



# Ancestral Healing

## What is Ancestral Healing?

Ancestral healing is a healing technique that resolves or heals traumas, dysfunction or resolved issues or even hereditary diseases passed down through the ancestors or to say the family lineage. Healing the family lineage not only heals the ancestors and present generation but also the future generations. It acknowledges and even research proves that our ancestors' experiences, whether of joy or pain, can imprint themselves energetically, emotionally, and even genetically upon us through the DNA. Through this healing practice, we connect with our lineage to heal past wounds, reclaim inherited wisdom, and create a life rooted in empowerment and freedom.



For example trauma faced by ancestors because of partition, natural calamity, murder, suicide, limiting beliefs about money or relationships, incest or dysfunction in the family system can be energetically passed on to the later generations. Only a member of the family can heal the ancestors so to say blood lineage is important in this modality. Though adopted kids can also do it as they also become a part of the family after adoption.

I often describe ancestral healing as a conversation across time. It's an opportunity to meet both the good and the bad of the past, understand their influence on the present, and choose a new path for the future. Only after awareness can we heal our life so knowing the source of the problem helps. We heal the bad that is trauma and dysfunction and further integrate the good which comes in the form of resource, wisdom. It's not only about healing trauma but it's also about awareness and recognizing our ancestors, honouring the sacrifices of those who came before and recognizing how they shaped who we are today. Along with family resources and wisdom the dysfunction and the trauma of the ancestors are also passed down. When we heal the ancestral lineage we can heal the dysfunctions, trauma, limiting beliefs, diseases in lineage, negative cycle of relationship issues as well as money issues in the family. What served us 50 years back may not be serving us today! Healing the past can free us from the past for a new beginning. Many diseases which run in families can also be healed through Ancestral Healing.

## Signs You Might Benefit from Ancestral Healing

Certain patterns and experiences may indicate that ancestral healing could be beneficial. These signs include:

- **Recurring Patterns:** Struggling with vicious circle of repeated issues, such as financial instability or bankruptcy, unhealthy relationships or divorces, or health conditions or diseases that seems to "run in the family" or to say appears hereditary.
- **Emotional Turmoil:** Feeling unexplained or excessive emotional distress of grief, anxiety, or guilt that is disproportionate to the life condition or personal experiences. As at times emotions are also passed down the family lineage through DNA.
- **Family Secrets or Silences:** A sense that hidden family histories or taboos are influencing your life. For e.g murders, abortions, suicides in the family which is a secret. Even in some family's members are excluded or not spoken about if they have committed a crime or are mentally unstable. Family secrets and forgotten family members make their presence felt by presenting itself as a form of dysfunction in the family. Through ancestral healing we release the energies of dysfunction or imbalance from the family lineage.
- **Feeling of Disconnection :** Feeling like an outsider in the family or not getting along with family members.
- **Dreams or Intuitions About Ancestors:** Recurring dreams about parents or ancestors who are no more in body. As it indicates something which is unfinished has to be resolved.

## Integrating Ancestral Wisdom

Ancestral healing focuses on addressing pain and trauma, however its also about reclaiming the qualities and wisdom embedded in your lineage. Ancestors along with physical inheritance often leave behind intangible things for e.g talents, resilience, or spiritual practices, wisdom, knowledge etc that we can tap into. That's why see in many communities skill is also passed down the lineage. For instance:

- You may inherit a strong work ethic from a grandparent who overcame adversity.
- Artistic talents or a deep connection to nature might be rooted in your lineage.
- If any of the human quality you feel you want more like empathy, wisdom, knowledge etc through Ancestral Healing you can call upon the qualities from your ancestors and integrate it to the present day you!

Ancestral healing is about balance and empowerment. Its also about letting go of what no longer serves you while integrating resources.

## Self Work for Your Ancestral Healing Journey

### 1. Create a Sacred Space

Create a sacred space for example an altar with family photos of ancestors, heirlooms, or symbolic items is a way to honour the ancestors and as well remember them.

### 2. Start with Gratitude

Begin with gratitude for your lineage. Even if your relationship with your family or heritage is complicated, acknowledging that you exist because of those who came before is a powerful starting point.

