

Cedar Wood Ancestral Healing Ritual



Materials Needed:

1. Cedar wood or cedar wood incense
2. A quiet and comfortable space for meditation
3. Optional: A small bowl of water



THE POWER OF
SEVEN

step one

Preparation:

- Find a quiet and comfortable space where you won't be disturbed.
- Place the cedar wood or cedar wood incense in front of you.



step two

Set Your Intention:

- Take a few deep breaths to center yourself.
- Set your intention for the ritual. This could be to release old ancestral wounds and bring healing and love back into your family line.





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step three

Invocation:

- Light the cedar wood incense or gently hold the cedar wood in your hands.
- Close your eyes and visualize a warm, golden light surrounding you.
- Call upon your ancestors, inviting them to join you in this healing process. You can address them by name if you know them, or simply speak to them as a collective presence.



step four

Ancestral Connection:

- Take a moment to connect with your ancestors. Feel their presence and love surrounding you.
- Reflect on any ancestral wounds or patterns that you wish to release and heal. Visualize these wounds as dark energy or heavy burdens that you are ready to let go of.





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step five

Cleansing and Release:

- Using the cedar wood or incense, begin to wave it around your body in gentle, sweeping motions.
- As you do this, imagine the smoke or energy from the cedar wood cleansing away any old ancestral damage or negative energy that no longer serves you or your lineage.
- With each breath, release these burdens into the air, knowing that they are being transmuted and healed.

Regeneration and Renewal:

- Once you feel cleansed and lighter, visualize a soft, healing light surrounding you and your ancestors.
- See this light flowing through your ancestral line, healing and rejuvenating each generation.
- Envision new, vibrant songlines of love and connection weaving through your family tree, strengthening bonds and fostering healing.
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step six





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step seven


Gratitude and Closing:

- Take a moment to express gratitude to your ancestors for their presence and support.
- Thank the cedar wood or incense for its cleansing and healing properties.
- Slowly bring your awareness back to the present moment, gently opening your eyes if they were closed.

step eight

Closure:

- You may choose to pour the water (if you have it) as an offering to your ancestors or sprinkle it around your space as a final blessing.
- Reflect on any insights or feelings that arose during the ritual, and consider journaling about your experience.



Note: You can perform this ritual as often as needed, and you can customize it to suit your own spiritual beliefs and practices. Trust your intuition and allow yourself to be guided by the energy of the cedar wood and your ancestors.