

Vision of the Ancestors

Light a candle and close your eyes. Be aware of the flame before you, see it in your mind, and become aware of the eternal flame of the soul that burns bright, cool and strong within you. As you look at the candle flame with your mind, the flame it grows bigger and bigger until it turns into a column of fire. You are drawn to the column of fire and you step through into the flames without fear. As you step into the flame you are energized, and your everyday life falls away, leaving the eternal you standing in the flame of life.

As you stand within the flame, hold the intention to search for and connect with your ancestors – as you hold that intention, the flame grows cold and you develop a deep urge to step forward out of the flame and away from your body.

Step forward out of the fire and look back at your body meditating before the flame and be aware that the room in which your body is seated falls away: you find yourself stood out in a field of grasses and flowers. Beside you is a knife, a fire, and a bowl of water. You will see the sun rising before you in the east. Be aware of that direction and of the west behind you. Be aware of the north and south on either side of you, flowing like a river, and be aware of the earth below you and the stars above. Be aware of yourself standing in the centre of the directions and within your centre is the sacred flame of all being.

In your inner vision, pick up the knife and slice across your hand causing blood to flow. Hold the blood over the bowl of water and allow your blood to mingle with the water. When your hand stops bleeding, hold it near the fire to cleanse the wound.

A crow circles above you and then dives down, hitting the bowl of water causing it to spill onto the ground: the liquid flows out of the bowl and creates a stream of blood and water that flows to join the river of time which flows between the north and south. The stream of blood and water grows and grows until it becomes a tributary of the river of time. The stream of blood and water flows around you and pulls you into the river of time – you fall into the river and the current pulls you along as it flows, seemingly in both directions. You allow the current to carry you as the water flows over your face. The taste of blood reaches your lips, and the water gets deeper and deeper as you are pulled along by an ever-increasing strong turbulent tide and flow. The river pulls you along at speed, tossing you about as it flows around rocks and small whirlpools.

When you feel that you are about to drown from the strength of the river, your hand touches a branch that is leaning into the water and you hang on to it. Hauling yourself up out of the water, you see that you are hanging on to an old gnarled tree that is bent over and many of its branches are trailing in the river. Pulling yourself out of the river, you roll on the grassy bank and rest.

As you lay steaming in the sun, you hear voices in the distance. Something within you recognizes the voices, even though the language may be strange. You get up and walk towards the voices, pushing through taller and taller grasses as you go. The surrounding trees seem to bend down to join the grass, creating a wall of green that you must push through. As you emerge on the other side, you will see a person standing in a clearing, looking around as if they have just heard something: this is one of your ancestors.

Approach this ancestor carefully, taking in the situation around them and acting accordingly. If they are in danger, allow your inner flame to create a protective wall of fire around the ancestor, if they are alone and afraid, comfort them. They become aware of you, as if you were a visiting spirit: tell them you are from the future of their line. Commune with your ancestor, tell them about yourself and your world by using images in your mind that they can see: while they are in the protection of your flame they can see in their imagination what it is you are forming in your mind. Ask only the questions that need to be asked. Offer help and advice where you can, and be of assistance to your ancestor should they need it. The communion may be difficult, try hard to keep focus and stillness so that your mind and the mind of the ancestor can communicate.

At the end of the interaction, step back and tell them that they will be remembered by you in the future: their presence on this earth will be remembered and honoured. Allow the ancestor to walk away from you and wait until they have vanished.

Then it is time to push deeper into the forest as you reach further back through time. The further back you go, the denser the forest will be. The journey starts to take its toll on your body and your muscles begin to feel as if you have carried heavy weights. Push yourself forward until you reach a clearing in the trees.

As you emerge from the forest, you will see people sitting around a fire. Go and sit with them quietly and watch the flames. One of the gathering looks at you intently, and recognizes you as someone from the future: this person is a seer and is the only one who can see you and interact with you.

