

Ancestral Lineage Healing Online Course: Live Call #3, January 12, 2019

Please excuse any typos and inaccuracies in this transcript.

Daniel: Great. We're recording now, and it's Daniel, it's early January 2019. This is actually fourth, but third scheduled live conference for the Ancestral Healing Online Course. We're in part one. Lessons have been released that include the intent to connect with older ancestral guides. I'm going to be largely following your lead with questions, and appreciating also the supporters who are here, Seyta, Ela, Kate, others that I might not see in this moment because there's a lot of humans here. Yeah, it's good to have you with us.

Daniel: The course ... hopefully you haven't noticed, there have been a little bit of persistent tech glitches with the login and some on that. We are sorry it's like that. We're really trying to remedy it and are looking at other platforms and stuff because it's a new thing that's happening. It's boring to go all into it, but if that's happening, sorry it's happening for you and we're really on it, and at least responsive, we're going to make it good. So, there's that. I want to acknowledge your patience with it. Seyta, do you want to say a thing, go for it, yeah.

Seyta: Yeah, I'm really sorry if that's happening to you. If you do encounter any type of trouble with logging on, please try clearing your cache first, even if you've done it a bunch of times. That is what solves it and we're diligently working on getting it ultimately solved, so thanks for your patience and reach out if you're still having trouble, for sure.

Daniel: Yeah, great. Thanks. I think somehow the whole system got over-secure or something so anyways, we're working to remedy it. I really appreciate it, folks chiming in, in the different community discussion spaces, who are inclined to do that, and just wanted to reaffirm that even if you're not participating on Facebook, even if you're not sending me a message with a question, that we care how you're doing, so claim your space, speak up, know that the support is here. The ... Sorry, somebody's making a comment in the chat about the cat. I need to not think about the cat behind me, to not crack up too much. One of the big questions that folks have, understandably, is the intent here is to connect with a well older ancestor along the lineage or focus that you're working on.

Daniel: I'm going to favor questions that have to do directly with what we're up to because there are a lot of interesting esoteric other questions about the ancestors. The ones that are rooted in your own direct experience or in the steps of the process that we're in, I'm going to especially favor those. One of the really super understandable questions is, I'm dropping in and it's not working. Like, what helps here? Because there are at least a dozen different kinds of things that can help, I'm actually going to reference the manual that the practitioners get for this ... I'm not usually reading my responses here, but I wrote it, I'm not just reading somebody else's stuff ...

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because I want you to have access on the recording to some of these different suggestions that can help unstuck things, whether, it's this lineage or you complete tending with this lineage and now you're doing this process with another lineage, and you're finding a block and so you have this to references and come back to.

Daniel: The first thing is to make sure you're actually dropped into your body, and you're relaxed. You're not in a wiry state where you just got done responding to 80 emails, and you're stressed out and you're thinking about work. So tend to your state, drop your awareness into your body. Another, is to actually tend to your energetic protection, and not in a fearful way. I'm always walking a line about how much to talk about that, because if you harp on the topic of protection too much, people feel afraid and it's kind of this self-fulfilling thing. At the same time, some folks really do need a little bit stronger boundaries, and so if your intuition is not firing very well, actually becoming safer, helps. Sometimes having extra attention to the clarity of your space is one way to increase your intuition. That's kind of a different question of how to get there. We've talked about that, I think, in the previous lesson, but give attention to felt safety and actual safety.

Daniel: Another, is to make sure ... this is so common ... to make sure that when you're seeking to connect with these old ones, that you're bypassing the recent dead, the ones who may be in a state, anything other than really awesome. It could be quite troubled, or it could be like, they're pretty well but they're not like super tapped in. You're intentionally bypassing, or going over or around that area of mild to intense difficulty, rather than going through it. You don't need to walk through that area of more conflicted energy to get to the old ones.

Daniel: If that's difficult, you can try another strategy of calling the old well ones to you, instead of reaching for them. Either way, really and truly works in a sense, the calling them to you is an even more embodied, low risk approach. But of all the times in this whole method, if you will, this one of connecting with the guides, is the most like reaching outside yourself moment. It seems to work that way for a lot of people, so I've left it that way, but it's also fine to call them to you.

Daniel: Another, is to make sure that your known and trusted powers, that you're already relating with and working with, are backing you. If you have these great connections with different deities or whoever it is, the polar bear or the maple tree or whatever, call those spirit helpers around you and ask them to be like, "Let's do this thing, in an effective way." Don't compartmentalize what you already know and what you're already good at, so bring your team. That can help. Another thing is to ... you know, we can get into this contracted, performative kind of energy, where we need to like make a thing happen and that's not really the vibe you want to bring to connecting to your ancient, wise grandmas and grandpas.

Daniel: Remember on a heart level, that you actually would like to make connection, because making connection can be something that challenges your whole story

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about who you are. If your story is one of being disconnected of being orphaned, of being culturally kind of a loser or whatever, to actually make connection with something wholesome or with loving, kind energies that are associated with family, can be a paradigm shift. On a heart level be like, "I actually do want this," even though it's scary. Bring your fear with you, if you're scared about it, but remember on a heart level that you want it. The way that looks ritually, is like, ancient grandmas and grandpas, whatever line you're working with, "I totally want to connect with you. It's weird and it's whatever, but I want it, and are you really going to abandon me? Are you really going to not show up?"

Daniel: You can do this like, "I'm an orphan, I'm bleeding out, like I need you to show up," kind of routine. I don't mean to minimize it, but there's a way you can wear your heart on your sleeve and they're like, "Oh geez, I mean, we got to show up now." There's a kind of a, playing the role of the grandchild that's longing for connection, so bring your heart to it. It really gives better ritual results. Another thing that helps a lot of folks is that instead the seeking to connect directly with the human ancestor first, if you're visual, and not everyone's visual with it, envision the landscape, where you might meet them. Let that and the plants and animals, the elemental energies appear in your awareness first. And that sets the stage for the possibility of the encounter with the humans, because humans are the most dangerous creature on Earth, obviously, psychologically, et cetera.

Daniel: Most of us have been hurt by other humans, and so even just connecting with a wise, kind trusted elder ancestor in spirit can be psychologically a bigger ask, than connecting with the land, something like that, so start there. Another, is to remember that you might need to go further and further back along the lineage. We talked about that in the recorded lesson, itself, or lesson four. It's so common for folks, when I say, "Think of your ancestors," to think of the last three to five, or even, maybe 10 generations. "Well, I know they're from here. I know they're from this part of West Africa. I know they're from this part of the Americas," or whatever. Okay, and it could be that for whatever reasons, it's your process to connect with even older ones, than the last five hundred, or a thousand years

Daniel: Allow for the possibility that you might need to go back, back, farther back. And don't idealize the cultures that were having their lives before the atrocities of European Colonialism. That's a different kind of objectification, when we idealize indigenous people as if everyone was living in a state harmony, whatever. You might go back and vision would be like, "Oh, yeah, okay, it's before European Colonialism," let's say, but the spirits are like, "It's still complicated here." You might need to go farther back, farther back. Trust in how that is going to play out, and be open to going farther back, and just a few others here. Make sure you're intent is really clear.

Daniel: In general, with spirit work, you don't want to drop in and be like, "Hey, I want to connect with someone," anymore than you want to like, walk about the door and be

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like, "I'm going to connect with some humans today." You can, but a notch more discernment, will get you better results. It's the same with the spirits so you want to be cautious about where you're setting your intents. So just make sure that's clear before you drop in. The last two things on this, because I don't want to talk it to death, but it's a topic that a number of you are sitting with. One is to really get the way your intuition functions is going to be different than the next person. I tend, because I have a fairly developed visual channel, to fall back at times on that language, like what do you see, or what are they showing you? But it's not everyone's way. For some folks, you're hearing things, it's a sematic body level communication.

