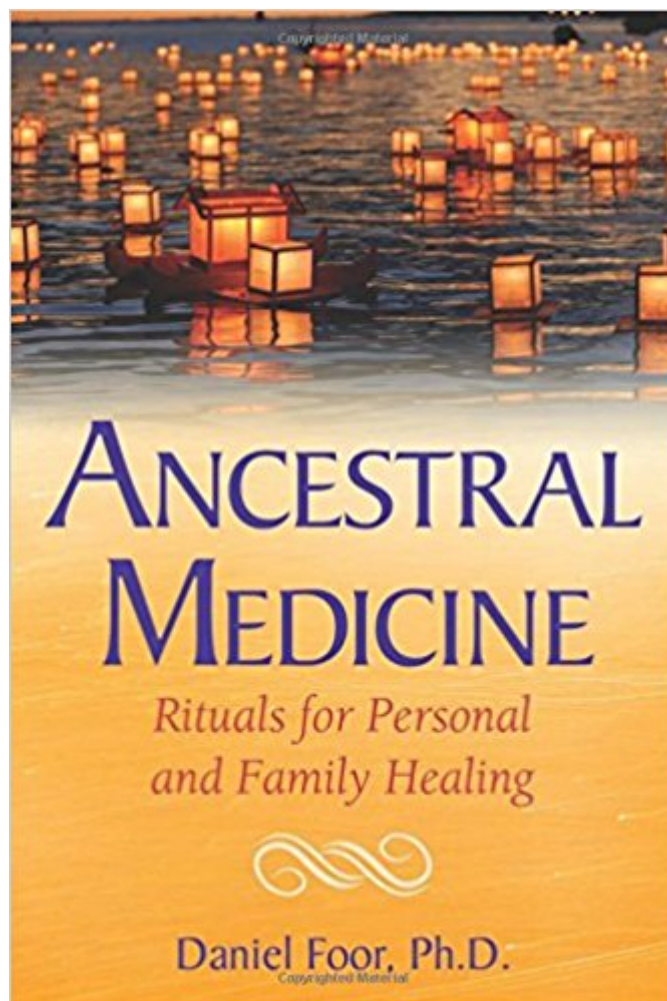


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# Ancestral Medicine: Rituals For Personal And Family Healing



## Synopsis

A practical guide to connecting with your ancestors for personal, family, and cultural healing

- Provides exercises and rituals to help you initiate contact with your ancestors, find ancestral guides, and assist the dead who are not yet at peace
- Explains how to safely engage in lineage repair work by connecting with your more ancient ancestors before relating with the recently deceased
- Explores how your ancestors can help you transform intergenerational legacies of pain and abuse and reclaim the positive spirit of the family

Everyone has loving and wise ancestors they can learn to invoke for support and healing. Coming into relationship with your ancestors empowers you to transform negative family patterns into blessings and encourages good health, self-esteem, clarity of purpose, and better relationships with your living relatives. Offering a practical guide to understanding and navigating relationships with the spirits of those who have passed, Daniel Foor, Ph.D., details how to relate safely and effectively with your ancestors for personal, family, and cultural healing. He provides exercises and rituals, grounded in ancient wisdom traditions, to help you initiate contact with your ancestors, find supportive ancestral guides, cultivate forgiveness and gratitude, harmonize your bloodlines, and assist the dead who are not yet at peace. He explains how to safely engage in lineage repair work by connecting with your more ancient ancestors before relating with the recently deceased. He shows how, by working with spiritually vibrant ancestors, individuals and families can understand and transform intergenerational patterns of pain and abuse and reclaim the full blessings and gifts of their bloodlines. Ancestral repair work can also catalyze healing breakthroughs among living family members and help children and future generations to live free from ancestral burdens. The author provides detailed instructions for ways to honor the ancestors of a place, address dream visits from the dead, and work with ancestor shrines and altars. The author offers guidance on preparing for death, funeral rites, handling the body after death, and joining the ancestors. He also explains how ancestor work can help us to transform problems such as racism, sexism, homophobia, and religious persecution. By learning the fundamentals of ancestor reverence and ritual, you will discover how to draw on the wisdom of supportive ancestral guides, heal family troubles, maintain connections with beloved family after their death, and better understand the complex and interconnected relationship between the living and the dead.

