

HONORING AND CREATING A
RELATIONSHIPS WITH YOUR

ANCESTORS

By: Margaret Bell Counseling

Create an ancestral altar

a place in your home that celebrates and honors your ancestors.

1. Set aside a table or space that you can dedicate to your ancestors. Some traditions require a table covered with a white cloth. You might have a beautiful heirloom table cloth you want to use. Then use it! Ancestors love to be near you and part of the family, active places in your home are best. Bedrooms are not the best place for them.
2. Place pictures of deceased family members on the table. This is a celebration of you being here today. No pictures of the living here, this is a space to honor your ancestors.
3. Decorate the table with candles, fresh flowers, and family mementos.
4. Some traditions believe that the table needs a fresh glass of water for the ancestral spirits to travel through. If you leave a glass of water, change it regularly.
5. Many traditions leave offerings for their ancestors. Plates of food, alcohol. As well as, drinks and foods their family members enjoyed in life. Remember if you leave food or drink, don't let it spoil. You can also leave personal mementos. Such as if your grandma smoked you can leave her cigarettes, toys for children, a favorite book.
6. Clear your altar regularly.

Your ancestor altar can be a place of peace and retreat. You might find yourself talking to them about your life or problems. Or cooking a special meal to share with them. You might just sit and meditate in front of your altar.

Other ways to connect:

Talk with them.

Play their favorite music, watch their favorite movie or show, read their favorite book, do something they loved to do.

Cook family recipes.

Share stories

Remember to make time to sit and meditate, in front of your altar or with a picture and a candle (white is the best).

