



**ELEVATING
YOUR
ANCESTORS
JOURNAL &
GUIDEBOOK**



DAY 3
UNFINISHED
BUSINESS

UNFINISHED BUSINESS

Unfinished Business is defined as something that a person needs to deal with or work on: something that has not yet been done, dealt with, or completed. As humans, we have an innate need to complete meaningful tasks in our lives.

Anything that is not whole will drive us to completion. Sometimes this very need to complete things can cause suffering if we can't find a way to bring something into wholeness.

Unfinished business, unresolved issues, emotional baggage, irreconcilable differences, and misunderstandings, can create feelings of anxiety and emptiness. It can leave us feeling like there's something missing, something unfinished or incomplete in our relationship.

When we feel incomplete, there is a gnawing sense that something is not okay and we don't feel a sense of ease, trust, and connection with others, ourselves, or the universe in general.

Unfinished business can range from minor tasks such as finishing an assignment, to major life events like going through a grieving process. It is not always possible to complete unfinished business. However, finding some form of resolution can help reduce the chances of becoming stuck with unresolved issues. These can translate to increased psychological distress and physical illness.

When completion is avoided, it may lead to symptoms such as lack of satisfaction, withdrawing from others, turning impulses inwards, and denying ourselves psychological support. On the other hand, unfinished business can bring certain tensions, which drive us toward completion.

Incomplete tasks often take up more psychological space than completed tasks. Unfinished business that is not addressed can become very overwhelming and the only option one would see is by ignoring or running away from it.

UNFINISHED BUSINESS

Here are some quick tips to move on from unfinished business:

Rest

This may seem like weird advice when you have things that you need to complete. However, many times we don't finish tasks because we are simply overloaded and exhausted. If you find that you start things but don't finish them, rest more, take time for self-care, and re-evaluate the things you have going on in your life.

Just Do It

We have 6 higher faculties and one of them is will. Many times we have just practiced procrastination so much that we have developed habits that prohibit us from finishing necessary tasks! In order to work past this, we must push past our paradigm and retrain the body to do something different.

Learn and move on

Sometimes we start things that we never really had any business starting at all. Maybe we were in over our heads like we eagerly started training for a marathon without trying a 5-mile run first. Or you say that you want to become an artist, but upon reflection, you come to realize it was just an infatuation, not a real-life goal at all. Evaluate why you want what you want and determine if you need to let go.

Have a Conversation

If your unfinished business involved another person, acknowledge to that person that you feel there is an incompleteness. State your intention in having the conversation. It should be something that will ultimately benefit you both. Just don't let the feelings fester. Even if the person doesn't want to complete the journey with you, you can feel good that you spoke up and you can move forward without regret.

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DAY 3 JOURNAL PROMPTS

What projects have I started
that I need to finish?

What projects have I finished
that I need to let go?

Is there anyone I need to
reach out to so that we can
resolve some issues?

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]

AFFIRMATIONS FOR UNFINISHED BUSINESS

- I am grounded, focused, and attentive.
- I am equipped with all the tools I need to complete the task in front of me.
- I have the ability to focus on what needs to get done.
- By taking care of this present moment, I set myself up for a beautiful future.
- I can accomplish everything that needs to get done today.
- I allow myself to focus on one small step at a time.
- Every small step I take makes a big difference.
- I am competent, committed, and consistent.
- I can do *anything* I set my mind to.
- I am positive, proactive, and productive.
- By finishing my tasks now, I give my future self the gift of freedom.
- Every act of discipline creates more freedom for my future.
- My future self will thank me for all that I'm doing right now.
- Everything I do today leads me to a better tomorrow.
- I release negative thoughts and choose to approach each task with confidence and positivity.
- I take care of the future by taking care of the present moment.
- I can accomplish anything I focus on.

PRAAYER THREE

Beloved Spirit of the Divine, I AM [say your name], Daughter of [say your parents' name]. This night, I am a spirit guide to my ancestors and elders. Hear me, all ancestors still remaining on this earth plane that are stuck here because you have unfinished business.

I can relate to how it feels to not have an opportunity to finish something that you wanted to finish. I know in your eternal life you can see fully the things that you missed out on.

But it is time for you to move on to the light. If you move on, you can have the opportunity to receive a new body and reincarnate to finish what you have missed.

If your tasks are that of love, light, or joy. I offer myself as a tool for you to finish your business. Come to me in my dreams, speak to me through my mind's eye and I will help you. I will share messages of love, I will tell the family of missing papers, I will operate as your light in this world.

If your unfinished business is of toxic or misaligned energy, I ask that you release any regret, let go of all attachments, and decide on this day to start new. Your suffering and revenge only cause more suffering for yourself and your bloodline.

The family wishes to be reunited with you. The divine oneness calls you home. If you are willing to release I have lit this candle for you to see your way home, and I have poured this water to cool you on your journey.

Do you see the light, do you see the family, do you see the divine oneness. Go there, be at peace, become a guide to help others finish and accomplish their divine purpose. the Earth wishes you to go home, the universe wishes you to go home, and I wish you peace and love!

Go to the light and be reborn this day.

[close prayer]