



# **The Ancestral Connection Meditation Mini Companion Guide**

**Release what's not yours. Reclaim your peace.**

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# Welcome! You've already started healing.

**You didn't land here by accident.  
Something deep within you knows it's time.**

There's a reason this work is calling to you now, a reason you're curious about ancestral healing, and ready to explore what lives in your lineage... and what doesn't have to live in you anymore.

This companion guide is here to help you deepen your experience of the meditation. You can come back to it as often as you like, there's no "right" way to do this. Just be gentle with yourself.

## **How to use this guide:**

-  Find a quiet space and listen to the meditation (headphones recommended).
-  Pause, breathe, and then explore the journaling prompts on the next page.
-  Skip the analysis, just let yourself write what comes up.

# Reflection Prompts

Take a few minutes to sit with what surfaced during your meditation. Let these prompts guide you without force, just notice and write what you feel.

These aren't meant to be answered perfectly. Just write what feels real for you today.

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» **What emotions or memories came up during the meditation?** Was there something surprising or particularly strong?

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» **What patterns are you beginning to see might not be yours to carry?** Think about inherited beliefs, behaviors, or relational habits.

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» **What would it feel like to release those?** How could this shift open fresh space, for you or future generations?

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# You're not broken. You're becoming.



If this meditation stirred something, a whisper of recognition, emotion, or curiosity, that's your lineage beginning to shift.

The **Unwinding Ancestral Blocks** is a gentle next step: discover what you've inherited and how to shift with compassion.

A beautiful entry point into this work – simple, guided, and deeply nourishing.

**Learn about → Unwinding Ancestral Blocks**

If you're ready to go deeper, the Flourish course offers a supportive, guided journey into ancestral healing and emotional well-being, with simple, yet powerful rituals and key, nurturing flower essences. It's a deeper self-paced journey into healing and emotional freedom.

**Explore the Flourish Course**

You don't have to carry it alone.



## About Anu



After fifteen years in finance and academia, Anu Dayal-Gulati followed her deeper purpose as a certified energy practitioner, specializing in ancestral and emotional healing.

She is the author of the book, **Heal Your Ancestral Roots: Release the Family Patterns That Hold You Back** – now available in both English and Spanish – and the creator of the **Flourish** program, which supports women in reclaiming their self-worth and emotional freedom.



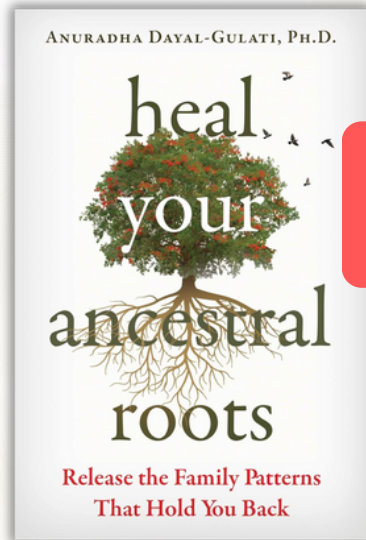
Anu's work gently blends traditions from her own spiritual heritage, flower essences, and ancestral healing practices to help clients release what isn't theirs to carry – so that they can reclaim their power, find inner confidence and transform their lives.

Originally from India, Anu came to the U.S. to earn her Ph.D. in economics and stayed. She now lives in Boston with her husband and two children.

You can learn more about her book, courses, and upcoming events at: [www.anudayalgulati.com](http://www.anudayalgulati.com).

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**Get the book:**



**English version**

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