



Video Transcript

Connect To Your Ancestors With Breathwork

Hello, I'm Eliza here and we are going to be doing a meditation on connecting with ancestors. And this can be very layered and it's different for each person. A part of it will definitely be about honoring those before us and in many ways, taking over the torch, you know, really leaning into what have we learned from those before us and how can we really continue to grow and move beyond it, beyond even what they've done before. And so a part of this will be around getting to the tap root of things too. You know, sometimes we're here to free our lineage. maybe there's some patterning or conditioning that we've been caught in and we can kind of work with connecting to our ancestors as a means to find, you know, just a little bit more freedom from the past and opening to this new way of being, really letting go of the limits and the patterns and maybe some of the trauma that's held within the lineage and also really reclaiming and opening to the gifts and magic that might also be held in your lineage. So as you settle into your space and you get nice and comfortable, you can begin to ease yourself into the breathing pattern. So you'll inhale lower abdomen, you'll inhale upper chest and you'll find a nice steady rhythm that feels good to you and as you settle into this nice steady rhythm and activate your energy with the breath what's going to happen is we're going to drop into a space a little bit beyond the limitations of the mind because when we talk about connecting to the ancestors it could seem a little bit beyond what the mind can comprehend and that's okay your mind doesn't need to understand the breath will bring you into your body and as it activates your cells it's going to connect you to your DNA it's going to connect you to this lineage that really sits within each and every one of your cells And as you breathe and open up this connection, you're going to be able to open up this dialogue and this awareness with your ancestors. So just keep breathing right now,

really letting the breath start to do its job. In order for it to do its job, you've got to get into that nice, steady rhythm.

So beautiful, yeah. Inhale, inhale, exhale.

Letting that breath in.

You know, our breath is this connection to our spirit, to our truth.

And, you know, it connects us to so many things beyond what we might realize, you know, this life, this existence, and our ancestors, they're a big part of this.

And as you come in and work with what's going on in your life, as you face the limitations or the maybe hidden beliefs that are holding you back as you face these and shift them you actually hold this ability to shift your DNA you know to change the trajectory of your lineage and so that maybe you can open up your whole line to a whole new way of being

And your ancestors know this.

And so oftentimes those ancestors are around you. They're wanting to support and help you on this journey. They're wanting to help you break free because that also sets them free. So as you settle into this breathing, really know that you're not alone, you're held, and as the breath starts to activate and open you, you can start to connect more fully to the subtle energies, to that guidance, to that wisdom,

most likely hard -earned wisdom. We travel through this spiral of time where sometimes it can seem as though we're coming back to these same experiences as though history is repeating itself. But the truth is that with the spiral we're keep moving up, we gain a higher vantage point. And so here you sit at a higher vantage point looking down at the past,

preparing for the future and knowing that within you, you hold an ability to do things differently. You hold an ability to change and shift.

And the breath as simple as it is the breath is a way to support you in this change to support you in the awareness that you need to gain in the letting go of the limitations from the past of any anger or resentment or grievances you or your lineage may be holding on to we learn from those before us and sometimes what we learn isn't always supportive and that doesn't mean there's not love it just means that we're evolving and shifting and changing and learning and so you can really hold so much love and appreciation for the people that have brought you to where you are, while also knowing that there's even further to go.

So keep breathing right now. The mind might want to be a little active and have a little trouble slowing down. That's all good.

That's part of the process.

When we start to work with ancestors and we essentially start to work beyond the typical constraints of time and space the mind can get a little bit uncertain so you can let your mind know it's safe doesn't have to figure anything out it can just keep focusing on the breath moving through your body nice and steady nice and rhythmic.

And as that breath dives you further into your body,

maybe notice too what's going on in the body. Even though we're working with connecting to some expansive energy, your body is the portal for this connection. And your body is also going to hold on to those past experiences, those past memories, those beliefs that have been passed down to you. And so as you go further within to the body you can start to notice where are you holding you know for some people they'll become aware of oh my back my my upper back my lower back wherever it is I have tightness there and you know my my dad had tightness there and my grandpa had tightness there And it can be interesting to notice how the physical ailments can manifest in one's lineage as well. And so all of this is just fodder of information for you to gain more awareness. There's nothing you need to get attached to. Just keep breathing. You know and wiggle and move around if you need to make sure to get comfortable and especially as the breath dives in and starts to surface things sometimes we avoid going inward because what we want to surface isn't really comfortable especially if it does involve you know any anger or resentment we don't like to feel that and so just know that if that's surfacing at all it's just surfacing to clear and move and you can really work with the breath to do that and sometimes that these emotions can can feel compounded because they're not just ours. They've been passed down to us. So if you feel like you're on something that's a little intense, a little bit beyond what your comfort zone is, this is the time to really lean into the support of the ancestors, to start to connect to them even more deeply. And, you know, even if they're in physical or just spirit form, you can bring their spirit to you. You can ask them to come and support you. You can ask them to guide you and to be here present. Because even though you may be the lineage breaker, you may be the one that sets your lineage free, you don't have to do this alone. They're there supporting you. They're there in your heart. It's a beautiful time to connect to your heart. To feel the love you do have for your family, even if it hasn't always been easy. Feel what love does exist there. Feel the love that does carry through time and space and let that love serve as this anchor point to set you free so sticking with that active breathing a little bit longer taking in even a little bit more breath a little bit further we'll give you some nice time to relax and rejuvenate but for now we'll just use that breathing pattern to really help us with just a few more layers of release and letting go. Now that the Breath has started to expand you a little bit. You can start to play a little with asking to receive, really receive support in your journey in whatever way you need support. And maybe your ancestors can send you a vision, a feeling, a smell. You know, let your imagination go there.

You know, let your imagination receive the guidance that they want to share with you and maybe even a playful way.

And sometimes, you know, sadness can be really prominent here. there's a lot of sad history there's a lot of sadness that humans are learning to overcome that we're still in the midst of so it doesn't just have to be play you can honor any of the heavier emotions that are sitting in your lineage and that are asking to be free

You can ask your ancestors if there's any guidance or insight. They would like to share with you.

Any vantage point they might see that would help you on this journey.

And then just let your breath continue to guide you out of the mind and into the unknown trusting that all you need to know all will be revealed just as it needs to.

a few more breaths and

then letting go allowing yourself to just receive and just be and trusting that this is often when the most clarity arises.

So take your time to just relax and soften and drop in.

Eventually you can start to find your way back knowing that you may have dropped in pretty deep so just be easy and gentle with yourself and as you do start to come back you can see you did receive any messages or guidance you can send appreciation love respect

And you can just be gentle and easy,

finding appreciation for this journey you're on. And once again, really acknowledging those that went before you and those that will come after you.

You're part of this beautiful spiral of life and showing up and engaging something really beautiful so you can honor and thank yourself for that.

And maybe make some notes afterwards if anything came through.

and really maybe study a little on your lineage and what were their gifts and how are those gifts maybe calling to come through you?

How do they want to be expressed more fully in this world?

Thank you so much for joining.