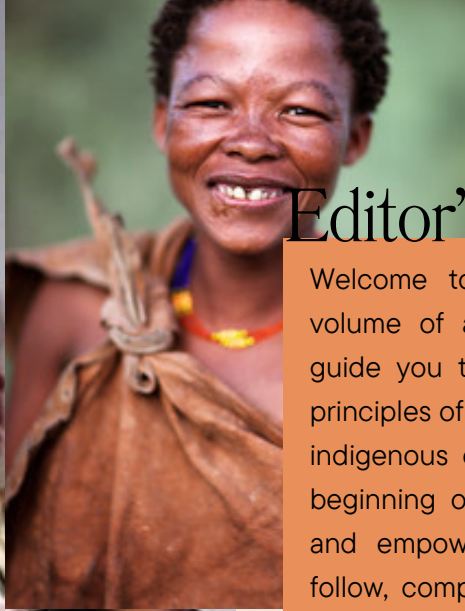




# AWAKENING TO ONENESS

14 Day Journey to Spiritual Freedom  
through Indigenous Wisdom

LIVITY LIVING  
ABORIGINAL  
CONNECTION TO OUR  
ROOTS AND NATURE



## Editor's Note

Welcome to "Awakening to Oneness," the first volume of a transformative journey designed to guide you towards spiritual freedom through the principles of livity living and the profound wisdom of indigenous cultures. This 14-day ebook marks the beginning of your path to self-discovery, healing, and empowerment, with the second volume to follow, completing the full 30-day experience. We are excited to share this journey with you and hope that it brings you closer to a life of balance, harmony, and purpose. Thank you for embarking on this sacred journey with us.

## Introduction

Livity living embodies the interconnectedness of all living beings, honoring our ancestral roots, and fostering a deep connection with nature, spirit, and community. This journey will help you reconnect with your true self, heal from within, and empower you to live a life of balance, harmony, and purpose. Throughout these 14 days, you will engage in mindfulness practices, sacred rituals, creative activism, and reflective exercises, all rooted in indigenous aboriginal traditions. Each day offers a unique opportunity to explore new facets of livity living, guiding you towards holistic well-being and spiritual enlightenment.

This first volume is your initiation into a path of self-discovery, where each step brings you closer to the oneness that connects us all. The practices and wisdom shared here are meant to inspire and support you in creating a life that is deeply connected to the rhythms of nature and the essence of your true self. As you embark on this journey, remember that this is just the beginning. The second volume will continue to deepen your exploration, completing the 30-day journey.

Prepare to embark on a path of self-discovery, healing, and empowerment. Let's begin this journey together and awaken to the oneness that connects us all.





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# Week 1: Rediscovering Connection

In Week 1, we will focus on rediscovering and strengthening our connections with nature, our ancestors, and our inner selves. Through guided meditations, nature immersion, and ancestral reverence, we will lay the foundation for our journey towards spiritual freedom.

## Day 1: Setting Intentions

Today marks the beginning of your transformative journey towards spiritual freedom and holistic well-being through the principles of livity living and indigenous and aboriginal wisdom practices. Setting clear, heartfelt intentions is crucial as it establishes a focused path for your journey. Your intentions will serve as a guiding light, helping you stay aligned with your goals and aspirations over the next 14 days.

### **ACTIVITY: SETTING INTENTIONS**

- Find a Quiet Space: Begin by finding a quiet, comfortable space where you won't be disturbed. This could be your newly created sacred space or any peaceful spot in your home or nature.
- Ground Yourself: Sit comfortably, close your eyes, and take a few deep breaths. Ground yourself by feeling your connection to the earth beneath you.
- Reflect: Take a moment to reflect on your current state of being. Consider your physical, emotional, and spiritual health. What areas of your life are you seeking to improve or transform?
- Visualize: Visualize what you hope to achieve through this journey. Picture yourself at the end of the 14 days. How do you feel? What have you accomplished? What changes have you noticed in yourself?
- Write Down Your Intentions: Open your journal and write down your intentions for this journey. Be specific about what you want to achieve, whether it's personal growth, healing, deeper spiritual connection, or any other goals you have.

## **JOURNAL PROMPTS:**

- **What inspired you to embark on this 14-day journey?**
- **What are your main goals and aspirations for the next 14 days?**
- **How do you currently feel about your spiritual, emotional, and physical well-being?**
- **What specific changes or transformations are you seeking?**
- **How will you know you have achieved your intentions? What will success look like for you?**
- **What obstacles or challenges do you anticipate, and how can you overcome them?**
- **What daily practices or habits can you incorporate to support your journey?**

## **EXAMPLE JOURNAL ENTRY:**

- **Date: [Current Date]**
- **Intentions for the 14-Day Journey:**
  - **Develop a deeper connection with my ancestral roots.**
  - **Incorporate mindfulness practices into my daily routine to reduce stress and enhance well-being.**
  - **Explore and embrace the principles of livity living.**
  - **Use creative expression to heal past traumas and foster personal growth.**
  - **Engage in activism to support indigenous, aboriginal and vulnerable communities and promote social justice.**

Reflection: Today, I set my intentions for this journey. I feel excited and hopeful about the possibilities that lie ahead. My main goal is to develop a deeper connection with my ancestral roots and incorporate mindfulness practices into my daily routine. I also want to explore and embrace the principles of livity living, use creative expression to heal past traumas, and engage in activism to support indigenous communities and promote social justice. I anticipate that staying consistent with daily practices might be challenging, but I am committed to overcoming any obstacles that arise. Success will look like a more balanced, peaceful, and empowered version of myself.

By setting these intentions, you lay the groundwork for a transformative journey. Remember to revisit your journal entries and intentions regularly, allowing them to evolve as you progress through the 14 days. Let your intentions be a source of inspiration and motivation, guiding you towards spiritual freedom and holistic well-being.

## Day 2: Nature Immersion

Today, we will deepen our connection with nature through a nature immersion exercise. The natural world holds profound wisdom and healing energy, and by spending intentional time in nature, we can ground ourselves, gain clarity, and foster a sense of oneness with the earth. This practice is rooted in indigenous aboriginal traditions that honor the interconnectedness of all living beings.

### **ACTIVITY: NATURE IMMERSION EXERCISE**

- Choose Your Location: Find a natural setting where you can spend time undisturbed. This could be a local park, forest, beach, garden, or any place where you feel connected to nature.
- Set Your Intention: Before you begin, set a clear intention for your nature immersion. This could be to feel more grounded, to listen to the wisdom of nature, or to simply enjoy the beauty of the natural world.
- Observe Your Surroundings:
  - Sight: Take in the colors, shapes, and movements around you. Notice the details in the leaves, the patterns in the bark, the play of light and shadow.
  - Sound: Close your eyes for a moment and focus on the sounds of nature. Listen to the rustling leaves, the birdsong, the flow of water.
  - Touch: Feel the textures around you. Touch the bark of a tree, the softness of moss, the smoothness of stones.
  - Smell: Breathe deeply and take in the scents of nature. Notice the earthy smell of soil, the fragrance of flowers, the freshness of the air.
  - Taste: If it's safe and appropriate, taste something from nature, like a berry or a leaf. Savor the natural flavors.
- Mindful Walking: Take a slow, mindful walk through your natural setting. With each step, feel your connection to the earth. Walk with awareness, paying attention to how your body moves and how the ground feels beneath your feet.

