The Saiyonan Temple of Ritual and Devotion

Temple Teachings and Written Sermons

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Ancestral Inheritance

On what is received, remembered, and intentionally carried forward.

Invocation

Great Mother Divine, we thank you for your divine love and benevolent protection. We are honored to dwell in this sacred space before you and our ancestors. We beseech your infinite light in this grand hour. Fill us with the wisdom beneath your void skirt. Lead us so that we may embody your limitless love and everlasting compassion in Your divine order.

Ancestors, whose wisdom and gifts are great beyond comprehension. We thank you for the lives you have lived, the lessons you have shared, and the memories that wade within the rivers of our blood. We ask that you cloak us in your protection and dwell within this space with us today. Help us to discern what is ours to embrace, what is yours to leave to rest, and what shall or shall not be carried forward.

May what is inherited be the good that helps us on our paths of remembrance.

As remembered, so embodied.

So it is.

A Quick Word…

Tribe, it is important to note that the ideas expressed are based upon my own lived experience and observation. Please do not take everything stated here as a universal truth. Allow it to be what pulls you deeper into your own thoughts and highlights your own expression. If you learned something by reading this, I am moved! If

what is stated here is simply a reflection or confirmation, so it is! Honor your inner knowing. Trust your path. And know that you are kept within this space.

What Ancestral Inheritance is and What We Inherit

It is humbling to know that our lives did not begin with us. That what emanates from our essence is a rich blend of colorful experiences of our ancestors and our own. That what keeps us connected to our lineage lives within the strands of our hair, the pigment in our skin, our attitudes toward the world, and how we navigate worldly experiences. Although legal and lawful matters and biological and (epi)genetic factors are heavily associated with ancestral inheritance, we will stay [strictly] within the aspect of spirituality. I can best articulate myself through this lens. If I spoke of the scientific aspect you'd think I had too many vodka-based tinctures!

Then again…

Ancestral inheritance refers to what has been passed down to us through the generations, distant or recent. Some of it takes tangible forms: property, land, money, recipe books, grimoires, spell books, books of shadows, heirlooms, and other items and assets. We tend to immediately think of the most recent generations. The generations closest to us in time, however, are not the strict beginning or end point of ancestral inheritance. We will never truly know the depth of our ancestry. *The trees were here before us. The mushrooms communed with the earth long before we emerged from the waters.* And as for our earthly ancestors, well, they too are primordial beings!

There are intangible forms of inheritance that help us maintain and cultivate relationships with ourselves and our communities — both in spirit and flesh. Think of recent or ancient traditions, spiritual gifts and talents, complex languages, and diverse cultures. The way we keep one another through prayer, petition, protection, communion, and worship. The way we lead and guide our tribes and communities. The way we flip and skip and hop and dance to the drums and fire during ceremony. How we teach each other of the needles that grow on pine. How we steward and tend to the scalp of the land, *our Mother's crown*. How we build and maintain relationships with other spirits of the Earth and beings from distant star places.

Some inheritances are psychological and social, arriving through our need to preserve and survive the conditions of life. The trauma we experience, the fears that emerge and come creeping through our closets and scream in our faces. The expectations placed upon us like napkins on constructed tree remains. They live within the reasons why we choose silence, our beliefs about success, gender, beauty, duty, safety, and belonging. *Some of which have been affected and reshaped through war, colonialism, and the toxic environment of consumption culture.* Ancestral inheritance also reveals itself and is preserved through ritual, memory, ancestor veneration, and our rites of passage. It is in the magick we make to experience the unseen wonders of the universe.

In all, when we speak about ancestral inheritance, we must contemplate the many realms of what is carried through our lineages. We inherit more than bone and blood, distinct names, property, and physical resemblance. We carry ways of loving through the winters. Grieving in the betrayal of loneliness. Giving birth to the seeds planted by the Great Mother. We have preserved ways of protecting, remembering, and forging through the storms of uncertainty. Some inheritances nourish us and help us to inner-stand and honor ourselves more deeply. Others require intentional examination. Some reside deep in the abyss of our subconscious, emerging when challenged. It is not until we become more aware of the repeated patterns of our circumstances and behaviors

that their presence becomes impossible to ignore. That is, for those of us who are intentional and serious about our spiritual growth and development.

Within the Saiyonan Path, remembrance is not limited to the passive act of gazing into the past whether in pity and regret, or excitement and gratitude. Sometimes it requires the intentional act of remembering for the sake of preservation, purifying what keeps us spiritually unkempt, and surrendering to that which cannot be changed. We remember to avoid repeating unfavorable situations and, in some cases, to experience newness. *"I did that before. It was fun, but I won't go back to it."* In this instance, we are being guided to consider what we have inherited — whether favorable or unfavorable. We are to consider what continues through us, our spiritual gifts, what requires preservation, and what we are laying to rest.

