



Kaira Jewel Lingo: Inviting In The Ancestors: Accepting The Good That Awaits Us



Kaira Jewel Lingo is a Dharma teacher and an ordained nun of 15 years in Thich Nhat Hanh's Order of Interbeing. She now leads retreats internationally, offering mindfulness programs and also individual spiritual mentoring. She edited Thich Nhat Hanh's *Planting Seeds: Practicing Mindfulness with Children* and has been published in numerous other books and magazines.

**TOP EMBODIMENT TIP:** Remember that our ancestors want us to spend more time with them, doing so will help us feel stronger and give us more to offer and transmit to others.

We Are a Continuation of Our Ancestors:

- **You are much more than your body sitting in this place; you are all the previous generations flowing into you.**
- In the Vietnamese Buddhist Zen lineage tradition that Kaira trained in, **there are many kinds of ancestors**, not just those that are related by blood.
- There are 3 categories of ancestors:
  - o **Blood Ancestors** can include *anyone who cared for us* as we were growing up (such as adopted family or other caregivers).
  - o **Spiritual Ancestors** are those who passed on any traditions or philosophies to us; may not necessarily be religious.
  - o **Land Ancestors** are those that came before you and took care of the land you live on.

Taking Refuge:

- If you can't find an ancestor to connect to, **you can borrow other people's ancestors**. Once they pass on, they *all* become our ancestors. You don't need to know exactly who your ancestors were (i.e. names) because when we get in touch with ourselves, **our ancestors are still in us - in our consciousness and in our bodies**.
- Not only can we take refuge in the good qualities of our ancestors, **they need us too**. It is important to go back and do the work of connecting with them and all the blessings that we've received, so that we don't miss the opportunity to gift them onwards.

Healing Intergenerational Trauma:

- *When we don't know how to transform suffering, we transmit it*. Often, it can be passed down through multiple generations. **Trauma can be healed in one generation**. With the support of our ancestors behind us, we are not alone in the task and we feel much more motivation, energy and power to do this healing work, for them and us, so that we can choose what we pass on.

'5 Touches of the Earth':

- Kaira guides us through a powerful practice from The Plum Village tradition to acknowledge and connect with ALL of our ancestors **through our bodies, through the earth**; to call on them for support, guidance and to heal and give gratitude.

Resources

- ❖ **Website:** [www.kairajewel.com](http://www.kairajewel.com)
- ❖ **References:** Thich Nhat Hanh - founder of the Plum Village Tradition

## Kaira Jewel Lingo





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