



**ELEVATING
YOUR
ANCESTORS
JOURNAL &
GUIDEBOOK**



DAY 4
SADNESS

SADNESS

Sadness is a natural adaptive response to loss. Losses like death, breakups, our children growing up, moving from a house, city, or country we called home, a broken or missing cherished object, and other kinds of losses, even election losses, are born from our wired-in capacity to love, connect, and emotionally attached to people, places, and things. Love and loss go hand in hand.

But sadness, like other emotions, gets a bad rap. Myths in modern society lead us to believe that emotions are for weak people and it's best to "rise above them." Stigmas surrounding emotions make us judge ourselves when we feel sad. We are told not to "wallow" or "be weak." So most of us strive to push sadness away or suppress it with all sorts of clever maneuvers the brain, mind, and body can make to avoid emotional discomfort.

In fact, sadness is a universal core emotion that all humans are wired to experience. We cannot stop the brain from triggering sadness in the body, where emotions live, even though we can stop our mind from experiencing sadness by suppressing it. When we deal (or more accurately not deal) with sadness by burying it, symptoms like anxiety, depression, numbness, or a nagging feeling of disconnection from one's authentic self may result. There is nothing weak about feeling sad.

Here are some ways to experience normal sadness in healthy ways and to allow this emotion to enrich your life:

- Allow yourself to be sad. Denying such feelings may force them underground, where they can do more damage with time. Cry if you feel like it. Notice if you feel relief after the tears stop.
- Write in a journal, listen to music, spend time with friends or family, and/or draw to express the emotion of sadness.
- Think about the context of the sad feelings. Are they related to a loss or an unhappy event? Think about the feelings in a non-judging way and ride the wave of the experience.
- Sadness can result from a change you didn't expect, or it can signal that you might need to make changes in your life. Emotions are changing and will come and go.
- Find what does make you happy. (And laugh).
- Reframe your thoughts to stop thinking about the past.
- Spend time in nature.
- Seek help if you think you may be dealing with depression.

DAY 4 JOURNAL PROMPTS

Are there any specific events or memories that cause you pain?

What has caused the sadness?

What are some of the effects of your sadness? How does it impact your life?

What would you like to see change in order to make yourself feel happier?

DAY 4

AFFIRMATIONS

- I deserve to be loved and happy.
- I work every day to design a bright future.
- This, too, will pass.
- When I am feeling sad, I show myself kindness and forgiveness.
- No feeling lasts forever.
- I get closer to feeling better with every breath I take.
- Life is worth living despite my pain and sadness.
- I am strong and can overcome any obstacle in my life.
- I deserve to be successful.
- I am not my emotions or my thoughts.
- I deserve happiness.
- I can do difficult things.
- I can create my own destiny.
- I am strong and can overcome
- I am healing.
- I am in full control of my life.
- I deserve rest when I need it.
- I am not selfish because I do what I need to do to feel better.
- I am proud of all the hard days I have survived.

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

Ancestors lost to sadness or loneliness, today I am your comfort and joy. I pray today that you are elevated and uplifted. May Divine Love Shine her warming rays of light onto your heart. And let my sacrifice of love melt the sadness and transform you with joy.

The love of the Divine is beyond understanding. For even though you have lived with sadness in your eternal form, The love of the Divine still wishes to ease your every fear. I pray that I would be filled with that love in every aspect of my heart, mind, and spirit. I pray that you will be filled with love in every aspect of your heart, spirit, and soul.

You may have felt lonely in your sadness but there is nothing that can separate you from Divine oneness.

Your heart may feel heavy right now, but you have not been abandoned. Go to the light and to our family so that you can find rest from the burdens that are weighing you down.

In that rest, I pray that your heart would feel lighter. Go to the divine light so that you can experience the power of love from our family and from the vast divine universe!

I have lit this candle to help you transform from this Earth into the eternal light. I poured this water so that you can feel the coolness of grace as our family awaits your return. Remove all sadness and replace it with peace and joy. You suffered in life and you no longer have to suffer in death.

May the words of my mouth and the meditations of my heart be your guide to your new life. Go to the light, go to pure love, go to our family. Right now, this night, and be reborn into your eternal newness.

[close your prayer]