Remember Why You are Here with Asia Suler
Episode 84 Transcript
"Who Are Your Deep Ancestors?"

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When you make that strong intention to connect to a guide who really has healing powers for you and your lineage as a whole, who shows up will be exactly who you need to speak to. Hello and welcome back to Remember Why You're Here, a podcast for seekers and sensitives where you can relax, receive, reconnect to yourself and remember that most important thing of all, why you're here. I'm Asia Suler, author, earth intuitive teacher. And in this episode today, I wanted to revisit a recording I put out several falls ago now. It was actually before my daughter was born. She was just a little babe in my belly when I first recorded this. And I wanted to return to this recording called Who Are Your Deep Ancestors? Because right now in this moment, as this is being released, I am in Southern France visiting the paleolithic caves of the deep ancestors.

(01:14):

I am in the Dordogne region of France in Les Eyzies, and I am here once again. I was here last year for the first time fulfilling a dream of mine that I have been holding and nurturing within myself a dream that I talk about in this recording, its genesis, how it first came in, working on my next book or working on this book that really has been a part of my world now for almost seven years. That's nutty to me that the idea for this book first came in seven years ago. If you are curious more about what this book is, I talk more about my first journey to Southern France and the overall tenets of the book, what I'm actually doing with this book in episode 40 called What Am I Doing in Southern France? You can go back and listen to that episode from last year.

(02:12):

But this book, which will still be years in the making, it's just one of those books, but this book is about what I call the deep ancestors, these ancestors of our lineage and of the earth that are here to help us reconnect to what it means to be human, these deep ancestors who are profoundly connected to the earth, who knew how to live in relationship with the earth. And my experience with these deep ancestors are that they have so much to teach us and so much that they want to say. For me in my connection with the deep ancestors, it has brought me to these caves in Southern France. Many of these caves date back upwards of 30,000 years ago. These are ancient, ancient places. Some of these decorated caves, painted caves have these images inside of them of animals, of faces, of hand prints that predated agriculture, that predated anything that we know of in terms of the written record.

(03:28):

These engravings in these paintings are upwards of 17,000 to 36,000 years old. And so it has been just really the honor of my lifetime to be here and inside of these caves. I'm getting to visit some of the caves that I saw last year, but I'm also getting to visit a few caves that I was unable to see last year because they were closed for various reasons. It has just been such a treat so far to be here, to wake up in this beautiful place with this ancient river moving through these limestone cliffs, to wake up and have my tea and look out over the green and the snaking river. To be inside this valley, that just feels like home in so many ways. It's everything a human could hope for in terms of the shelter and the fertility. And I see why humans have come here to make

their home for so very long, including humans that existed before Homo sapiens came onto this planet.

(04:36):

This was also a place in which the Neanderthals lived. And so as I am just deeper in this exploration this week, coming back for this second trip, hopefully tipping more into the writing of this book, I thought it would be particularly potent to revisit this recording, this episode that I made really not so long after the first message came in for me to start working on this book. And so again, this was when my daughter was just a little seed in my belly. I recorded this in 2021. I think it came out in 2022. And yeah, it just feels like such an honor to return to this and just see this long thread throughout time. And it feels particularly potent now to visit because we've officially tipped into fall. We're officially in this season of the thinning of the veil of the ancestors. It's such a rich time to work with these deep ancestors, so let's go ahead and meet them.

(05:38):

Let's meet your deep ancestors and explore the ways in which they may want to work with you.

(05:46):

Lately, ancestor work has been coming back into our imagination in the Western world and the ancestors couldn't be more delighted. Right now we're in autumn, known as Samhain Season in the Celtic Wheel of the Year. This is the time of the year in many different cultures where it becomes easier to speak to the ancestors, to communicate across the veil, and in the Celtic understanding to access the other world. There's a lot of different kinds of ancestors to connect with. I wanted to talk about one specific variety of ancestor that is eager to speak with you. When it comes to ancestor work, many people are familiar with the concept of working with those in your lineage who you can name, who you can find on your family tree, or who are connected to you by name. Now, this is a beautiful way to go about ancestral work and important healing can happen with this.

(06:40):

And it can sometimes feel fraught if you have a challenging relationship with your family or to your family's history, for example, your family's histories as settlers or colonizers. This can feel challenging, like there's a lot to wade through and perhaps trauma to heal. One way to connect with your ancestry in a way that might feel a bit gentler, but still just as profound is to connect to your deep ancestors. Who are the deep ancestors? This definition might change depending on where in the world you come from, but I consider the deep ancestors as those who lived before written history, those whose names likely have been lost with time, and those who come from a culture and a time where the environment that they lived in and the society that they lived in very much lived in harmony with the earth. Depending on where in the world your family hails from, this could be quite recent or it could be pretty far in the past.