Daniel: For others, it's kind of this direct knowing, and reclaiming those pathways of perception with the spirits is part of the decolonization work. You can think of it that way. I understand decolonization work is not just limited to inner work, it's also systemic change. And it's cultural change, and its inner work, also. That's the last point, is that this act of reconnection with the ancestors is a breaking of conscious or unconscious agreements to not maintain those relationships. It's a reawakening of a dialogue and conversation that often has fallen into an unconscious but still happening condition. It seems like a simple thing to do, it's actually a bit radical in a sense, and so that could stir stuff up. You can end up noticing in a way, the ... it's like you're revisiting the moment where that dialogue got dropped. You're at that same intersection again, and the conditions weren't always very friendly.

Daniel: I'm not saying you need to take on all that, but the point is there's a cultural unlearning and reclaiming that's involved in what we're doing. It's all fine once it's historical inquiry and reflection about our social position and privilege and all that. That's sacred and necessary work. Once you start talking to the dead and listening to them, and having them talk back, and actually being open about that, with others and just like, "Yeah, that's what I'm doing. That's who I'm talking to right now," that's a move into a different cultural terrain, that's tended to be judged by the colonialist, racist kind of dominant ... I guess I'd say dominant cultures, but the colonizing energies that judge those ways of being, so it's cultural repair, also.

Daniel: Let me say all that, and move in this moment to some of the questions that are coming through. I want to encourage folks to also raise your hand. I see a few folks have that happening and I'm going to glance to the questions, especially, that relate to this topic of connecting with the older ones. There's a question from Maria. How will you know when you get it right, when you've actually connected? Is it a knowing ... What are the signs that it's working? That's a great question and it's not going to be the same for everybody. If I asked each person, how do you know when you're actually connecting with someone? Like most people have at least attempted to do partnership and like, how do you know when it's not failing? Like when your actually in connection with the other person, there is a sense of quality of contact, of being in the presence of another, and then additionally, oftentimes with the ancestors, there can be a quality of recognition, but not always.

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Daniel: Sometimes there's a sense of like, "Oh, this is new. This is not a familiar thing. I trust it. I've asked those test questions, are you an ancestor? Are you able and willing to help? Are you well with the lineage before you? Are you willing to ..." Then, "Do I trust it?" You've kind of done the gut check and checked to make sure it's safe and where you need to be. Even so, it can still feel new, but there is a quality of contact, usually. Don't assume that there's going to be a big emotional something that happens. Sometimes it's like that and sometimes it's like the signal's a little faint at first, or it's subtle, and it's a delicate kind of thing and then that builds. The real little fire can become a big fire if you feed the energy.

Daniel: There is a quality of contact, and that alone, might be challenging because you're like, "How do I know I'm not making it up?" I imagine a lot of folks struggle with that, at this stage. If I say ... I worked as a therapist. If a couple comes in, like couple's counseling and one person says, like spouse to me, as a therapist, "How do I know I'm not making my spouse up? How do I know they're real?" I mean, that's not a common question, right? I'm like, "Well, okay, let's address the fundamentals. This is important." I'm like, "Well, you have visual physical perception. You probably reach over and touch them. You notice there's feedback that comes when you interact with them," and so we rely on our perceptions, physical perceptions, typically, to know that others are real.

Daniel: But behind that, there's whole layer of subtle energy contact, when we're in the presence of something that's not us, or someone that's not us. That is what we're being invited in this work to become more sensitive to, if it's not already cultivated. Some of you have that cultivated a lot. Some of you have it medium, some of you are really ... this is your first time diving into this, and so it's learnable. That's the most important thing to take to heart. Even if it takes a minute, ritual, spirit work, all that, a lot of that terrain is learnable. There are some things that are more specialized, like if you get called to a thing, or that might not be your medicine, blah, blah, blah, but with the ancestors, the ability to navigate these connections is learnable.

Daniel: In general, experiment with trusting that what you're perceiving is real, so to speak, and double check it. Go slow. Double check it in another moment, on another day, through another channel of perception and if it's what is happening, then it will still be there. Don't worry so much about all the content of your thoughts. Sometimes you think you're seeing a thing, it's kind of just mental activity. Other times, you think that because there's not emotional charge, it's not real, but that was actually intuition and you dismissed it because it's thoughts. That happens to me, a fair amount. I'm like, "Oh, just thinking, thinking," and then something happens, I'm like, "Oh, that was ... I was actually tapped into something." That's another kind of cultural unlearning, is to trust what's coming through.

Daniel: Let me say just that and keep ... Thank you, Maria, for that question. I see some good questions in the document I'm looking at, but I'm going to go to Kate Laurel. I

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unmuted you, Kate, and any time somebody raises your hand or wants to speak in the video, if you could just share where you're calling in from, that's a nice connective thing to do. Go for it, Kate.

Kate: Hi, am I muted?

Daniel: You're unmuted, we can hear you. Go ahead.

Kate: Okay, great. There's a lot to my question, so I'm just going to see how it unfolds, I suppose.

Daniel: Yeah, but if you're able to kind of start with the question and then give the context, but either way, yeah.

Kate: Oh, okay. I'm Kate, I'm from Salem, Massachusetts. I've spoken before. I guess the question is regarding intuition. I mean, this is a huge question in many contexts, but when there's a fear around connecting with the spirit world and the ancestors, when do we honor that as sort of a limit of like, I'm not in the right state or space right now? Or when we can, like you said, bring your fears, wear your heart on your sleeve, and be available for it? Just briefly, the context is that, I had a really bad skin infection that like almost sent me to the hospital, felt very emotional, felt very tied with my ancestors because it instantly snapped me into a state of like, not being able to smoke cigarettes, not being able to eat sugar, not being able to like continue with my bad habits that feel fed by the ghosts of my line, that I'm working with. I felt very vulnerable during that state and didn't want to tap in.

Daniel: That's fine. [crosstalk 00:20:48] I hear you saying, Kate ... Just like if I can speak about fear and how to work with that a bit. Yeah?

Kate: Great.

Daniel: Good, okay. I'm going to put you back on mute. Thank you for speaking up.

Kate: Okay, thanks.

Daniel: Yep. Look, don't just dismiss your fears, because there's actual danger in the world, and the world includes the seen and the unseen. One really unskillful thing to do with fear is to be like, "Oh my God, it's all love and I just need to be more loving and push through." Yeah, don't do that because that's a really ... it's like a weird privileged disconnected from reality stance, just because there's actual danger. There might not be any danger in the moment, but there could be, and so you want to actually investigate what's going on. So be curious what the story is. If we push away our fear, then we don't get the data or the information about it. In general, it would be like, "Okay, what are you afraid of? What's happening?"

