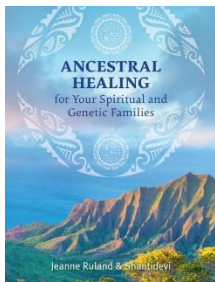




Books On Ancestral Relationship & Healing

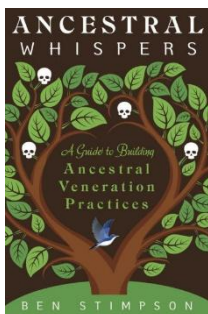


Ancestral Healing for Your Spiritual and Genetic Families

by Jeanne Ruland, Shantidevi \$15.99

This practical guide explains, in a clear and straightforward way, how the energy field of our ancestors influences our personal lives and how we can draw from their strength as well as liberate ourselves from burdens that have been carried over generations. It helps us to lift the veil of forgetting and allow ourselves to fully shine our light, supported by the souls that came before us, by making peace with past hurts and traumas. Drawing on the Huna Hawaiian shamanic tradition as well as other shamanic and energetic practices, the authors show how to connect with our Aumakua, our ancestors and higher self, which includes our close relatives, ancestors stretching back thousands of years, and our spiritual ancestors or karmic family.

By enacting ancestral healing, we can recognize who we are, where we come from, and truly fulfill our destiny in this life.



Ancestral Whispers: A Guide to Building Ancestral Veneration Practices

by Ben Stimpson \$19.99

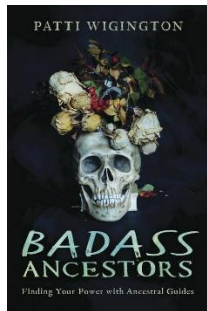
Ancestral Whispers provides exercises and journal prompts specially designed to help you develop an authentic, living practice. Stimpson reveals the various types of ancestors and discusses the physical elements of practice, including sacred space, objects of power, and offerings. He also encourages you to explore the elements of pilgrimage and reflect deeply on your own beliefs. With this book, you can create a legacy for current and future generations.



Angels and Ancestors Oracle Cards: A 55-Card Deck and Guidebook by [Kyle Gray](#), [Lily Moses \(Illustrator\)](#) \$21.99

We are surrounded by countless **angels, ancestors, and spirit guides** who want to share their knowledge with us to bring healing and change. In whichever culture or religion, they appear, Angels have always had one mission: to love, help, and guide humans.

On the earthly plane, Ancestors are the wise ones, healers and warriors who have offered to share their knowledge and magic with us. The Angels and Ancestors know what you need to know, and by using the accompanying guidebook, you'll learn how to unlock their secrets and messages.



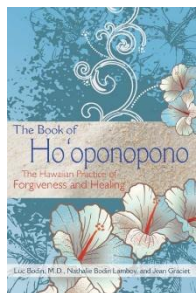
Badass Ancestors: Finding Your Power with Ancestral Guides by Patti Wigington \$16.99

Badass Ancestors provides a compelling series of rituals, meditations, mantras, and exercises to connect with ancestral guides. You will find advice on genealogy research, history of ancestor veneration in cultures around the world, ways to deal with problematic ancestors, and how to leave your own legacy for future generations. The book includes crafts and recipes to help build your self-confidence, and overall badassery with your ancestors' assistance.

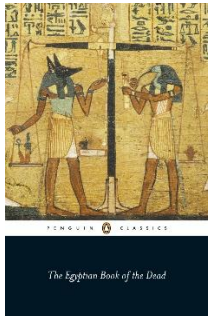
When you develop relationships with your relatives – *both blood, and those chosen by heart* - and with spiritual or archetypal ancestors, you engage the process of healing trauma and achieving a deep sense of emotional and spiritual well-being.

The Book of Ho'oponopono: The Hawaiian Practice of Forgiveness and Healing

by Luc Bodin M.D., Nathalie Bodin Lamboy, Jean Graciet \$14.95



In this step-by-step guide, the authors explain how to apply Ho'oponopono to traumatic past events, destructive thought patterns, family dynamics, daily annoyances, or any other disagreeable event in your life, from traffic jams to relationship break-ups. Drawing on quantum physics and epigenetics, they explore how Ho'oponopono works—how thoughts and consciousness can affect the expression of your DNA, the materialization of your goals, and the behavior of those around you. They explain how negative thought patterns and memories unconsciously guide your life and draw more negativity to you, perpetuating the cycle of bad events and clouding your recollection of the past. By apologizing to yourself, your memory, and the event in question, you can forgive yourself, heal your memories, and cleanse your perceptions. By reconciling with yourself, you open your heart to love for your experiences, yourself, and others and bring harmony to your mind, body, and the world around you.



