

# Ancestor Connection



**Materials:** Need at least 2 pieces of paper, 1 pencil and 3 strings at least 3 inches long

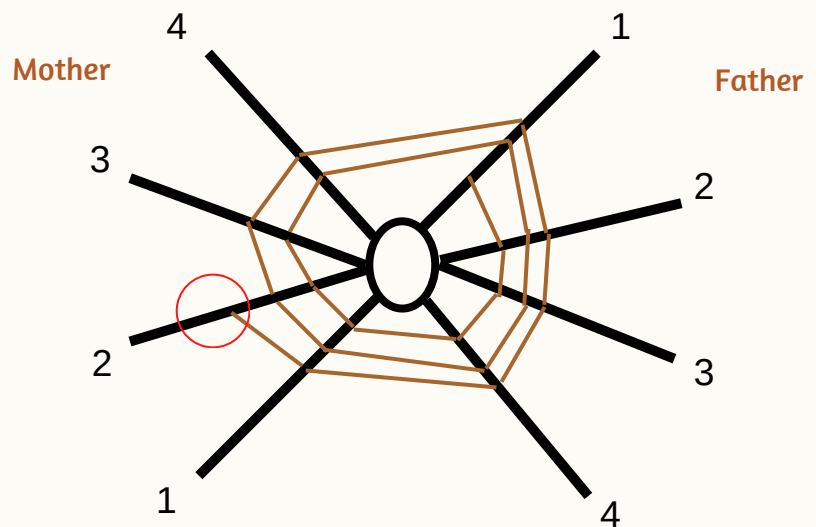
## ACTIVITIES

- 1) Identify an ancestor from the last 4 generations who you need to cut cords, clear contracts or break curses or attachments and use spider energy to clear.
- 2) Identify an ancestor from the last 4 generations who can guide you positively and use spider energy to make the connection.

### 1) ANCESTOR CLEARING

Draw a spider with small center and 8 long legs on the center of a piece of paper. Number the legs as in the diagram.

Use your intuition and clair senses to complete this activity



Use the legs as radials of a spider web and draw the spiral outwards starting at the spider body and going from leg to leg clockwise. Don't think about it. Use your intuition to know when to stop. Whatever leg you stopped on is the ancestor whose energy needs clearing. The left side of the spider represents mother's lineage. The right side represents father's lineage. In the example above, it stopped on #2 on the mother's lineage (that is 2 generations prior to yourself). If you don't feel the need to stop, then you do not have anything to clear.

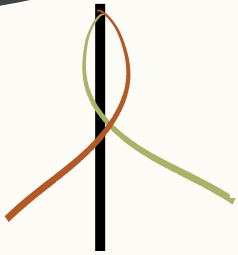
# Ancestor Connection

Page 2



If you do find something to clear, do the following and repeat the process until you no longer have anything to clear.

Gather the 3 strands of string and tie at the top. Braid each side over the middle one at a time. The strands represent past, present and future and you are the spider weaving the web. Say the following as you braid.



Spider, spider  
Weave for me  
Spiral round the spider tree  
Break cords to the past  
Bless the present  
It won't last  
Clear the future path for me  
Spider, spider  
So mote it be  
Past, present, future, CLEAR!

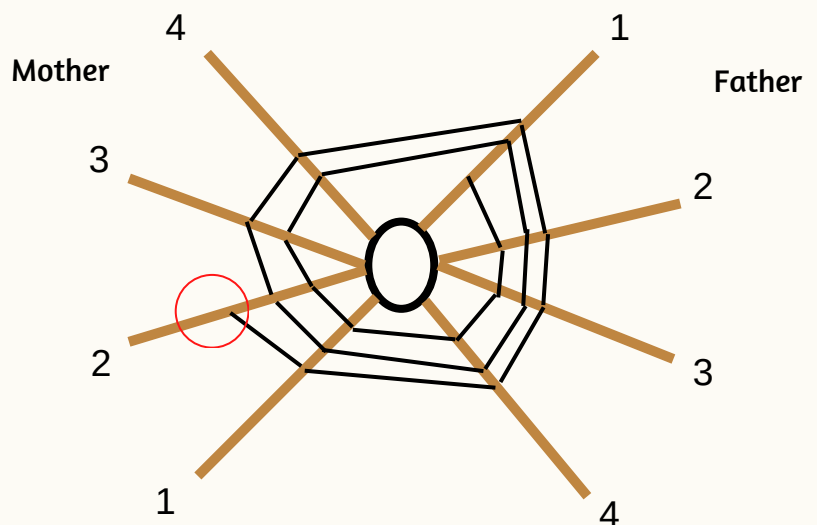
Alternatively, you can call on a cardinal wind or wind spirit to clear the energy for you

## 2) ANCESTOR GUIDE

You can do this after the above exercise or as a stand alone exercise.

Draw a spider with small center and 8 long legs on the center of a piece of paper. Number the legs as in the diagram.

Use your intuition  
and clair senses to  
complete this  
activity



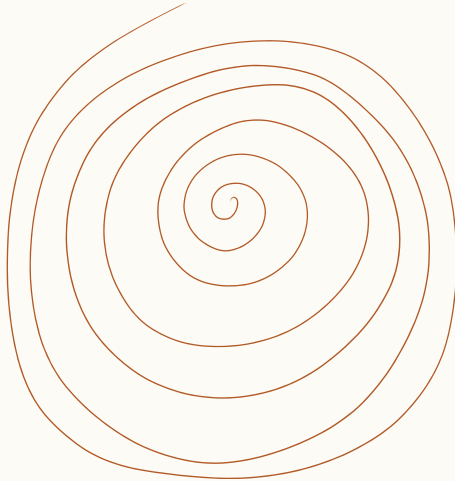
# Ancestor Connection

Page 3



Use the legs as radials of a spider web and draw the spiral outwards starting at the spider body and going from leg to leg. Don't think about it. Use your intuition to know when to stop. Whatever leg you stopped on is the ancestor who wants to connect with you.

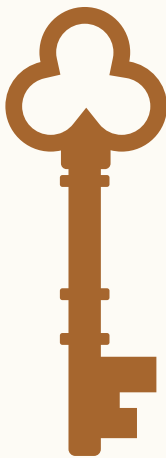
Now flip the paper over and start drawing a simple spiral and say,



Spider weave a web for me  
Spiral round the spider tree  
Show me through the sacred door  
A key for learning even more  
A key to unlock the ancestor door.



Visualize the key you need in your mind's eye (your third eye). Finally, connect with your ancestor through meditation. Use the key you visualize to unlock the door to where your ancestor will be waiting to visit with you.



# Printable for the Ancestor Connection