- Daniel: Well, I think like you would comfort a child maybe and ... I mean, our daughter's not talking much yet. She's still very small but if I imagine here being like, "I'm afraid," I'd be like, "Well, okay, what are you afraid of? What's going on?" Like, "What do you perceive? I'm interested." If she was like, "Oh, there's somebody in the house," it's like, "Okay, well, how do you know?" "Because I saw them walk in." I'd be like, "You did? When?" I would want to know what she knows and if I just dismiss it, I'm going to miss that information. One of the best ways to address fear is to attend to actual safety. I mean, you want to feel relatively safe when you drop in for spirit work if you can, unless it's an emergency, you're trying to do something.
- Daniel: A great way to feel safe is to actually be safer. One of the questions is, what do you, Kate, or anybody, what do you do to establish ritual safety? Well, rooting your body, have clear intent about who you're relating with. Make sure that you're only relating with powers that are wise and kind and supportive of your life and destiny. Be humble and informed and supported in your choices to relate with the spirits. Don't be reckless or entitled or cavalier about it, and make sure that your first move in a sense ... if you're not really steeped in this kind of thing, in general, your first move should be to come into relationship with powers that are really trustworthy and they become your extended intuition, your extended ... you know, your team in the other world. They can help you to discern what's a safe situation, what isn't.
- Daniel: But yeah, the mind can get really active as well with the fear and I don't say that to be dismissive of anything. But if we're just more like rooted in our upper body, and in a ungrounded or anxious state, the mind will generate fear. Like there's 24/7 programming on the fear channel, so if you just let that hang out, you really can spin out in it. It is important to anchor into your body. Make sure you're physically okay, and from that place, start to do what you need to do which might mean calling in the support of a practitioner or some kind of ally in the work. The idea that the universe doesn't give us more than we can handle is also New Age garbage, because sometimes people get assassinated or unfairly murdered. I guess they're not really different, and you know, bad shit happens to people. It's not like because they're bad people.
- Daniel: Sometimes we need to reach out for help. That's important as well. Sometimes we're not going to be able to establish a really safe container for what's happening in our life, in isolation. The belief that we need to be able to, in isolation, is a kind of cultural toxicity, that we would shame ourselves for having needs, which is really this problematic stance. Let me say just that much, so thanks, Kate, that's a good question. I see, Susie, you have your hand up. I know you've spoken some in the other video, so I'm going to make a little bit of space in this moment, first for a few other questions and then I'll circle back.
- Daniel: What I mean, Moshe, about the 24/7 fear programming [in chat], I mean, emotion, you don't drain the well of emotions. Like there's grieving to be done 24/7. There's

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24/7 rage and injustice. There's 24/7 this happening, right now. Emotions are a little bit more like bandwidth, so the energy or consciousness in the collective, so you're not going to empty it out. I'm saying that at a certain point, you need to be able to unplug or shift the channel. That's all. The mind will keep giving you things to be afraid of, if you're in the energy of fear. Good, yeah, that was a great question from Samantha. Can I speak to how we would build up a primary team of supporters in spirit, that I just alluded to before connecting with the ancestors?

Daniel: I suppose in some ways, the approach here makes some assumption that people are not completely, completely new to relating with guides or allies or teachers or deities or the sacred or God on the rocks, or whatever you go to, when you're in a crunch and you need to pray or call to the powers. If you are really new to that, which we all have been at some point, whether you were raised with stuff when you were a young person and you got introduced to your guardian angel or whatever it was, or whether you started when you were 60 and you're like, "Oh geez, there's a whole unseen reality. Well, nobody told me about that. Let me get started." Wherever you're at in it, there's a point where you're new to things.

Daniel: For me, I started relating to the spirits of animals because they're very available, they're very generous and smart and weird and easy to like. But if you have a tradition that you practice, then the powers identified in that tradition, as trustworthy, can be a good way in. It's also fine to begin your relating with others in spirit with the wise and well ancestors. I do see it as a fine starting point, but if you feel apprehensive about that quality of sort of reaching outside your circle of safety in order to connect with the well ones, try the approach of calling them to you.

Daniel: Another thing I didn't mention earlier, is to just create a category in your awareness for kindness, wisdom, love, intelligence, like collective good magic from your people that is available to you. Part of it is just creating the possibility of that, which might be a new thing. And into that space, that is possibility of it, it creates a space, a seat at the table for the ancestors, themselves, to arrive. We need to hold the category in our awareness first. That's different than actual contact, but it creates the conditions for it in a good way. People said at Zen retreats, you can't make yourself get enlightened or you can't make yourself get struck by lightning, but you can hang out on the tops of mountains in thunderstorms. It's a bit like that, with ritual. Good. I see Raqael, having your hand up. [crosstalk 00:29:41]

Raqael: Hi again.

Daniel: Yes.

Raqael: Okay.

Daniel: Well, say where you're calling from, if you would.

Raquel: Sure. I'm calling from the mountains outside of Cali, Colombia.

Daniel: Great.

Raquel: My internet connection is not that great, but I'm going to talk a little bit. I'm going to try to say the question first. I started the course, having already done the first three practices from the book and I found a guide. I felt like things were going pretty well. I had been able to make an offering to that lineage. This was the lineage of my father's mother's side, Afro-Caribbean side and I was kind of on my way with that, and then I wasn't able to do any practices. I was traveling for a while, and then I started again. I started doing the course, as it is and then I was working with the same lineage and my guide was gone. I guess my question is ... I had to go really far back to find that guide. I had found a few, sort of, unwellish guides before her, and then I found her and I felt like that was really good. Now I can't find her again.

Daniel: That's okay. It happens like that. It's very common in the step, that there'll be one kind of thing and then another kind of thing and then it's like you encounter different ones that present as potentially the connection you're seeking, before one really stabilizes. Sometimes it's a both/and kind of thing, so you connect with one but there's another one that wants to step forward also. Sometimes it's that there's really a different connection, that's the more root connection you need to encounter here. Sometimes, it's about being ... there can be a thing where we are ... we need to be ready for it, and so it's ... I don't know why this is coming up in response to what you're saying, but make sure in whatever way is right for you, that you ... I'm not suggesting that it's on you, necessarily, but give yourself permission to imagine what the connection would be like, in addition to what you've already seen.

Daniel: Make sure you're ready for that connection in your life and the potential transformative things that might follow from that and just drop back in, because sometimes what will happen is, we think that they're not there anymore and it's like, the clouds are in front of the sun. We can't see the sun, but of course it's still there. Sometimes it's about the connection, itself, sometimes it's because we need to connect with a different kind of energy. So a little bit is just like, keep at it. Keep at it in different states.

Daniel: If you notice in your busy life, that you happen to be in a pretty open state ... it's like 5:00 in the morning, you woke up, you can't go back to sleep, be like, "Oh, I guess we're going to do this thing now." You drop in and see if you can make the connection then, so just be a little tenacious about it, I think. Like, don't get too discouraged with the process. If you're really finding a hard time connecting, then you could reach out to support of course. I know you've done, I think, some sessions, Raquel, so hopefully that responds okay. Mostly it's like, don't worry about it too much. Keep at it ... Until you've really locked on to the connection and can expand into that, everything's a little bit influx. Yeah?

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- Raqael: Uh-huh (affirmative).
- Daniel: Does it make sense, what I'm saying? Yeah?
- Raqael: Yeah, I think you probably hit the nail on the head, in terms of like me realizing what kind of structures I need to make in my life to be the kind of person that's always in contact with that ancestral guide, you know? Like all these other ones, sort of show up and they show up in dreams and they're kind of sassy and confusing and then there's this like ... it's like that's kind of free, but I have a lot of work to do, I feel like, before I get to the point where I'm really in conversation with this one guide that I found, that time before.
- Daniel: Yeah, and look, don't be too perfectionistic about it, in the sense of ... I know you're not necessarily saying this but I'm going to speak to it, because others sometimes get caught on this. There can be a, who am I or am I worthy of this connection, or that, almost like a fear of being judged by them or being seen as lacking or, I don't know if I'm ready, or things like that. And I'm like, "You know, just come back into relationship." It's actually, the etiquette, is to let the elders decide those things. If we decide them, they're like, "Argh." Then we're kind of ... we're not allowing for the ... we're not bringing our vulnerability to the connection. Yeah, so bring your ... if you can bring vulnerability to the drop in, I'm almost certain it's going to go better. Bring that. They love it. Spirits love it. Yeah.
- Raqael: Okay. Heart on the sleeve.
- Daniel: Yeah, exactly. Good.
- Raqael: Thank you.
- Daniel: Thanks Raqael.
- Raqael: Thanks Daniel.
- Daniel: Yeah. Let me go to Dilini. Sorry, I know I didn't get that right. Help me out. I'm trying.
- Dilini: It's okay. It's [Dilini 00:35:49] and it's just initials of [inaudible 00:35:51]
- Daniel: Yeah, I know. I'm like, you can't possibly [inaudible 00:35:53]. Sorry, making me look bad. Where are you calling in, friend?
- Dilini: Dilini, I'm calling from Nevada City.
- Daniel: Great.

