



**The Druid Network**

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## **Ancestor Meditation**

by Magpie,

No, it's not about the ancient past, or the iron age. Sorry. This one's about human relationships in a much more direct fashion than the Tree Meditation is. This deals with the sticky thread-like connections we form with people – specifically, with our most direct ancestors. Our parents. Like it or not. It's occurred to me that there's a preoccupation within Druidry with reaching back into the past to form relationships with distant ancestors – whether they be ancestors of tradition, of place or of blood. But we hardly ever focus on those relationships with ancestors who we've had to deal with in the most direct fashion. This meditation focuses directly on our relationships with our parents, because it is so often through this set of relationships that we base our understanding of other relationships.

A word of caution: This exercise can provoke emotional responses, particularly if our parental relationships have been difficult. However, there is no requirement to confront tricky or painful issues. The keyword with this meditation is acceptance. Where it is difficult to accept the relationships we have forged, that too is ok to acknowledge. There is no requirement to make great sweeping changes, or to acknowledge more than you can handle – if it's too much, simply honour the connection that exists, and re-ground yourself, perhaps using the tree meditation. It will become easier in time. Again, practice is key.

Begin again, as you would with the tree meditation – sitting, or standing comfortably and using your breath to relax down. Centre yourself and feel stable and secure – perhaps growing your roots to become steady and nourished.

We then turn our attention to feeling threads. Firstly, we exist at the end of two threads, which extend out behind us, to both of our parents. Extending from us, might be more sticky threads, which connect us to our children, if we have any. Some people have told me they can feel potential children before them, which is good, too. Start this part simply by feeling the threads, noting their tension or looseness. Their quality.

Now, turn and face the opposite direction, so that the threads which connect you to your parents are in front of you. (You can do this mentally, or if you're standing, it might be helpful to physically turn). Facing one parent (your choice), we return again to our breath. Beginning again on the in-breath, we draw in from the sticky thread that connects us, from our blood-line all that makes us who we are from this person. With each in-breath we accept, listening to the stories that come to us, that helped shape us, with all the wonder and love, all the pain and brutality there may be. This need not be a happy process – we aren't trying to achieve some utopic state of relationship with our chosen parent, rather we are listening to them in their truth, acknowledging them in all that they are, without blinkers of denial or fear.



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Having established a steady rhythm of breath, having breathed our immediate ancestor in, we can use our out-breath to offer our own story in return. With each out-breath, breathe out your own story, your own song, your own truth. This doesn't need to be accepted, necessarily, for often the reality is that our own ancestors are as human as us, and find it equally as difficult to accept our truth as we find it to accept theirs. But in offering, we at least allow them the chance.

When you feel finished, acknowledge the connection, perhaps giving thanks, and turn again with your parents behind you, feeling once more the earth beneath you, your centredness and your stability.