

Ancestral Healing



Why I Tried It:

About six months before my eldest son passed away, I researched my ancestral line and discovered that I had great-great-grandparents who'd lost their eldest son when he was 12 years old. I discovered that this child had died after hitting his head on a diving board. My great-great-grandparents had no chance to save him or say goodbye. I was extremely shaken by this news.

"Why didn't anyone in the family talk about it?" I asked my father.

He shrugged. "People didn't talk about those kinds of things back then."

Granted, few of us know our ancestors' names (much less their problems), but I was still surprised to hear that my family had suffered such a traumatic loss, and I was upset that the child's name and history had never been passed down. It was only six months after learning this information that my eldest son went to sleep one night and didn't wake up. We, too, had no chance to save him or say goodbye.

I immediately concluded that I had a cycle of loss in my family that had made its way to me. I didn't know much about "energy" at the time or how, like genes and chromosomes, trauma can get passed down in families, but I was anxious to learn and do whatever I could to ensure that no one in my family line ever lost a child again.

My First Ancestral Healing Experience:

A friend recommended a diviner who facilitates a type of ancestral healing that she calls “ancestral cleansing.” This diviner works with elders on the other side of the world who conduct rituals that “cleanse” and “purify” the spirits of family members who pass on. The purpose of such rituals is to help loved ones’ spirits heal from their experience in this physical world so they can transition more easily to the next. The diviner also told me that these rituals wash away negative and unresolved energies in family lines to prevent them from getting passed down into the future.

As ludicrous as this concept may sound to many Western minds, it somehow made perfect sense to me. I would do anything to prevent another tragedy in my family line and to help my son’s spirit heal and soar, so why not this?

So, the diviner and her elders conducted a three-day ritual on behalf of my son and our family line. While they did their magic at their end, I was tasked with making a few simple offerings of water and milk at a tree, taking an “ash” bath before going to sleep, and reporting back the dreams I had at night. At night while I slept, the elders and the diviner spoke to my ancestors’ spirits to learn their stories and clean them up.

At first, I wondered whether it was all wishful thinking, but I couldn’t deny that something very mystical was happening when my dog started shaking, the electricity in my house began glitching, and my dreams became so vivid that I felt as if I were working alongside the diviner and elders all night long and communicating between worlds.

The Benefits:

The goal of ancestral healing work is to identify and work through painful cycles and wounds impacting our lives so that we heal not only our own souls but those of our entire family line—forward and backward (apparently for seven generations!). This type of work is conducted at the spirit level, which is subconscious and often too difficult for the human mind to comprehend. The bottom line is that we will all be ancestors one day and it won't be just our genes that we pass on, but our talents and traumas. Don't we want to pass on our best selves and do whatever we can to help our families thrive moving forward?

Personal Results:

I never want another member of my family to lose a child, so I'm willing to explore alternative belief systems and take extreme measures to make sure the cycle stops with me. As difficult as it was for me to wrap my mind around working with a shaman and partaking in ancestral cleansing rituals, I was curious to see what might happen and figured I had nothing to lose. The first result I didn't expect was that I learned so much about my ancestors that I later verified to be true. I got the sense that the elders really were talking to spirits and working in a different dimension. The more I cleansed different parts of my family line, the more family secrets and dark energy got exposed. Once they were recognized, they could be cleansed and healed. As the shaman served as a liaison between me, my ancestors, and the elders conducting the actual cleansing, I felt more at peace knowing that my entire family line might be in a better place for generations to come because of my intentions and efforts.

Some Tips:

If this healing modality fails to resonate with a single cell in your body, simply toss it aside and move on. But if you're curious about knowing more, you can start the process by identifying cycles in your own family that you'd like to end. Whether it's abuse, abandonment, sexual trauma, addiction, loss, or any other kind of difficult and repeating challenge in your life, once you get honest about challenging cycles in your life that you want to stop, this healing modality can shine new light on them and help clean them up.

Want to Try?