- Find a Sit Spot: Find a comfortable place to sit and be still. Spend at least 15–20 minutes sitting quietly, observing and absorbing your surroundings. Let your mind quiet down and simply be present.
  
- Reflect and Journal:
  - After your immersion, take a few moments to reflect on your experience. How did you feel? What did you notice? How did nature communicate with you?
  - Open your journal and write about your experience. Use the prompts below to guide your reflection

### **JOURNAL PROMPTS:**

- Describe the location you chose for your nature immersion. Why did you choose this place?
- What sights, sounds, smells, and textures did you observe during your immersion?
- How did you feel before, during, and after the nature immersion exercise?
- Did you notice any particular plants, animals, or natural elements that stood out to you? What did they signify to you?
- Reflect on any thoughts or insights that arose during your sit spot time. How do these insights relate to your intentions for this journey?
- How can you incorporate more nature immersion practices into your daily life?

### **EXAMPLE JOURNAL ENTRY:**

- **Date: [Current Date]**
- **Nature Immersion Location: A local park with a small lake and dense trees.**

**Experience: Today, I spent time in a beautiful local park. I chose this spot because of its serene lake and lush trees. As I walked, I noticed the vibrant colors of the leaves and the intricate patterns in the tree bark. The sound of birds singing and leaves rustling in the wind created a soothing symphony. I touched the rough bark of an old oak tree and felt the soft moss beneath it. The air smelled fresh and earthy, grounding me in the present moment. During**

**my sit spot time, I felt a deep sense of calm and connectedness. I watched a squirrel dart up a tree and noticed how it moved with such purpose and grace. This reminded me of the importance of living with intention and being present in each moment. Reflecting on my experience, I feel more grounded and clear-headed. I plan to make nature immersion a regular practice, allowing myself to reconnect with the earth and find peace in its embrace.**

By immersing yourself in nature, you reconnect with the natural world and draw strength and wisdom from its beauty and tranquility. This practice will support you in your journey towards spiritual freedom and holistic well-being.

## Day 3: Nature Immersion (Continued)

Today, we continue our journey of reconnecting with nature by engaging in a creative art exercise inspired by our surroundings. This practice will deepen your connection with the natural world and allow you to express the beauty and wisdom you observe through your artistic creation. Art, rooted in indigenous traditions, serves as a powerful medium for reflection, healing, and expression.

### **ACTIVITY: NATURE-INSPIRED ART EXERCISE**

- Revisit Your Nature Spot:
  - Return to the natural setting you visited yesterday or choose a new location that inspires you. Spend a few moments grounding yourself and reconnecting with the environment.
- Collect Natural Elements:
  - As you explore, gather natural materials that resonate with you. This could include leaves, twigs, flowers, stones, or any other elements that catch your eye. Ensure that you collect these items respectfully and sustainably, without causing harm to the environment.
- Observe and Reflect:
  - Take time to observe the natural elements you have collected. Reflect on their colors, textures, shapes, and any symbolism they might hold for you. Consider how these elements relate to your journey and intentions.
- Prepare Your Art Supplies:
  - Gather basic art supplies such as paper, pencils, paints, brushes, and glue. If possible, work outdoors or near a window with a view of nature to maintain your connection with the natural world.

- Create Your Nature-Inspired Art:
  - Use the natural elements you collected and your art supplies to create a piece of art. This could be a collage, painting, drawing, or any other form of artistic expression that feels right for you.
  - As you create, focus on the process rather than the outcome. Let your intuition guide you and allow the natural elements to inspire your creativity.

### Step-by-Step Art Exercise:

- Step 1: Sketch the Outline
  - Begin by sketching a simple outline of your artwork on paper. This could be an abstract representation of nature, a landscape, or any image that comes to mind.
- Step 2: Incorporate Natural Elements
  - Arrange the natural elements you collected onto your sketch. Experiment with different placements and combinations until you find a composition that resonates with you.
- Step 3: Add Color and Texture
  - Use paints, pencils, or markers to add color and texture to your artwork. Enhance the natural elements by highlighting their features or blending them with your drawn or painted elements.
- Step 4: Final Touches
  - Add any final details or embellishments to complete your artwork. This could include additional drawings, written words, or symbols that hold meaning for you.
- Reflect and Journal:
  - Once you have completed your artwork, take a few moments to reflect on the creative process and the emotions it evoked. How did it feel to create art using natural elements? What insights or messages did you receive from nature during this exercise?
  - Open your journal and write about your experience using the prompts below.

## **JOURNAL PROMPTS:**

- **Describe the natural elements you collected and why you chose them.**
- **How did these elements inspire your artwork?**
- **Reflect on the creative process. How did it feel to create art using natural materials?**
- **What messages or insights did you receive from nature during this exercise?**
- **How does your completed artwork represent your connection with nature and your journey so far?**
- **What did you learn about yourself through this exercise?**

## **EXAMPLE JOURNAL ENTRY:**

- **Date: [Current Date]**
- **Nature-Inspired Art Exercise: Today, I returned to the park and collected a variety of leaves, twigs, and flowers. I was particularly drawn to the vibrant colors of the autumn leaves and the delicate structure of the twigs. These elements inspired me to create a collage that represents the changing seasons and the cycle of life. As I sketched and arranged the natural materials, I felt a deep sense of calm and connection with the earth. Painting the leaves and twigs allowed me to see the beauty in their imperfections and the stories they hold. During the creative process, I received a message from nature about the importance of embracing change and finding beauty in every phase of life. My completed artwork symbolizes growth, resilience, and the interconnectedness of all living things. This exercise taught me to trust my intuition and to appreciate the natural world more deeply.**

# Day 4: Sacred Space Creation

Creating a sacred space is an essential practice in lively living and indigenous traditions. A sacred space serves as a sanctuary for meditation, reflection, and spiritual practice, helping you to ground yourself and connect with your intentions and the divine. Today, we will focus on setting up a personal altar or sacred space that will support you throughout this 14-day journey and beyond.

## **ACTIVITY: CREATING YOUR SACRED SPACE**

- Choose Your Location:
  - Find a quiet, comfortable spot in your home where you can create your sacred space. This could be a corner of a room, a windowsill, or even a small table. Ensure that it is a place where you can retreat to regularly for meditation and reflection.
  
- Clean and Clear:
  - Clean the area where you will create your sacred space. Physically cleaning the space helps to energetically clear it, creating a fresh, inviting environment.
  
- Gather Meaningful Objects:
  - Collect items that hold personal significance and spiritual meaning for you. These could include:
    - Natural Elements: Stones, crystals, flowers, leaves, or any other natural items that resonate with you.
    - Spiritual Symbols: Statues, icons, or images of deities, ancestors, or spiritual figures.
    - Candles and Incense: For creating a calming atmosphere and purifying the space.
    - Personal Items: Items that hold personal meaning, such as family heirlooms, photographs, or mementos.
  
