

# Ancestral Healing

## *Why I Tried It:*

Approximately six months before my son passed away, right before his 13th Birthday, I researched my ancestral line and discovered that I had great-great-grandparents who had lost a son at 12 years old. Apparently their son hit his head and died. No warning. No 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 really know our ancestors names, much less their problems, but I was still surprised to hear of such a traumatic loss in my family and was saddened that the child’s name had not been passed down. When my son unexpectedly passed away at 12 years old, I immediately sensed his passing was not some random mistake but part of a family cycle. I didn’t know how energy works at the time or how it can get passed down in families like genes and chromosomes, but I was anxious to find out.

## *My First Experience:*

A friend recommended a diviner who facilitates “ancestral cleansing” rituals. “Other cultures conduct rituals to cleanse the spirits of family members who pass on,” she told me. “The purpose is not only to help the spirits of loved ones heal and transition, but also to wash away negative and unresolved energies in the entire family line and prevent them from getting passed down in 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 help my son’s spirit heal and soar, so why not this? The effort on my part included a few days of simple rituals, like non-religious prayers and some type of offering at a tree. At night while I slept, the diviner talked to the spirits of my ancestors and learned more about their stories before cleaning them up. I wondered if it was all wishful thinking, but couldn’t deny something very mystical was happening: my dog started shaking, the electricity began glitching, and my dreams at night became so vivid during the ritual that I felt like I was working alongside the diviner and communicating between worlds.



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## *The Benefits:*

The idea behind ancestral healing is that by recognizing and identifying painful cycles in our lives and setting intentions to end them once and for all, we have the potential to heal not only our own souls, but also our entire family line - forwards and backwards (apparently for 7 generations!). This awareness can be enough to inspire us to seek the support we need to break negative habits and heal family wounds. We will all be ancestors one day: don't we want to break challenging habits and cycles and pass on our best selves? The actual practice of ancestral cleansing goes one step beyond ancestral clearing by "washing and cleansing" any negative energies that may be contributing to painful cycles in our families that other forms of therapy can't address.

## *Personal Results:*

I never want another member of my family to lose a child, and am willing to take extreme measures to make sure the cycle stops with me. I felt extremely protected through each ritual. I learned a lot about my family line, the transfer of energy and the consequences of our actions on generations of family members. And not only did I find the entire process fascinating, enlightening and spiritually fun, but I'm also filled with peace knowing that my entire family line might be in a better place for a long time to come because of my efforts.

## *Some Tips:*

If this healing modality sounds absurd and doesn't resonate with a single cell in your body, toss it aside and move on. If you're curious about knowing more, start by identifying cycles you wish to end in your own family. Maybe it's abuse. Abandonment. Sexual trauma. Addiction. Even emotional repression or spiritual bypassing. Whatever it is, we are more likely to commit to healing when doing so benefits both our own lives and something much greater than ourselves. Examine your family line and repeating patterns. Get to know your ancestors. Read up on "ancestral clearing" methods. You will start to better understand where some challenges in your life stem from, and feel liberated knowing that when you begin to heal, so does your entire family and future generations.





*Want to Try?:*

If your soul gets excited about the possibilities, 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 work which goes beyond the very powerful modality of “ancestral clearing,” but like most things in life, if you put your intentions toward it by researching and asking around, it will manifest for you. Be open to different approaches and explore what resonates with you. If you need support navigating or want to learn more, reach out to me and I will do my best to help you find your way.

*Top Takeaway:*



Many of us have painful cycles in our lineage that operate subconsciously. When we wake up and see them, we can begin to break them for the benefit of ourselves and family members down the line. There are different types of ancestral healing techniques to support us. Ancestral cleansing is the deepest and most powerful one that I have found. Only your own soul will know if it’s for you!

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