The seer looks around the group for someone who is connected to you. When the seer recognizes which member of their community is your ancestor, the seer stands and walks towards you. With one arm outstretched, he or she asks you to follow as they turn and leave the fire. You are led a short way to a tent or structure and told to wait.

The seer leaves, and then returns shortly with someone at their side. This person is told that you are here and that you wish to commune with them. The seer places a hand on your head, and a hand on your ancestor's head. He or she acts as an interpreter or bridge between you and your ancient ancestor.

When the communion is over, the ancestor leaves and the seer turns to talk to you. The seer tells you of the tribe and its problems, and asks you as a person of the future if you have any advice that you can give. Do your best to answer simply, honestly and clearly. If you do not have an answer, then you must say so.

In return, the seer offers you advice for your life or family. Take the advice into your heart where you can unravel it and make it appropriate for your own time. The seer then places a hand over your eyes. Through the hands of the seer, you are empowered with the seer's sight. The landscape and way of life is revealed to you as you look around. The seer also looks into you and sees your world.

When the time comes to leave, you begin to feel very tired. Your body feels so tired that you can hardly stand up. Finally, your legs give in and you lay down on the soft fresh earth. Sleep comes heavily upon you and you drift in a state of total relaxation. The seer stays beside you and sings a lullaby to you in a language that your body understands, even if you do not.

The earth seems to cover you over and the grass grows all around you. A feeling of deep peace descends upon you as you lay in communion with the earth. You become aware of a presence beside you, as though it flows from the earth that is all around you.

The presence touches you deeply and you begin to weep tears of love and compassion. The presence is your first ancestor, the source of all patterns that run through you. You merge and mingle together as one, feeling the planet turn through time as you lay in the earth in union with your most ancient ancestor.

Your tears travel upwards like a spring, and reach the surface of the earth: they rise and nourish seedlings which become flowers that blossom. All awareness of your time bound life falls away as you lay in the earth and drift in the timeless union of blood within the earth.

As you lay together with your first ancestor, you hear a voice calling out your name. The sound echoes through the earth, vibrating within the rocks and causing you to stir. You want to reach out for the sound but you need help.

An instinct deep within you causes you to push your hand and arm up through the earth, pushing through the soil, roots and finally grass, to reach the air. Your arm emerges out of the rich earth and grasps onto someone's hand. That someone pulls on your arm, pulling you out of the earth.

As you emerge, you find yourself standing before a future ancestor, someone from your own future who has reached through time to commune with you. Be with this person, pass on all that you can, communing with them through your mind and imagination. The future ancestor looks deeply in to you and sees a pattern within you that you were not aware of. It is something that you acquired in your present life and it can affect generations to come.

They reach out to help you with this pattern and you must choose to allow them to assist you with letting go of that pattern, and the recognition of what that pattern might be.

Visions of scenes within your life, issues that you cling to and emotions that are becoming difficult parade before your vision and the future ancestor helps you to look objectively. Your body feels the transition as you let things alter and change.

Before you can commune further, the future ancestor falls back into a mist and vanishes from your sight. You hear the flow of the river which rages like a torrent all around you. You look down to find yourself stood on an isthmus, a small outcrop of land that is almost surrounded by water on all sides.

The water laps around your feet and pulls at you to leave. Reluctantly you dive back into the river and swim towards a direction that you know is taking you to your own time. As you swim, you become aware of fires that burn on both sides of the river. Some are bonfires lit for the ancestors, and some are natural fires.

The flames build up around you until it seems that you are swimming through fire. The fires burn around and within you, cleansing and purifying you as you reach back to your own time. The river slowly vanishes, replaced by flames that do not burn, and as you swim through the fire you feel cleaner and stronger.

You emerge in the candle flame out of which you step and find yourself back in the room where you first started. You take you seat and look at the candle flame. Around you, you see the rivers of water and blood flowing into and out of you, vanishing off into the far distance. When you are ready, open your eyes and look at the central flame.

(c) Josephine McCarthy 1993 – 2019

These texts are fully copyrighted and here for personal use only. You may not copy, redistribute or publish these texts without permission of the author.