- Prepare Your Art Supplies:
  - Gather basic art supplies such as paper, pencils, paints, brushes, and glue. If possible, work outdoors or near a window with a view of nature to maintain your connection with the natural world.
  
- Arrange Your Sacred Space:
  - Thoughtfully arrange the items you have gathered in your chosen location. There is no right or wrong way to do this—trust your intuition and create a space that feels harmonious and inviting to you.

## **STEP-BY-STEP SACRED SPACE CREATION:**

### Step 1: Centerpiece

- Place a central item that represents your main intention or spiritual focus. This could be a crystal, a statue, or an image.

### Step 2: Natural Elements

- Arrange the natural elements around the centerpiece. Consider the balance and flow of the arrangement.

### Step 3: Spiritual Symbols

- Add any spiritual symbols that resonate with your beliefs and practices. Position them where they feel most impactful.

### Step 4: Candles and Incense

- Place candles and incense holders in safe spots. Lighting these during your practice will help create a serene atmosphere.

### Step 5: Personal Items

- Include any personal items that bring you comfort and inspiration. These could be placed around or integrated with the other elements.

### Step 6: Bless and Dedicate Your Space

- Once your sacred space is set up, take a moment to bless and dedicate it. You can do this through a simple ritual or prayer, asking for protection, guidance, and positive energy to fill the space.
- Example Blessing: “I dedicate this space to my journey of spiritual growth, healing, and empowerment. May it be filled with peace, love, and divine energy. May it support me in my practice and guide me towards my highest good.

## **REFLECT AND JOURNAL:**

Spend some time sitting in your sacred space. Reflect on the process of creating it and how it makes you feel. Open your journal and write about your experience using the prompts below.

## **JOURNAL PROMPTS:**

- **Describe the location you chose for your sacred space. Why did you choose this spot?**
- **What items did you include in your sacred space and why?**
- **How do these items hold meaning for you?**
- **Reflect on the process of creating your sacred space. How did it feel to gather and arrange these items?**
- **How do you feel when you sit in your sacred space?**
- **What intention did you set for your sacred space? How do you hope this space will support your journey?**
- **Describe any insights or messages you received during the blessing and dedication of your space**

## **EXAMPLE JOURNAL ENTRY:**

- **Date: [Current Date]**
- **Sacred Space Creation: Today, I created a sacred space in a quiet corner of my bedroom. I chose this spot because it is peaceful and receives natural light from the window. I included a crystal that represents clarity and focus, a small statue of a deity that inspires me, and a family photo that brings me comfort. I also added some leaves and flowers I collected during my nature walk, a candle for warmth, and an incense holder for purification. The process of gathering and arranging these items was deeply calming. It felt like I was creating a personal sanctuary. When I sit in my sacred space, I feel a sense of peace and connection. My intention for this space is to use it as a retreat for meditation, reflection, and spiritual practice. I blessed the space with a simple prayer, asking for protection and positive energy. This sacred space will be my refuge during this 14-day journey, reminding me of my intentions and guiding me towards spiritual freedom and holistic well-being.**

By creating a sacred space, you establish a physical and energetic sanctuary that supports your spiritual practice and intentions. This space will serve as a foundation for your journey, offering a place of peace, reflection, and connection.

## Day 5: Sacred Space Creation (Continued)

Now that you have created your sacred space, it's time to deepen your connection with it and incorporate daily rituals and visualization techniques. These practices will help you make the most of your sacred space, fostering a sense of peace, grounding, and spiritual connection. Today, we will focus on establishing a daily ritual and practicing visualization techniques that align with your intentions.

### **ACTIVITY: DAILY RITUALS AND VISUALIZATION TECHNIQUES**

- Morning Ritual:
  - Start your day by spending a few moments in your sacred space. This sets a positive and focused tone for the day ahead.
  - Light a Candle or Incense: Begin by lighting a candle or some incense to create a calming atmosphere.
  - Express Gratitude: Take a moment to express gratitude for the new day. Reflect on one thing you are grateful for and write it down in your journal.
  - Set an Intention: Set a specific intention for the day. This could be something you want to accomplish, a mindset you want to maintain, or a quality you want to embody. Write it down in your journal.
  
- Midday Check-In:
  - Take a brief break during the day to return to your sacred space. This helps to re-center and recharge.
  - Deep Breathing Exercise: Spend a few minutes practicing deep breathing. Inhale deeply through your nose, hold for a few seconds, and exhale slowly through your mouth. Repeat this several times.
  - Reflect on Your Intention: Revisit the intention you set in the morning. Reflect on how it has influenced your actions and mindset so far.
  
- Evening Ritual:
  - End your day by returning to your sacred space for an evening ritual. This helps to unwind and reflect on the day.
  - Light a Candle or Incense: Light a candle or incense to signal the beginning of your evening ritual.
  - Reflect on Your Day: Spend a few moments reflecting on your day. What went well? What challenges did you face? How did you stay aligned with your intention?
  - Express Gratitude: Write down three things you are grateful for that happened during the day.

- Release and Let Go: Reflect on any negative experiences or emotions from the day. Visualize releasing them and letting them go. Write down anything you want to release in your journal and symbolically tear out the page or burn it (safely).



#### Visualization Techniques:

- Grounding Visualization:
  - Sit comfortably in your sacred space. Close your eyes and take a few deep breaths.
  - Visualize roots growing from the base of your spine or the soles of your feet, reaching deep into the earth. Feel the connection with the ground, drawing strength and stability from the earth.
- Healing Light Visualization:
  - Sit comfortably and close your eyes. Take a few deep breaths to relax.
  - Visualize a warm, healing light above your head. Imagine this light slowly descending, filling your entire body with healing energy. Focus on any areas of tension or discomfort, allowing the light to bring healing and relief.
- Future Self Visualization:
  - Sit comfortably and close your eyes. Take a few deep breaths to center yourself.
  - Visualize your future self, having achieved the intentions and goals you set for this journey. See yourself radiating confidence, peace, and fulfillment. Imagine how it feels to be this version of yourself and hold onto that feeling.

## REFLECT AND JOURNAL

Spend some time sitting in your sacred space. Reflect on the process of creating it and how it makes you feel. Open your journal and write about your experience using the prompts below.

### JOURNAL PROMPTS:

- **Describe the location you chose for your sacred space. Why did you choose this spot?**
- **What items did you include in your sacred space and why?**
- **How do these items hold meaning for you?**
- **Reflect on the process of creating your sacred space. How did it feel to gather and arrange these items?**
- **How do you feel when you sit in your sacred space?**
- **What intention did you set for your sacred space? How do you hope this space will support your journey?**
- **Describe any insights or messages you received during the blessing and dedication of your space**

## EXAMPLE JOURNAL ENTRY:

- **Date: [Current Date]**
- **Morning Reflection: Today, I am grateful for the fresh start and the opportunity to connect with my inner self. My intention for today is to approach all tasks with a sense of calm and mindfulness.**
- **Midday Check-In: So far, I have been able to maintain a calm mindset by taking deep breaths whenever I feel stressed. I faced a challenging situation at work but handled it with patience and clarity.**
- **Evening Reflection: Today went well overall. I was able to stay calm and mindful throughout my tasks. One challenge was dealing with a difficult conversation, but I managed to stay composed. I am grateful for a supportive colleague, a beautiful sunset I witnessed on my way home, and a peaceful dinner with my family. I want to release the stress from the difficult conversation and let go of any lingering negative emotions.**

Spend some time sitting in your sacred space. Reflect on the process of creating it and how it makes you feel. Open your journal and write about your experience using the prompts below.