- Dilini: I'm a first generation Sri Lankan. My question is ... It's my first time this week on the online course, so some of this may have been covered and so excuse me if I'm repeating something. When you have an ancestor who's well, you said seven and above, and then the other ancestors, perhaps you see as more in the zero to three range, perhaps. Initially, I thought to lean toward the grandmother who was in the zero to three range, and then as I felt more support from the grandmother ... because one grandmother is in the seven to 10 range, maybe seven-ish, I thought it may be better to work with her and get closer to 10, so she can support with the other ancestors. How does that work in the way that they are together? Would my other grandmother ... how would she feel about ... Is she going to feel some way towards-
- Daniel: Let me ask a few clarifying questions. When you say grandmothers, you are meaning like your parents mothers, right? You mean the recent ones. Is that how you mean it?
- Dilini: [inaudible 00:37:09] father's mother and mother's mother.
- Daniel: Yeah, and so for one, because we're working a lineage based approach, you want ... we're not at the stage yet of relating directly with the most recent ones.
- Dilini: Oh.
- Daniel: It sounds like you're noticing one of your grandmothers is not deeply at peace, something other than that, and that another one seems relatively well. Yeah? You have one of the key principles down, which is to come into relationship with the powers that are well and ask them to support those who are not yet well. Which, Dilini, lineage is your grandmother who is more well on?
- Dilini: She's on my father's side.
- Daniel: Your dad's mom, yeah? And so if it feels right to you, you could choose to focus on the lineage in the course. Then the next step would be to gather what's knowable about your father's mother and her mother, her mother, her mother, her mother, on back through time and then when you do the dropping in practice in lesson four, to seek to connect with a much older grandmother. And it might not be so long ago, I mean, it could be ... depending on which ethnicities in Sri Lanka that your people are from, along that lineage, it could be that the traditions of ancestor reverence were very intact, even up to the present or until very recently. It could be that it's only your great-grandmother. You drop in and you're like, "Oh, her and all the ones before her are already deeply well. Great, this is all the farther I need to reach back." Or it could be that you end up reaching much farther back.
- Dilini: And that's because the further back lineages heal the closer lineages, which is why we're going further back versus ...

- Daniel: We're thinking of it in the same lineage, right, and so it's the same maternal lineage before your father. We're talking about one lineage of women and in general, the sense here is that if you go far enough back, so to speak, even though we're relating with them in the present, so the saying that you go back makes it all linear and structured in time. It's not actually like that, but come on work with me. Not you but like everybody. We're telling a story in time, and so you can unravel it once you have this big unitive experience that blows your heart chakra open and then you don't have to be in time, but be in time for now.
- Daniel: You go back as far as you need to, to find ancestors who are like, "We're good, we see you, we know we're in spirit form. We're cool, like you don't need to heal us, like truly. We're in that eight to 10 range, whatever Daniel and his weird scale is, we're in eight. Tell him we're in eight."
- Dilini: I like that.
- Daniel: They're connected to the ones before them, and they're like, "Yes, we're one hive of benevolent, Sri Lankan grandmothers," or whatever. Connect with that, and then you say to them, "Hey, cool." You drop in and then where we're headed with it ... And these extra lessons haven't been released yet, but where we're headed is partnering with them to ask them to heal up anything that came after them on the lineage, any of the grandmas who are not decisively well yet, so that whole lineage is deeply healed up.
- Daniel: At that point, it is possible to ask that whole lineage, as a collective, to assist you in making some repairs with another lineage. But remember that other lineage, that might be troubled, in the recent ones, they have their own elders who are healed as well. The ones that are already good from your first lineage, what they're really going to do is help you to make connection with the ones that are good in that second lineage you're going to. Are you following me?
- Dilini: Yeah.
- Daniel: But that's down the road, yeah.
- Dilini: Okay, great and so the way that they're working together is also not a linear kind of thing. It's more of a collective ancestor-
- Daniel: Yeah, yeah, of course. Look, one of the ... yes, it's unpredictable and it's a group level kind of thing. In general, those among the dead ... and remember that they run the full spectrum just like the living. Those among the dead, who are deeply well in spirit, tend to function more as a collective or a group kind of energy. It is one of the indicators of wellness to be networked in with other well ancestors. That's what you want to head for, yeah.

- Dilini: Thank you.
- Daniel: Yeah, and just as a heads up, Dilini, Meghana, who's also in the course, at least half of her family is Sri Lankan, and so it could be interesting to chat with other folks ... There are only so many people in the course with that ancestry, so ...
- Dilini: Yeah, thank you so much for that. I'll [inaudible 00:42:02]
- Daniel: Yeah, cool. Glad you're with us. Thanks for speaking up. I see Madelyn with a question. Yeah, go for it, and then probably ... Yeah, let's go there. Sorry, you're still on mute. No, now you're off mute. Go ahead, yeah.
- Madelyn: Hi everyone. Glad to be here with you all today. I'm calling from Lenapehoking lands, now called Brooklyn. I'm wondering ... I think maybe you already kind of addressed this a little bit in terms of like the tenacity, like trying again and again, but I find that when I try to drop into connect with ancestors, I've been falling asleep. That's been my experience in other journeying in trance work, is that I fall asleep really easily. I thought that I remembered you writing something about that or having addressed that somewhere, but then after my experience with it this time, I like couldn't find it again, and just wanted to ask you to explain that a little bit more.
- Daniel: I mean, it could be all kinds of things. As a new dad, I'm under-slept. I actually got dragged to a yoga class the other day, and I feel asleep in Shavasana, and just like, I've got to keep moving or I fall through the ice. Like, if I stop, I just fall asleep, and so it could be that you're really tired. Beyond that, it could also be a way of the spirits protecting you from stuff you're not ready to see or experience yet. It's like they're just throwing the wet blanket over whatever's happening. They're like, "No, shut it down," and if we try on that theory as a possible thing, then you could ... I'm going to mute you for a second, just because there's a little reverb or something.
- Daniel: It could be that it's worth taking a moment and really attending to the clarity and protection of your energetic space first, and not proceeding until you feel really, this tangible sense of, "Oh no, this is good. I feel really resourced and really actually safe and held, and all that." Look for that feeling first, as one thing to try. Then second, it could be that your way of intuiting works really well with some movement, and so to consider the possibility of even just like swaying or I mean, dance, if you can focus while moving your body in that way.
- Daniel: It's totally fine to do, at least sitting up or even moving. People sometimes, you're walking, like you connect while you're walking. It's fine, so remember that you're in a process of reclaiming the pathways of connecting with the spirits, that work for you, and so explore a lot of stuff. I mean, use the principles but explore what is going to work for you. Yeah? Does that land okay?

Madelyn: Yeah, no, that's great. Thank you for those ideas.

