

## Types of ancestry we'll be working with:

- Family ancestry (kinship - which includes but is not limited to genetic ancestry)

## Adopted participants:

- Choose your focus
- All family / kinship ancestry on the table in this course
- Some of our work with whiteness could apply to lineage of birth and adoption, equally

## Types of ancestry we'll be working with:

- Family ancestry (kinship - which includes but is not limited to genetic ancestry)
- Cultural ancestry (of specific ethnicity or region)
- Ancestry of a collective or social location (primarily whiteness, for purpose of this course; might also consider gender, sexuality, etc)
- Ancestry of chosen lineage (religion, spiritual path ... and lineages of resistance, legacies of collective liberation)

# Ancestral Recovery - what we are not doing

- Not engaged in “shamanic” work (targeted techniques designed to heal the current spiritual state of an ancestor)
- Not encouraging you to adopt cultural practices (spiritual or otherwise) of any members of your ancestry
- Not discouraging anyone from engaging with spiritual traditions or other lineages that are not of their own personal, biological (or adopted) ancestry

# Ancestral Recovery - our goals for you

- Understand your family story & place yourself in context, inc larger historical, colonial and cultural storylines that you have inherited
- Bring clarity and healing to your relationship with ancestry, inc setting goals and building skills
- Integrate a deeper understanding of colonialism, white supremacy and capitalism into your life, relationships and sense of self
- Build a healthy relationship to and understanding of ancestry as part of the larger call to engage in the work of repair and restoration that is needed today

# Spiritual practice - inclusivity & safety

- Practices at home: Altar, Outdoor Communion
- Practices in live sessions: Guided Meditation
- Non Dogmatic: Engage according to your comfort and adapt to your belief systems and values
- Safety: Trauma in personal lives, family history & ancestral lines
- Protective companion: to accompany you in your work (more about this in specific assignments and in session activities, later).
- Windows into ancestry: bearing witness without entering
- At home: invite ancestors with care and intention