## Day 6: Ancestral Reverence

Honoring our ancestors is a vital practice in many indigenous traditions. It helps us reconnect with our roots, gain wisdom from those who came before us, and receive guidance on our journey. Today, we will focus on practices for ancestral reverence, including creating a small altar or offering space, performing a gratitude ritual, and writing a letter to an ancestor.

## ACTIVITY: HONORING YOUR ANCESTORS

- Create an Ancestral Altar:
  - Choose a small, dedicated space in your home where you can create an ancestral altar. This could be a shelf, a table, or a corner of your sacred space.
  - Gather Meaningful Items: Collect items that represent your ancestors and hold personal significance. These could include photographs, heirlooms, objects from nature, or anything that reminds you of your lineage.
  - Arrange the Items: Thoughtfully arrange the items on your altar. Consider adding a candle, incense, or flowers to create a serene and respectful atmosphere.
  
- Perform a Gratitude Ritual:
  - Light a Candle or Incense: Begin by lighting a candle or incense on your ancestral altar.
  - Express Gratitude: Stand or sit in front of your altar. Take a few deep breaths to center yourself. Begin by expressing gratitude for your ancestors and their contributions to your life. Speak aloud or silently in your mind, thanking them for specific qualities, values, or lessons they have passed down to you.
  - Make an Offering: Consider making a small offering to your ancestors. This could be food, drink, flowers, or any item that feels meaningful. Place the offering on your altar as a gesture of respect and gratitude.
  
- Write a Letter to an Ancestor:
  - Choose an Ancestor: Think of an ancestor you feel a strong connection to or one you wish to honor today. This could be a direct relative or a more distant ancestor.
  - Reflect on Their Life: Spend a few moments reflecting on what you know about this ancestor's life, their challenges, achievements, and the legacy they left behind.
  - Write Your Letter: Open your journal and write a letter to your chosen ancestor. Express your gratitude, share any thoughts or feelings you have, and ask for their guidance or wisdom. This letter can be as long or as short as you feel necessary.

## STEP-BY-STEP EXERCISES:

### Step 1: Creating the Ancestral Altar

- Select the Location: Find a quiet, respectful spot for your ancestral altar.
- Gather Items: Collect photographs, heirlooms, natural objects, and other items that represent your ancestors.
- Arrange the Items: Arrange these items thoughtfully on your altar. Add a candle, incense, or flowers for atmosphere.

### Step 2: Performing the Gratitude Ritual

- Light the Candle or Incense: Light a candle or incense to create a sacred space.
- Express Gratitude: Stand or sit in front of your altar and express gratitude for your ancestors. Mention specific qualities or lessons you appreciate.
- Make an Offering: Place a small offering on your altar as a sign of respect and gratitude.

### Step 3: Writing the Letter

- Reflect: Spend a few moments reflecting on the ancestor you wish to write to.
- Write the Letter: Open your journal and write a heartfelt letter. Express your gratitude, share your thoughts, and ask for guidance.

### **JOURNAL PROMPTS:**

- ***Describe the items you chose for your ancestral altar and why you selected them.***
- ***Reflect on the gratitude ritual. How did it feel to express gratitude to your ancestors?***
- ***What offering did you make, and why did you choose this particular offering?***
- ***Who did you choose to write a letter to, and why?***
- ***What did you express in your letter to your ancestor?***
- ***Did you receive any insights or feelings of connection during these exercises?***

## EXAMPLE JOURNAL ENTRY:

- ***Date: [Current Date]***
- ***Creating the Ancestral Altar: Today, I created an ancestral altar on a small table in my living room. I chose this spot because it is a peaceful area where I can spend quiet time. I included a photograph of my grandmother, a small piece of jewelry she used to wear, and a beautiful stone I found on a hike. I also added a candle and some flowers to create a serene atmosphere.***

Gratitude Ritual: Lighting the candle and standing in front of the altar, I expressed my gratitude for my grandmother's strength and kindness. I thanked her for the values she instilled in our family. I offered a small cup of tea, as it was her favorite drink, and placed it on the altar.

- **Writing the Letter:** I chose to write a letter to my grandmother. I reflected on her life, the challenges she faced, and the love she gave. In my letter, I expressed my deep gratitude for her guidance and asked for her wisdom as I navigate my own challenges. Writing the letter felt deeply comforting and brought a sense of connection. These exercises helped me feel closer to my roots and brought a sense of peace and gratitude. I felt a strong connection with my grandmother and received a sense of calm and reassurance.
- **By honoring your ancestors through these practices, you deepen your connection with your lineage, draw strength from their wisdom, and invite their guidance into your life. This practice supports your journey towards spiritual freedom and holistic well-being.**

# Day 7: Ancestral Reverence (Continued)

Continuing from yesterday, today we will deepen our connection with our ancestors through additional practices that honor their legacy and wisdom. These exercises will include a guided meditation to connect with your ancestors, creating an ancestral art piece or memento, and reflecting on the impact of these practices on your journey.

## **ACTIVITY: GUIDED MEDITATION, ANCESTRAL ART, & REFLECTION**

Guided Meditation to Connect with Your Ancestors:

- Find a Quiet Space: Sit comfortably in your sacred space or any quiet area where you won't be disturbed.
- Prepare Yourself: Close your eyes and take several deep breaths to relax and center yourself. Feel your body grounding into the earth.
- Begin the Meditation: Visualize yourself in a beautiful, peaceful place in nature. It could be a forest, a meadow, a beach, or any place that feels safe and serene to you.
- Invite Your Ancestors: In your mind, invite your ancestors to join you in this place. Imagine them approaching you, one by one, or as a group. They may appear as you remember them, or as you imagine they looked in their prime.
- Communicate: Spend time in their presence. You may wish to ask them questions, seek their guidance, or simply enjoy their company. Listen to any messages they have for you.
- Express Gratitude: Before ending the meditation, express your gratitude for their presence and guidance. Feel the warmth of their love and support surrounding you.
- Return to the Present: Gradually bring your awareness back to your surroundings. Wiggle your fingers and toes, and when you're ready, open your eyes.

Create an Ancestral Art Piece or Memento:

- Gather Materials: Collect art supplies such as paper, paints, markers, clay, or any materials you feel drawn to. You can also use items like photographs, fabric, or natural elements collected during your nature walks.
- Set Your Intention: Before you begin, set an intention for your art piece. What do you want to express or honor about your ancestors?
- Create with Intuition: Allow your intuition to guide you as you create. There are no rules—just express what feels right. This could be a painting, a drawing, a sculpture, or a collage.
- Include Symbolic Elements: Consider incorporating symbols that represent your ancestors, such as family crests, traditional patterns, or items that have personal significance.

