

Tarpanam-
Jouleeyah's
version

Tarpanam (ancestral healing)

1. Make sure you perform tarpanam only when there is daylight, so: anytime between sunrise and sunset. Performing tarpanam once every day, especially on New Moon days is highly advisable.
2. Prepare your offerings.

Mandatory are:

- two coins and
- some kind of vegetarian food that you think your ancestors might like, e.g. chocolate
- a bowl of water

Optionally are:

- uncooked rice mixed with uncooked black sesame seeds (a teaspoon is enough) in a bowl or glass, this offering can also replace the other vegetarian food
- a candle (a candle removes karma more easily)

Your ancestors are taking up the energy/essence of your offerings. You can still eat the vegetarian food afterwards and use your coins. But you would have to throw the uncooked rice mixture in the garbage after the ritual if you use this as your offering.

3. Begin by performing tarpanam for 6 generations on each side of your family. And every day increase up to 12 generations on each side. Once you reached 12 generations, just keep performing tarpanam for these 12 generations
4. Place your offerings in bowls or glasses (anything that you find pretty) somewhere on a table or altar.
5. Say "I call forth the archangels and light beings who can do ancestral healing for me". Wait 10 seconds for them to show up.
6. Say "I ask the archangels and light beings to locate any ancestors who still need healing (e.g. who didn't live and/or die well), 6 generations of ancestors on my mother's side and 6 generations of ancestors on my father's side. Dear ancestors, please accept my offerings. Please allow the healing coming from the archangels and light beings, it is the best that we can do for you. Please be healed, be at peace, and move towards the light, and please give me your blessings." Optionally you may now name those family members that have passed on (10 is enough).
7. Please be specific about what you need your ancestors' blessing for - see list below. The purpose of doing this is to release your ancestors into the light. When they go into the light they send you their blessing.

8. List of (possible) blessings: Say "I ask the archangels and the light beings to now locate any of my ancestors who either struggled with any of the following issues or who do not want me to experience any of that:

- wealth (you can be more specific about what that means for you, e.g.: 100% spirituality and 100% financial abundance)
- getting paid on time (you can be more specific about what that should look like, e.g. on the 1st of each month)
- business prosperity
- solid reputation
- overall prosperity
- peace between family members
- inner strength and stability
- intelligence = intuitive knowing/guidance/abilities
- receiving the support from others including from non-physical beings
- success in profession
- material comfort
- peace
- mental and physical health
- a joyful, fun relationship with spirituality
- creativity
- joy to learn, grow, evolve
- life-long mutually enriching relationships (including love relationship) based on mutual love, trust and respect
- being in Divine Union with your beloved partner/soulmate/ONE
- proper resting/recharging/relaxing
- happiness and joy (be specific, eg. happiness is: having something to look forward to)
- healed trauma and PTSD
- any kind of issue, e.g. enoughness (insert anything that you would like to address)

and help them to be healed, to be at peace, to move towards the light and to give me their blessing."

As a final step thank the Archangels, light beings and your ancestors. And put away your offerings within the next 24 hours (doing so right after the ritual is okay).

Optionally you can invite your ancestors to listen to one of my meditations (or both) together with you after you asked them for their blessing. This is especially effective on New Moon days.

Note: it is normal to be a bit clumsy during the first 7 days and then sometimes also around each New Moon, especially during the first 6-12 months. You are releasing HUGE energies. Trust that whatever you feel (e.g. sadness) is being released, let it pass and don't get too attached to your feelings. If some of the feelings don't go, contact me and we'll look into that in a Session.

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