How Do We Know What We Inherit?

"Girl, you act just like yo' Great Granny!" "Boy, you sho' can cook! You get that from ya Uncle Vincent." "You remind me of your Mother and Aunts. So strong and resilient. Sensitive and quiet."

How many times has someone in your close circle or tribe reminded you that you embody certain traits, physical attributes, and recurring behaviors of those both living and transitioned? This can be a strong indication that you have inherited some of their gifts, traits, and characteristics. *It is sometimes through the memories that emerge from the mouths of those who are living that we know what we inherit.*

Sometimes these conversations lead to decorated photo albums being pulled from old cherry wooden chests. Stories about the veterans in your family spill over plates of hoecakes, butter beans, and green beans. You later find yourself reading through recipes left behind by the cooks in your family, only to discover that *it just so happened* that the very same recipe was revealed to you through a dream.

These moments are divine revelations of continuation. They reveal some of the ways ancestral memory, knowledge, gifts, and traditions remain present among the living. What was once embodied by those who came before us does not always leave with their bodies. Sometimes it survives through what is cooked, put into a photo album, retold over dinner, and dreamt of. I also believe that what we inherit can be witnessed through those who are still living. We, the living, are walking embodiments of preserved knowledge. Those who precede us embody some of their traits and characteristics in the present, and will one day take their place among the ancestors — *as will we. So it is, in Her divine order.*

Our responses and reactions to life situations and people reveal more about what we have inherited than we may inner-stand. The world we experienced in our early lives was shaped, in many ways, by those who raised us. We endured circumstances over which we had little or no control. In some ways, we experienced pieces of the past through the actions, beliefs, fears, customs, and survival patterns of the familial authority figures who shaped our early upbringing. *And perhaps, for some souls, this remains true now.*

The customs and ethics they passed down, the discipline we endured, and the ways we learned to survive and engage with the world are often revealed through our own actions, strengths, and areas of improvement. Yet we were not always conscious of what we inherited. In the days of our innocence, we just lived. We laughed. We rolled around in the grass and ran across the concrete barefoot like the warriors we were — *at least you did if we were anything alike.*

There were moments when we swallowed our tongues out of fear of the consequences that came with being outspoken whether in relationships or interactions with strangers. *Because silence meant safety.* And there were moments when we fought and yearned for what we knew we deserved, even when it meant going to war with those we loved. With ourselves.

In the moments when we were paralyzed and drifting into the vastness of our sea of sorrows, where all that remained of us was the wreckage wading in the wake of life's damage…

We wept.

The weeping kept us breathing through the strife. And although this can simply be a normal response to life's hardships, the way we weep and the reasons why can be inherited.

We know what we inherit when we become attuned to the patterns that repeat themselves in our behaviors. Awareness is not obtained without observation or self-reflection. Nor can it be obtained without the experiences that instigate or trigger the behaviors and choices we make. I'm sure you've heard the saying, *"this ends with me."* The choice to break any generational curses, to heal ourselves or seek healing due to trauma, to release any grief, struggle or strife is made after we become aware. How we choose to take action is dependent upon our own beliefs, values, customs, and what is most aligned with our life path.

Readings from trusted readers and even therapy can be helpful. Readers, diviners, channels, and mediums may receive certain information about what may not be so easily detected through ordinary observation. Therapists and psychologists may also help reveal certain patterns through their respective exercises, processes, and frameworks. Here at the Saiyonan Temple, however, we first beseech the Great Mother. Our spiritual route of discernment may include prayer, divination, ritual, ancestral wisdom, and the counsel of trusted readers. When appropriate, we may also encourage additional support from trained professionals outside of the ministry. These resources may work alongside our spiritual practices, but they do not replace the Divine as our first source of guidance. The Divine dwells within us all. So, it is!

More Examples of Ancestral Inheritances

The strength you exude when trials arise. How you care for and engage with children and elders, whether kin or neighbor. The bravery you conjure when trials demand attention. The way you choose to love yourself and others on the days you crave devotion. How you create and co-create with the universe to manifest the life you visualize during the most fertile moments of imaginative play. Think of the way you protect what and who you love without question. The way you choose to go about protecting. Think of the moments you held those who searched for home in your embrace. How you honored or betrayed yourself when you needed protecting. These are all examples of ancestral inheritances. Some of our ancestors lived, breathed, and bathed in wisdom in the moments where life required our greatest aptitude.