Reflect and Journal:

- Spend some time reflecting on the guided meditation and the creation of your ancestral art piece. Write about your experiences, insights, and any emotions that surfaced during these practices.

## **JOURNAL PROMPTS:**

- *Describe your guided meditation experience. How did it feel to connect with your ancestors?*
- *What messages or guidance did you receive during the meditation?*
- *Describe the ancestral art piece or memento you created. What materials did you use, and why?*
- *How does this art piece represent your connection with your ancestors?*
- *What emotions or thoughts surfaced during the creation of your art piece?*
- *Reflect on the impact of these ancestral reverence practices on your journey. How have they deepened your connection to your roots?*
- *How do you plan to continue honoring your ancestors in your daily life?*

## **EXAMPLE JOURNAL ENTRY:**

- *Date: [Current Date]*
- *Guided Meditation Experience: During the guided meditation, I found myself in a serene forest, with tall trees and a gentle breeze. I invited my ancestors to join me, and they appeared, smiling warmly. I felt a deep sense of peace and belonging in their presence. They shared words of wisdom about resilience and love, which filled me with strength and comfort.*
- *Ancestral Art Piece: I created a collage using photographs of my grandparents, leaves from my nature walk, and traditional patterns from my heritage. This art piece symbolizes the continuity of life and the strength of my roots. As I created it, I felt a profound connection to my lineage and a deep appreciation for their legacy.*

- ***Reflection: These practices have profoundly deepened my connection with my ancestors. I feel their presence and guidance more strongly now. I plan to continue honoring them by regularly visiting my ancestral altar, performing gratitude rituals, and creating art in their honor. This journey has enriched my understanding of myself and my heritage.***

By engaging in these practices, you strengthen your connection with your ancestors, honor their legacy, and invite their wisdom into your life. This deepening connection supports your journey towards spiritual freedom and holistic well-being.

## Week 2: Reconnecting with Ancestral Roots

Welcome to Week 2 of the "Awakening to Oneness: Livity Living" journey! This week, we will delve into the profound importance of reconnecting with our ancestral roots. Our ancestors hold the key to a wealth of wisdom, traditions, and cultural practices that can greatly enrich our lives today. By exploring our lineage, honoring our heritage, and understanding the impact of historical events, we can reclaim a deeper sense of identity and belonging.

Throughout this week, you will engage in activities and exercises designed to help you rediscover and celebrate your ancestral heritage. From researching your family tree to creating an ancestral altar, each day's activities will guide you in fostering a meaningful connection with your past. As we journey through this week, you will uncover stories, traditions, and practices that have been passed down through generations, and you will learn how to integrate this knowledge into your daily life.

Our goal is to empower you to embrace your heritage with pride and to draw strength and inspiration from the wisdom of your ancestors. By the end of this week, you will have gained valuable insights into your lineage and developed practices to honor and connect with your ancestral roots. Let's embark on this transformative journey together, honoring the legacy of those who came before us and celebrating the rich tapestry of our cultural heritage.

## Day 8: Discovering Your Ancestral Lineage

Today, you will embark on a journey to uncover your family history and ancestral lineage. Understanding where you come from can provide a profound sense of identity and belonging. This exploration will involve researching your family tree, gathering stories from relatives, and documenting your findings. The aim is to create a tangible connection to your past, honoring the lives and experiences of those who came before you.

### **ACTIVITIES:**

- Family Tree Research:
  - Start by creating a simple family tree. Begin with yourself and work your way back as far as you can. Include names, birthdates, birthplaces, and any significant life events.
  - Use online genealogy resources like Ancestry.com or FamilySearch.org to aid your research. Libraries and local historical societies can also be valuable resources.
  - Reach out to family members who may have information about your ancestors. Record their stories and memories, paying attention to details that reveal cultural practices and traditions.
  
- Documenting Stories:
  - Interview at least one older family member about their memories of your ancestors. Ask about traditions, rituals, and significant family events.
  - Write down these stories in a dedicated journal or create a digital document. Include dates, places, and any cultural or spiritual practices mentioned.
  
- Creating an Ancestral Timeline:
  - Develop a timeline that highlights significant events in your family's history. This can include migrations, cultural shifts, and major life milestones.
  - Use visual aids like maps to illustrate the geographical movements of your ancestors.

## **EXERCISE: FAMILY TREE VISUALIZATION**

Materials Needed:

- Paper and pen
- Online genealogy tools (optional)
- Journal or digital document for recording stories

**Steps:**

- ***Draw a family tree starting with yourself and working backwards. Include as many generations as you can.***
- ***Use different colors or symbols to represent different branches of your family.***
- ***As you gather information, update your family tree and timeline with new details.***
- ***Reflect on how your ancestors' experiences have shaped your identity and worldview.***

***Journal Prompt: Reflect on the process of discovering your ancestral lineage. How did it feel to learn more about your family's past? What new insights or connections have you made? How do these findings influence your understanding of yourself and your place in the world?***

***Example Entry: "Today, I began to uncover the rich tapestry of my family history. Speaking with my grandmother, I learned about the rituals and traditions that have been passed down through generations. It was enlightening to see how these practices have shaped our family's identity. Creating the family tree and timeline has given me a deeper appreciation for my heritage and a greater sense of belonging."***

By creating a family tree, documenting stories from relatives, and developing an ancestral timeline, you will gain a deeper understanding

of your heritage. This journey helps to connect you with your roots, fostering a sense of identity and belonging. Through this process, you can honor the wisdom and experiences of your ancestors, gaining new insights into your cultural background and personal identity.

## Day 9: Honoring Ancestral Traditions

Today, we will dive deeper into the rich traditions and rituals of your ancestral heritage. By understanding and practicing these traditions, we can honor our ancestors, keep their memories alive, and enrich our own lives with their wisdom. This practice allows us to connect with the cultural practices that have been passed down through generations and to incorporate them into our modern lives.

### **ACTIVITY: RESEARCHING AND PRACTICING ANCESTRAL TRADITIONS**

- Research Ancestral Traditions:*
  - *Select a Tradition: Choose a specific tradition or ritual from your ancestral heritage that you are curious about or feel connected to. This could be a holiday celebration, a daily ritual, a form of art, music, dance, or a spiritual practice.*
  - *Gather Information: Research this tradition in detail. Use books, online resources, and family interviews to gather as much information as you can. Pay attention to the history, significance, and the way it is traditionally practiced.*
  
- Practice the Tradition:*
  - *Prepare Materials: Gather any materials or supplies you need to practice this tradition. This could include specific foods, clothing, instruments, or ceremonial items.*
  - *Set the Scene: Create an environment that honors the tradition. This might involve setting up a specific space, preparing a special meal, or playing traditional music.*
  - *Engage Fully: Immerse yourself in the practice. Follow the steps of the tradition as closely as possible, respecting its significance and meaning. Engage all your senses and be fully present in the moment.*

### **EXERCISE: REFLECTING ON THE TRADITION**

Materials Needed:

- Research materials (books, internet, family stories)
- Items needed for the tradition (e.g., food ingredients, instruments, clothing)
- Journal for reflection

Steps:

- **Select and Research:** Choose a tradition to explore and gather detailed information about its history and significance.
- **Prepare:** Gather any necessary materials and set up your environment to honor the tradition.
- **Practice:** Engage fully in practicing the tradition, paying attention to the details and immersing yourself in the experience.
- **Reflect:** After practicing the tradition, take time to reflect on the experience and its impact on you.