The Egyptian Book of the Dead

by Wallace Budge (Translator), Wallace Budge (Commentaries by), John Romer (Editor) \$23.00

A unique collection of funerary texts from a wide variety of sources, dating from the 15th to the 4th century BC, consisting of spells, prayers and incantations, each section contains the words of power to overcome obstacles in the afterlife. The papyruses were often left in sarcophagi for the dead to use as passports on their journey from burial, and were full of advice about the ferrymen, gods and kings they would meet on the way. Offering valuable insights into ancient Egypt, *The Book of the Dead* has also inspired fascination with the occult and the afterlife in recent years.

Heal Your Ancestral Roots: Release the Family Patterns That Hold You Back

by Anuradha Dayal-Gulati \$18.99

Teaching you how to recognize the patterns that manifest in your daily experiences, *Heal Your Ancestral Roots* shows how you can lift the unconscious, invisible barriers that keep you from creating the life you want.

- Explores the principles that govern your family energy field and the many ways this ancestral field can support you as well as how it can hold you captive
- Provides exercises and tools to help you recognize and release negative family patterns and heal ancestral trauma
- Discusses the importance of honoring your ancestors, sharing suggestions about altar creation, prayers, and the Vedic ritual of Tarpanam

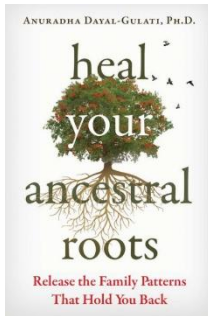
Anuradha Dayal-Gulati provides exercises and tools—such as journal practices, visualizations, mind mapping, and the Vedic ritual of Tarpanam—that can help you recognize and release negative family patterns and enhance positive ones.

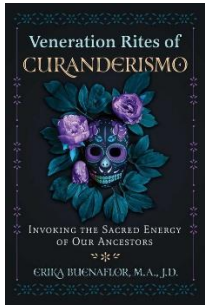
Santa Muerte Tarot Deck: Book of the Dead

by [Llewellyn Worldwide, LTD.](http://LlewellynWorldwide.com) \$24.95

A masterpiece of inspired imagery, this tarot deck is a powerful tool for working with the mysticism associated with the Day of the Dead and Santa Muerte.

The companion booklets for most Lo Scarabeo decks are in five languages: English, Spanish, French, Italian, and German.



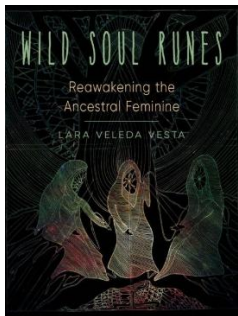


Veneration Rites of Curanderismo: Invoking the Sacred Energy of Our Ancestors by Erika Buenaflor M.A., J.D. \$20.00

Exploring the diverse and dynamic ancestral veneration rites of the ancient Mesoamericans as well as those practiced in contemporary curanderismo, Erika Buenaflor shows how we can draw from these traditions to reconnect with our ancestors, deepen our healing journeys, and shape our lives.

Whether you are able to create a long and detailed family tree or have no knowledge of your grandparents or even parents, this book offers many ways to connect with your spiritual forebearers, heal your lineage, and receive spiritual aid as you reclaim your ancestors and welcome them into your life.

- Shares traditional veneration rites and practices to connect with your ancestors, including limpia rites, trance journeys, energy work, and sacred gardening
- Explores ancestral altar-making practices, sacred tools for altars, and how to invite your ancestors to take an active role in intervening on your behalf
- Describes the deification process of esteemed ancestors and how this opens access to special powers for those sharing that ancestor's lineage



Wild Soul Runes: Reawakening the Ancestral Feminine by Lara Vesta \$16.95

Using inquiry and original translations alongside traditional rune poems and sacred art, **Wild Soul Runes** invites readers to develop *their own wisdom connection with the runes* through practice. The book is based on the premise that all of us possess the ability to receive divine information through rune practice. Rather than telling the reader what the runes mean, author Lara Velea Vesta shares an interactive practice for readers to discover the unique ways the runes speak to them.

The book covers the history of the runes, both in myth and through the connection with Old European archaeological findings. This history offers evidence for the idea that the runes have a feminine origin, coming from the well of the Norns, the female triple giantesses who represent the fates in Norse myth.

It introduces the concept of the runes as beings rather than simply an alphabet or magical tools. The purpose of Wild Soul Runes is to create a relationship with these beings through ancestral connection, personal gnosis, and ritual practice.

Readers will learn how to:

- Make a rune altar
- Develop a daily ritual practice with the runes
- Honor the Germanic/Anglo Saxon wheel of the year
- Craft a rune set and rune ceremonies for divination