

In this video, I am introducing a different and wider view of who your ancestors are and explaining what your ancestors need from you for healing. This is a brief introduction to how you can begin to heal your relationship with your ancestors.

Unhealed, unacknowledged wounds of your ancestors continue to live in you and through you and show up as pain and struggle. I encourage you to watch this video to begin to understand the roots of your pain and how to move beyond it.

In my online course [Tending To Your Needs](#), I have included a dedicated healing meditation called 'Ancestral and Cosmic Needs', which helps you begin your ancestral healing journey. Find out more about the course and how to enroll [here](#).

Check out my [private online healing sessions](#) to help you unfold and heal ancestral wounds.

With love and light,

Damla