### **JOURNAL PROMPTS:**

- ***Which tradition did you choose to explore and why?***
- ***What did you learn about the history and significance of this tradition?***
- ***How did it feel to practice this tradition? What emotions or thoughts arose during the experience?***
- ***What insights did you gain about your heritage and your connection to your ancestors?***
- ***How can you incorporate this tradition into your life moving forward?***

### **EXAMPLE JOURNAL ENTRY:**

***"Today, I chose to explore the tradition of making and sharing a traditional family recipe that has been passed down for generations. I learned that this dish is typically prepared during special family gatherings and holds significant cultural importance as a symbol of unity and gratitude. As I gathered the ingredients and followed the recipe, I felt a deep sense of connection to my ancestors and the many times this dish was shared in their lives. The process of cooking and sharing the meal with my family was incredibly fulfilling, and I felt a profound sense of gratitude for this tradition. Moving forward, I plan to incorporate this recipe into our family gatherings to honor our heritage and keep this tradition alive."***

By selecting, researching, and fully engaging in a tradition from your heritage, you deepen your connection to your ancestors and gain a greater appreciation for their wisdom and practices. This experience enriches your life and helps you to integrate meaningful cultural practices into your daily routine. Reflecting on this process allows you to understand the significance of these traditions and how they can continue to influence and enhance your life.

## Day 10: Understanding the Impact of Colonialism

Today, we will reflect on the profound effects of colonialism and cultural erasure on indigenous aboriginal communities. Understanding this history is crucial for recognizing the resilience of our ancestors and the importance of preserving and reclaiming our cultural heritage. By educating ourselves about these impacts, we can better appreciate the strength and perseverance of our ancestors and work towards healing and restoration.

### **ACTIVITY: RESEARCHING COLONIAL HISTORY AND REFLECTING ON ITS IMPACT**

- Research the History of Colonialism:*
  - *Choose Resources: Select resources that provide an in-depth look at the history of colonialism, particularly how it affected your ancestral heritage. These could include books, documentaries, academic articles, or credible websites.*
  - *Focus Areas: Pay attention to key events, policies, and practices of colonial powers that led to cultural erasure, displacement, and other forms of oppression. Note the specific impacts on your ancestral community.*
  
- Reflect on Personal and Community Impact:*
  - *Historical Context: Reflect on how the historical events of colonialism have shaped your family's history and the broader community. Consider both immediate effects and long-term consequences.*
  - *Personal Connection: Think about your personal connection to this history. How have these events influenced your identity, traditions, and the way your family practices its culture?*

- Create a Reflective Piece:*
- *Choose a Medium: Create a reflective piece that expresses your understanding and feelings about the impact of colonialism. This could be an essay, a poem, a piece of art, or even a video.*
  - *Key Themes: Address themes such as resilience, loss, identity, and the importance of cultural preservation.*

## **EXERCISE: WRITING A REFLECTIVE ESSAY**

Materials Needed:

- Research materials (books, documentaries, articles)
- Journal or digital document for writing
- Art supplies (optional, if you choose to create art)

Steps:

- **Research:** Spend time reading, watching, or listening to resources about the history of colonialism and its impact on your ancestors.
- **Take Notes:** Jot down key points, events, and personal reflections as you go through the materials.
- **Reflect:** Spend some quiet time reflecting on what you have learned and how it connects to your family's history.
- **Create Your Piece:** Write an essay or create another form of expression that captures your thoughts and feelings about the impact of colonialism. Be honest and open about your emotions and insights.

### **JOURNAL PROMPTS:**

- ***What did you learn about the history of colonialism and its impact on your ancestors?***
- ***How has colonialism affected your understanding of your cultural heritage and identity?***
- ***What emotions did you experience while researching and reflecting on this history?***
- ***How has this new understanding influenced your perception of your ancestors' resilience and strength?***
- ***What steps can you take to reclaim and preserve your cultural heritage moving forward?***

### **EXAMPLE JOURNAL ENTRY:**

***"Today, I delved into the history of colonialism and its impact on my ancestral heritage. I learned about the devastating effects of forced displacement, cultural erasure, and oppression that my ancestors endured. This research was both enlightening and heartbreaking, as it revealed the struggles and resilience of my people. Reflecting on this history, I felt a mix of anger, sadness, and deep admiration for the strength of my ancestors. Writing an essay helped me process these emotions and solidify my commitment to reclaiming and preserving our cultural heritage. Moving forward, I plan to educate others about this history and actively participate in cultural preservation efforts."***

By researching the impact of colonialism on indigenous communities and your ancestral heritage and reflecting on its effects, you gain a deeper appreciation for the resilience of your ancestors and the importance of cultural preservation. Creating a reflective piece allows you to process your emotions and insights, fostering a stronger connection to your heritage and identity. This day encourages you to take steps towards reclaiming and preserving your cultural heritage, honoring the strength and perseverance of your ancestors

## Day 11: Ancestral Storytelling

Storytelling is a powerful tool for preserving and honoring ancestral wisdom. Through stories, we pass down cultural values, traditions, and experiences from one generation to the next. Today, you will delve into the practice of ancestral storytelling by gathering and sharing stories from your family, thus deepening your connection to your heritage and keeping the memories of your ancestors alive.

## **ACTIVITY: GATHERING AND SHARING ANCESTRAL STORIES**

- Interview a Family Member:*
  - *Choose a Storyteller:* Select a family member who has a wealth of knowledge about your family's history and traditions. This could be an elder or someone who has taken an interest in your family's genealogy.
  - *Prepare Questions:* Prepare a list of questions to guide the interview. Focus on questions that encourage the sharing of stories, traditions, and personal experiences. Examples include:
    - *Can you share a story about a significant event in our family's history?*
    - *What traditions did our ancestors practice that you remember or have heard about?*
    - *Are there any memorable anecdotes about our ancestors that have been passed down?*
  
- Conduct the Interview:*
  - *Record the Stories:* If possible, record the interview using a voice recorder or video camera. This allows you to capture the nuances of the storytelling experience.
  - *Listen Actively:* Pay close attention to the stories being shared, and ask follow-up questions to gain deeper insights.
  
- Document the Stories:*
  - *Transcribe or Summarize:* Transcribe the recorded stories or write detailed summaries. Include as much detail as possible, such as dates, places, and specific cultural practices mentioned.
  - *Create a Story Compilation:* Compile these stories into a dedicated journal, digital document, or scrapbook. Add photographs, drawings, or other visuals that enhance the storytelling.