On the Spiritual Gifts We Inherit

I love this portion. Truly. I have witnessed some people receive divine insight by watching the leaves sway in the wind. By scrying into rocks and lines left in the dirt from fallen branches. By staring into the clouds on days they were jealous of the Sun giving us majority of the attention.

Some gifts take the form of divination, channeling, mediumship, healing, foresight, the activation of the clairs (clairaudience, clairsentience, etcetera). Seeing the deceased in your first eye or "physical" eyes. Communication with spirits and beings from other dimensions. I am a firm believer that we do not inherit all gifts from our ancestors, however. Given the richness and uniqueness of our spiritual paths, I believe we possess some gifts that are unique to us that may be passed down to our future descendants. Furthermore, you may possess more than one gift. I believe there can be healthy discussion about whether you can develop these gifts without them being passed down. I trust that it can be done. There may also be healthy discussions on the deeper wisdom pertaining to our spiritual gifts. This can send us on a spaceship in search for our galactic ancestry to discover whether this is just a condition and way of surviving and thriving on earth, or another divine purpose. I believe our inheritances keep us connected to Source either way.

The Meaning During Scorpio Season

Now on the topic of behavioral patterns, I want to draw our attention to our being in Scorpio season. Scorpio connects us to death, *secrets*, grief, survival, intensity, depth, rebirth, regeneration, resurrection, transformation, release, banishing, and intimacy with others. Scorpio is the guardian, keeper, and steward of what is kept within the underworld. It is the spiritual alchemist of the zodiac, drawing our awareness toward what is or is not to be uncovered, transformed, released, or resurrected. Its original planetary ruler is Mars, with its modern ruler being Pluto. It is associated with the eighth house in astrology — the house of death, taxes, rebirth, the taboo, and *inheritances*.

Many transits throughout this season have revealed repeated patterns that stem from our ancestors and patterns that have arisen through our own lived experiences. If Scorpio is the guardian of the underworld, then it connects us to the past, especially when there are secrets involved. If you have been following the Temple on social media, I have given intuitive insight concerning Venus Retrograde in Libra and Scorpio, Mercury Retrograde in Scorpio, and the recent New Moon in Scorpio.

Scorpio concerns everything beneath the visible surface. It honors that which enters, rests, and breathes within the darkness of the Great Mother's womb. If you wish to get to *the bottom of the ocean*, or enter heaven by descending into hell, Scorpio takes you there.

During this season, we have been invited into that darkness to engage with what has been enacted, repressed, discarded, hidden, lost, or cast out. And in this moment, we are being asked to sit with what is truly ours to carry, what we may have mistaken as ours simply because it was inherited, and what must be transformed, surrendered, or laid to rest. There are things our ancestors shunned or kept in secret for their own reasons. Sometimes these gifts or actions play out in our own behaviors.

This is where discernment becomes necessary. Not every wound that appears began with us. And not every wound we carry must be attributed to an ancestor. Some may have been shaped through the customs, fears, survival patterns, and unresolved experiences of those who precede us. Other wounds may have developed through experiences arising within our own lives. Tribe, I can honestly state that sometimes the two become so intimately and intricately woven together that separating one from the other is not immediately distinguishable. I've been there. And this is why I turn to prayer, ritual, and my spiritual practice. It helps with receiving divine clarity and direction.

A wound around control, money, safety, sex, or self-expression may begin before us and still "become ours" when we experience it in our own lives. We may inherit a fear, a need to hush ourselves, a way of loving, a need to control or submit to it, or a belief about ourselves because it was modeled around us. The more we engage in life the more we experience moments, situations and circumstances that reinforce what was being carried. In those moments — *sometimes* — what was once inherited becomes personally embodied. Again, this is why we must remember and immerse ourselves in ritual and prayer. Write our petitions. And remain intentional with our devotion to the Goddess, which is to be devoted to ourselves and each other.

We may not always know exactly where a wound began, but we can become aware of them, distinguish what is unique to us from those who came before and choose how to engage with it.

What Becomes Our Responsibility

The origin of a wound and our responsibility toward it are inherently different. We may not have caused what was passed down to us, nor will we ever truly know who first carried it. But once it reveals itself through our behaviors, circumstances, choices, relationships, fears, or responses to the world, we are in relationship with it. And this is where discernment is key.

It is big and brave of us to think that we possess the power to "heal every inherited trauma." That we are responsible for the clearing of all things that happened before us. I believe this reveals our willingness to be selfless stewards. Ironically, this could also be an inherited belief. Do you believe you are responsible for healing all those who came before you? Is this truly possible? When did you first learn that you must be the one to dissolve spiritual, emotional, and mental debts if it wasn't your fault? Tell me you're the chosen one without telling me you're the chosen one.