### 3. Research Your Ancestry

Explore your family history through conversations as understanding your heritage can offer valuable insights into inherited patterns. Though research about ancestors is not a must as ancestral healing is effective even for orphans who have no knowledge of their ancestors as the healing is energetic

### 4. Engage in Healing Practices

Work with practices like:

- **Meditation:** Guided visualizations to connect with your ancestors.
- **Energy Healing:** Techniques like Reiki to clear inherited energetic blockages.
- **Rituals:** Ceremonies or offerings to honour your ancestors and seek their guidance.

### 5. Seek Support- Working with Therapist/Healer

Working with a healer or therapist can support and fasten your healing journey. Therapies like family constellations, past life regression therapy or shamanic healing especially supports ancestral healing.

### 6. Journal and Reflect

Keep a journal to document your insights, dreams, and experiences. Writing allows you to process and integrate the lessons you uncover.

## Common pitfalls in Ancestral Healing

Ancestral healing is intense and some challenges you might encounter include:

- **Resistance:** Feelings of denial or fear about uncovering painful truths.
- **Grief:** Mourning the losses or unhealed pain of your ancestors.
- **Overwhelm:** hidden family stories or patterns may come to light

Like most healing processes ancestral healing also requires patience and compassion, as at times the process unfolds in layers and might require couple of sessions.

## Outcome of Ancestral Healing

You not only transform your life but also contribute to healing your family and community. By breaking the entanglements which run through generations, you pave the way for healthier, more empowered and healed lives for future generations to come.

Ancestral healing has the potential to address collective traumas of a family experienced in events like partition, relocation, natural calamity etc and freeing the later generations from its after effect. Trauma may also be generational being passed through the lineage along with resources and material inheritance. As more individuals engage in this work, it can contribute to a world that honors the wisdom of the past while embracing the possibilities of the future.

### Examples of Ancestral Healing in my experience

- Hurdles in professional growth of a female client because of family belief of "House is not run with earnings of female members.
- Ancestral house which was in litigation for years being sold.
- Resolution of relationship between parent and daughter as one of the parents was entangled with an ancestor.
- Resolution of relationship between couples by healing the relationship of parents. As because of deep love for our parents at times not always if relationship between parents were not healthy the offspring carries the same pattern.
- Son getting into jail in a foreign country

## Closing Reflections: A Journey of Love and Liberation

Ancestral healing is a journey of love—love for yourself, your ancestors, and the generations yet to come. It's about liberation from the unseen and unknown trauma/dysfunction or to say chains of the past and stepping into a life of conscious creation. We can release entanglements from past by ancestral healing.

As a healer, I have seen the profound shifts that ancestral healing brings: families reconnecting, individuals finding clarity and purpose, relationships getting better, ancestral land and house which were stuck getting sold and lives transformed by the reclamation of their roots. If you feel called to this work, trust that your ancestors are ready to meet you halfway, offering their guidance and support. Our ancestors are always with us supporting us with their wisdom and guidance.

Your healing is their healing, and together, you can create a legacy of light, love, and empowerment for present as well as future generations. Trauma is mostly generational when we heal ourselves we break the pattern of passing it to our future generations.

## Ancestral Healing at Antaratma Happiness

Experience Ancestral Healing at **Antaratma Happiness**:

- One-on-One Sessions
- Description of personalized in-person or online sessions.
- Duration and process overview: **60-90 minute session**
- Booking options: [Book a Free Consultation](#)

# FAQs about Ancestral Healing

- ▶ Why should one do ancestral healing?
- ▶ When to go for ancestral healing?
- ▶ Can ancestral healing help with physical ailments?
- ▶ How important is knowing family history to practice ancestral healing?
- ▶ What happens during an ancestral healing session?
- ▶ Can I perform ancestral healing on my own?
- ▶ How long does ancestral healing take?
- ▶ What are the benefits of ancestral healing?
- ▶ Can any one member of the family do ancestral healing for the entire family?

If you are interested in Ancestral Healing, Call us on [9742089992](tel:9742089992) & Email Us : [info@antaratmahappiness.com](mailto:info@antaratmahappiness.com)



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