## **EXERCISE: CREATING A STORYTELLING ART PIECE**

Materials Needed:

- Recording device (optional)
- Journal or digital document for transcriptions
- Art supplies (paper, pens, paints, photographs)
- Scrapbook or materials for creating a visual compilation

Steps:

- **Interview Preparation:** Choose a family member to interview and prepare your questions.
- **Conduct the Interview:** Record the interview if possible, and take notes during the conversation.
- **Document the Stories:** Transcribe the stories or write detailed summaries. Include visual elements like photographs or drawings.
- **Create the Art Piece:** Use the stories and visuals to create a storytelling art piece. This could be a scrapbook, a collage, or a series of drawings that represent the stories shared.

## **ACTIVITY: GATHERING AND SHARING ANCESTRAL STORIES**

- ***Who did you interview and why did you choose them?***
- ***What stories or traditions did they share that stood out to you?***
- ***How did listening to these stories make you feel?***
- ***What new insights did you gain about your family's history and cultural practices?***
- ***How do you plan to preserve and share these stories with future generations?***

### **EXAMPLE JOURNAL ENTRY:**

***"Today, I interviewed my grandfather, who has always been the family historian. He shared stories about our ancestors' journey to a new country and the challenges they faced while maintaining their cultural traditions. One story that stood out was about my great-grandmother, who used to host large family gatherings where traditional songs and dances were performed. Listening to these stories made me feel deeply connected to my roots and proud of my heritage. I transcribed the stories and created a scrapbook with photographs and drawings to bring them to life. Moving forward, I plan to share this scrapbook with my family and ensure that these stories are passed down to future generations."***

By interviewing a family member and documenting their stories, you preserve the rich history and cultural practices of your ancestors. Creating a storytelling art piece allows you to visually represent these stories, making them more accessible and engaging for future generations. This practice strengthens your connection to your heritage and honors the legacy of your ancestors, ensuring their wisdom and experiences are never forgotten.

# Day 12: Healing through Creative Expression

Creative expression is a profound tool for healing, allowing us to process emotions, express ourselves, and connect with our inner wisdom. Today, we will explore how to use art as a medium for healing and self-discovery. By engaging in creative practices, we can tap into our subconscious, release stored emotions, and gain insights into our personal and ancestral healing journeys.

## **ACTIVITY: ENGAGING IN HEALING ART PRACTICES**

- Select a Healing Art Form:*
  - *Choose Your Medium: Select an art form that resonates with you. This could be painting, drawing, writing, dance, music, or any other creative practice.*
  - *Gather Materials: Gather the necessary materials for your chosen art form, such as paints, brushes, paper, a journal, musical instruments, or dance space.*
  
- Create with Intention:*
  - *Set Your Intention: Before you begin, set an intention for your creative session. This could be to release a specific emotion, gain clarity on an issue, or simply to connect with your inner self.*
  - *Engage Fully: Immerse yourself in the creative process. Allow your intuition to guide you and focus on expressing whatever comes up without judgment.*

## **EXERCISE: HEALING THROUGH ART**

Materials Needed:

- Art supplies (paints, brushes, paper, etc.)
- Journal for reflection
- Optional: Music for inspiration, comfortable space for movement

Steps:

- **Select and Prepare:** Choose an art form and gather your materials. Find a quiet, comfortable space to work.
- **Set Your Intention:** Take a few moments to set a clear intention for your creative session.

- Engage in Creative Expression: Begin your creative practice, allowing your intuition to guide you. Focus on the process rather than the outcome.
- Reflect and Journal: After completing your creative session, spend some time reflecting on the experience and writing about it in your journal.

### **JOURNAL PROMPTS:**

- ***What art form did you choose and why?***
- ***What intention did you set for your creative session?***
- ***Describe your creative process. What emotions or thoughts came up as you created?***
- ***What insights or revelations did you gain through this process?***
- ***How did this creative session contribute to your healing journey?***

### **EXAMPLE JOURNAL ENTRY:**

***"Today, I chose to engage in painting as a form of healing. My intention was to release the sadness and frustration I've been feeling lately. I set up my paints and brushes in a quiet corner of my room, put on some calming music, and began to paint intuitively. As I worked, I allowed myself to express whatever came up without judgment. The colors and shapes on the canvas seemed to flow naturally, reflecting my emotions. By the end of the session, I felt a sense of release and clarity. This experience reminded me of the power of creative expression in processing emotions and gaining insights. I plan to incorporate this practice into my routine to support my ongoing healing journey."***

By selecting an art form, setting an intention, and engaging fully in the creative process, you can release stored emotions and gain valuable insights into your personal and ancestral healing journeys. Reflecting on your experience through journaling helps to integrate these insights and deepen your connection to your inner wisdom. This practice emphasizes the transformative potential of art as a tool for healing and self-discovery.

## Day 13: Honoring Indigenous and Aboriginal Healers and Medicine Traditions

Indigenous aboriginal healers and medicine traditions hold profound wisdom and practices that have been passed down through generations. Today, we will explore and honor these healing traditions by learning about their methods, reflecting on their significance, and incorporating some of their practices into our own lives. By doing so, we can deepen our connection to our heritage and benefit from the holistic approaches to healing that our ancestors used.

### **ACTIVITY: LEARNING AND REFLECTING ON INDIGENOUS AND ABORIGINAL HEALING TRADITIONS**

- Research Indigenous Aboriginal Healers and Traditions:*
  - *Choose a Tradition: Select a specific indigenous healing tradition or healer that resonates with you. This could be from your own heritage or another indigenous culture you wish to learn more about.*
  - *Gather Information: Use books, documentaries, articles, and credible online resources to gather information about the chosen tradition or healer. Focus on their methods, philosophy, and the cultural context of their practices.*
  
- Reflect on the Significance:*
  - *Historical Context: Reflect on the historical and cultural significance of the healing tradition. Consider how these practices have evolved and been preserved over time.*
  - *Personal Connection: Think about how these healing practices relate to your own experiences and how you can honor them in your daily life.*



*Incorporate a Healing Practice:*

- *Choose a Practice: Select a specific healing practice from the tradition you researched. This could be a herbal remedy, a meditation technique, a ritual, or any other method that resonates with you.*
- *Engage in the Practice: Incorporate this practice into your routine, following the traditional steps and guidelines as closely as possible.*

## **EXERCISE: HONORING INDIGENOUS ABORIGINAL HEALING TRADITIONS**

Materials Needed:

- Research materials (books, documentaries, articles)
- Items needed for the chosen healing practice (herbs, candles, etc.)
- Journal for reflection

Steps:

- **Select and Research:** Choose a specific indigenous aboriginal healing tradition or healer to learn about and gather detailed information.
- **Reflect:** Spend time reflecting on the significance of the healing tradition and how it relates to your heritage and personal experiences.
- **Incorporate a Practice:** Select a specific healing practice from the tradition and incorporate it into your routine, honoring the traditional steps and guidelines.
- **Reflect and Journal:** After engaging in the practice, reflect on the experience and write about it in your journal.