I find that being the chosen one means that we choose ourselves through relationship with the Divine. Ultimately, if the Divine chooses you, this is you choosing yourself. This goes back to our point about awareness and discernment. Tribe, not everything is ours to hold. We do not *own* these wounds. These traumas. Fears. We have become so possessive that we will hold anything as our own if it gives us a sense of honor or importance sometimes. A sense of duty. Something to live for. A sense of purpose. *Something to keep*. And I believe that this reflects our giving nature. Our need for devotion. To create harmony and love between ourselves and loved ones we cherish. To honor the universal law of oneness and reciprocity. We may experience wounds without said wounds constituting who we are. We can carry something without consecrating it as a form of our identity. This, however, is not the case for everyone. So please, take it as it resonates.

Instead of focusing on purely where the wound stems from, we can ask, *"What will I do with it now that I have become aware?"*

Not every ancestor wants to hold us responsible for healing the family lineage. Some wish to engage with us and simply be remembered. And in the cases where some do, we have a choice.

We keep what is a sacred part of our experience that helps to enhance our lives and relationship to the Divine and each other. We release what was not "ours" to begin with and that which hinders our growth. We integrate

our strengths and parts of our more… *unacceptable*… or misunderstood aspects in ways that are needed to elevate our consciousness and experience joy and wholeness. We do not utilize any wisdom or gift that is not applicable to our path, purpose, or harmless enjoyment. We discern and distinguish what is for us versus what is for our ancestors. This I can say is a responsibility to start with. In the cases where we know we must cease certain behaviors and divorce certain beliefs; we may communicate this to the ancestors in a respectful manner. Some ancestors may respond better to a bit more rigor or assertiveness. Either way, when engaging and interacting with your ancestors respectfully discard what you are not willing to carry or continue to experience. If need be, remind them that what helped them survive may not be what you need to continue. You may have compassion — or not. If you believe in past lives or future lives, working with only what is for your path allows the ancestors opportunities to work out what they need in their future lives. We all have lessons to learn on our paths of remembrance and self-mastery. It may take lifetimes.

Ancestral Healing Prayer

Special rituals and prayers will be provided in our private spaces for our private community. You may keep this prayer to help you with this journey.

Ancestors,

I approach you in humility and openness. I thank you for your divine love and benevolent protection.

Thank you for paving a path for me to experience this life with your love and selflessness. Thank you for the wisdom that you have bestowed upon me. I ask that we dwell in this space together for peace, healing, and connection.

Help me to become aware and inner-stand what wounds and behaviors linger through our lineage and live through me now. Help me to inner-stand what was yours and what is mine. Help me to have compassion toward myself and the wisdom to engage with these wounds. Help me to apply the wisdom and gifts necessary for my path and growth. Help me to release what does not need to be carried. Help me to choose forgiveness in the moments my heart hesitates.

I hold space for your past and honor our present. I trust that we are healed and highly favored.

So we will it, so it is.

A Final Word:

Ancestor veneration is imperative because it is how we honor our ancestors despite our choosing not to continue on with certain patterns and traditions. It is through veneration that we express our love and honor for them in this life. The act of venerating our ancestors may be understood less as a responsibility and more as an honor. This may be debatable. What *is* our responsibility is what we do with our own lives. Not every ancestor is responsible for the trauma you experience, nor are they always responsible for the choices you make. Likewise, we are not responsible for every wound, trauma, or choice experienced by those who came before us.

The spirit of discernment helps us filter and sort through all of this. And the ancestors who want the best for our highest good will also exude their responsible nature by communicating what was their experience. More on ancestral communication later.

We are called now to remember, release, retrieve, and rise. We may do so through ritual — I will have prepared spiritual essentials, rituals, and prayers to carry us through this time.

For Further Reflection

Think of certain traits, characteristics, values, ethics, and your own behaviors. Are there things that continue with you that will end with your descendants? What will you pass down to your later generations? What are you leaving for them to carry or engage with? How would you want to be remembered?

May all be well on your path of remembrance.

In Closing

Inheritance does not immediately determine an obligation for us to release what is not of our own doing. What reaches us must be discerned before we decide whether to preserve it, transform it, surrender it, or refuse to carry it forward. This is our moment to declare authority and agency over our own lives in Her Divine order. This is our moment of remembrance, release, and reclamation!

As remembered, so embodied.

With divine love and benevolent intentions,

Nuna

Closing Prayer

Great Mother Divine and ancestors, we thank you for protecting us through this hour. We have been renewed through the wisdom that has revealed itself today. Protect and keep us as we set on our way. Keep all hurt, harm, and danger at bay.

We beseeched your love, wisdom and grace. We trust that we are kept.

Always

And so it is!