

ANCESTRAL RITUALS

For healing and wellbeing



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Welcome to Modern Ancestral Practice

These rituals will help you connect with your ancestors, feel more supported in life and bring healing where it is needed. Our family trees are vast and incredibly diverse spanning for thousand of years through time and space. They hold both - entanglements and resources. Rituals aim to tap into all the support and strength of the ancestral lineage and to release patterns that you might be holding for your ancestors that do not serve you well.



To set up a ritual you will need small objects like stones or oracle cards**. If you already work with a drum you are welcome to use it 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, so that you feel safe and focused.
- prepare your sacred space - light a candle, bring some ancestral objects and photos, play meaningful music.
- do some deep breathing and grounding before you do a ritual, to settle your mind and tune into 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. Set up rituals on the floor and use the whole of your body to stand in each position. For bigger circles you could also use scarfs and other markers.

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.
- to receive guidance on particular questions.
- to connect with the ancient wisdom and medicine of your lineage.
- to develop the sense of deep roots wherever you are in the world.
- to be strongly grounded in who you are and where you come from.
- to live 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.

** [Wheel of Four Directions Cards](#) work really well with all rituals offering additional information for each position.

Ritual 1 - Coping with the Festive Season

This is a ritual to acknowledge and honour the different experiences of the festive season that our ancestors and our families might have associated with it. To find a place for all of it in ourselves and to feel supported and resourced doing it.

Set up two representatives on the opposite sides of the room - one for the *Joy of the Season* and one for the *Suffering of the Season*.

Stand in the middle and choose a representative for a *Resource* to hold in your hand. It could be your guide, your guardian angel, Love or another powerful resource. Holding on to the *Resource*, slowly walk towards the representative of *Joy of the Season*.

As you stand in front of it, acknowledge it, feel into it, imagine looking into its eyes, and make a little gesture to touch it and take a little bit of it for you. If possible, bow to it to honour it. Then slowly walk to the other side, to the representative of the *Suffering of the Season*. Acknowledge it, look into its eyes, if possible bow to honour it and do not touch.

Repeat this walk between the two at least three times, noticing with every step what is happening for you, how your body is doing, what feelings and sensations come up, keep hold of the *Resource* for extra support. After several rounds, come back to the middle, and, with the support of your *Resource*, find a way to breathe in both sides and find a place for them in your body, as both belong to the story of your lineage in a variety of ways. Close the ritual with thanks to your *Resource* and all involved.



P.S. You could also do this ritual for other polarities in your lineage, for example representing *All those Ancestors who suffered* and *All those Ancestors who thrived*. Follow the ritual map in the same way as above with an intention to integrate both sides of the family, for they all hold good lessons and gifts for us.

Ritual 2 - Gifts and Ancestral Wounds

The intention of this ritual is to see what loyalties (wounds) you might be holding for your ancestors that are preventing you from fully stepping into your gifts. Acknowledge them and invite resources to help you heal.

You will need four stones (or small objects, or Wheel of Four Directions Cards). Use them to represent *You, Your Gift, Your Ancestral Wound* that is holding you back, and keep one stone for later. Notice how you set them up. What is the relationship between the three of them?

Stand in each representative, using your whole body. Notice what comes up. Use simple sentences to acknowledge what is: 'I see you', 'I honour you', 'Thank you for your role', 'Thank you for protecting me'. Make movements and adjustments based on what comes up.

Then tune in to the field and ask what is needed here. Use the fourth stone to represent what is needed - a *Resource*. Find a place for it. Notice what changes, what movement comes. See and acknowledge what is, honour the cost of the gift and invite movement.

You might want to take it one step further and bring in the *Ancestors who support your gift* and the *Ancestors who hold the same wound*. Notice what changes.

End the ritual when it feels right and do it as many times as you are called.



Ritual 3 - Ancestral Support in Times of Change

Do this ritual for any transition time: changing seasons; change in health; moving houses, countries, jobs; finding a partner or becoming single; becoming a parent or a pet owner. In this ritual you are calling in those ancestors from your long lineage who know how to go through a transition in a good way and are willing to support you through it.

Choose a stone to represent your transition and set it up giving it a name – e.g. *'this small stone represents my move to a new country.'* Stand in it, representing the transition (have this small stone between your feet). Tune into your body sensations, see what shows up. How does this transition feel like in this moment?

Then one by one set up your ancestors in a circle around the transition. Feel into how many is right, maybe five, maybe fifteen. Stand, representing each ancestor one after another. Feel into each place, sensing what kind of advice, support, blessings, wishes would emerge from the depth of this ancestor's wisdom, as they look towards the transition in the middle. Still representing an ancestor, choose a stone to be these blessings and support and put it in front of you, around the transition.

So, by the end of this, you will have another inner circle around the transition, representing support and wisdom of each ancestor for you in this time. Once you have represented all the ancestors, stand back in the middle, representing the transition and look at all the support given to you. Receive it with gratitude and feel into the place of transition now. Close the ritual when you feel stronger and more rooted in your transition.

Ritual 4 - Ancestral Entanglements

Similar to the Ancestral Wound ritual above, here your intention is to recognise how things that were life and death situations for your ancestors are still holding you back now even though times have changed considerably.

