



Rani George: Ancestral Reconnection



Rani George is a Systemic Constellations facilitator, an Energy Healing practitioner and teacher, and a board member of North American Systemic Constellations. Explore your connection to your ancestral lineage as Rani leads you on a guided meditation to rekindle your connection with your roots, and begin the process of listening to the wisdom inherent in the line of your ancestors.

TOP EMBODIMENT TIP: Silence. Silence and stillness. Silence is not absence. It's presence. It's a profound resource for us in these times.

Arrive in the Body: The Body is a Vehicle.

- Keep the space around you as sovereign, and yourself rooted in that.
- Become aware of your emotions minus the judgment, and of your body - hot, cold, tingling?
- Be aware of your body and aware of how your thoughts, emotions and body are in relation to each other.

Naming the Ancestors: Name Who They are, because They are Who you Came from.

- Connect with your father to your right and mother to your left, become aware of their presence.
- Repeat this process with your grandparents and with your great-grandparents, placing them behind your parents.
- Feel the ranks of ancestors filling in behind you. We are going back as far as the energy holds you.

Connect with an Ancestor:

- Once you feel your Ancestors are in place, ask: **Is there an ancestor who wishes to send me a message?**
- Connect with an ancestor who was connected to Spirit, to Land, to Nature, and is available to be a resource for you now.
- Be present in your body. Is there a place in your body that calls your attention? Place your hands there and feel that connection.

Settle into the Possibility of a Message Arriving:

- It could take the form of a person, mountain, body of water, flag, language, animal, or color.
- **Open yourself to a message** about when or where your people were indigenous. Pay attention to micro-movements and a sense of which of the four primary lineages this messenger might be coming from.

This is Just the Beginning: There is a Universal Indigenous Field Alive within the Body.

- Connect with an object upon opening your eyes and ask it if it would be willing to represent the messenger that came from the Universal Indigenous Field, and if it has further messages for you as that representative.
- In the days and weeks and months following this practice, stay awake to your dreams and insights that arise.

Resources

- ❖ **Website:** www.circlefolks.com
- ❖ **Email:** circlefolks4@aol.com
- ❖ **References:** Grace Nichols - Guyanese poet, Thomas Huebl - Mystic and Spiritual teacher, Francesca Mason Boring - Family Constellations



Rani George





All Ecology & Research Presentations are Proudly Sponsored by
[Forests Without Frontiers](#)



Forests Without Frontiers is a non-profit CIC dedicated to planting trees and reforesting degraded landscapes with support from a network of artists and musicians, as well as businesses and individuals working to become carbon-positive.

The initiative was founded by Nicoleta Carpineanu (aka Nico de Transylvania), a Romanian, UK-based DJ/Producer who grew up in the forests of Transylvania. We began our first key project in Romania in April 2019 and in our first year planted over 25,000 trees. We reforest land that has been clear-cut, where natural reforestation would not occur. We only plant native, biodiverse species, grown locally and cared for until maturity in legally protected areas, adjacent to existing natural forests. Our aim is to plant one million trees in the Carpathians and beyond by 2025.

OUR MISSION is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.