this kit you feel most drawn to

Come back to the other parts later if/when they call to you  
- you don't have to do it all!

Explore your connection to your Ancestral Healing in any  
way that feels good to you!

Use this kit as a guide, always go with your gut and what  
feels true to you



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# BEFORE WE BEGIN

There are some words and phrase I'm going to be using in this workbook that may or may not resonate with you personally depending on your own personal situation and so I invite you to change any words or phrases to suit you.

I believe that ancestral healing is not just about healing the "blood line". If you have been adopted, or have people in your family who have been adopted - they are in your ancestral line (as well as being connected to their blood line).

The word "family" does not have to mean family by blood, or even by adoption.

Your family may include any people who raised you, your chosen family - friends who feel are as close to you as family. It may also include your soul family or people who you've bonded with in other ways and consider family whether you are related by blood, adoption or choice.

When we talk about "ancestors" this is not limited to your parents, grandparents, great grandparents etc. Your ancestors are all those who have gone before you - great aunts, great cousins, a person does not have to have given birth or raised a child in order to be an "ancestor".

Just as when we talk about future generations you do not have to give birth, father a child or raise a child to a part of the ancestral line.

Ancestors can also include ancestors of the land you live on, or were born on, ancestors of the cultures you are a part of or identify with.

Our Ancestors are simply all those who came before us.

# HEART STORM

Before you read any further or dive into the rest of the content, take a moment to write down any ideas, words, first thoughts that come up when you think about Ancestral Healing...



# INTENTIONS

What has drawn you to choosing to do this work right now?

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What is the one thing you would most like to heal as you do this work?

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Which ancestors or ancestral lines are you most being called to work on healing?

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What do you hope to heal, shift and change as you do this work?

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# LIVING YOUR BEST LIFE

Your ancestors want you to live your best life. They want you to be happy! They don't want you to have to experience the same struggles they did.

What would living your best life really look like?

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Where are you already living your best life?

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What do you need to change or take action on in order to live more in alignment with joy?

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# CHOOSING LOVE

One of the most powerful ways we can heal, raise our vibration and help create a shift in energy for those who come after us is to keep choosing love as much as we can.

Where in your life are you actively choosing love already?

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Where do you find it hard to choose love?

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What could help you to be able to choose love more? (E.g. any spiritual tools, practices, self-love, etc.)

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How could choosing love in each moment help those who come after you?

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# PROSPERITY

What are some of the prosperity blocks and limiting beliefs you are holding?

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Where in your ancestral lines and connections do you think these blocks or limiting beliefs may have come from?

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What positive new beliefs and energy do you need to activate within you to heal this for your ancestors and all those who come after you?

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What action do you need to take to begin to integrate this new way of being?

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# WORK

What are some of the limiting beliefs you have about your career and work?

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Where in your ancestral lines and connections do you think these beliefs may come from?

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What new beliefs and energy do you need to activate within you to heal this for your ancestors and all those who come after you?

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What action do you need to take to begin to create this shift and change?

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# RELATIONSHIPS

What are some of the relationship challenges you often experience?

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Where in your ancestral lines and connections do you think these difficulties may come from?

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What new ways of being do you need to activate within you to heal this for your ancestors and all those who come after you?

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What action do you need to take to help create this shift?

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# GUILT AND SHAME

Are you carrying any guilt related to your ancestral healing? (e.g. your ancestors worked so hard, you feel bad having an easy life, etc.)

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What do you think your ancestors would say about you carrying this?

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Do you see that in letting go of this guilt, shame and anything else you are holding that you are doing the healing work and making things better for those who come next?

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What action do you need to take to clear and heal what you are carrying?

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# THE GOOD STUFF

What are are your favourite things about yourself?

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Where in your ancestral lines and connections do you think these amazing traits may come from?

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Are there any ancestral traits, energies, power or wisdom that you would love to connect with?

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What action do you need to take to activate this within you?

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# CREATING AN ANCESTRAL ALTAR

Your Ancestral Altar can be anything you wish it to be. Here are some ideas if you need them to get you started:

- ♥ Include photographs of your ancestors and passed over loved ones
- ♥ You can also use a tarot or oracle deck and include a card that reminds you of your ancestors energy
- ♥ Include any objects you have that your ancestors once owned
- ♥ Add items from places that connect you to your ancestors - e.g. a stone or shell from a special place
- ♥ Print out and include pictures of your ancestral home, your birth home, any other places you feel a deep connection to
- ♥ Include items that connect you to ancestors from different cultures and places
- ♥ Have a candle that is dedicated to your ancestors and light it to connect with them or whenever you are doing ancestral healing work
- ♥ Include specific flowers or plants (in dried form perhaps!) that your ancestors would have used
- ♥ Light incense as an offering to your ancestors
- ♥ Add any crystals you feel help you connect to your ancestors - some ideas include petrified wood, obsidian, bloodstone and labradorite

# ANCESTRAL CONNECTIONS

Where were you born? Do you feel a connection to ancestors of that land?

