



**ELEVATING
YOUR
ANCESTORS
JOURNAL &
GUIDEBOOK**



DAY 5
GRADUATING
THE EARTH
GUARDIANS

DAY 5

AFFIRMATIONS

- I have the power to shape my ideal reality
- I create the life I desire with my good feelings
- Everything is always working out well for me
- When I feel happy I manifest more reasons to be happy
- I am willing to be happy now
- I accept that happiness is my true nature
- I am worthy of feeling happy
- My happiness comes from within me
- I create my happiness by accepting every part of myself with unconditional love
- Joy is the essence of my being
- I see so many positives in my life
- I am constantly creating everything my heart desires
- I experience joy in everything I do
- I feel happy with myself as a person
- I give myself permission to enjoy myself
- I allow myself to feel good
- The life I've always dreamed of is created by my choice to be joyful now
- Following my joy reveals the path to my best life
- My choice to be happy keeps me in perfect health
- The happiness I feel is felt by everyone around me

PRAYER ONE

My uplifted Ancestors, guides, fierce protectors, and skilled healers. Please stand with me **[say your name]**, child of **[beloved parents names]**. Be with me at this moment, and guide me along my road with a cool head and a clear mind.

I am root of your root, soil of your soil, bone of your bone, and blood of your blood.

When you were born, The earth became your body, The stone became your bone,
The sea became your blood, The sun became your eye, The moon became your mind,
The wind became your breath.

When you passed to the Ancestral Realm, Your breath became the wind, Your mind became the moon,
Your eye became the sun, Your blood became the sea, Your bone became the stone,
Your body became the earth.

Cover me and protect me as I walk this path to be the family interceder petitioning on behalf of all of my bloodline both living in the body and living in the spirit.

May we be released of all negative and misaligned or toxic energy. Assist me in guiding our family both living in the body and living in spirit to release feelings of envy, greed, jealousy, grief, bitterness, hatred, anger, and disease.

Cover me with love, cloak me with goodness and joy, bring me to the remembrance of my peace and prosperity. Let no harm or confusion come to me during this day or any day hereof as I act as a portal for our lost bloodline.

May they have forgiveness in their heart, and may I have forgiveness in my heart.
May they have peace, and may I have peace!

May they have healing in their heart. May I have healing in my heart.
May they have understanding, and may they evolve and heal the karmic residue of their forgotten path.

May I have understanding, May I evolve in my spirit.

May I be in remembrance always of my path and may I always be aligned with what **[Insert what you call God Energy]** has ordained for me.

May I be in remembrance of what my higher self has witnessed on this journey through my living.

May I be in remembrance to uphold my ancestors so that I may evolve and be uplifted!
I have not forgotten my commitment to our lineage, and I vow never to forget.

[Close how you close your prayers]

PRAAYER TWO

Holy Guardians who chose to stay here to assist the bloodline and humanity. I thank you for caring for my life. Thank you for assisting me in my prayers. I am so grateful that you have supported me in my efforts for a better life. You are always there when I need you!

I say an immense thank you from the bottom of my heart!

Blessed are you, for staying on this Earth to take care of me and other humans. Now I offer you rest. An opportunity for you to move on to another new beginning.

You took care of me, you took care of the family, and you never abandoned me, even when I didn't know you were there.

Thank you for assisting me day and night. Thank you for coming into my dreams and giving me messages. Thank you for your subtle touches, and the things you do to let me know that you are ever-present.

I give you thanks for what you have already done for me, and I ask you to continue to protect me from a higher place. You can still be my help in my needs, my consolation in my sorrows, my support in my discouragements, defend me against the enemies of my destiny, and remove me from anything that may lead me to misalignment!

I light this candle for you to shine a light on the path to elevation! I offer this water to you to cool you on your journey.

Thank you once again and I will sing and celebrate as you go to the light and reconnect with the Divine Source and your eternal family.

[close prayer]