Daniel: Great. Thanks Madelyn. I'm going to go to a question from Davina and I don't know that Davina is with us live, here. It was sent in from Facebook. There's a question on divination and because there was a reading on divination. The question is how can divination be utilized to assess things? Like, is there an ancestral curse or something like that, and what would be the most effective method? Succinctly, divination can mean many, many different things. In Yoruba tradition, well, it means many different things within Yoruba tradition, but Ifá divination, for example, is a very complex layered, sort of demanding to train in, prescribed structured type of approach. Even other traditional West African forms of divination, rely more heavily on intuition and kind of channeling and medium shift than Ifá divination.

Daniel: Some kinds of divination are also very structured like tarot or things like that, so divination can truly function in many different ways. It's not like there are many different styles of doing the same thing. There are both different forms and different degrees of training to achieve different kinds of things. Divination, in a sense, is using different kinds of symbols, structures, tools, to accentuate dialogue with the spirits, often for diagnostic purposes, but sometimes for treatment as well, and not just prescribing, but carrying out things. But usually it's more diagnostic, and so any given person could go to someone who's trained in those systems. There's nothing wrong with that if you trust the person. I tend to not trust spiritual teachers that much at this point.

Daniel: Bless them, bless us, I guess, but there are some awesome people. I'm not that arrogant, but be discerning, you know? Be discerning. Get a referral from people. Not everyone's equally skillful. I have the view that it's possible to ask your own wise and loving ancestors about things and that a lot of the answers can be obtained that way. I still do divine for myself in my own life and I will have divinations done for me at times, just because I'm in a tradition is divination heavy. It's not the focus of our course, but it just happens to be in my path. I also have a dear friend who's very psychic, who which I will consult on things where I need like a third opinion on it and that's really useful.

Daniel: If you have someone who's a really good psychic ... Some people have that gift. It's a totally annoying gift, but some people have it and actually accept it and work with it and can help if you have a question like that. Usually when people are psychics, they're especially good at one kind of thing, so you would need to know someone who's also trained in ritual. The assessment process that we did in the second lesson, can actually assess for ancestral interference. My recommendation, Davina, would be, if you're open to it, to consider a session with one of the practitioners and just say, "Hey, I'm worried about ancestral interference in these certain ways." Then, that consideration can be brought into the assessment.

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Daniel: Now that's not having someone tell you the answer, but it is having someone who's trained step you through coming to the answers, yourself, and I'm biased that it can work that way. I've seen it work like, hundreds and hundreds and hundreds of times for people, to get their own answers from their own ancestors and internal guidance as well. It's kind of putting some other folks out of business but, so that's the answer to one of your questions. I'm not seeing the other ones in this moment. Oh, there it is. We're going to talk about how you would resolve such a thing in a later lesson.

Daniel: What's my experience with this? Yeah, I have experience with that, some. I mean, I've been guiding people through ancestral repair work since 2005, so I've seen a lot of strange things, which is great. It's a blessing and curses, possessing spirits, all that. Far end of the curve of troubled things that can happen, we're going to get into that in the second part of the course. I'm bias that it's possible to work with your own ancestors to resolve almost all of that as well. You don't have to contract it out either, but there are people you can go to, still, so thanks. Other questions? Let me make a space here for Susie. Go for it, Susie. I just took your raised hand down to call on you and unmuted you, so if you still have your question, you're still there, go for it.

Susie: I'm here. I think it's probably, maybe, hopefully a very simple yes or no. I've struggled a little bit on two of my lineages because it appears as though they're intertwined. Is that possible?

Daniel: Yeah, of course. We're all related, so of course, sooner or later, we're all intertwined.

Susie: I mean, I'm able to, if I really focus on one of them and say, "No," like no, to the other, I can work up one of them, but I just ... it happens every time I go into look at lineages, that these two are just so intertwined.

Daniel: Have you made connection directly with the ancestral guide or teacher yet?

Susie: Yes, but I really ... I just was curious how you handle it when-

Daniel: I would probably ask, with the guide present, "What do you need to do to have the other lineage stand down for now?" It's possible they both are in need of healing, and that there's ... I haven't had the experience, but I hear that if you have someone who's drowning, grab onto you, it can be quite intense, when you're in the water. It could be a bit like that with the dead, and so you want to ... sometimes the remedy is to, I think, punch people in the face and knock them out if that's happening, when you're saving them, and then try to rescue them, but it's not ... I'm not saying exactly to do that to your people.

Susie: Yeah, right.

- Daniel: You might need to set a limit with them and be like, "Back the fuck up. Like, we're doing a course, get in line or I'm not going to help anybody. I'm just [crosstalk 00:52:49] and watch Netflix, so whatever." Not to be intense toward you, Susie.
- Susie: No.
- Daniel: You get the sense of what I mean, yeah?
- Susie: Yes. Yeah, I just wondered how this ... Yes, we're all related as we go back, but it just seemed, almost as though the two lineages were really related [crosstalk 00:53:10] early on.
- Daniel: Yeah, no, they might be. Yeah, of course, and it's not even problematic.
- Susie: Right, okay, so just be definite and set them aside.
- Daniel: Just pick one to focus on.
- Susie: Yes, okay.
- Daniel: Yeah, if they're related, then it should help both, so ...
- Susie: Oh, okay, I hadn't thought of it that way. Yeah, okay.
- Daniel: Thanks Susie. Okay, good.
- Susie: All right, thank you.
- Daniel: Yeah. Others with a question? I see Robin. Go for it. You're off mute.
- Robin: Great, thanks. First, I really appreciate what you were saying about safety, of not pretending it's there when you don't actually feel safe.
- Daniel: Yeah, good.
- Robin: I love that.
- Daniel: It's such a New Age bypass. I can't stand [inaudible 00:53:52]
- Robin: I know.
- Daniel: Like, the only people that come up with that idea are people who feel really culturally safe because they've never been targeted. It's bullshit, but anyways, go ahead.

- Robin: I think you saw on the Facebook group, I'm in a bit of a surprised state, DNA-
- Daniel: Oh, yeah, you found out your brother's not your biological brother, huh?
- Robin: Yeah.
- Daniel: All right, how's that going?
- Robin: I found out my parents are not his parents, but he's still a relative.
- Daniel: Okay, so they, knowingly, obviously ... He's then, older, younger than you?
- Robin: He's older, so there's either one nicer option, is that it's my aunt's child, and maybe she had it out of wedlock and my parents took him. The creepier option is that it's my grandfather's son, and they took him. Meaning he would have had something out of wedlock. Either way, it's a very big family secret, and I'm kind of ...
- Daniel: You said your brother's kind of a mess. Does it cause you to feel a little more compassion, in a way, for him?
- Robin: You know, it is because I actually have these feelings of being protective of him.
- Daniel: Yeah, I bet.
- Robin: This would just ... I mean, how much would that rock you to find out your parents, or your relatives [crosstalk 00:55:17]
- Daniel: No, but look, it's the effect of secrets. Secrets are poisonous, I mean, those kind of secrets.
- Robin: Yeah, and I would imagine some part of him knows, that kind of disconnect people have when they were adopted but they weren't told. From looking at it from this work ... I did take the class with Seyta and I did ... actually, the person I connected to was on my dad's side, so it would still be his relative, and so that feels hood and clean. It's about six generations back, a woman, on my dad's mom's side. One thing that occurred to me, kind of as I was listening to you was it would be a good time for me to do a end of the [inaudible 00:56:03] session with one of your graduates. I was just wondering, additionally, if you could think of any things I could do to kind of bless this or contain this? Because what I'm thinking is, something happened in the last generation, and it was secret.
- Daniel: Yeah, sure.
- Robin: I mean, all through the DNA testing, this generation is finding out about it, and then what we do with that truth is our choice.

