

HOW TO PERFORM AN ANCESTRAL RITUAL AT HOME



The aim of this ritual is to strengthen and improve relationships with ancestors so that they can help us manage our lives, maintain a good relationship with our living family members and fulfill our wishes. Feel free to express your emotions, but try to create a good atmosphere. Perform this ritual on the new moon. In relation to sadness, you may realize that the connection itself has never changed and is not dependent on the body.

The essence of a general ancestral ritual is an expression of love for the ancestors. If this essence is absent, the ritual is useless. To create the feeling of love, always keep the attention in the heart center.

Ancestral rituals are best performed at sunrise and no later than 2 hours after sunrise. They can also be performed at sunset, but sunrise is better. The best days of the week for ancestral rituals are Monday, Thursday and Saturday.

Place the lamp or candle on the disposable plate and light it with matches, not lighters. Now remember the ancestors you knew and greet them in spirit and wish them well. With those ancestors with whom you have a particularly good connection, you can spend a little more time connecting with them in your heart. Also greet all ancestors that you have never known.

Then announce to your ancestors that you have brought them some gifts, and place the gifts on the disposable plate in that order, each time reciting the ancestral mantra (Pitr) AUM PITR DEVAYA SWADHA. Feel free to give things here that you know your relatives would like. Coffee, alcohol, sweets etc.

- First fill the water pot, cup or vase to the brim.
- Then add flowers or leaves to the vase.
- Now arrange all the other offerings one by one on the plate, in a nice way around the vase.
- Now light the 2 incense sticks and hold them in your hand while you turn to the ancestors again in your mind, by saying something like this in your mind:
 - Hello, how are you?
 - I hope you like these gifts, please enjoy them.
 - I hope I am not doing anything wrong in your eyes, and if I am, please forgive me, I am doing my best and I am willing to learn and improve.
 - Please help me to become happier, healthier and wiser.
 - Please also help our family members in their lives (at this point you could also talk around specific issues)

Thank you for your help - AUM PITR DEVAYA SWADHA.

Now place the two incense sticks on the plate (put them in a fruit or a soft candy), greet the plate one last time and mentally say that you will leave the plate there until the next day, after you have hidden it from public view as described above.

If the candle or oil lamp can burn until it burns out, that's best. If not, extinguish the flame without blowing, but with a wave of your hand or a spoon. If no candle or oil lamp is used, the incense sticks must be lit right at the beginning of the ritual, as they provide the fire element needed for the connection.

Apart from the cardboard and artificial items, return the rest to nature the next day.