## Book Information

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## Customer Reviews

“Ancestor reverence is one of the pillars of Yoruba traditional religion, and it is my pleasure to recommend this book on ancestral healing by my student (omo awo), Daniel Foor (Ifabo wale). Through numerous visits to our home in Nigeria, I have overseen his initiations to Ifa, Orisa, and the ancestral medium society (Egungun), and I know him to be a person of good character. I urge everyone to benefit from his guidance on ancestral reconnection. Remain blessed.” (Oluwo Falolu Adesanya Awoyade, Ode Remo, Ogun State, Nigeria)

“Daniel Foor invites us on a journey to meet our ancestors, those we know about, those we have never imagined, and those who might like to talk with us. He draws not only on personal experience but also on the shared and tested relational practices of indigenous communities in Africa, North America, and elsewhere. This powerful book arises from years of work with groups and individuals so that as we read it we can benefit not only from the teaching but also from practical exercises. Ancestral Medicine offers a host of possibilities for our further reflection and practice.” (Graham Harvey, author of *Animism: Respecting the Living World*)

“In traditional societies, ancestors are venerated and considered sources of wisdom even after they have left their physical bodies. In contemporary times, few children are conversant with their cultural and ethnic heritage, much less the lives, occupations, and even the names of those family members who passed on only a few decades earlier. In his remarkable book, Daniel Foor provides an antidote for this regrettable situation. Foor’s text and exercises provide numerous ways to make one’s progenitors a living presence—one that is inspirational, instructive, and, for many readers, transformative for themselves and their families.” (Stanley Krippner, Ph.D., coauthor of *Personal Mythology*)

“As a priest of the Yoruba indigenous system known as Orisa (or, at times, Ifa in the form of its sacred oral literature), honoring and remembering one’s ancestors is both

essential and transformative. Daniel Foor offers a multicultural perspective and practice that helps diverse individuals on their journey of spirit to grasp the liberating and empowering foundations of ancestral work.

— Nathan Lugo (Chief Aikulola Iwindara), Orisa Priest — “The illusion of isolation and its associated fear, fury, and shame of abandonment is the core wound in the heart of humanity. The cure is in turning our love and attention to the stream we rode here on. We are boats of flesh on a river of blood born to heal the ancestors, to be healed by them, and to know, reveal, and grow our souls . . . thus elevating the stream. This river is the salve of the soul, and Daniel Foor clearly knows this. His book *Ancestral Medicine* is soul medicine for all. The world needs it. Life applauds it. Read, enjoy, heal, and become!

— Orion Foxwood, author of *The Candle and the Crossroads* — “Daniel Foor illuminates a field that has too long been neglected in mainstream American culture: acknowledgment of the role our ancestors play in the lives of all of us. Blending his many years of study with a variety of spiritual teachers with meaningful practices he has developed for contemporary people, Foor offers a compendium for recognizing, working with, and honoring connections with our human ancestors--and in the process healing relationships with our family and ourselves. This book is profound, important, and deeply engrossing.

— Trebbe Johnson, author of *The World Is a Waiting Lover* — “This book is a real treasure and, the gods be praised, is highly practical. Crafted in thoroughness, wisdom, and deep sensitivity, *Ancestral Medicine* gives us keys to appreciating, coming to terms with, and even healing our ancestral wounds. More than all this, Daniel Foor calls us to carry the best of our past into the present and future, and to fully live in place and time in Earth-honoring and heart-open ways.

— C. Michael Smith, Ph.D., author of *Jung and Shamanism in Dialogue* — “Daniel combines extensive practical experience with intellectual rigor in his ancestral work, providing one of the best approaches out there today. I recommend his work to anyone interested in truly knowing themselves and gaining solid ground on their own spiritual path.

— Grant H. Potts, Ph.D., Lodge Master of Scarlet Woman Lodge, Ordo Templi Orientis — “The author’s culturally inclusive approach adds much to this work, and his passion, clarity, and compassion make *Ancestral Medicine* invaluable to anyone interested in exploring personal healing, ancestor connections, remediation of family relationships, or healing and reclamation of one’s culture of origin.

— Bekki Shining Bearheart, LMT, cofounder of the Church of Earth Healing — “*Ancestral Medicine* is a work of great honesty and integrity. Clear instructions guide the reader in cultivating healthy and reciprocal relationships with ancestors of blood, place, and spiritual lineage. The approach builds on lineage gifts and strengths to heal ancestral rifts and burdens across the generations.

— Elise Dirlam Ching and Kaleo Ching, authors of *The*

## Creative Art of Living, Dying, and Renewal)

Daniel Foor, Ph.D., is a licensed psychotherapist and a doctor of psychology. He has led ancestral and family healing intensives throughout the United States since 2005. He is an initiate in the Ifa/Orisha tradition of Yoruba-speaking West Africa and has trained with teachers of Mahayana Buddhism, Islamic Sufism, and different indigenous paths, including the older ways of his European ancestors. He lives in Asheville, NC.

Clear, down to earth, well organized guidance in how to work w. ancestors. I've personally worked w. Daniel and found him to be just the same in person: Clear, grounded, down to earth w. a good dose of humor. I'm just about 10 pages into this book and am grateful that he wrote it and grateful to have it. It's great road map for anyone interested in this topic. It is not, however a substitute for working with a qualified guide through the terrain of the ancestors. There's no substitute for that. If you've not had the opportunity to work w. Daniel or do some training with him, I highly recommend him and his work. A person of integrity and none of the woos woos.

I've been looking for a comprehensive book on ancestor healing/work for years. Finally! This book is an excellent introduction and workbook for those wishing to know, work with, and heal ancestral conflicts and wounds. The author thoroughly explains the importance of ancestral healing and guides you through the methods to get started. I highly recommend this book.