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Where were your parents born? Do you feel a connection to the ancestors of that place?

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Do you feel drawn to any other places?

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What could you do to connect to the ancestors of these lands?

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# HEALING THE LAND

Connecting to the ancestors of the land (where you are, where you are from, or any other ancestors you feel drawn to working with) can be deeply healing for both this planet and our ancestral lines.

Here are some ideas for how you can begin to do this healing work for the lands we live on.

- ♥ Whenever you are grounding your energy also send love deep into the earth
- ♥ Connect to your heart chakra and then visualise the love being sent down from your heart into the earth - right into the centre of the earth. You may like to lie down on the floor or outside on the earth to feel the connection more deeply
- ♥ Ask the ancestors for guidance on how you can help specifically
- ♥ Work with your personal ancestral guide (you will meet in the meditation!)
- ♥ Connect to Gaia, thank her for holding you, thank her for nourishing you, ask her how you can help her to heal and grow rich in abundance
- ♥ Hold the vision of New Earth, of this planet in 5D love based consciousness

# ANCESTRAL HEALING RITUAL

The following is just something to inspire you and start you off. You do not need to follow this ritual word for word. Take the parts that resonate, make it your own and create your own beautiful ancestral healing rituals.

You will need:

A white candle, a pin, an essential oil or blend of your choosing (choose something related to the ancestors you want to work with. E.g. Eucalyptus or English Lavender), a piece of paper, a pen or pencil

Begin by clearing your space

Take some time to clear, ground and protect your own energy

Call in your guides and angels

Invite your main ancestral guide to step forward

Ask that your ancestors be present. Take a moment to thank them for all they have done, for all that they achieved and all that they did to grow and heal in their lifetimes

Take the white candle and carve into it the phrase "ancestral healing" or just "healing" or if you would like to heal anything specific you could write "prosperity healing" for example

Rub the oil into the candle while holding the intention for what it is that you would most like to heal for yourself and your ancestral line

# ANCESTRAL HEALING RITUAL

Take the piece of paper and write down what it is that you would like to heal, you can write in as much detail or as simply as you would like.

Add at the end "may this be healed in alignment with the best and highest good of all, may this healing be felt through all directions of time and space, may all those who have come before me receive this healing now, may all those who are incarnated presently receive this healing now and may the generations that come after me receive this healing now and so it is" (or your own version of this).

Fold up the paper and place it under the candle or the candle holder.

Light the candle and take a few moments to meditate and visualise your family lines being cleared, healed and activated with so much love. You may like to visualise a line of glowing light moving through the lines, or hearts opening and connecting, whatever feels right for you.

