

New Moon - Honoring Your Ancestors

Eva Leobold, Blue Moon Yoga, 6/2020



According to the teachings of Vedic astrology, each new moon gives us an opportunity to honor and “Feed” our ancestors. While the Vedic ritual of *tarpanam* may not resonate with all of us, we can still honor our ancestors and ask for their blessings for the **14 days following a new moon**. I use information and follow instructions from www.astroved.com and www.pillaicenter.com. Here is an adapted version of a simple ancestor honoring ceremony.

A word about ancestors. For this ceremony/ritual we consider ancestors to be family members who have crossed over/passed on. You may or may not know their names- it doesn't matter. We are recognizing their part in your genetic make up and your creation. You may or may not like them or have approved of their actions, if you even know that story, and that's ok too. We are simply honoring their humanness and the part they played in our incarnation on the earth. This honoring helps heal group karma surrounding you for yourself and 6 generations back into the history of your family. My wording comes directly from astroved/pillai center. Please feel free to use them or modify in any way that you see fit.

Simple steps to honor ancestors...

- ☞ Dedicate positive actions in their name
- ☞ Establish a physical space in your home or on your property to honor them (by placing photos or items that represent them in a collection)
- ☞ Make offerings (optional) – you can find the complete instructions for *tarpanam* at astroved.com or create your own ritual by lighting incense or candles, meditating, placing flowers or their favorite foods near your sacred space. When offerings are ready for disposal, they should be placed outdoors or burned, never simply thrown in the trash)

Start by making your offering or sitting down to meditate. After you've made your offering say the following words to help your ancestors evolve and clear. Start with the maternal side.

“I invite you to take this offering, 6 generations of ancestors on my mother's side. Take this energy. Be healed, be at peace, cross into the light, and please don't forget to bless me.”(If you wish, at this point you can name your maternal ancestors)

Then, repeat for your father's side

“I invite you to take this offering, 6 generations of ancestors on my father’s side. Take this energy. Be healed, be at peace, cross into the light, and please don’t forget to bless me.
“(If you wish, at this point you can name your maternal ancestors)

Meditate for a few more minutes, or until you are guided to move on with your day.
Note: Many people perform this ritual upon waking. If that’s not an option, I suggest simply doing it at a similar time every day. After 14 days, clear any offerings, let the practice rest until the next new moon.

As always, if you have any questions, please feel free to email
bluemoonyoga827@gmail.com

Links: The Pillai Center www.pillaicenter.com

AstroVed www.astroved.com

NASA SKYCAL (Accurate sky event timing)
<https://eclipse.gsfc.nasa.gov/SKYCAL/SKYCAL.html>