

HEALING OUR RELATIONSHIPS WITH THE ANCESTORS:

A 6-MONTH PATH TOWARDS PERSONAL & COLLECTIVE WHOLENESS

WITH KAIA SVIEN AND NIKY DUXBURY

Working Intention: By willful participation in individual and collective healing of the relationship of people of European descent to their ancestors, I enhance my authenticity and rekindle my indigenous memory for the benefit of all.

We believe that our now is impacted by choices our ancestors made, be they blood or cultural lineages. Aware that we are able to access all Time within any moment, we endeavor to bring ancestral patterns currently affecting the collective into conscious healing awareness. This class will be especially geared towards folks of full or mixed European descent, as we acknowledge that we have particular ancestral healing work to do which may include specific forms of oppression and violence. Working from a Wholeness perspective, we will also actively invite in the Beauty and Richness in our ancestral lines from which we may feel cut-off or unable to access. As with repression in the individual psyche, when, as a collective, we deny certain aspects of our history, we unavoidably also cut ourselves off from much strength and beauty... from wholeness.

In Healing Our Relationships With the Ancestors, we seek to:

Rediscover a relationship with our ancestors that we of European descent have been separated from for many centuries

Explore ways to draw the relationship with our ancestors down into your daily awareness

Better understand how each of our lives today is influenced by the strengths, the vulnerabilities, the fears and the dreams of our own ancestors

Sense more deeply into the patterns and beliefs that are being passed down through the generations in our families

Discover a personal healing center that allows us to make choices about which patterns we will pass on and which we will step out of

Learn to open our hearts with compassion to wounding choices that shaped our families' transmissions of personal, cultural, historical and spiritual health

Discern more easily and appreciate more fully the gifts that come to us through our ancestors

Awaken personal channels for a two-way connection with our ancestors

Enter into a relationship with Deep Time that unifies past, present and future in powerful ways

Comprehend more clearly how the beliefs and actions of people in previous generations shape our collective and interracial experiences today

With the rest of us, witness and come to take reasonable responsibility for the oppression and violence our ancestors' choices brought to others

Endeavor as a bonded group to bring ancestral patterns currently affecting the collective into conscious healing awareness

Energize our relationship with Future Beings through deeper comprehension of the ways that today's choices shape the circumstances for those coming after you

View these times as a spiritual initiation into new, vital and healing kinds of relationships with all people. Our sessions each include meditation, teachings, symbol work and ceremony drawn from our studies of the ancient wisdom ways of Europe, small and large group conversations, practices developed by sages like Joanna Macy that we have adapted to the class themes, and often an art form through which to experience our ancestral connections. We'll create with you a container of kindness, sharing and acceptance which invites each participant to be fully present so as to enhance deepening and transformation of us as individuals and our contribution to the collective as we undertake this healing work.

There will be some home practice each month that enables you to continue to deepen the study and unifies us in the weeks between sessions.

Class size is limited to 12 participants to maintain the integrity of experience for everyone. We thus ask that you are committed to attending all six sessions upon registration, including the day-long retreat. There will be an optional Samhain Ancestor Feast after the workshop's close.

TO REGISTER, please call Kaia: 612-722-2650 or Niky: 612-710-8248 for a brief chat. We want to get a sense of your personal intentions for this workshop to better hold space for each person's process and tend group energy. We ask a \$60 deposit to hold your place. Registration deadline is May 12th.

HIGHLIGHTS OF THE SESSIONS

SESSION 1: Preparation for the Journey.

We'll meet and greet each other as humble seekers who choose to explore the channels of Ancestral connections. We'll share our intentions to heal ourselves and benefit the collective in these turbulent times. We'll warm ourselves with some stories, build an Ancestor altar together and journey way back in time to join those who've traveled Earth before us.

SESSION 2: Entering the brokenness of the Ancestral relationship.

Strengthened by a ceremonial practice of Initiation, we'll face into the devastating destruction of indigenous wisdom that our people suffered so long ago that it has been forgotten. We'll each look into what we know about a wound that has been passed along through our family for generations.

SESSION 3: Offering the brokenness up to the light.

Embraced by stories that remind us of the pain our people knew as immigrants, we focus on our own family, laying out a tree that documents wounds, and identifies family outcasts. With story and ritual, we'll symbolically enact a release of the energetic forms of the family wounds.

SESSION 4: Becoming the one the Ancestors have been longing for.

We'll claim and honor healthy family patterns that serve us individually and our relationships friends, family and strangers in our community. A ceremony will empower each of you to step into the role of healing your family patterns as you take responsibility for what will continue to be passed on to children and grandchildren.

SESSION 5: (Full Day) Bringing to greater consciousness our relationship to the Land.

One of the greatest travesties that we of European descent carry with us is the expropriation of others' lands on this continent. Surely, this kind of loss has been with humans for eons and yet, the ramifications of what our people participated in still wreak havoc for native peoples' today. With the clarity that compassion for all involved brings us, we'll spend the day at a farm, exploring this wound. To recognize the ties with our forebearers we'll spend some time bringing in the harvest and eating from it. Then we will turn our attention to the experience of expropriation that is part of our heritage as well.

SESSION 6: Going Forth with a vitalized, awakened relationship to our ancestors and to our roles as cultural healing agents.

We will weave together learnings and insights that we've had as individuals and as a collective of seekers in this course. We'll celebrate our newfound responsibility to show up as seasoned people of European descent who stand with greater attunement to the ancestral heritage that has formed us. We'll gift Future Beings by ceremonially recognizing the kinds of roles our beliefs and behaviors play in their circumstances.