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- Daniel: Yeah, unless you have an imperative to share the information now, I would do the spirit work around it first. I would get really well with at least one lineage. Great to work with a practitioner. You could work with one who also happens to be a therapist, just so they have the savvy around family dynamics. Heal the energies around the situation first, and let the ancestors guide you on what to do. It doesn't have to be only them, but that's my process level thing, because I don't presume to know what to do.
- Daniel: If you were to do a session with me ... I don't do sessions anymore, but if I did, I'd be like, "Let's get well with your ancestors and then let me help you to discern what they think you should do." That's the way you decide it, but for now, you ... I think, you know, if you lance something that's infected, then you need to drain it and disinfect the situation, kind of bandage it up. There is like a ... Geez, sorry to be all medical about it, but draining the abscess, kind of thing, like you're lancing something that's been contained and problematic, and infected. That's my impression.
- Robin: Right.
- Daniel: Let the spirits help with that. Don't feel like you need to get all up in it, any more that you already are, and trust that it's going to move in its own way, but let them help. That's my main sense of it.
- Robin: Okay.
- Daniel: And don't do anything unless you need to. Wait till you actually need to do a thing.
- Robin: The part that's really interesting and actually, it was my stepson that pointed this out, is the person who could be embarrassed by this, she died two weeks ago.
- Daniel: Oh. Oh, that's interesting.
- Robin: So in terms of the, already feeling like it's divine alignment, like I'm the one who kind of put that math together, and the person who could feel tremendous shame from this coming forward, she crossed over about two weeks ago.
- Daniel: What's her relation to you?
- Robin: She's my aunt.
- Daniel: Okay, but on which side?
- Robin: On my dad's side, so it's possibly ...
- Daniel: And you're working your dad's mom's lineage?

- Robin: Yes.
- Daniel: Oh, get that lineage well first, and make sure that your aunt is included, that she's transitioned well. Once she's transitioned well, and you're in a good state, ask her what she thinks.
- Robin: Mm-hmm (affirmative), because if it is her son, I want to know what she wants.
- Daniel: That's a very respectful way to approach it. That's what I'd recommend.
- Robin: Yeah, thanks, that really ... talking to people is just really helping me bring all these things together, that I just can't think of [crosstalk 00:59:31]
- Daniel: Good. Yeah, thanks, Robin.
- Robin: Mm-hmm (affirmative).
- Daniel: That's great, yeah, and remember, for everybody, you're learning a way to ritually, safely heal up ancestral trouble, but it's also a way of making decisions, or a way of moving through the world that invites ancestral input and in just regular decision making. Yeah, we kind of joke among the practitioners, it's like, "Oh yeah, bring it to your ancestors." "Yeah, yeah, but what do you think?" "Oh yeah, bring it to your ancestors." We'll say that a lot, have you asked your ancestors?" They're like, "Yeah, yeah, come on, I just want an opinion." But it's a good habit to be in, because we'll tend to be like, "Well, what do you think?" "Well, I haven't really consulted my own inner knowing and my own people yet," so it's ... there's an empowerment piece here, of knowing that you can go to your own people, so good. Thanks Robin, that's a potent share, so ...
- Daniel: Others? I see Elah and Tom. I know you've both asked questions in previous video chats which is great. I just want to glance, some ones that have come through for folks who may not have done that quite yet. From Cecilia in Panama, met an elder guide on your mom's mom's line, received the blessings, had a powerful bond with her. And after that, you've been having intense vivid dreams, mostly about familiar emotional patterns and you wake up irritable. What's up with that? And should you continue doing it, like you're doing it?
- Daniel: Yeah, that's a good question. It's hard to know specifically, what's happening for you, but I can say generally that when you connect ... when one connects with a source of love and wisdom and kindness and healing energy, whether it's ... you may have found in your life, that you actually get in a healthy partnership, after having experienced some partnerships that are other than healthy, and some part of you starts to kind of freak out, like you're having a psychological allergic reaction to something healthy. It's kind of like this weird detox, reorganization, like, "Geez, isn't this supposed to be comfortable?" Or you go to the beach on vacation or you

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go somewhere relaxing for a change, and then you fall apart and get sick. It's like, did the relaxation make you sick?

Daniel: Well, not necessarily, it's like you encountered something that's beneficial and then it stirred up things that were ready to move. Sometimes it's like that. I'm not presuming, Cecilia, to know exactly what's happening for you, but if you notice that when you're resourcing with the healed, whole energy, that it also stirs up other kinds of turbulence, you can say, "Hey grandma's, ancestors, please keep this within a range and intensity that's workable for me. I have to take care of people, I have to show up for my life. I know you want to reorganize my energy body and do all these magical things, but like, easy on the pacing." You can ask the spirits to have it go a little more easy.

Daniel: I see from Seyta that it's Cecelia and that you are on the video chat as well. If you are and you want to speak to what's happening for you, it's welcome. I just see that the question came in here. Seyta, if you have a way to take Cecilia off of mute or if you're ... Oh, I see it's Cecelia [inaudible 01:03:24] there. I go it. Great, go for it.

Cecilia: Hi, can you hear me?

Daniel: Yeah, I can hear you.

Cecilia: Okay. Yeah, I'm from Panama City. It's in Central America. It's a very small country and it's a country of very mixed people. I have black African, Chinese, white and Native American people as well. It's all in everything, in one person. I've been working with my mother's lineage, my mom's mother's lineage and I went into a place where it was like a savanna from Africa. It looks like really far, and I saw three. Then I call up on the ancestors and someone showed up, but it didn't feel right, so I asked for another guidance and everything went like, really well. She was ... I was asking the questions like, are you the one that's willing to help me and have the ability in a humble way?" She was like, "Yeah, that's the reason I'm here."

Daniel: That's usually a good sign. That's good.

Cecilia: Yeah, and she was like all dressed in white, and I asked if she had connections with the elders before her. She showed me all the connections and she showed me about her life, like the strength of her was like, being very caring and sharing person, or force or [inaudible 01:05:06]

Daniel: When you speak of her, can you feel her presence, now, with you, in this moment?

Cecilia: Yeah. Yeah, [inaudible 01:05:17]

Daniel: Yeah, [Spanish 01:05:19] how's your feeling of her?

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- Cecilia: Well, I feel her like very strong in my heart. The blessing that she gave me, it was through my crown and my third eye. She gave me something like a touch or a kiss, I don't remember and it went through my whole heart, and to my hands. It was like a fire.
- Daniel: How much for you, Cecelia, do you feel like you have stabilized or gotten used to this quality of energy that she is bringing? Or does this still feel kind of intense or kind of new?
- Cecilia: I'm not quite sure, because I used to feel everything like very intense, so I might be feeling like it's stabilizing, right now. Like, maybe [crosstalk 01:06:13] it's not ready yet.
- Daniel: I say that because sometimes it's important ... like, there's a leveling up or a [Spanish 01:06:25]. It's a kind of gift or a different frequency of energy that we just need to have a moment to get used to.
- Cecilia: Okay.
- Daniel: Sometimes that can feel turbulent but then it becomes more even.
- Cecilia: Okay.
- Daniel: Yeah? Make sense?
- Cecilia: Yeah, it makes sense. Thank you.
- Daniel: If it doesn't even out like that, speak up again, but that's my impression in what you're describing, that you're probably right where you need to be. There's really good things happening, and it's just like opening some stuff up for you.
- Cecilia: Okay. Okay, thank you.
- Daniel: I think ... I mean, I know the time is limited here, to unpack it so much, but does that feel like it could be accurate, for you or ...
- Cecilia: Yeah, it does, and I have another question. How should I keep contacting this grandma? I know that ... Well, I feel that she's with me, but ...
- Daniel: Yeah, that's the answer. That's why I asked you, is like [crosstalk 01:07:32] I'm speaking to everybody, it's so normal. Look, our ancestors, for most of the time, wherever they're from, comfortably related with the ancestors, in like a regular way. You're like, "Daniel, connect with your ancestors." I'm like, "Yeah, okay, what?" It doesn't have to be fancy, but at first it might be like we're reestablishing a pathway of connection, so it takes some practice. There might be times where you're really

feel strongly connected and other times it's like, you have to search for it. But we're part of those lineages, we're not separable from them, really, so good. Glad you're with us, Cecelia. Thank you.

