



The Practice of Learning from our ancestors' experiences

Questions, quotes & practices
to aid reflection.

- How does your understanding of ancestry influence your life's journey?
- How do you name your lineage?
- Who are your cultural and spiritual ancestors? How are they distinct from each other?
- Who are the ancestors that provide guidance for you (or might do so)?

Some people are your relatives but others are your ancestors, and you choose the ones you want to have as ancestors. You create yourself out of those values.

Ralph Ellison

I try to practice in a way that allows me to touch my blood ancestors and my spiritual ancestors every day.

Whenever I feel sad or a little fragile, I invoke their presence for support, and they never fail to be there.

Thich Nhat Hanh

Our ancestors do not dwell in the past, they dwell inside our brains as well as in every cell of our bodies. By giving our predecessors a place of honor in our hearts, we are acknowledging the gifts that have been given to us by them. No matter what definition you choose to identify your ancestors, finding ways to honor them can empower that place in yourself where your spirit dwells.

Denise Linn, *Sacred Legacies*

Meaning Making Project Nov 2025