

ANCESTOR CLEARING MEDITATION

Let's start with repentance

- Close your eyes
- Breathe in and out slowly
- From the count of three, two, one - now see the numeral one standing tall and bright.
- Imagine a wooden cross.
- Now imagine taking a red marker and writing all of your sins on the cross.
- See the cross catching fire.
- And burning down to coals.
- Now see the coals vanish into thin air, taking all of your sins with it.
- Imagine there is a mirror in your dream world. Look into it.
- Look at yourself in this mirror and focus on any little flaw that bothers you.
- What is the thought, sensation, emotion or pattern that comes up when you feel bothered insecure or frustrated about this flaw?
- This emergent state of thought or being is the root.
- Keep watching.
- Keep watching until the resolution for it begins to take shape and it repairs itself.
- See and feel and know that all your life you have possessed some "consistent" qualities.
- What are those qualities? Anxiety? Assertiveness? Doubtfulness? Introversion?
- Take a deep breath in and slowly release.
- Feel and know that these qualities are inherited. Are they biological inheritances? Did someone plant the suggestion in you? Are they patterns of social conditioning? Feel through these traits and feel which ones are locked in you.
- Imagine the qualities you want to get rid of as clothing that is wearing out.
- Take each one off, layer by layer.
- Now imagine you are in your favorite clothing store picking out qualities you want to wear. Exchange the old clothing for the new clothing. Look in the mirror and see how the new clothing fits you perfectly.
- Take a deep breath in and exhale slowly.
- This is your new manifestation.
- Open your eyes and take three slow deep breaths.
- Look above. The stars see the part of the script written in your Star that is the abnormal pattern and the "curse". Take a piece of your Star and erase that part of the Script. Look down from your Star and watch how the story of your life from above.
- Notice how the patterns play out in your life.
- Go into the womb when you are first conceived.
- See if you have any emotions that are familiar to the pattern that emerges in your life.
- Sweep these images and feelings to the left and move forward from the womb to the first time this pattern appears in your life.
- Trust the dreaming and the images you are being shown.
- What was this event, this moment? When did the pattern begin to initialize in your life? Travel back along the family line to see the moment it began in the family line. As you move backward along this line follow the trickle of the pattern through each one who shows it to you until you reach the first event.
- Take a deep breath and slowly exhale.
- Wind all the way back to the person this was happening to, and look at what was happening before this event materialized. How did this event damage them, you, and your family line? What did it rob you of? Watch yourselves as you plunge into the event. Just look lightly. Let your mind guide you to touch all the thoughts and feelings associated with this event.
- Take a deep breath and slowly exhale.

- Imagine a light coming to you from within in response to the images you've been shown until you can sense a reversal of events. Watch until the memory is reversed. Watch until the repair takes place. You will know when it's done when a new feeling comes over you. Come to where the ancestor is currently in your vision, and ask them to give you three pieces of advice. Hear the answers. Tell the ancestor (use C2C).
- In your vision, create a fire sword and use it to cut the cord that is binding your ancestor and all your ancestors to this memory, and watch how everyone floats happy and free into the horizon.
- Take three deep slow breaths.
- Imagine the Hand of God on your head. See and feel a blue fire in every cell of your body, clearing you of this old pattern. The fire stops when it's done.
- Take a deep breath and slowly exhale.
- Look into the eyes of God, feel its presence and its hand in everything in your life.
- Now hear your blessing. Hear your promise. Know that this is the exact opposite of the "curse".
- Take a deep breath and slowly exhale.
- Look up into the sky and visualize a rain cloud forming. Bring the cloud down to you and charge the cloud with fire of the fire sword you created. Look at the line of your ancestors from the first one down to the smallest newest born child. Pour the fire water from the cloud down the entire line and watch what happens to the lineage.
- Take a deep breath, exhale, and grab a drop of the fire water for yourself on the tip of your finger and place it wherever in your body that calls for it. Now see and feel a white ball of energy emanating from your heart which is called faith.
- Take a deep breath and slowly exhale.
- Now visualize a mountain in front of you and watch the white ball of energy push the mountain away.
- Take a deep breath and slowly exhale.
- There is a treasure where that mountain once stood. Walk towards the treasure holding the white ball of energy in your heart.
- Open your eyes. Feel the knowing that the repair is complete. The blockage is cleared from your entire family line past present and future.