Cecilia: Thank you very much.

Daniel: Yeah.

Cecilia: [inaudible 01:08:16] blessings to you.

Daniel: Okay, [Spanish 01:08:22]. Others who ... Elah, am I saying your name right?

Elah: Yeah, you're doing great.

Daniel: Good. [crosstalk 01:08:32] What's you got?

Elah: I've had a really beautiful connection with the ancestral guide on my mother's mother's line.

Daniel: Great.

Elah: Something that's been a little is that, this has been ... I haven't been able to receive any information about when this being ... I have no idea when this being lived. I have no idea where this being lived and when I'd ask like, "Where did you live on the earth?" The ancestor just said like, "I'm not in that realm anymore." It kind of seemed like, not that I was being rude, but that it was sort of not relevant. I'm just wondering [crosstalk 01:09:17]

Daniel: What's your best sense about where that lineage of women before your mother, historically, lived on earth?

Elah: I mean, I know like a hundred or two hundred years ago, they were in what's now Russia, but this could be a thousand years ago, for all I know.

Daniel: Yeah, of course. No, look, let me speak to this. Were you complete with what you wanted to put out there?

Elah: [crosstalk 01:09:40] historical stuff.

Daniel: Yeah, good. It's a really common, important question, so let me speak to it. On the one hand, you don't want to just flagrantly make stuff up, and so, yeah, if you don't have reason to claim it, like I wouldn't ... I'd be surprised, Elah, if you're like, "Yeah, she said I'm Sri Lankan." I'd be like, "I don't get that, when I see you necessarily. That could be, but I don't know." Or like, so sometimes there's like a ... if you're claiming something that's really diverging from what seems historically

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likely, then you want to be a little suspicious about it and be like, "How so?" Even so, you can be surprised by something.

Daniel: Now, on the other hand, we don't want to be so locked into the story that wherever our ancestors were a hundred, two hundred, three hundred years ago, if you have access to that amount of information and many people don't, that they definitely were in that spot for like ever, before that, because of course that's not true. Some people have stayed put for a good while, like thousands of years, that they're really part of a community of humans who went through layers and layers and layers of culture in a place. Other people move around a lot. Both things happen and I upped my subscription finally.

Daniel: I was just up early on ancestry.com and learned that my mother's mother's mother's lineage, the names ... I thought they were English or Irish and then I dialed it back a few generations. I'm like, "Oh, those are German settlers, interesting," Then one more name, Anna Blaskovitz. I'm like, "What?" That's a ... it was Slovak or maybe even Croatian name. I'm like, "That is not German at all." Suddenly I'm like, "Oh, this lineage is Slovak or Croatian or I don't know." It struck me, in a really nice way, actually, because it reminded me 20 years ago, when I started doing this work, I saw a vision of those grandmas, my Grandma [Howl's 01:11:54] side, my mom's mom, along the Danu, like old grandma's along the ... In the vision, I think, it's like Hungary or south of there. Then, 20 years later, I'm on ancestry, I'm like, "Really? Really?" They're like, "Dude, it's real." I'm like, "Thanks." Sorry. I didn't say you have to believe in this. Just give it a try.

Daniel: It's an interesting example, besides being like a cool opening, for me, and humbling, and in a really nice way, breaking up the totally homogenous northwestern European story, that I love and also at times, feels a little constraining in my sense of ancestral self. It's a way that the historical and the visioning work can come into conversation. It's also true sometimes, that the ancestors are so expansive, like in that nine, 10 range of wellness, that they become kind of non-local, ahistorical ... some traditions speak of deified ancestors, like they become part of a bigger collective force or energy. These grandmas are like, "Are we ancient, Danu witchy grandmas? Are we [Kara-Drin 01:13:23]? Are we the ancient Babichka's? What do you need? What do like ..." You know the energy. You know the quality of energy.

Daniel: Yes, thank you Marta. I think you have some Polish going on, so I appreciate your seeing the Slovak connection in the chat there. The ancestors at a certain point, become a big enough collective force that they're not too fussed about the historical part. In this process of working a lineage, you're going to come, Elah, to a point where you'll intersect the historical Russian grandmas. What matters at that point is that these ones, that are less identified with time and space, in that way, can show you the historical lineage [inaudible 01:14:20], enough to make sure that there is an anchoring of that magic in time and space.

Daniel: That's part of the cool thing about this work, because for me, at least, for years, I thought my family was the least spiritual thing in the whole universe. Bless them, my parents are coming to visit and I shouldn't talk about them that way. They're nice people, they're just not like super tapped in. Now, it's better because I see them through ... like, they're also the face of the lineage. I see them through the lens of us being part of the shared magical interesting system. That's what the invitation will eventually be, Elah, is to also see your specific family. Like, were reconciling these expansive ancient beautiful, collective currents of ancestry with our specific life experience and specific ancestors, so good. We've got a few minutes. Let me see a question from Consuelo, and let me take you off mute. Go ahead.

Consuelo: Hi, can you hear me?

Daniel: I can, yeah. Where are you calling from?

Consuelo: I'm calling from Tasmania, Australia, but my family comes from Chile. We migrated here when I was two.

Daniel: Great.

Consuelo: Please excuse the noise of my little ones in the background. I did the connecting with the spirit guide ancestor. I'm working with my father's mother's side and connected with a very beautiful grandmother-type. All the question were very positive. The only one there was a bit of confusion around was, are you willing and able to do the healing work? It was more like, "What healing work?" if you know what I mean, so this line is quite well, which is great, and I really liked her. Originally, I started this course because I know about the trauma on my father's side, and that his patrilineal line is really unwell, like about a two, for a long time. It's really dark and I have anxiety working with it, and so I guess [crosstalk 01:16:52]. My question is, can this grandma cross lines? Can she work with the other lines, but they're not really related? Or should I-

Daniel: What I would do if we were [crosstalk 01:17:02]

Consuelo: ... switch over?

Daniel: Consuelo, if we were in like session space, it would follow a different rhythm than the course will pull for. The way it would look is I would say, "Okay, tell these older grandma's who are like, 'Look, we're good, this lineage is good,'" it's probably like ... It may not be, but it's probably the case that these older guides, that are in like the eight, nine range, which in that weird scale ... I reference it sometimes, but seven is like, "Oh, it's good. It's safe. It's wholesome, like, no problem." Eight, nine, that gets into like, potent, like beyond just wholesome, they're bringing presence and strong magic to the table. They're probably in that range, and so the healing, so

to speak, looks like them establishing that quality of energy, all the way down the lineage. You said it's your father's mother's lineage?

Consuelo: Yes, who I know the least about, but-

Daniel: Yeah, [inaudible 01:18:00] and so making sure that all the ones, all the way through to your grandmother are potentially well; not just like good, but like vibrant and vital. And if they're already like that, then that whole process can happen really quickly. It could happen in like a session with the practitioner or if you know the method, it could happen in almost like one drop in, and make sure that you personally are embodying that awesomeness from them. That's like clearing that channel all the way out. Then, to answer your yes/no question, yes, they could just directly help on your dad's side. But if we follow the structure, the way it would look like is double checking to make sure that, that lineage, your grandmas, is in fact all the way well, all the way through and then asking them to assist you in connecting with much older well grandfather's on your father's father's side, who were before the trouble.

