

The Ancestor Recovery Course

Write a letter to your ancestors

If you feel that you would like to say something more to your ancestors, you can write a letter to them.

Take some time on your own in silence and light a candle.

Prepare a few blank sheets of paper and a nice pen and direct your thoughts to deceased people from your family. Who comes to mind? Perhaps a beloved grandmother or an aunt you were fond of. You can also address the letter in general to all your ancestors.

Now write a letter to this deceased person. Tell them what you would like them to know, how you feel at the moment and what moves you. Pause every now and then between the lines and feel into the silence. Then allow your pen to flow the words onto your page.

Answers may come, which show themselves in many different ways, e.g. through sudden thoughts, a kind of "knowing", feelings, smells, warmth, sounds, etc. Stay with love and don't forget to thank them for the contact at the end.

By the way, you don't necessarily have to write the letter on 31.10. exactly. The time is suitable until the end of the year.