

Jouleeyah's
Ancestral
Healing
Ritual

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Hi there!

Unless your values are in harmony with those of your ancestors as related to something that you want to achieve, your life can feel pretty much out of your control. We live in a patriarchy and its related culture of trauma and narcissism because of our ancestors. And helping them to ascend, to heal, to be at peace and to give you their blessings will support you in very unexpected, positive ways.

My version of Tarpanam/ancestral healing is a ritual that I developed about 3 years ago (so: in 2019). I recommend you do this ritual daily, weekly or during New Moon - as needed.

You can find all relevant steps of this ritual below.

I hope you find this PDF file helpful as a way to find out if my self-paced workshop is for you, and I send you much love.

Let me know if you have any questions regarding my workshop. I always love hearing from you! You can contact me via email (jouleeyah@gmail.com) or [here](#).

Smiles,
Jouleeyah

Instructions

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

The only thing you will need are a few offerings that you for sure have at home (see photos below) and about 10 minutes of your precious time.

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

I recommend you perform Tarpanam daily over the course of 3-6 months (sometimes 12 months if the issues are very heavy), and until you can sense a completion of some of the repeated patterns and issues. And then continue with Tarpanam on New Moon, ideally for the rest of your life.

When you are my client and you join my Healing Program, Tarpanam will be performed for you once you've reached 12 generations and have performed Tarpanam over the course of 6 months.

Here is all the learning material that you will have access to after your purchase

Tarpanam - a 10-minute video of me walking you through each step of the ritual (in English)

Tarpanam - Jouleeyah's Version - each step described in written form only (PDF file, in English)

Tarpanam - Jouleeyah's Version - each step described in written form only (PDF file, in German)

Photos of the offerings for the ritual 1

Photos of the offerings for the ritual 2

Additional Resources

[A 5-minute meditation for you if you want to do a longer version of this ritual \(in English\)](#)

—> Try this meditation, it might help you to find out if this workshop is a fit for you or not.

A 10-minute meditation with the mantra "Thiru Neela Kantam" which releases negative karma (in English)

Usually ancestors love listening to these together with you.

Please note that while I cannot coach you for free, you can ask me any questions via email - should you not understand my accent or a step of this ritual. You have 7 days of my email support starting with the day of the live broadcast. You are welcome to contact me here: jouleeyah@gmail.com or [here](#).

This ritual was easy to perform by even those of my clients who were very new to doing healing work. Which is one of the many reasons why I want to make it available for others, too.

Credits

*** Jouleeyah ***

Spiritual Healer + Musician + Artist | Healing With Spirit Guides |

<https://jouleeyah.com>

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