



WORKBOOK

# HOW TO WORK WITH YOUR ANCESTORS

TEACHINGS & GUIDED  
RITUALS FOR  
MANIFESTATION AND  
PERSONAL  
TRANSFORMATION

# EXERCISE 1:

from Ancestral Medicine by Daniel Foor

## **HOW DO YOU FEEL ABOUT YOUR ANCESTORS?**

**INTENT:** Reflect personally or with a friend on what you know and how you feel about your ancestors

**WHAT YOU NEED:** A journal, someone you can talk with, or some way to express your reflections Give yourself plenty of space to reflect on each set of questions, pausing also to make space for feelings, intuitions, and insights. This process of reflection and “taking inventory” is the groundwork for any subsequent engagement with your ancestors.

# EXERCISE 1:

from Ancestral Medicine by Daniel Foor

## RECENT FAMILY ANCESTORS

Do you know the names of your ancestors? List Them Below

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How many generations of your ancestors' names do you know?







Who from your family has shared stories about recent generations with you?

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How do these stories affect the way that you view these ancestors?

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Do you have any physical objects from their lives?

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Is there anything in your home or storage that physically links you to recent family ancestors?

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If so, how do you feel about these objects and their place in your life today?

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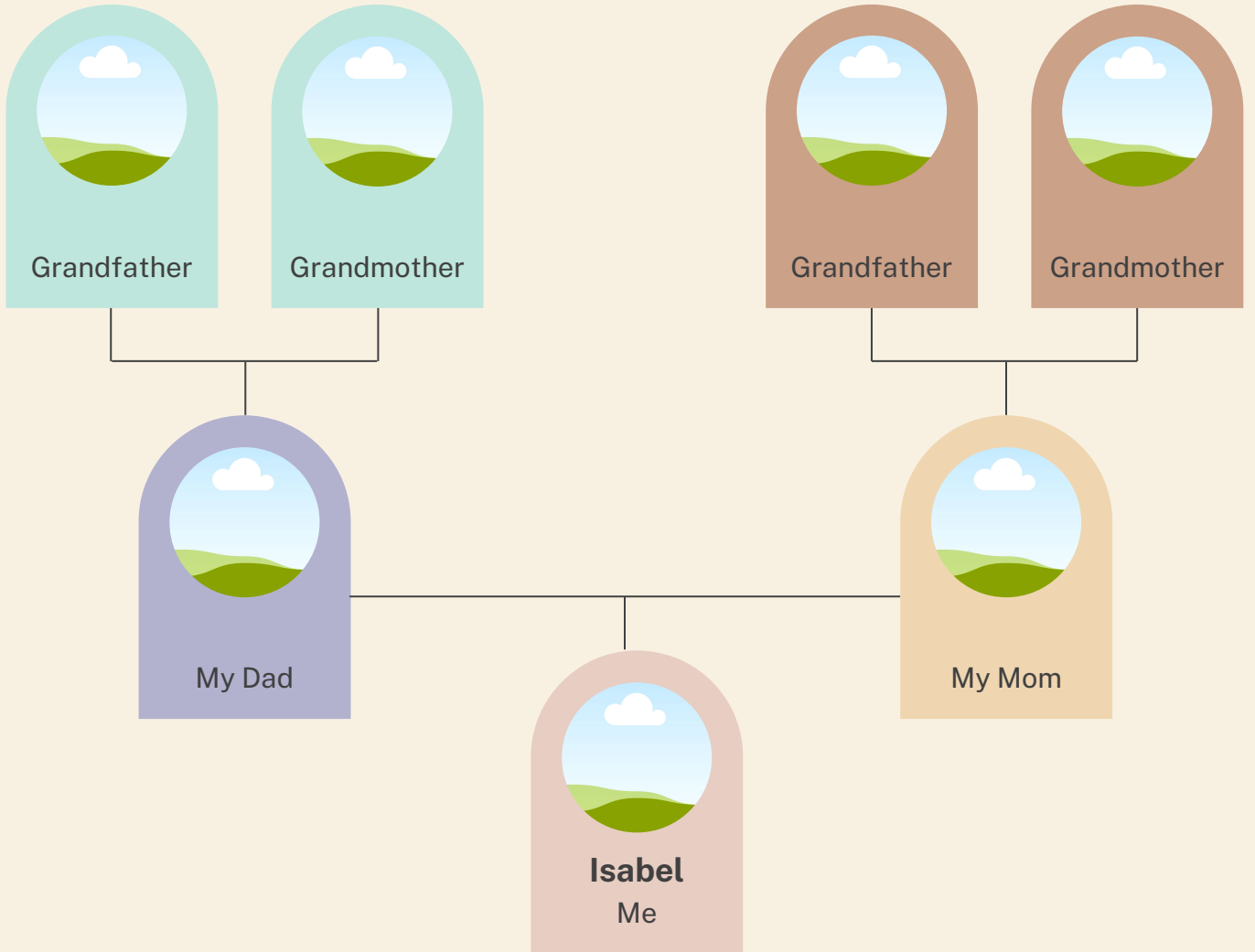


