9 Ways to Honor Your Ancestors

1. ***Set*** up a Special Place where you can display a Picture, (if you don't have a picture you can write their name on a piece of paper, or something that belonged to your ancestor(s), or a representative of something they used or something that meant something special to them, Ex., if they were avid card plays a deck of cards would be a great representation) a white candle, and a glass of water to Honor Ancestor(s) in your home.

2. ***Create*** a Family Tree or Collage of pictures that you can hang in your house in a prominent place.

3. ***Share*** a Positive memory/story about them with someone.

4. ***Donate*** an item or make a donation in their name to a charity or organization that was important to them, their legacy, and/or someone/organization that was supportive in their passing.

5. ***Start*** a Journal to record your personal memories and stories of your ancestors from family members that you can pass down to your children or nieces and nephews.

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6. ***Visit*** a Site that has Memorial significance to your ancestors. It could mean a road trip to the place where they lived, or a commemorative place that gave honor and recognition to our ancestors, like the War Memorial or a gravesite. If you can't make the road trip, see if you can take the journey online, and look for photos and any other information that connects you with their experience in their history.

7. ***Plan*** a family get together in honor of your Ancestors, where family members can share stories, songs, and other traditional family rituals with each other and pass down those stories to the children. You can also set a plate at the table for your ancestors and make a toast in their honor at the meal.

8. ***Live*** your life in alignment with your greatest good, purpose, and with love. This is often challenging, and a work in progress for most people. It certainly takes a lot of dedication, practice, and perseverance. By living your life in the most authentic way possible, with love, and using your gifts to their fullest potential, you fulfill your service in this world.

9. ***Wear*** something that shows them off to the world, through a picture, a saying, or something that represents what they stood for.

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