### **JOURNAL PROMPTS:**

- ***Which indigenous healing tradition or healer did you choose to learn about and why?***
- ***What did you learn about their methods and philosophy?***
- ***What is the historical and cultural significance of this healing tradition?***
- ***How do these healing practices relate to your own experiences and heritage?***

- ***What healing practice did you choose to incorporate into your routine and why?***
- ***Describe your experience engaging in the healing practice. What insights or benefits did you gain?***
- ***How do you plan to continue honoring indigenous healing traditions in your life?***

#### **EXAMPLE JOURNAL ENTRY:**

***"Today, I chose to learn about the healing traditions of the Native American Black Seminole tribe, specifically the use of sage for smudging and purification. I learned that this practice is deeply rooted in their culture and used to cleanse negative energy and bring about spiritual healing. Reflecting on this, I felt a deep connection to the idea of using natural elements for holistic well-being. I decided to incorporate the practice of smudging with sage into my routine. I followed the traditional steps, lighting the sage and using the smoke to cleanse my space while setting positive intentions. This experience brought a sense of peace and clarity, helping me feel more grounded and connected to my surroundings. I plan to continue using this practice to honor the wisdom of the Lakota healers and integrate their holistic approach to healing into my life."***

Creative expression is a profound tool for healing, allowing us to process emotions, express ourselves, and connect with our inner wisdom. By selecting an art form, setting an intention, and engaging fully in the creative process, you can release stored emotions and gain valuable insights into your personal and ancestral healing journeys. Reflecting on your experience through journaling helps to integrate these insights and deepen your connection to your inner wisdom. This practice emphasizes the transformative potential of art as a tool for healing and self-discovery.

# Day 14: Reflecting on the Journey

Today marks the end of a transformative 2 week exploration dedicated to reconnecting with our ancestral roots and exploring the wisdom of our heritage. Reflection is a crucial part of this journey, allowing us to consolidate our learnings, recognize our growth, and set intentions for how to carry these insights forward. By reflecting on these activities and experiences, we can integrate the knowledge and practices into our daily lives, deepening our connection to our ancestors and their enduring wisdom.

## **ACTIVITY: COMPREHENSIVE REFLECTION AND INTEGRATION**

- Review Your Journal Entries:*
  - *Read Through Entries:* Spend time reading through your journal entries from the past week. Pay attention to recurring themes, significant insights, and moments of emotional impact.
  - *Highlight Key Points:* Use a highlighter or different colored pen to mark key points, quotes, or reflections that stood out to you.
  
- Summarize Your Learnings:*
  - *Create a Summary Page:* In your journal, dedicate a page to summarizing the key learnings and insights from each day. Include specific traditions, practices, and stories that resonated with you.
  - *Reflect on Emotional Growth:* Note any emotional or spiritual growth you experienced. How have these practices influenced your understanding of your heritage and your connection to your ancestors?
  
- Set Intentions for Moving Forward:*
  - *Daily Practices:* Identify which practices or traditions you want to incorporate into your daily life. Set realistic goals for how often you will engage in these activities.
  - *Ongoing Learning:* Consider areas where you want to continue learning or exploring. This could involve further research, connecting with community groups, or seeking out additional resources.
  
- Create a Visual Representation:*
  - *Choose a Medium:* Create a visual representation of your journey and reflections. This could be a vision board, a mind map, or an artistic piece that encapsulates your learnings and intentions.
  - *Include Symbols and Images:* Use symbols, images, and quotes that represent your ancestral heritage and the key insights from the week.

## **EXERCISE: REFLECTING AND SETTING INTENTIONS**

Materials Needed:

- Research materials (books, documentaries, articles)
- Items needed for the chosen healing practice (herbs, candles, etc.)
- Journal for reflection

Steps:

- **Select and Research:** Choose a specific indigenous aboriginal healing tradition or healer to learn about and gather detailed information.
- **Reflect:** Spend time reflecting on the significance of the healing tradition and how it relates to your heritage and personal experiences.
- **Incorporate a Practice:** Select a specific healing practice from the tradition and incorporate it into your routine, honoring the traditional steps and guidelines.
- **Reflect and Journal:** After engaging in the practice, reflect on the experience and write about it in your journal.

### **JOURNAL PROMPTS:**

- ***What were the key learnings and insights from each day of this exploration?***
- ***How have these practices influenced your understanding of your heritage and your connection to your ancestors?***
- ***What emotional or spiritual growth did you experience?***
- ***Which traditions or practices do you want to incorporate into your daily life, and how often will you engage in them?***
- ***What areas do you want to continue learning or exploring?***
- ***How can you use your visual representation to remind you of your journey and intentions?***

### **EXAMPLE JOURNAL ENTRY:**

***"This week has been deeply transformative, reconnecting me with my ancestral roots and the wisdom of my heritage. Each day's practices, from creating a family tree to honoring indigenous healers, have deepened my understanding of my lineage and my connection to my ancestors. One significant insight was the power of storytelling in preserving cultural values and traditions. Emotionally, I feel more grounded and connected to my past. Moving forward, I plan to incorporate daily mindfulness meditations and traditional cooking into my routine. I also want to continue learning about herbal remedies used by my ancestors. I created a vision board with images of my family, traditional symbols, and quotes from my journal to remind me of this journey and my intentions."***

Reflecting on these activities and experiences allows us to consolidate our learnings, recognize our growth, and set intentions for carrying these insights forward. By reviewing journal entries, summarizing key learnings, setting intentions, and creating a visual representation, we can integrate the knowledge and practices into our daily lives, deepening our connection to our ancestors and their enduring wisdom.

# Thank You Note

Thank you for joining us on this transformative journey. Your dedication to exploring livity living and indigenous wisdom is deeply appreciated. Over the past 14 days, you have embraced mindfulness practices, sacred rituals, and creative activism, all rooted in the profound wisdom of indigenous cultures. You've reconnected with your true self, fostering a deeper connection with nature, spirit, and community.

## Awakening to Oneness: Vol. 2

This is just the beginning. Our journey towards oneness and spiritual enlightenment continues in the second volume. In the upcoming book, we will delve even deeper into the exploration of self and connection. The insights and practices you have gained in these first 14 days have laid a strong foundation, and we are excited to build upon it together.

The next 16 days will expand upon the foundation we've built, introducing new practices and insights to further your spiritual growth. Expect more advanced rituals, deeper reflections, and enhanced creative activism that will empower you to live a life of balance, harmony, and purpose. This second volume will guide you through more intricate aspects of livity living, helping you to deepen your understanding and practice of holistic well-being and spiritual enlightenment.

We invite you to continue this path with us, embracing the next steps with an open heart and mind. Together, we will uncover more layers of your true self and strengthen your connection to the oneness that binds us all. Your journey towards holistic living and spiritual freedom is ongoing, and we are honored to walk this path with you.

Thank you once again for your commitment and presence. We look forward to continuing this journey with you in the next volume. Stay connected, stay inspired, and awaken to the oneness within.



## About the Editor and Founder of Tree of Life Art & the Livity.Blog

Katherin Joyette is a dedicated advocate for spiritual well-being and holistic living. With a deep connection to the principles of livity and a profound respect for indigenous cultures, she has created this transformative journey to help others reconnect with their true selves and the natural world. Katherin's work is inspired by her personal experiences and her commitment to promoting balance, harmony, and purpose in all aspects of life. Through her writing, she aims to empower others to live in alignment with their spiritual and environmental values, fostering a deeper connection to the oneness that unites us all.