(07:43):

As someone of European descent, to me, my deep ancestors feel that they reside in the neolithic or the paleolithic. Both the neolithic and the paleolithic are considered to be pre-history because there's no written accounts of these times. We are mostly going off of artifacts and what we can deduce from archeology. If you've ever heard of the concept of deep time, this is looking at the scale of earth time and its grandiosity and its fullness. Well, we can apply the same concept to the ancestors. We have deep ancestry. We tend to focus on just the last few hundred years, especially because that's what's normally recorded in our family trees. But your tree, the tree of your DNA and your ancestry goes all the way back to the beginning. If you wanted to, you could commune with deep ancestors a hundred thousand years ago, or if you'd like to commune with ancestors that are outside of the Homo sapiens species specifically, you could go back even further.

(08:50):

I like to think as deep ancestors as those who live outside of the current systems that we live in. These systems of capitalism, patriarchy, and the exploitation of the land. I want to commune with those who experienced a reality that is outside of what I was handed, a reality that is actually here to help us remember what it means to be human and how to move about the world. These deep ancestors have a perspective on life that we're really just remembering now and they have so much to share with us. These deep ancestors lived in a paradigm that for some of us might even be hard to imagine now, but when we connect in with them, they can begin to share these mindsets with us, these ways of interacting with ourselves and the world, and profound gifts can come out of this connection. These deep ancestors in your lineage have very specific, powerful gifts to share with you.

(09:56):

I believe that there's a wisdom that lives in our deep ancestry and now wisdom is wanting to come to the surface again. Even 2000 years ago, Daoist philosophers in China were already talking about the fact that their ancestors knew something and were aligned with the Dao in a way that had already been lost. Even 2000 years ago, advanced cultures in the world were seeing that there was a way that their ancestors were operating in the world that was actually more in harmony with the earth and therefore more in harmony with their own Dao and the thread of their own soul. Through my explorations in connecting with the deep ancestors, I have seen time and time again that they deeply want to communicate with us. Not only are they invested in human beings flourishing and you flourishing as one of their lineage, but they're invested in human beings being able to be here on earth, being able to be in communion with this earth, to living in harmony.

(11:02):

And so they want to be communicating with you and they want to help guide you, not only in your life, but in your ancestral work as a whole. They can be a sentinel on one end of the spectrum that can help you heal whatever trauma or hurt has happened in between. I have a really interesting story of how I got into working with the deep ancestors. I was doing a series of pilgrimages to visit the countries and the lands that my family are from in Europe. And right

before I went to England, I did a journey, so sometimes called shamanic journeys. I did a journey to connect with the ancestors there to say, "I'm coming. I'm excited to meet you." And what was so interesting is in the journey, as I was drumming, I actually found myself going into a cave and coming out into this limestone cliff in what looked like Southern France.

(12:02):

Now, this was confusing to me. I had never been to Southern France before. At the time, I didn't even know that there were limestone caves there, but I just had this feeling like this reminds me of something I've seen. Maybe it was Southern France, but this definitely is not England. And as I moved through this landscape and in this journey, I met with people who said they were my ancestors who looked quite different than what I expected. They looked as if they were from paleolithic times, the clothing that they were wearing, how they were traveling in a small band. And it was one of the most powerful journey experiences I ever had. And I remember they looked directly into my eyes and they said, "We are the ancestors we want you to connect with. This is your work." Of course, I still went to England and had an incredible time connecting with my matrilineal line there, but that encounter with the deep ancestors never left me, and it ended up becoming this torch for me to continue to do this ancestry work in an even deeper way.

(13:08):

Now, what's really fascinating about this is right before I went to England, I did a genetic test to find out my DNA history. And while I was there, I got the test results back. And what is so interesting is that part of these test results was actually to look at my haplo group. Your haplo group traces your mitochondrial matrilineal DNA, so following your matrilineal line as far back as that specific variation can go. And I found out that I was haplogroup H, which a large majority of people of European descent are. But what's so amazing about this, as I was reading, is that haplogroup H can be traced back to the limestone caves and landscape of Southern France in the paleolithic. My mind was so blown by this. It's one thing to have an experience in a journey or meditation and feel like this was meaningful to me.