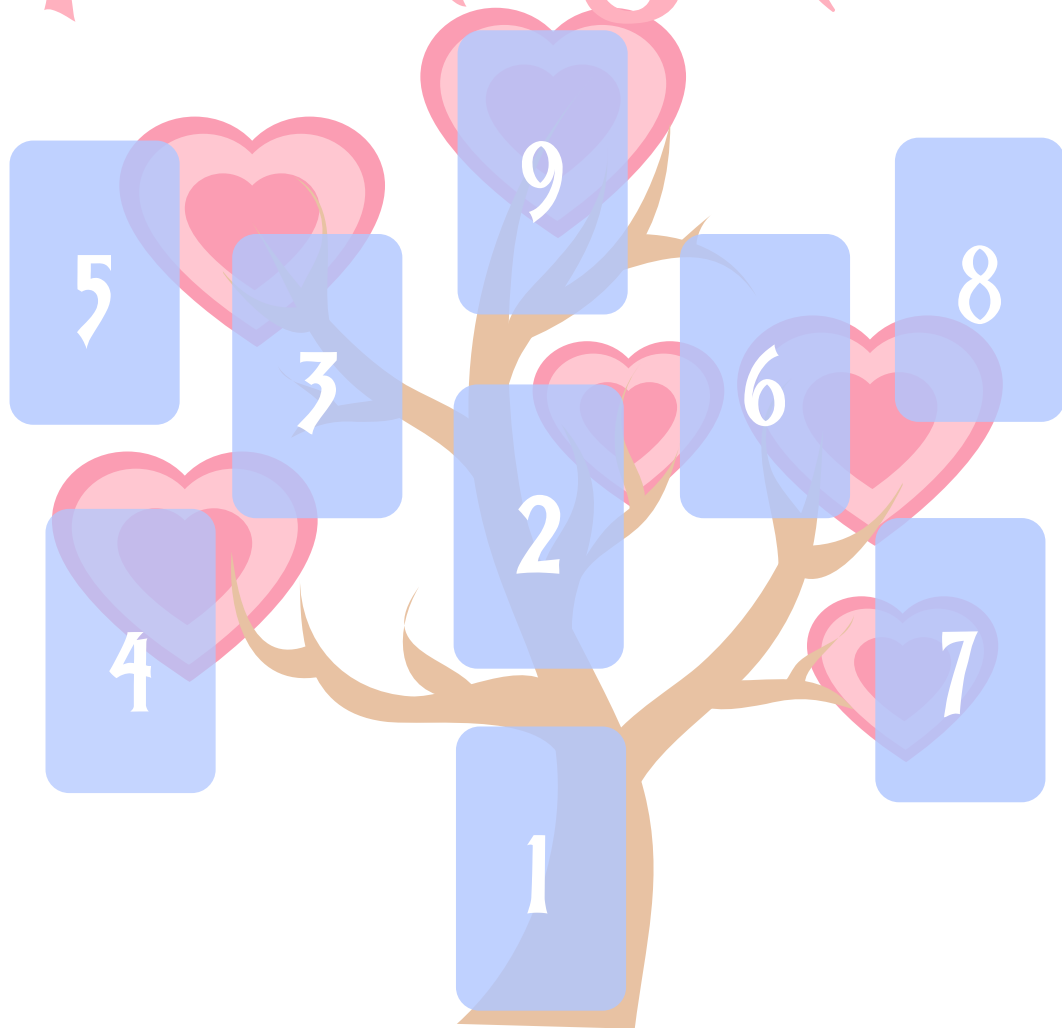
Take a moment here to ask for any guidance from your ancestors on the specific healing you are asking for. You may like to write this in your journal or pull some cards for more clarity.

Either let the candle burn to the end (if you are able to stay in the room with it) or snuff it out and keep lighting it when you are able until it has burned down.

When it is done take the paper and wrap the pieces of candle in it and bury it in a place that feels right for you.

Repeat as necessary. :)

# ANCESTRAL HEALING SPREAD



1. Your current relationship with the ancestors
2. What is the best way that you can honour your ancestors?
3. What needs healing from the feminine line?
4. What do you need to do to clear, release and heal this?
5. What do you need to do to activate the new story?
6. What needs healing from the masculine line?
7. What do you need to do to clear, release and heal this?
8. What do you need to do to activate the new story?
9. A message of love from the ancestors





# WHAT'S NEXT?

- ✓ If you enjoyed this kit and found it useful, please tell your friends about it and The Circle. As a small business word of mouth helps so, so much!
- ✓ If you are in The Circle you are welcome to come and join us in the Facebook group to chat about your experiences and support others in theirs.
- ✓ If you're not in The Circle join us now!  
[www.newagehipster.co/the-circle](http://www.newagehipster.co/the-circle)
- ✓ If you would like to share any insights on social media please tag me @newagehipster333 on Instagram or Facebook. (I just ask that you do not share any of the content, spread positions etc., outside of the group)
- ✓ Email me with any questions - [vix@newagehipster.co](mailto:vix@newagehipster.co)
- ✓ If you would like to work with me one on one to dive deeper into this month's topic you can grab a soul reading or spiritual or business mentoring session over at [www.newagehipster.co](http://www.newagehipster.co)

## ABOUT VIX



Vix believes that being connected to our own hearts, souls and spiritual team is our natural state and she's excited to be able to be of service to those who are searching for a way back. Vix is devoted to helping others reconnect to their own light, inner guidance and power so they can live out their best and highest lives. She supports her growing worldwide community through the Fully Lit Mastermind, one on one Soul Readings, workshops, the New Age Hipster podcast, blog, YouTube channel, online groups and social media ministry.

Vix is an ex-high school and special ed teacher, she is a YA indie author and enjoys drinking tea, exploring stone circles, eating vegan pizza and watching 80's movies.