

28 Day Post Ancestral Mantra

Over the next 28 days, please repeat the following Ancestral Clearing Mantra.

The Ancestral Clearing works at a very deep level to clear the imprint your Ancestors have left on your subconscious memory. This mantra is used to help bridge the “gap” between the conscious and subconscious minds. Our conscious mind will be the last place that “gets” that these changes have been made and will be the first to question whether the Ancestral Clearing has actually “worked”. That is ok and it is the nature of the conscious mind so we are going to help bring the conscious and subconscious mind into alignment much faster with this mantra.

You can use this mantra over the next 28 days whenever you feel a family pattern or old belief arising and want to instantly shift it. Make sure you say it at least once per day. As your conscious mind becomes clearer that the old patterns have been released there can begin to feel a little bit of emptiness so focus the affirmation at the end of the mantra. You may even like to add in your own affirmations if the one below doesn't resonate with you.

Over the next 28 days, every day, say out loud, with conviction feeling it in your body, the following:

I am not my Great Great Great Great Grandfathers

I am not my Great Great Great Grandfathers

I am not my Great Great Grandfathers

I am not my Great Grandfathers

I am not my Grandfathers

I am not my Father

I am not my Great Great Great Great Grandmothers

I am not my Great Great Great Grandmothers

I am not my Great Great Grandmothers

I am not my Great Grandmothers

I am not my Grandmothers

I am not my Mother

I am _____ (insert name here)

I call back my Soul from places known and unknown, conscious and unconscious, taken and given, willing and unwilling. I reclaim my Soul from past lives where it has been left, this lifetime, and any future lives it may have. I call my Soul from my Ancestral lineage. I call my Soul present and complete.

I am grateful for the gifts my Ancestors have passed down my lineage.