

Roots & Reflections



An Integration Workbook for Ancestral Healing

WELCOME



BELOVED SEEKER

The ancestral journey is powerful- it opens doors between worlds, allowing what was hidden to be seen and what was wounded to begin to heal. But the journey itself is only the beginning.

Integration is where the medicine becomes part of your life. This workbook is your sacred space to reflect, release, and anchor the insights from your journey. Use it slowly, gently, and with compassion for yourself.

LET'S BEGIN

Take a deep breath in... and a gentle breath out.

This is your sacred space.

Here, you are safe to feel, to write, to release, and to receive.

As you step into these pages, may your ancestors walk beside you,
and may your heart open to their guidance.



SETTLE IN

Before you turn the page, pause.

Breathe deeply. Place your hand over your heart.

You are safe, and your ancestors are near.

SECTION 1

Immediate Reflections



As soon as you return from the journey, pause and capture what you felt. Don't worry about neatness or making sense- *just let your thoughts pour out*. This is your space to write freely and openly.

PROMPTS

Use these prompts to guide your reflection

1. What emotions were most present during the journey?

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2. What images or symbols came was I shown?

.....>

3. Did I sense any ancestors, guides or presences?

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4. How did my body feel during the journey? What sensations stood out?

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SECTION 2

JOURNEY SYMBOLS

The subconscious speaks in images, colours and sensations. Symbols are keys.

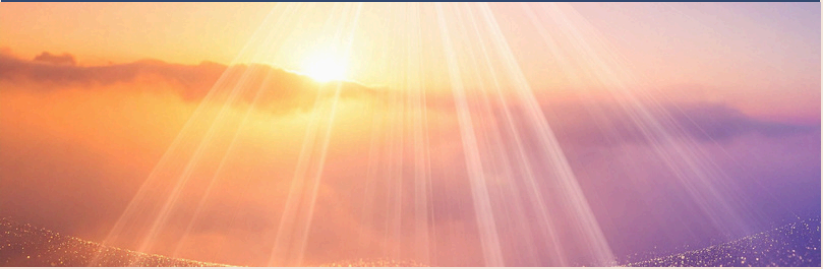
Reflect here the ones that stayed with you after your journey- sketch them, describe them, or both.

<p>SKETCH IT DRAW OR DOODLE WHAT YOU SAW</p>	<p>DESCRIBE IT IN A FEW WORDS OR SENTENCES</p>
<p>FEELINGS CONNECTED TO THE SYMBOL WHAT EMOTIONS DID IT STIR IN YOU?</p>	<p>INSIGHTS OR MESSAGES WHAT GUIDANCE DO YOU THINK IT HOLDS FOR YOU?</p>
<p>DOES IT CONNECT TO A MEMORY, AN ANCESTOR, OR A FAMILY STORY?</p>	<p>IF SO, WRITE ABOUT IT HERE</p>

SECTION 3

THE WOUND & THE GIFT

Our ancestors often pass down wounds, but also gifts. The sound journey may have shown both. Use this space to explore them.



What wound or pattern did I witness during this journey?



What gift, blessing, or hidden strength did I discover beneath it?



How does this wound show up in my life?



SECTION 4

EMBODIMENT PRACTICES

Embodiment is the art of bringing the insights of the mind and the stirrings of the heart fully into the body—where true healing and transformation can take root. So often we try to process experiences only through thought, but the body also carries memory, story, and emotion. These gentle practices invite you to reconnect with yourself through simple acts of movement, breath, sound, and sensory presence.

By walking barefoot on the earth, holding a family keepsake, letting your voice carry a tone or chant, or savoring a meal tied to your lineage, you allow wisdom to move beyond the mind and settle into lived experience. Through the body, stored tension can release, symbolic messages from your journey can be integrated, and healing can ground itself in something tangible and real.

When we embody what we've learned, wisdom stops being abstract and instead becomes part of who we are—woven into our nervous system, our posture, our voice, and our daily rhythms. These practices support you in anchoring insights, deepening self-awareness, and cultivating a sense of safety and wholeness within. Explore them all, lean into just one, or create your own way of bringing your body into the process.



Walk barefoot on the earth, imagining the roots of your lineage beneath you.



Hold or wear something from your lineage
ie. handed down jewelry, clothing
or hold a family keepsake/photo



Hum, chant, or tone - letting sound carry the presence of your lineage into your body.



Cook and enjoy a family recipe that has been passed down
OR
Order a takeout meal that reflects your heritage

INTEGRATION ACTIONS

While embodiment practices root healing into the body through movement, breath, and sensory experience, integration actions carry those insights forward into daily life. They are the choices, habits, and expressions that weave your journey into the way you live, relate, and create.

Where embodiment grounds wisdom in your nervous system, integration ensures it sticks—showing up in how you speak, set boundaries, nourish yourself, and connect with others. An integration action might look like journaling your realizations, creating art inspired by a vision, having an honest conversation, shifting a daily routine, or committing to a self-care ritual.

In sound healing, the tones and vibrations often stir deep memories, emotions, and symbolic images. Integration actions take what has surfaced in that sacred space and give it form in the outer world. Without integration, insights can fade like dreams; with it, they become guiding lights for lasting transformation.

Together, embodiment and integration create a complete cycle of healing: one anchors wisdom in the body, the other extends it into the fabric of life.

Create a Daily Gratitude Ritual

Each morning or evening, take a few moments to speak or write down what you are grateful for. Include your ancestors—thank them for the gifts and strengths they've passed down, while also acknowledging the healing work you are doing to transform inherited patterns. You might light a candle, hold a family photo, or place a small offering on your altar as part of this practice.

Write a Letter to an Ancestor

Choose an ancestor whose story, traits, or wounds feel connected to your healing. Write them a letter—express gratitude, honor their struggles, and release the traits or burdens you no longer wish to carry. When complete, you may bury the letter in the earth as an act of release, or place it on your altar as a sacred offering.

Offer a Gift to Nature

Bring your healing into harmony with the natural world by leaving an offering of gratitude—such as fresh flowers, herbs, seeds, or water—at the base of a tree, by a river, or in your garden. Speak your intention of thanks to your lineage and to the earth itself, acknowledging the interconnected web of life that holds and sustains you.

Final Reflection



What message do I want to carry with me as a blessing from this sound healing journey?

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As you walk forward, remember: you are the living expression of your lineage. Every choice you make heals what came before you and blesses what comes after.

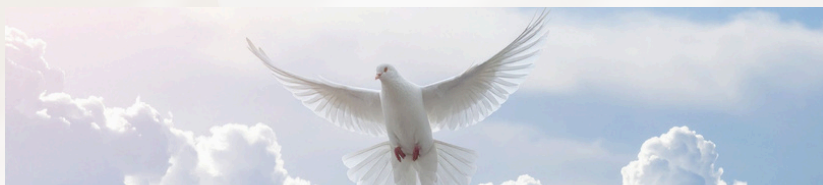
You are never alone. Your ancestors walk beside you.

Closing Blessing

*As you close these pages, pause for a moment.
Take a slow breath in.... and a soft breath out.*

*Know that the wisdom of your journey
continues to unfold, even when you are not
writing or reflecting.*

*Healing ripples through time - backward to
your ancestors, and forward to those who will
come after you.*



*“May you walk forward with clarity, gentleness, and strength.
May the love of your ancestors surround you. And may each
small step you take become a blessing for the generations to come”*

With warmth and grace,

Shannon