



9  
RITUALS  
FOR  
YOUR  
HOME  
PRACTICE

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## Welcome to Systemic Ritual

These 9 rituals will help you connect with your ancestors, bring more support into your life, add resources to your relationships and empower your future.



For most rituals you will need some objects for representing such as stones, little pebbles or crystals; also a candle for creating your special ritual space; maybe flowers, water, milk for offerings where relevant. If, in your practice, you are already using rattles and drums you are welcome to work with them here too, but it is not a must.

Some steps to prepare for your ritual:

- choose time and place where you are not going to be disturbed and you can feel safe and quiet;
- bring some objects to help you feel it is a special time for you, maybe some ancestral objects or photos;
- do some deep breathing and grounding before you do a ritual, to settle your mind and tune in to your heart and body sensations, especially if you are doing this in the middle of a busy day.

Every ritual is your own creation. Take these suggestions as a map - an outline - and make it into a ritual process that will hold meaning for you, for your situation and family. You could also do some of these rituals for others, surrounding them with the resources and support for their life (it is always best to have permission to do rituals for others).

Why would you want to do a ritual?

- to develop a feeling of ongoing support every step of the way,
- to have a deep knowing that you are not in this alone,
- receiving guidance on particular questions,
- connecting with the ancient wisdom and medicine of your lineage,
- developing the sense of deep roots wherever you are in the world,
- being strongly grounded in who you are and where you come from,
- living a life of meaning with awareness of what you pass on to future people, and more.

Experiment and discover what a ritual could do for you.



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## **Ritual 1 - Introductions**

Represent/imagine your loving and compassionate ancestors gathering around you in a circle; you are in the middle. Some of them you know well, some of them you have never met, maybe you've never met any of them, maybe they are ancestors of the distant past, the ancient ones. Look at them with gratitude for your life. Every single one of them had to be there, in that chain of life, so that you could receive your life.

Then, in your own words, introduce yourself to your ancestors. Your name, names of your parents, where you were born and where you are now. Share with them some images of your present reality. Notice how it feels to be seen like that and to engage with ancestors like this. Invite any response that might come from the ancestors. Receive and accept it. Breathe in and out and with saying thank you, step out of the circle and come back fully to yourself. Close the ritual.



## Ritual 2 - Ancestral Field

Set up your ancestral field (family tree) on the floor using little objects - stones, crystals, coffee beans, pencils, constellation cards etc. Spend some time with your back to it, feeling them all behind you, then turn around to face them and with a prayer for support and with gratitude for your life move forward into the ancestral field.

Walk slowly through it sensing with your body - where there is power and support for you in it. When you find that spot, spend some time there, allowing your body to soak up the feeling of being supported, allow images and sensations to surface.

When you feel it is enough, say thank you and leave, walking back to your own place in this lineage. Turn to face your own life, breathe in deeply to fully come back, remembering the support of those behind you.



### **Ritual 3 - Ancestresses**

Set an intention to connect and greet your ancestresses. One by one start setting them up around you in a circle represented by stones - 'you represent women of my mother's generation', 'women of my grandmothers' generation', 'women of my great grandmothers' generation' etc. Set up about 13 - 15 generations of women in a circle (one stone for each generation). Stand in the middle and one by one face women of each generation starting with your mother's. You imagine looking into their eyes, breathing deeply, opening your heart to wish them well and to receive their blessings for you. You could also say a little prayer for each generation - for example, thank you for my life, may you be well, may your family prosper. Remember your intention is to connect and greet them, rather than look at entanglements and problems. See if you could keep your heart open to each generation of women, no matter what you know or don't know about them. Connect to their strength, beauty and resilience. If you find this ritual difficult it is good information for you to keep doing this work. If you find it easy and flowing - enjoy! A good sentence is 'I accept and I receive'. When you finished whole circle close your eyes and gather all of them within you - 'I am my ancestresses' wildest dream'. To close the ritual - step out of the circle and collect the stones/objects releasing them from their roles. Thank yourself for doing this today.



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## Ritual 4 - Ancestral Support

Set your intention to gratefully connect with those ancestors who are able and willing to support you. There are so many ancestors behind us, in our lineages all the way back. There are those of them who know exactly how you feel right now, what you are going through, what you are carrying. They know it and they know how to get through and get better, how to support and hold you.

Call them in, use stones to represent them all around you in a circle, as many as you wish, as feels right. Those Who Know. And then add a second wider circle of Ancient Ancestors. They are those who have a completely different perspective on the world and its workings. Those who were here before anyone else, those who are closest to the Earth. Represent them with stones too.

Sit or stand in the middle of these two circles. Offer them gratitude for your life and share with them where you are and what is happening with you. Ask for their blessing, wisdom, strength, insights. Sing with them, meditate with them. Then experiment with joining their circles, first of Those Who Know, and then the Ancient Ones. Notice how it feels to be among them. Maybe represent one of them and look at yourself with their eyes. Come back to the middle and receive, breathe in their support for you. When it feels complete, end the ritual and put stones away.



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### **Ritual 5 - Mirror**

Looking at your reflection in the mirror, seeing your own eyes, say to yourself aloud - "Every time I look at me I see the best of my ancestors in me. Every time I look at me I see the best of my parents in me. Every time I look at me I see the best of my future in me." Feel the effect of these words in your body. Allow them to sink in fully, breathe in and notice any inner movement.

