HOW TO START A RELATIONSHIP WITH YOUR ANCESTORS

EARTH BHAKTI

WHY CONNECT WITH YOUR ANCESTORS?

Your journey on this planet is not one you walk alone. You are part of a vast network of beings dedicated to guiding you across realms. This network includes spirit guides, spirit councils, and most importantly: your ancestors. They serve Gaia's larger purpose of transformation and balance, working not only within the physical world but across the fabric of the cosmos.

Your blood ancestors are bound to the temporal plane and offer perspective from beyond the river of life. They see from above and guide your steps. Your soul family—those connected by energetic lineage—spans lifetimes and dimensions, sharing a collective mission. Most importantly, you are yourself a reincarnated ancestor. You are the perpetual return of Great Gaia.

When you speak to your ancestors, you are speaking to yourself in another form.

THE TWO LINEAGES

We are a continuation of the story of our soul. The soul moves within two lineages: first, through your blood connection, and second, through a spiritual connection.

Blood Ancestors – Your DNA line, made of Gaia's elements (earth, water, air, fire). These are the ones who walked before you in physical form. You have inherited their traumas and their gifts.
Spirit Ancestors – Beings with a collective purpose who support you across dimensions, realms, and past lifetimes.
Why They Matter

Your ancestors offer you an eagle's perspective from above the river of life. They know what's coming for you, and they understand your blocks—because they've experienced the same, or are the indirect origin of your blockages.

Ancestors, like us, are extensions of our planet. They help balance energies through Gaia's alchemical cycles. They can bring in the necessary energies to ground you and help you elevate.

Your ancestors are invested in your success. As you heal yourself, you heal their legacy. We reincarnate back into our DNA lineage to redeem or rectify the pain we caused. Healing your line is healing your future self.

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THE SPIRITUAL ETIQUETTE OF ANCESTRAL CONNECTION

When we engage in true relationship with our ancestors, we help them rise, and they help us deepen into the rhythm of Gaia. Together, we lighten the collective load of the planet and bring more balance into the cosmos. You are the continuation of their story.

Step 1: Seek Permission

The most important law in the spirit world is that of free will and sovereignty. Your ancestors cannot interfere in your life without your explicit permission. Begin by calling on the highest ethereal energy you subscribe to. Then invite only those who know, love, and respect you. Clear intention is key. Ask them to aid, guide, and collaborate with you, letting them know they have your permission. Once you do this essential step, magic begins—in the form of synchronicities, miracles, and blessings.

Step 2: Speak Your Need

You can now call on your ancestors anytime and anywhere. Speak aloud. This grounds your relationship in the physical world. Ask for guidance, healing, protection, or clarity. You'll begin to notice when your ancestors are near—through bodily sensations. Each ancestor will have a different calling card, which you'll learn over time.

When speaking to your ancestors, your words matter. Be respectful—they are your elders, an extension of you, and loving beings. Be clear and specific. Spirit moves through truth.

Step 3: Offer Energy in Return

Once you're working with your ancestors, you're in a powerful cross-the-veil collaboration. This is a sacred energy exchange. Strive for a harmonious give and take. Offer gratitude, a song, a flower, a candle—whatever feels honest. It's the intention of your heart that matters most. Listen for what your ancestors may need in return.

Step 4: Create a Listening Space

Create a sacred space to honor your ancestors. Set up a small altar: a photo, candle, stone, or feather. Keep it clean and meaningful. Return here anytime to sit with your past loved ones from both lineages. Sit, breathe, and say: "Ancestors, I invite you to walk with me, and I am walking with you in gratitude. What wisdom do you have for me today?"

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SIGNS, VALIDATION & COMMUNICATION

You are the vessel of your lineage. Since your ancestors live in your blood and bones, they also have access to your heart and mind. A strange thought, a novel idea, or an erratic emotion may not be yours—but theirs. They offer instinct, warning, and wisdom through your body. Learn to read these signs.

Listen Through the Body

Pay attention to chills, heart flutters, dreams, odd thoughts, smells, or inner whispers. Now that you've invited them in, they are pouring energy into guiding you. Honor them by acting on their guidance. If you don't follow through, the dreams and signs may dry up again.

Ask for a Clear Sign

This is a relationship of trust. Your ancestors appreciate being asked for confirmation. You can develop your own system—perhaps every time you see a raven sitting in a tree above you, you know a message is coming. Ask, "Show me this sign three times if this is true guidance."
Do not search for signs. Let them come naturally.

Dreams & Symbols

Ancestors use dreams as a powerful tool. Ancestral dreams often feel different—more lucid, sometimes astral. Record them. Spirit speaks in metaphors. What does this image mean to you? If unclear, ask before bed for clarification. Ancestral dreaming is a dialogue. Ask questions before, during, and after.

Respect Their Silence

Sometimes they go quiet to give you time to integrate. Their silence is also guidance. It may mean rest is needed because serious energy work is approaching.

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DAILY PRACTICE OF HONORING YOUR ANCESTORS

Honoring your ancestors daily is a small habit with huge spiritual impact. Just as you brush your teeth every day, you can say hello and thank you to your ancestors. This helps you grow familiar with their way of communicating.

10-Minute Ritual

- Light a candle.
- Place your hand on your heart.
- Say aloud: “Ancestors who love, know, and respect me, I honor you.”
- Ask: “How can I help today?”
- Listen without expectation. Pay attention to synchronicities afterward.
- Close with: “Thank you. I now release this sacred space.”

Practice this daily. There is also a special time in the year to honor all your ancestors—especially during October, when the veil is thin.

Spiritual Hygiene

Always respect autonomy—yours and others’, alive or not. Don’t unconsciously invite energy in. Practice boundaries. There’s a time to open and a time to close the circle. Ground yourself before and after connecting. Work only with your highest self, angels, and fully transitioned ancestors.

Never work with an ancestor who is stuck in this realm and hasn’t crossed over. They may have agendas, while ancestors of the light work only for the highest good.

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BECOMING THE FUTURE ANCESTOR

You Are the Bridge

Tend to your lineage's broken hearts.
If you have an ancestor who hasn't crossed over, you can help them ascend. At your altar, after calling in the ancestors of love and light, ask what this "stuck" one needs to move on. Sometimes it's as simple as forgiveness.

This is the foundation of a healthy ancestral line: ensuring all have crossed over. If this is all you do in your lifetime, you will have done much.

Remember, you are the next ancestor. Walk with honor, for one day others will call on you.
Have a death practice so you're ready when it's your time. Know that it's not your "ego" that becomes the ancestor—it is your "higher self." You will have the honor of helping others walk lightly on this Earth from your highest wisdom of love and light.

This guide is your beginning.
Let your body become the altar.
Let your breath become the prayer.
Your ancestors are waiting.

FOR MORE IN DEPTH WORK WITH YOU ANCESTORS PLEASE KEEP YOUR EYE ON MY NEWSLETTER FOR ANNOUNCEMENTS OF UPCOMING ONLINE WORKSHOPS AND CLASSES. PLEASE CONTACT ME WITH ANY QUESTIONS.

PEACE & LOVE
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