This book is life changing. Highly recommend.

**Philosophical Pragmatism** There are a handful of teachers/elders out there at this moment who are emphasizing the importance of ancestors and relating to them. Daniel is the only one I have come across who is actually teaching the practical steps of engaging them in a safe, direct, effective, compassionate, and intimate way. He generously shares dozens of powerful ways (specific rituals) to work with ancestors of blood, place and spiritual traditions. These are informed by a myriad of traditions he has studied with impressive depth (Important note here: the author is sensitive to and courageously addresses cultural issues such as appropriation/misappropriation with compassion, humility, and accountability, which is such a rarity amongst white teachers in spiritual settings). His methods are also informed by his clear connection to his own ancestor work. One of the things that the book discusses is how ancestors are basically subject-matter-experts on what our life purpose

and destiny is while we are their face here on earth. And it is clear by this book that the author is well in touch with his ancestors, and is right on track with his own personal calling. Honestly, if you are looking to engage your own ancestors, this the primary book I would recommend.

**Non-Dogmatic Direction** It is so rare to come across a book discussing spiritual ideas these days that is not New Age and full of what increasingly seems like not-very-well-thought-out advice. If anything, Daniel's book is the opposite of new age. Rather, it is a contemplative, proactive reclamation and restoration of something much more ancient, powerful, relevant, and what to me, feels like truth. All of this said, one of the most endearing traits of the author and the book, is the recurring theme of offering up direction based on experience and research, in stark contrast to the dogmatic approach so many others seem to be taking these days. The humbleness of Daniel and the accessibility of this book in the face of the fierce competence clearly gained by years of experience and education in his field, is a worthy feat and I think it's notable enough to mention here. Usually folks who are this competent in their respective areas of study tend to have a confidence that feels overwhelming, especially to folks new to the topic. This wasn't the case at all with this book. It reads as much more of a sweet invitation to the work, as opposed to an onslaught of facts, inaccessible knowledge, etc.

**Radical Results** These practices have, and consistently continue, to transform my life. I don't share this lightly. Since embarking on this journey, building real relationships with my own ancestors based on the practices in this book, every area of my life has shifted. Many of the shifts have tended to center on figuring out why I'm here and why I am needed at this moment. I've learned how to step into my destiny with more purpose and have received increasingly clear direction on bringing forth the gifts that are particular to me. I'm becoming braver and a bit more healthily unapologetic about doing what I was born to do, and understanding the ways in which I am necessary in the world at this moment. These practices and the cultivation of coming into deeper relationship with my ancestors jolted me to face the (urgent but not desperate) reality that my attendance on this Universe at this time means that my presence is mandatory, and so is the courageous bringing forth of my vulnerability. Gratitude and respect to Daniel and his ancestors for bringing this book into the world at this time.

This book has been so needed for so long. I personally have needed these teachings, so that I could get right with all my ancestors. Wow. What a special offering, one I am delighted to read and review. Daniel Foor is so thorough in his work: his writing, his explanations, and his methodology. I

appreciate especially the focus on personal safety and wellness. Having completed many of these rituals, I can say that there IS a difference that I feel; it's palpable. I feel the blessings of my ancestors, and I see them in my life as my prosperity, health, business, wellness and relationships have all improved. Real results. I recommend that if you want all areas of your life to improve, work on your ancestral connections following the simple techniques laid out in this book.

This is the book on ancestral work that I've been waiting for. After about 20 years of personal healing work, and in turn doing healing work for others for over a decade, I still didn't get what the ancestors thing was really about. I knew I had ancestors, and they were supposed to be important, but I didn't have much of a direct experience of them. The ancestral healing work I had done in the past, through soul retrieval work primarily, was overall beneficial but had not led to a sense of personal connection with my ancestors. As a healer, I could do ancestral line reparation work, but again that didn't necessarily lead to my clients feeling connected to their own ancestors. Daniel Foor's method, that he shares in this book, did give me that connection. And connecting to the well and beneficial ancestral fields is a life changer. Personally, through this work, I feel like my presence in this world makes sense; I feel like my identity is rooted in something beyond myself. I have a much greater sense of belonging. The aspects of my identity and life that didn't make sense in the context of my immediate family make sense in the greater context of my ancestry. I am aware of the strengths and gifts my ancestral lines carry, and through Foor's methods I am able to bring healing and reparation where needed. Spiritual seekers, if you find yourself going from one thing to the next looking for "it", the thing that will fit you, I highly recommend doing this work and seeing where it lands you. Because it is the ancestral work that has made me feel at home in spiritual practice. Daniel Foor shares his methods clearly, intelligently, and accessibly. The one caveat I have is that in some cases professional and skilled support would be wise to obtain. Daniel Foor states this in the book and I give that a strong second. I find doing some work with a practitioner coupled with personal work at home is a productive combination.

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