Daniel: Then, there may still be a need for the grandmas to help at that point, but if they are, they're partnering with the elder men on that lineage, who are working to repair the trouble that came after them. Once that lineage of your father's father's side is healed up, which it really can be, then there's a ritual or a practice of harmonizing the two with one another, those two lineages and before your father, so that they're deeply well on their own terms and well with one another, because you don't want to reinforce the story that your father's father's side is going to stay in a troubled state. You want to ... but that sounds ... I believe you, but that's where it is now, yeah. Make sense?

Consuelo: Yeah, so I can stick with the grandmas, that are nice?

Daniel: I would. I would, for now, and what I would say is if they or you get bored because things are so well, you can, in a general way, hold a prayer and a vision that things will become well on your father's father's side, and that does tend to soften things a bit. Like, you can just pray for folks and hold intent that they become well. It's not like you can't do that, but I wouldn't get super intervening over there, unless you have a lot of free time, which you probably don't ... You said you have kids ... and then you could try to work with both lineages at the same time, which some people do. Make sense?

Consuelo: Yeah. Thank you.

Daniel: Yeah, good, and who knows, maybe I see you when I'm in Melbourne. That's nice that you're not so far away.

Consuelo: Yeah.

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Daniel: Yeah, so, good. Thank you, Consuelo.

Consuelo: Thank you.

Daniel: We have ... I don't know how many connections you actively have in Chile, but one of the practitioners in our community will be sharing some of the ancestral healing work in Santiago in the coming months, so-

Consuelo: How cool.

Daniel: ... feel welcome if it's of interest to be in touch directly about that, and glad you're with us. Thanks. [www.living-flames.com]

Consuelo: Thank you.

Daniel: Let me take one more question from Maria and then I'll say a few things and we'll move toward completion. Go ahead, Maria.

Maria: Thank you.

Daniel: Remind us where you're calling from, yeah?

Maria: Right on. I'm Maria, I live in Ontario, Canada and my home is on [Chikowa 01:21:27] land. My family's heritage is Finish and Estonian. I read Martin Prechtel's article and saw the YouTube video that you referred us to and I found it was an absolute game changer for me.

Daniel: Great.

Maria: Paddles of tears, and there are so many people around us, right now that are dying who have zero community. We see this going on right now and my mother recently died and I'm about the only one to mourn for her, and I love her beyond words. My question for you is, can it be that one person's love can be enough for a soul to cross?

Daniel: Yeah, of course.

Maria: Awesome.

Daniel: I love Martin's writings and he is a really brilliant human. He's complex like brilliant people often are, and one of the things that I always feel a note of caution about, when including his works in the course materials, is he speaks in such a passionate way that it's not cautious and tempered in the way that I prefer as a teacher, in the sense that he could give the impression that if folks are not well grieved, they're not going to become ancestors.

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- Maria: Right.
- Daniel: And I disagree-
- Maria: Oh, cool.
- Daniel: ... because it sets up a story that people who die alone are doomed to you know ...
- Maria: Right, like this is freaking me out.
- Daniel: Yeah, and don't get freaked out. It's all right. Like, ritually, you must do it this way, unless it doesn't need to be done that way, in which case do it this other way, in which case you don't have the materials, in which case improvise. And if you improvise badly, then there's a ritual for repairing it, you may or may not know, and if you don't know it, then wing it from the heart and it'll probably work. And if it doesn't, call this person. It's more the traditional way, and so don't be afraid about it.
- Daniel: It is awesome to love people when they pass and to grieve them, in a way that encourages them to make the journey and become well seated ancestors. Grief is holy, it's good to grieve and it can directly beneficially assist those who have passed. It's a gift for those who have passed, and if you don't grieve, that's okay. I mean, if it doesn't happen that way, like, there are other ways. Like, if I die-
- Maria: I don't lack grief.
- Daniel: What's that?
- Maria: I don't lack grief, Daniel.
- Daniel: Yeah, no, [crosstalk 01:24:20] then do it up. I believe that ... But, let's say if you die, and nobody found out, or something-
- Maria: Yeah, right. Right, right, right.
- Daniel: Nobody [crosstalk 01:24:28]. You'd work it out. You'd be like, "Man, this is tough, nobody even cried. Now I've got to move along. It's just one factor [crosstalk 01:24:40]
- Maria: I'm so glad, because I was grieving that.
- Daniel: No, look, there's so much dogmatism in the universe, don't add to it. You've got to read ... like, extract the juicy bits, and anything that feels rigid ... I don't know Martin personally, but he went through a lot of hardship, I know, in his time in Guatemala and so there can be a hard edge that has gradually softened in his teachings over time. Take that hard edge and be like, "I'm sorry your heart is

hurting. I'm going to take 90% of what you said and let you hold onto the dogma, and thank you for the good wisdom." So that's ... don't be afraid about it. Yeah?

Maria: Thank you so much.

Daniel: Yeah. You're welcome and thanks for what you shared. We'll finish momentarily here. For the folks who asked a question, and it didn't get spoken to, I'm sorry there's not enough time for all the questions right here. But give a glance to the FAQ in the course. There really is a ton of information there, and it's getting added to, all the time. We don't have a way to ... I don't think we have a way to say, these are the new ones. Oh, we do, okay, so there is a new one section. Aha, we have that, but there's a lot of material there and so give it a glance.

Daniel: I know I mentioned it, but the availability of direct, one-on-one sessions with people is quite real. You just need to ask for that, and whatever contribution level is possible for you, is okay, and people are responsive. We have sessions in, I think, eight languages available. Tomorrow, there's going to be another lesson out. We've spaced it out, this course, unlike the first round of it, so yeah, I don't have more to say on that. The lessons will come along, the conferences will come along. Keep asking for what you need. Folks that did hear me mention it, I'm in preparation for teaching also in Europe this summer. We're confirmed in Berlin and in Devon, in South West England, and certainly open to the possibility of teaching somewhere in Scandinavia and in dialogue about Finland or Sweden, or possibly even Norway.

Daniel: Hopefully, one of those possibilities will occur and if you have leads on that, I'm open to that. Same with retreat places in Ireland, so feel welcome to be in touch about that directly, if you know about that. There is a question about the practitioner training applications again through ... I hope to have that in the February newsletter that goes out, if not, by March at the very latest. That starts March 2020. The best way to prepare for that, if you are drawn to know how to guide this work for others, is to really do the work in depth in your own life, and to savor it and embody it, and to sync in with your own ancestors. And that's most important. Yeah, I think that's it. Made some good prayers today with our teacher in Nigeria. He's always doing ritual for us, so appreciation for [inaudible 01:28:15] and even the people there, with the offerings and the prayers.

Daniel: So just know that there's a lot of prayer and a lot of, kind of behind the scenes ritual, attentiveness that is possible to tap into, for the work that's happening here as a group, as a collective. I'm moved by what you all are sharing. I'm always ... Sure, I'm busy, but I'm always fed by and happy to hear, how things are going for you in the course. If it helps you in your process to be like, "Hey, this is how it's going. This is what I've been up to. I haven't spoken up but this is where it's at," I'm always happy to read that, so reach out. Thanks to the ancestors and the spirits for holding the whole thing together and for your patience with us, as we remember how to honor you and celebrate you and thank you, thank you [inaudible 01:29:13].

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