(14:08):

Doesn't matter whether or not it's true, it really gave me something profound. It's another experience entirely to have that profundity and hold onto it and know that it's an important guide for you, and then to have this fascinating, interesting piece of your history come in to affirm this, that actually I did have ancestors living there and what I was experiencing was not just a figment of my imagination, it was a true connection with my deep ancestors. The really cool thing about working with the deep ancestors is you don't need to know very many specifics at all about your heritage or your lineage. You can just ask to connect to an ancestor from the deep past who wants to work with you. And in fact, you might know countries that your family is from, but the deep ancestor who wants to work with you might have never been to that country.

(15:00):

That might be further back than even your family established roots in a specific place. Be open to just who shows up and where you end up. How do you start talking to your deep ancestors? Well, first of all, they want to talk to you. Once you open that door, you might end up finding

that actually they're right there and they're going to start coming into your dreams, coming into synchronicities in your life, or just into ideas that seem to lead you forward. If you've never tried a shamanic journey, I think this is an incredible place to start. And I will put a link here to a video that I have all about how to undertake a journey so you have guidance about how to do this. Any kind of meditation practice will also help you tune in. I find simple instruments like a flute or a drum instruments that likely your ancestors did have access to because we know that these are very ancient instruments in humankind that can really help you tune in and sort of get into the flow.

(16:04):

Or if you have particular music that to you helps you drop into the feeling sense of your deep ancestors, definitely play that music as well. Any kind of ancestral arts is also a direct way to communicate with your ancestors. Ancestral arts could be music or dancing, but it could also be crafts, for example, leather working, sewing, or molding clay. All of these are ways to start talking to your deep ancestors. And I think as long as you go in with the intention to really connect to benevolent, wise, shining, intelligent, deep ancestors, those who have wisdom to share with you, then you don't need to worry about who necessarily shows up. When you make that strong intention to connect to a guide who really has healing powers for you and your lineage as a whole, who shows up will be exactly who you need to speak to.

(17:07):

This is a really powerful time of the year for doing this kind of work. Because the veil between the worlds is thin, it's just much easier to hear these messages, to receive communications and dreams. Your willingness to harness this time of the year will bring so much depth and so much profundity to these explorations. And if you'd like any support on this journey of connecting to your ancestors and this concept of the other world, then definitely check out my course Herbs for the Otherworld. In the course, we talk about specific plants and practices that really help you to communicate across the veil, to harness this really special and powerful time of being able to work with the unseen realm and have the wisdom and guidance from the unseen realm stream into your life and uplift and support you as you move into your next step.

(18:09):

Now I would love to hear from you. If you've started doing ancestor work or it's an established part of your practice, I would love to know who do you talk to? Have you had a deep ancestor in the way that I describe it show up for you in your journeys or in your connections? And if so, what have you received from this relationship? Wherever your explorations take you this autumn, may the path be guided by those who love you beyond all reason, by your deep ancestors, by those who are here to guide and support you every step of the way. If you do end up working with your deep ancestors this fall, if they too are calling to you or talking to you, I would love to hear about it. It has been such an amazing place for rich conversation over on my Substack.

(19:01):

Remember why you are here. It's been just really authentically fun to create that space, to connect with you all, to have it be a space where I can be sharing expanded episodes, greater writings, more information, just really more opportunity to connect. If you're interested in deepening the conversation, I'd love to hear from you over there. And this week, I'm actually doing something that's taking a little bit of bravery for me, but this week for paid subscribers, I am releasing part of the first chapter of my book. I wrote this introductory chapter last fall when I took a sabbatical to work on the book and it required a lot of collation of years and years of research and I have a very in-depth outline of the book and I wrote this intro as a way to really organize my thoughts and help me reenter the world again.

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And so I wanted to share a piece of this introduction for all those who are joining me as paid subscribers over there. If you're not a paid subscriber, you can still read a little bit of that introduction and read me talking about its creation. If you're interested in that, I will put that link here for folks who want to check out the Substack and check out some of this first chapter of the book. It's always pretty tender to put something that you've really just been working on your own within out into the world. It's like your little cache, you're like a squirrel with this little cache that you've been saving and is so precious and to put it out in the world feels really big, but it also feels like an important step into really going deeper into writing this book and to taking the next step in its creation.

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I would love to see you over there if you are feeling called and whatever the winds of autumn bring to you this season, may it bring with it these tidings from the deep ancestors, these rememberings of how deeply you belong on this planet, how you were made for this time, you have within you all of your ancestors' resilience, their knowhow, their magic, their connection to this planet, and may this shift into this new season help you remember that most important thing of all why you're here.