**2017 Samhain-Accepting our Ancestors Unconditionally-a Healing**

**Visualization by Marty**

As you lay back on your mats, begin to take long deep breaths. Breathe deep into your abdomen, deep into the belly of your being. Slow, deep breaths and exhale just as slowly. No pressure, no rush, just slow easy breaths filly the cavity of your inner being and releasing the air. As you breathe, do a mental scan of your body, feeling where you may be holding tension or an area that is sore. If you feel a tight spot, tighten the muscles in that area and release them, breathing into that spot, sending the healing power of breath and awareness to places that need your focus. Locate another tense area, tighten it, release and breathe. Slowly, deeply with all the kindness you can muster towards all of the parts of your body.

We are going on a journey, back into the historical dimension to visit our ancestors. We are taking this time to formulate some observations about our ancestors. First you are going to visit your youngest ancestors, your parents. Visualize your mother, at whatever age you wish. As you observe her, what is your sense of her energetic field in the world? For better or worse, what was her impact on the kind of person you developed into. Now consider, what do you think motivated her in life and what impacted her development? Now, I’d like you to reflect on her parents, your maternal grandparents. Even if you know of them only through pictures or the telling of stories about them. Even if you don’t have a clear mental image, what is your sense of your maternal grandmother’s presence in the world? What do you imagine might have motivated her in life and impacted her development? Consider what your grandmother’s impact was on the kind of person you developed into. Now, shift to your maternal grandfather. What is your sense of his presence in the world? What might have motivated him and impacted his development. And now, even if only in your imagining, picture your great grandparents on you mother’s side. Who were these people? Where did they live and what is your sense of what their lives were like?

Visualize your father, at whatever age you wish. What is your sense of his energetic field in the world? For better or worse, consider his impact on the kind of person you developed into. What do you think motivated him in life and what impacted his development? Now, I’d like you to reflect on his parents, your paternal grandparents. Even if you only know them through pictures or the telling of stories about them. Even if you don’t have a clear mental picture. What is your sense of your paternal grandmother’s presence in the world? What do you imagine might have motivated her in life and impacted her development? Consider your grandmother’s impact on the kind of person you developed into. Now, shift to your paternal grandfather. What is your sense of his presence in the world? What might have motivated him and impacted his development? And now, even if only in your imagining, picture your great grandparents on your father’s side. Who were these people and what is your sense of what their lives were like?

These are your blood ancestors and they live on within you in your cellular structure. You are their continuation. You may have ancestors whom you admire and of whom you are proud. You also may have ancestors who had many negative traits and of who you are not proud, but they are still your ancestors. We need to return to ourselves and embrace our blood ancestors just as they are. They are part of our bodies and inevitably our souls.

Continue to breathe deeply. Since your parents and ancestors are in you, to reconcile with them is to reconcile with yourself. To deny your ancestors is to deny yourself. Visualize your ancestors and see all their positive and negative points. Be determined to accept them all as your ancestors without hesitation.

Now, we are going to engage in an exercise called “Touching the Earth”. Gently and with your eyes still closed, get to your knees and kneel, then bend over and touch your forehead to the ground and place your hands on the ground. Hold this position as I speak these words on your behalf: “Dear ancestors, I am you with all your strengths and weaknesses. I see you have negative and positive seeds. I understand that you may have been lucky and that good seeds like kindness, compassion and fearlessness were watered in you. I also understand that if you were not lucky and negative seeds like greed, jealousy and fear were watered in you, then the positive seeds did not have a chance to grow. I understand and accept that you are/were a human being who has suffered and did your best”. (QUIET FOR A FEW MINUTES.)

Your understanding will remove all rejection and anger. It is important to accept all of our ancestors unconditionally as a first step in opening the door to the miracle of forgiveness. It will help us to become more peaceful and less afraid. Acceptance, forgiveness and facing fear are the deepest results of touching the Earth in the historical dimension. You possess the wisdom and intelligence of how to become a full human being because you inherited an eternity of wisdom not only from your blood ancestors but from your spiritual ancestors as well.

Hold the prostrate position for whatever length of time you choose and then take some time to write in your journal. I’ll chime when there is 5 minutes remaining for journal writing.