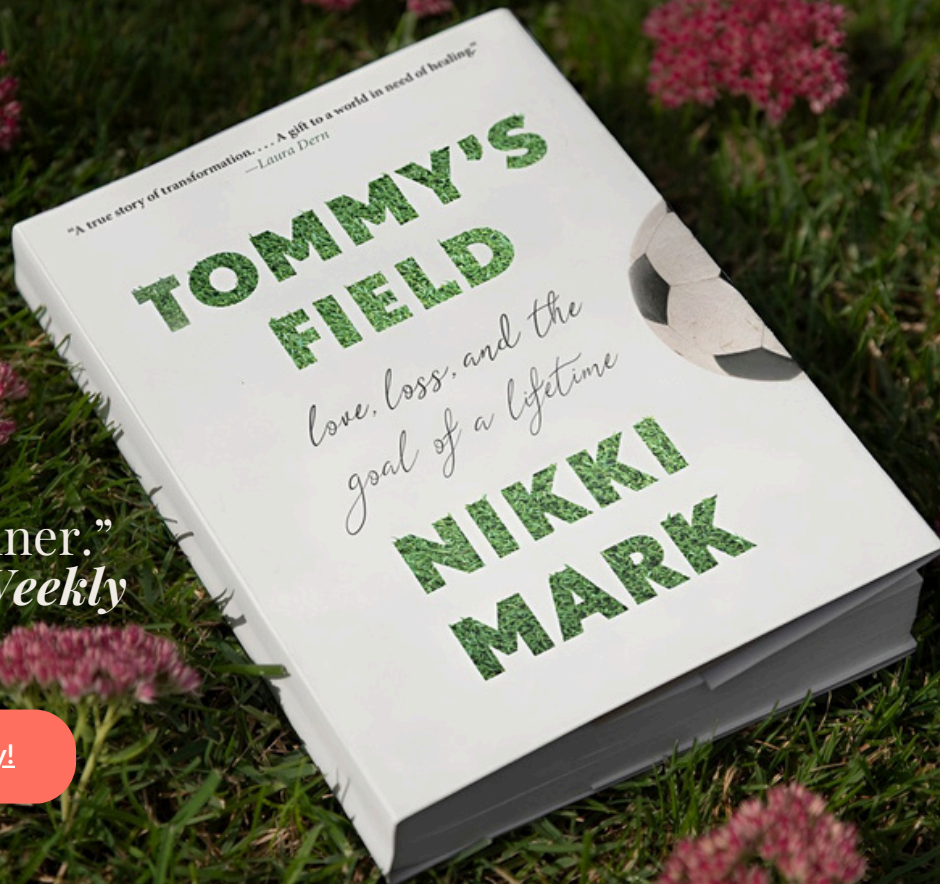
If your soul is excited about the possibilities of this kind of healing, just imagine how your ancestors feel! There is something to learn from every experience, and I can say with confidence that if you are truly open to it, this one will not disappoint. It may take some time and effort to find shamans and mystics who specialize in this kind of ancestral work—but like most things in life, if you make your intentions clear, a pathway will open up, and people you trust will help you find your way. I recently read a book called *Ancestral Medicine*, which is one place to start if you want to learn more. You can also follow diviner Michelle Metz on instagram [@dagara.ancestral.knowledge](https://www.instagram.com/dagara.ancestral.knowledge) to learn about her experience working with elders in Africa who cleanse family lines to help heal old wounds.

Top Takeaway:

Many of us have painful cycles in our lineage that operate subconsciously and impact entire family lines. Once we identify and explore these cycles, we can cleanse the negative energies and heal for the benefit of all of our family members. There are different types of ancestral healing techniques to support us. Ancestral cleansing is the deepest and most powerful one I have found. Only your own soul will know if it's for you!



Sometimes what brings us the most pain can be the very source of our greatest inspiration.



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In 2018, Nikki Mark's twelve-year-old son Tommy went to sleep one night and never woke up. Devastated, Nikki embarked on an unconventional journey to honor Tommy by building his legacy and healing her heart. From raising over \$1,000,000 to build an athletic field in Tommy's name, to taking on big city politics, to exploring alternative healing modalities from meditation to mushrooms, Nikki now shares her intimate story of navigating grief with love and action – and a little coaching from beyond.



NIKKI MARK formerly developed and led operations for music, hospitality and sports team start-ups. She is the Founder of the [TM23 Foundation](#), which opened the first Tommy's Field in 2021, the second one in 2023—and now has a third field in the planning stages. Her weekly articles, alternative healing toolkit, and free resources can be found at [Nikkimark.com](#). She lives in Los Angeles with her husband, son, and dog Ginger.

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