Set up a stone to represent you, and a stone to represent the *ancestress for whom it was dangerous and impossible to be fully herself*. Stand in your place, dropping into your body, tuning into what comes up for you as you face this ancestress. Maybe, you will have a sense that there is more than one of them, maybe there will be some recognition, feelings or sensations in the body. Address her with simple sentences, telling her who you are, where you are and that you speak to her all the way from the 21st century. 'Even though I don't know you, I have the same fear to be myself', 'I honour your fear in me' etc.

Step into her place, become her representative, see what comes up. When I did this ritual, the ancestress was surprised by the year I was talking from, and then very sad that with all the freedom available to me, I was still holding on to the same fear as her. She took it back from me. I did this in the woods, and as I was standing as an ancestress a beautiful butterfly landed right by my feet. I took it as good sign.

See what comes up and use simple sentences. Then step out and invite the resources (love, freedom, angels, mother earth, ancient ones etc) to stand in a circle around the ancestress, representing them with stones. Step back into her place to feel the change when she is fully supported in her power.

Then step back to your own place. Thank her for your life. See what else might be needed.

Close the ritual.



Ritual 5 - Working with Fear

The intention for this ritual is not to get rid of fear, but to release its power over you, to neutralise and harmonise your relationship with it.

Set up a circle of your ancestors, calling in wise, loving, compassionate ancestors who are able and willing to support you in this ritual as you work with your fear.

In the middle of the circle, set up representatives for *Yourself* and for the *Fear*. Be specific about what fear you are representing. Stand in your own place, tuning into your body sensations, as you become aware of the ancestral circle and the representative of *Fear* in front of you. See what feelings show up. Use simple sentences to acknowledge what is.

Then stand in the place of *Fear*, being very clear to represent it rather than think about it. From this place look at your own representative. What do you feel? Look at the ancestors around you. Maybe there will be a sensation of recognising one of them. Notice if there is any movement arising and follow it. Use simple sentences to acknowledge what is: 'I see you', 'I give you a place', 'Thank you'.

Step out and add a representative for *the Root of the Fear*, where it really belongs. It could be an event, a person, or a part of you, like your inner child. You don't need to know what it is. Stand in to represent it. Notice what comes up. Use sentences and movement.

Still representing that *Root of Fear*, step in to join the circle of ancestors. Stand among them, receiving their embrace, wisdom and insights. Leave the representative there and come back to stand as yourself. See what changes for you when you look at the *Fear* now. Again use sentences and movement if it feels right. Continue stepping in and out of the circle of ancestors. When you feel it is enough, close the ritual, thanking the ancestors and yourself for doing the work. Rest.

Ritual 6 - Overwhelm and Loneliness

When it gets too much or too lonely take five stones, set them up in a circle with one in the middle for you. Stand there, close your eyes and call in your ancestors. Two from paternal line and two from maternal line. You don't need to know them or have met them. They could be from a distant past or somebody you know well. Imagine them coming to stand around you, represented by stones. Look into their eyes, see their smiles, feel their presence. Open your heart and share what is too much, how lonely it feels right now.

Then step into each place and represent that ancestor. Look at yourself with their eyes. Feel the support they are offering. Feel the love and compassion they hold for you - their descendant. As an ancestor, what do you feel when you look at your descendant? What gift are you offering?

In that way you have four different places to explore, to feel into, to receive support from. At the end come back to the centre, receive all that has been offered with gratitude, feel seen and heard and held safely by those who are able and willing to do it. Breathe them in, they are all already a part of you, in your bones, in your DNA, in your body you hold them.

Close the ritual.





Ritual 7 - Money and Ancestors

Use stones to represent *You* and *Money* (if you have the Wheel of Four Directions Cards use them to represent and get additional info). Set them up and explore what it feels like to stand in *Your* place and to stand in the *Money* place. Notice how your body is doing. Experiment with distance and direction. Use simple sentences to name what is. Notice what thoughts come up about money and if there is any resistance around it. Stay curious.

Then add several stones to represent *Those Ancestors Who Had Poor Relationship with Money* (for whatever reason). Again standing in the place of *You* and *Money* explore what has changed. If needed, add more stones to represent resources for the ancestors, for you and for money.

Then add several stones for *Those Ancestors Who Had Good Relationship with Money*. Continue to explore what difference they bring to *You* and *Money*. Use simple sentences to acknowledge your ancestors, to stand with them, to ask them to teach you and guide you.

In the ritual make sure to put on hold interpretations, judgements and projections you might have about yourself, money or your ancestors. Stay with your body sensations and feelings, noticing any shifts with every movement.

When you feel it is enough, close the ritual and release the representatives.



Modern Ancestral Practice is a MAP for your personal journey within your lineage. It combines elements of Systemic Ritual, Family Constellations, meditation, shamanism and psychology. It aims to support you in finding the incredible resources and love of your ancestors, as well as healing and release from some family dynamics and loyalties.

I hope these rituals help you stay grounded, connected and supported. They are some of many that I send out in my weekly emails, which you are very welcome to subscribe to if you haven't already.

There are more resources available on my website and social media. I also run live rituals on Zoom regularly and create specially designed rituals for any situation on request.

I am always happy to hear about your journey with this work. You can write to me on asconstellations@gmail.com or message me on social media.

facebook: [A.S. Systemic Family Constellations and Rituals](#)

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