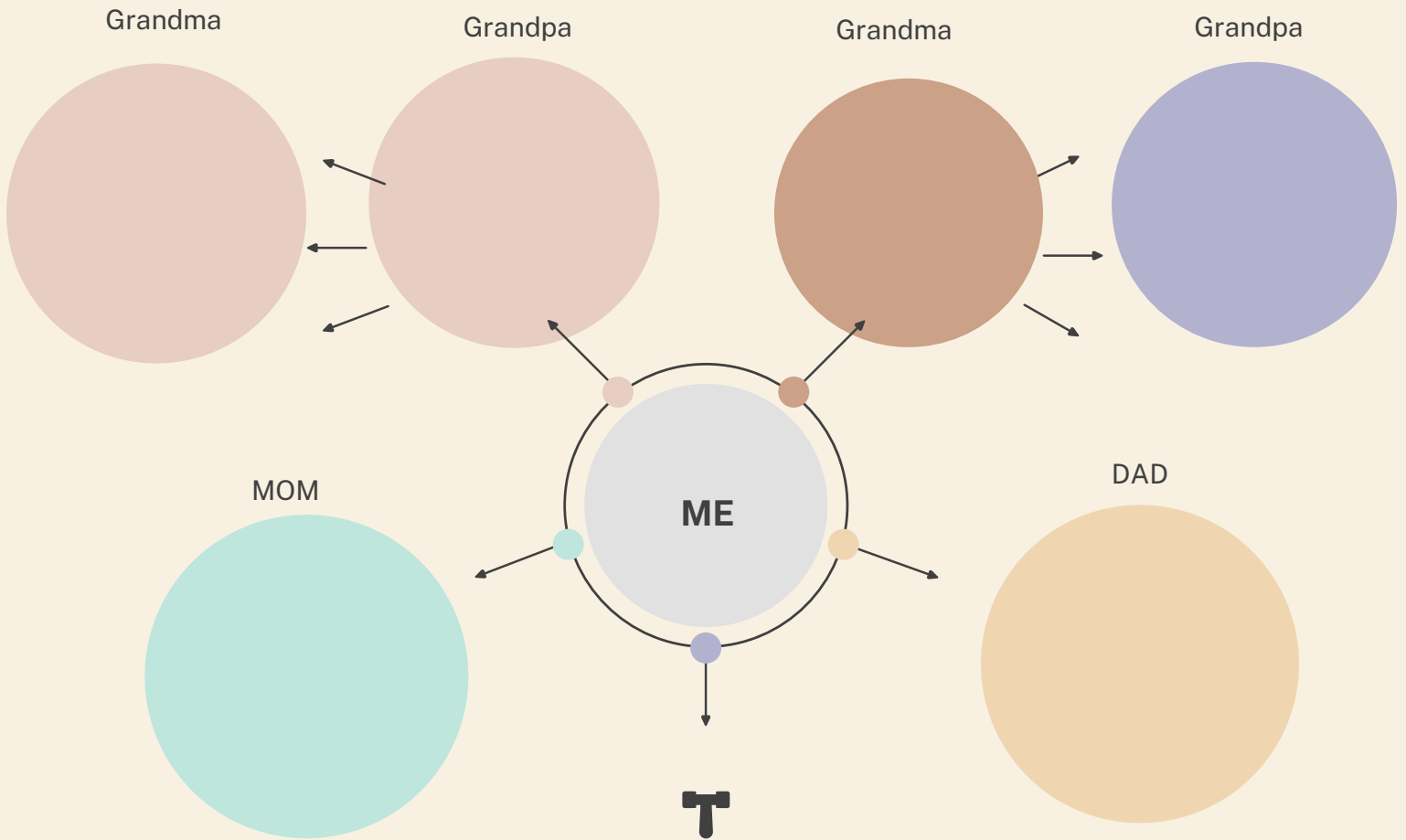






# My Elders





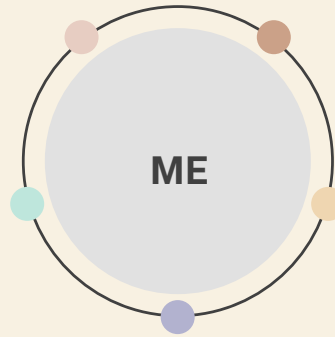
## REPEATED PATTERNS

- Incarceration
- Divorce
- Inability to Love
- Inability to find a life partner
- Alcohol abuses
- Drug abuse
- Sexual violence
- Food Addiction
- Domestic violence
- Child abuse
- Verbal abuse
- Sexual abuse
- Poverty

- Poor money management
- Forced Migration
- Slavery
- Emotional unavailability
- Temper
- War
- Trust Issues
- Suicide
- Violence
- Accidental Untimely Death
- Mental Illness
- Death due to Homicide
- Rigidity
- Loss of children either through death or the system



# T SYMPTOMS I EXHIBIT



## Behavioral:

Intrusive thoughts  
Visual images of the event  
Loss of memory and concentration abilities  
Disorientation  
Confusion  
Mood swings  
Avoidance of activities or places  
Judgemental  
Inability to adapt  
Overworking  
Social isolation and withdrawal  
Lack of interest in life  
Inability to complete tasks  
Food addiction  
Substance abuse

## Physical:

Easily startled  
Tremendous fatigue and exhaustion  
Tachycardia  
Edginess  
Insomnia  
Chronic muscle patterns  
Sexual dysfunction  
Changes in sleeping and eating patterns  
Vague complaints of aches and pains throughout the body  
Extreme alertness; always on the lookout for warnings of potential danger  
Unexplained memory loss

## Psychological:

Nightmares  
Overwhelming fear  
Obsessive and compulsive behaviors  
Detachment from other people and emotions  
Emotional numbing  
Inability to bond with others  
Depression  
Guilt  
Shame  
People Pleasing  
Emotional shock  
Disbelief  
Unresolved and complicated grief  
Irritability  
Anger  
Anxiety  
Panic attacks  
Lack of trust of others  
Recurring thoughts of death, dying, and suicide

