

# LINEAGE TREE 2.0 + ANCESTOR CHAKRA CONNECTING

**Choosing a group of ancestors or one ancestor. With the support of your ancestor altar and/or in a quiet contemplative space, make an offering to the ancestor(s). Ask for support and guidance as you do the following practice.**

A. Reference your Lineage Tree from the Lineage Tree Practice you did earlier.

B. Meditate and contemplate on the links and connections made between you/your experiences and that of one of your one ancestor or a group of ancestors.

C. Contemplate and analyze what experiences related to the different aspects of mental-emotional, body, and spiritual blocks this ancestor(s) may have had and the places where they did not have blocks but instead may have embodied balance, flow, and freedom.

**Use a combination of drawing, words, and the chart attached to this practice, to record your reflections, contemplations, and realizations.**

**Contemplations on next page....**



## LINEAGE TREE 2.0 + ANCESTOR CHAKRA CONNECTING

**Mooladhara/Root:** When or how did the ancestor(s) feel safe, at home, or belonging? When did they not feel safe at home or belonging?

**Swadhistana/Self-Dwelling:** When or how did the ancestor(s) feel at peace, calm, and understanding of their deep emotions? When did they not feel a connection or understanding of their emotions or had to suppress them?

**Manipura/Site of Jewels:** When or how did the ancestor(s) feel power without domination over others and/or without being dominated by others? When did they feel the opposite?

**Anahata/Unstuck Heart:** When or how did the ancestor(s) feel abundant unconditional love and were also able to give it? When did they feel the opposite, or abandoned or rejected?

**Vishuddhi/Purification:** When or how did the ancestor(s) feel they were able to express themselves freely and/or to be creative (without the ideas of goals or product) and choose silence as a nourishing way to be? When were they silenced by others and/or unable to express their feelings and experiences? When and might they have silenced others?

**Anja/ Intuition:** When or how did the ancestor(s) connect to their intuition and inner wisdom as a guide in their journeys? When did they not connect to their intuition and/or had outside experiences that blocked their intuition?

**Go through the same contemplations for your own journey. Draw and use words. Make links from your own blocks, patterns, and balances to that of your ancestors. Rest and reflect on the parallels and differences**

**Use a sound meditation-pranamayam 3 times  
(Brhamari/bumble bee breath OR AUM OR other BEEJ MANTRAS from Chakra chart)**

**Send Loving-Compassion to yourself and your ancestor(s). You can use loving words and/or send loving-luminosity in a beam of light that fills their bodies and yours**

**Thank the ancestor(s) for their support and ask them to return to their realm. Thank yourself for making space and time for this practice.**