

Age Café

Ancestral Wisdom

“it was the kind of moon
that I would want to
send back to my ancestors
and gift to my descendants

so they know that I too,
have been bruised...by beauty.”

— Sanober Khan, [Turquoise Silence](#)



Icebreaker: What is something hanging up in your house that you love? A picture, piece of art, a plant...or?

My Ancestor: Who is one of your favorite ancestors and why? Can you share a curious, humorous or interesting story about a grandmother, grandfather, or other relative in your family?

Question Prompts:

What kinds of difficulties and triumphs did your ancestors experience?
How has this created trauma and/or resilience in yourself and your family line?

Age Café Resources

Book Recommendation: *Ancestral Medicine: Rituals for Personal and Family Healing* by Daniel Foor, Ph.D. A practical guide to connecting with your ancestors for personal, family, and cultural healing Link:
<https://www.amazon.com/Ancestral-Medicine-Rituals-Personal-Healing/dp/1591432693/>

Article Recommendation: *Your Family Ancestry – Awareness of Trans-Generational Trauma Facilitates Resilience*. We are all aware of the impact of stressful or traumatic events in our lives such as the death of a loved one, facing a life-threatening illness, or unexpected job loss. Research on trans-generational healing suggests that attending to your family stories enhances emotional health and facilitates resilience in both adults and children. Link:
https://drarielleschwartz.com/your-family-ancestry-awareness-of-trans-generational-trauma-facilitates-resilience/#.YKP_Yy9h1KM