If you want, take four stones to represent each of those statements and one for yourself. Set them up in a diamond shape on a surface next to your mirror - one for you, one for 'the best of my ancestors in me', one for 'the best of my parents in me', and one for 'the best of my future in me'.

Leave them there, so that every time you notice them during the day you remember.



## Ritual 6 - Inner Child

Go inwards, find your heart centre and connect with your inner child (for me it helps to imagine the little girl of about 2 years old, I saw in photographs of myself). Check in with the child, what feelings are present, what sensations do you notice in the body? Then ask your little self - if anything was possible, what would you like/need right now to feel stronger, more connected and safe? List everything that comes up. For example it could be attention, love, play, friends, mother's hug, beauty, toy, guardian angel, mystery, wonder, etc. Add something from your adult self too.

Find a place in your home, where to set this ritual up so that it could stay there for couple of days, like a windowsill or a coffee table. With intention and prayer, choose one stone for you and one for your inner child, put them in the middle, and then one by one set up stones in a circle around those two, to represent everything on your list. As you do this, you are calling in those resources, feelings, beings, spirits to join your life, to support your inner child, to offer you strength to walk through this time with an open heart. As you set up each one of them, imagine a connection between this resource and your two stones in the middle, breathe this connection in. When you are done, notice what you feel in your body. Leave this set up here for a bit, so that every time you walk by and your eye catches it, you connect to all these resources you called in. Take a photo of this set up to have it on your phone as a reminder.



## Ritual 7 - Relationships

Take three stones and set them up on the floor. One for you, one for a relationship (you choose which one), one for a resource. First stand in your own place and tune in to your body. How does it feel to look at this relationship? How does it feel to see the resource there as well? Then step into the place of relationship. What do you feel as you look at the stone that is you? What emotions, sensations do you notice? Now, step into the place of a resource and see what that feels like. Maybe the resource could be moved to be with you or the relationship. What is the best place for it?

Explore the dynamic between you and relationship, adding the resource power where needed. Maybe use some simple sentences like 'I see you', 'Thank you', 'I am here'.

When it feels right, create a circle of stones around those three representatives, calling in the supportive powers of this world - love, compassion, wholeheartedness, courage, kindness, forgiveness, resilience, creativity etc. Spend time in this circle, in all three representatives, noticing what difference it makes to be connected with the circle around you. End when ready, close the ritual. Do this ritual with as many relationships as necessary. Let me know if you have any questions about it.



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## Ritual 8 - Birthday

Set up a timeline from now until the end of your personal year, with various stages and phases you anticipate on the way, including seasons, holidays, deadlines, wishes, plans etc. Standing in the beginning of the year, first call in your loving and compassionate ancestors, representing them in a circle around you (using stones, crystals, pebbles, or any other small objects), use your gut feeling to know how many to set up. Standing in the middle of this circle of your ancestors, imagine them all being there, arriving to your birthday celebration, greet them and introduce yourself, telling them that it is your birthday and asking, if possible, to bless you with their gifts, power and wisdom for the year ahead. Tune in, feel into it, and receive their blessings, breathing them in deeply, finding a place for them in your body and in your field. Maybe there will be messages, maybe energy, maybe just a feeling of being held safely - accept and receive with gratitude all that is coming your way. When it feels complete, with all these gifts, begin walking down the timeline. Stay tuned to what your body feels, where there are moments of strength, and where it feels a bit weaker. Use the gifts you just received to walk the timeline. Call in and represent other resources you might need on the way through the year. You are aiming for a strong supported heart-opening feeling all along the timeline. When you reach the end, look back with gratitude for everything this year is holding for you, including the unknown, the mystery and the unexpected that you are not seeing yet. Everything has a place and is welcome as long as you are well resourced and supported. When the journey is complete, close the ritual, release representatives and enjoy the rest of your day. Happy Birthday!



## Ritual 9 - Intention

Call in your loving and supportive ancestors, imagine them joining you for this practice in a circle or behind you. Set up a representative for yourself and for your wish for this month/year, noticing what happens in your body as you place them, direct them and name them. Notice what this relationship feels like at this stage. Then stand in one and then the other to represent and tune in to your place and the wish. Notice how you feel, what comes up. Maybe there is an immediate attraction or maybe no interest in each other at all.

Be witnessed by ancestors, share this dream with them, ask for their support if needed. Imagine, as you represent in each place, that you are filling up with your own divine light from within, from your heart's centre. And see the other representative being full of their own light as well. Find a way to connect, see what comes, follow the movement.

Your intention is to agree to each other, to begin to trust each other and to finally connect and maybe even merge. When it feels complete, close the ritual, thank everyone and end it.



## Note from Aleksandra

Greetings! Thank you for journeying with me and ancestors in 2020 and for being part of the community integrating rituals and ancestry into everyday life. It has been an incredible year in so many ways. I hope the rituals help you to stay grounded, connected and supported. This collection of 9 rituals is not new to you as you've seen them in the newsletters, but here they are all together and with beautiful images of our non-human friends. You could print it out and create cards for future reference.

The most powerful ritual for me this year has been the Wheel of Ancestral suffering. It helped me to deal with all the emotions that were rising in the beginning of lockdown. Realising not all of it belonged to me and having a framework to work through it helped a lot. That ritual is not included into this collection but you can find it on my youtube channel here <https://youtu.be/NzdNpgBPhf8>

I will continue to send you regular rituals and if you like please feel free to share your journeys with me. Knowing that it has an impact and a place in your life, inspires me to create more.