Grandmothers Meditation

This exercise creates a sacred circle of protection around you and engages in the imaginal as you begin this journey into your lineage. If you were in the Ancestral Connection course, you will be familiar with this meditation, and I encourage its repetition. If is offered here as an audio journey or as one you can read through and then self-guide.

In the brief this week I encourage you to develop a question and an offering in advance of the meditation. There are a few places, not included in the text, where you may feel moved to ask your question or make your offering. Use your own gnosis, feel into what is asked of you in the circle of your grandmothers, and ask your question or make your offering where they call you forth.

This meditation can be used with any of the three variations, or you can modify it with your own.

Begin to breathe deeply and imagine you are a great tree with roots reaching down into the earth. Start to draw energy up through your roots, you can imagine it as liquid or light. Feel the energy reach the bottom of your feet, and begin to fill your body. It rises up through your legs, through your pelvis and belly, up the curve of your spine, opening your heart, up your arms and throat, through your face and head, emerging from the crown of your head as branches. Breathe the energy up wide through your branches, until they become heavy and dip down again to the earth. Breathe in this way, a circuit. Root and ground.

From here imagine yourself on a vast beach. The air is warm, the wind light, the sky dark. No moon.

Down the beach see a glow. You begin to walk toward the glow and notice an opening in the sand filled with warm, potent light. There is a ladder into the opening, which extends down toward the glow, and you begin to climb down the ladder rung by rung, until you are in a vast cavern. Feel the warmth and safety of this ancient place, glowing and easy. You notice some women coming toward you. These are your most recent ancestors, maybe you knew them, maybe they are recently departed, maybe you have seen them in photos, maybe they have been gone a long while. They greet you with love, surround you in the circle of their love. Notice what they do, what they wear, their countenance. Greet them as you would in life.

Then you see more women behind them. These are the ancestors of the preceding generation. They greet you with love, surround you in the circle of their love. Notice what they do, what they wear, their countenance. Greet them as you would in life.

You see more women behind them. These are the ancestors of the last century.

They greet you with love, surround you in the circle of their love. Notice what they do, what they wear, their countenance. Greet them as you would in life.

The cavern is expanding as more women join the circle around you, their beloved child and descendent. These are the ancestors of three hundred years past. They greet you with love, surround you in the circle of their love. Notice what they do, what they wear, their countenance. Greet them as you would in life.

More women join the circle. These are the ancestors from the past thousand years.

They greet you with love, surround you in the circle of their love. Notice what they do, what they wear, their countenance. Greet them as you would in life.

More women join the circle. These are the ancestors from the past two thousand years. They greet you with love, surround you in the circle of their love. Notice what they do, what they wear, their countenance. Greet them as you would in life.

More women join the circle, the cavern expands again. These are the ancestors from the past six thousand years. They greet you with love, surround you in the circle of their love. Notice what they do, what they wear, their countenance. Greet them as you would in life.

Already you are surrounded by millions of ancestral grandmothers. Feel that holding, the power of this, your lineage. Were we to travel back further, you would have billions. You are welcome to continue this visioning back through the matrix of time. Mitochondrial Eve, the lineage mother ancestor of living humans, lived approximately 200,000 years ago.

Rest in this circle. Feel their gratitude. Offer yours in return. Ask a question if you like.

(Variation 2: make your ancestral grandmothers an offering. Variation 3: Receive a sacred gift from one of your grandmothers)

Now it is time to return.

The circle begins to dissipate as the women of your lineage leave the cavern. At last you are left with your known female ancestors. Bid them goodbye for now, but know you can always call on them, always return to this circle, any time you need support or protection, any time you wish to offer and share from your life.

As the last ancestor leaves, you walk to the ladder and climb up, rung by rung, wholly at peace and deeply nourished. You stand again on the beach and begin to breathe the energy back into your body from the earth below, the sky above. Bring your awareness into your physical being, wiggle your fingers and toes, and before you open your eyes seal this time with a blessing.

This meditation can be repeated in an endless number of variations. If you don’t like the cave as a metaphor, you can use natural formations of your choosing.

Trust the guidance that comes to you through the meeting of your sacred grandmothers. If in any of this ancestral work you feel uncertain, call on your lineage keepers to help with discernment.

We are never alone. I hope by the end of this week you can feel how truly held you are.

This meditation first appeared in The Power Class at the Wild Soul School: wildsoulschool.teachable.com