



**ELEVATING  
YOUR  
ANCESTORS  
JOURNAL &  
GUIDEBOOK**



**DAY 2**  
**ELEVATING**  
**ANGER**

# ANGER

## Move From Anger to Equanimity in 10 Steps

Is it possible to maintain composure and tranquility when everything around you is chaotic? Equanimity is the opposite of what most of us experience each day. It's the ability to remain calm and composed at all times.

Add peace and composure to your life:

1. All emotions begin with a thought. This is in contrast to what many people believe. It's common to believe that something bad happens first, and then we feel bad. But we can remember past experiences and feel bad. We can look forward to the future and feel excited.

·Recognize that your thoughts create your emotional states.

2. Maintain an awareness of your thoughts. Keep track of what you're thinking. You're not your thoughts. You're the thing that notices what you're thinking. When you begin to have negative thoughts, it's important to recognize that fact. Avoid allowing your emotions to build. Simply notice that you're thinking negatively.

# ANGER

3. Examine your thoughts without being judgmental. This is noticing your thoughts but on a deeper level. Develop a curiosity about your thoughts and thinking patterns. Ask yourself why you're having this thought. Be amused by the ways in which your mind works.

4. Focus on your breathing. There's nothing mystical about the breath. But it has several characteristics that are helpful:

- Your breath is always with you.

- Breathing is one of the few bodily functions that you can control.

- The way you breathe impacts your physiology.

- Breathing is current and real. You can focus on it. Your mind in the present moment and dealing with reality.

- Focusing on your breath will prevent your mind from running wild. It will calm your emotions and your body.

5. Let go. It's that simple. You don't have to allow yourself to become upset. Just take a deep breath, let it out, and let go of the negative feelings and energy inside of you. Relax.

# ANGER

6. Practice. If the sight of your ex sends you into a rage, imagine seeing them without this rage. Run through the process in the comfort and privacy of your home. The more you practice, the easier it will be to take back control of your emotions.

·Strong emotions are very distracting. It's not reasonable to believe you can control yourself in the most challenging situations, but practice will help you maintain equanimity most of the time.

7. Focus on solutions. Getting upset doesn't create the best mental state for finding solutions. And equanimity doesn't mean being happy and satisfied with leaving dog poop on the carpet. Deal with the situation appropriately, but avoid experiencing the emotions that impede your ability to function optimally. Working on a solution is much more effective than worrying.

8. Meditate daily. If you're following these steps, you're already meditating. Focus on your breath, notice your thoughts, and bring your attention back to your breath. Let go of any negative emotions. Most meditative practices follow this general format.

# ANGER

9. Be mindful. Keep your thoughts centered on your current activity or your environment. If you're having a conversation, stay focused on the other person. With 100% mindfulness, equanimity is all but guaranteed.

10. When you're feeling calm and centered, attempt to maintain it. Notice how good you feel. That's the feeling you want to maintain. When you start to drift away from that state, attempt to bring yourself back.

Maintaining a state of equanimity is very challenging. You'll find that your success will come most easily in mildly irritating situations, like waiting in line. As your skill grows, you can conquer situations that are more challenging. If you're actively living your life, total equanimity is an incredible challenge. But even a little will greatly benefit your life.

# DAY 2 JOURNAL

## PROMPTS

1. How can I ensure that I am expressing my anger appropriately?
2. How do I let others know they have made me angry?
3. What can I do to be more open about my feelings?

# 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]**



# PRAYER TWO

Everlasting Divine Spirit, your peace surpasses all my understanding. When anger rises within me, please calm my mind and soothe my heart with your gentle words.

Fill my whole life with your perfect peace. May my personality be shaped by your peace rather than my frustration. With your Divine Spirit in my life, I can overcome anger. May I reflect your Spirit, being slow to anger and rich in unconditional love. Look upon me and cause your face to shine upon me.

Bring peace to my mind and my heart as I feel angry at the situation I am in. May I take hold of your promise that you will never leave me nor forsake me. In whatever circumstances I face that produce anger in my heart, remind me that you have not left my side and you never will. When you are with me I can trust you to give me the solutions to overcome my battles, I do not need to allow anger to take control over me or my situation. Give me your peace Divine Spirit, may it rule over my life.

[close prayer]

# PRAAYER THREE

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

I understand your pain. I feel your frustrations in my body when I am upset or angry. I still have a journey here, but you are being called to the light. Did you feel me release my anger, you can do that as well.

Let me be an example to you. That if I can do it within this body, you can do it too. Your anger can be instantly resolved. Detach from what has brought you discomfort, detach from your frustrations, and let go of anger!

You can go to a place where there is only peace, you can go to a place where there is only love. The bloodline wishes for you to be free so you can be of service to our family in love and light.

Our divine family in the ancestral realm waits for you. I have lit this candle in honor of you, I'm sorry that you have been ignored, and I apologize that you were misunderstood, I know you may have left your body before you were ready, but your new life awaits you.

I send you off with peace, I send you off with love, I send you off with light. See the light, go to the light, feel the warmth upon your eternal soul. You will be well, you will be renewed.

Go in peace and love

[close prayer]