



## Medicine Stories Podcast

Episode 45 with Amber Magnolia Hill

[The Deepest Magic: To Know Yourself, Know your Ancestors](#)

May 1, 2019

[0:00:00]

*(Intro Music: acoustic guitar folk song "Wild Eyes" by Mariee Sioux)*

[0:00:05]

**Amber:** Hello friends! And welcome to the Medicine Stories podcast, where we are remembering what it is to be human upon the earth, dropping the cultural lies that keep us disconnected and disempowered, and moving closer into kinship with the earth, the ancestors and our deep selves so we can live lives of connection healing and empowerment.

If you believe that story is medicine, magic is real, and healing is open-ended and endless, then you've found your people.

[0:00:39]

I'm herbalist, Amber Magnolia Hill, and I'm here to remind you with each and every episode that earth wisdom and ancestral connection are your birthright. This knowledge is in your bones, and you came into your body carrying your own unique medicine. This podcast aims to help you remember that everyday.

[0:01:03]

This is Episode 45, a solo show all about connecting with your ancestors.

I am going to talk about the kind of people that you, yes, YOU, are descended from, how knowing our ancestors helps us to know ourselves, and three ways to connect with your ancestors. If you are adopted, or don't have a lot of information, or are a person of color who is cut off from access to information, then listen on.

[0:01:36]

But first, a listener spotlight:

This iTunes review comes from Sarah de La Luna, and it's titled "Absolute Love."

*I've been listening to this podcast everyday since discovering it and it has been incredibly life changing. Thank you from the bottom of my heart. You have inspired me deeply, introduced me to so many resources and said just the right words i needed to hear in the moment to reawaken something in my soul. I keep having that feeling of 'OOhhh I needed to hear that.' I signed up to be a patron.*

*Keep on keeping on.*

*In deep gratitude,*

*Sarah.*

**[0:02:14]**

Thank you sooo much, Sarah!

There is nothing more nourishing to my soul than reading the iTunes review for this podcast. I will sometimes go days or week without doing it and will check in again and I'll just be, like, **shocked** and flooded by the wonderful things that people are saying about the work that I'm doing here, and it really keeps me going.

It feeds me, and it tells me there is a need for the conversations we are having on this show and just really inspires me to, like, work even harder to keep the podcast coming.

I'm actually - here's a little secret y'all - I'm very much in the process of trying to make this a weekly show, which I didn't think would happen for another few years; basically, until Nixie was in kindergarten. She's two and a half now, and I'm just feeling it. **I'm just feeling it.** It's time to do it. I think I **CAN** do it.

One of the ways I'm going to do it is by doing more solo shows like this one.

After the last one I released, [Episode 43: A Plant Spirit Healing Story](#), I heard from so many people who said that the solo shows are actually their favorite, and I hear that everytime I release one. And I realized that that's a really easy way that I can make this a weekly podcast.

You know, it's a lot more work to do an interview and putting that out, but if I can intersperse more shows that are just me talking about the things we're talking about in the interviews, then I can put this out way more often.

**[0:03:53]**

And I started making a list of things I could talk about, and it's already SO long. So, I've no lack of content that I know you all will love. So I'm super excited.

You might notice that this is the first episode that's coming out a week after the last one. And there is going to be another next week. And by speaking this out loud right now, I'm kind of umm, you know, committing to doing it. So yaaaay!

Let me know what you think, if you like this idea. If you'd like to hear your name on the podcast, please leave an iTunes review. That's the way to get it done, and I just appreciate it so so much.

**[0:04:34]**

Also very much appreciate subscribers. It makes a huge difference in the number, and then that makes a big difference in who iTunes and the other podcast server companies and how many people they suggest this podcast to. And it helps me get better guests on.

Honestly, not everyone asks "How many listeners does your show get?" but some people do. And the bigger the number is the more likely I am to entice the big names. So whatever listening platform you use, please subscribe. That way, you always get the episode right away when it comes out, too.

And if you like what you hear today, please screenshot while you're listening and post it in your IG stories and tag me. I love seeing them!

Umm for a long time I went through this long phase of like not checking my Instagram messages all the time because it just became too overwhelming. But I have more space in my life to do it, so I've really been trying to check it more often, trying to see what people are saying, communicate with the people who are trying to communicate with me. And sometimes I do miss stories that I'm tagged in because they disappear after 24 hours. But I love seeing what you're doing there, and I love trying to repost them too,.

**[0:05:50]**

Oh and on Patreon, for this episode, I'm going to have this post available for free, available for everyone, not just patrons, but there is a written component of what I'm going to talk about today. It's you know, if you like what you're hearing, if you want to like copy and paste it and have it on your own somewhere, then you can find it there at [Patreon.com/MedicineStories](https://Patreon.com/MedicineStories)

It's basically what I am about to speak in written form. So without further ado, let's talk about coming to know your ancestors.

**[0:06:27]**

*(Transitional music: acoustic guitar folk song "Wild Eyes" by Mariee Sioux)*

**[0:06:31]**

**Amber:** You come from a long line of healers, midwives, songstresses, herbalists, dancers, birth givers, artists, and wise folk. You are a direct descendant of powerful visionaries and earthwise geniuses and their ancient knowing resonates today deep in your marrow. These are not empty platitudes or the wishful thinking of modern spiritual yearners. These statements are genealogical fact.

You have millions of ancestors who lived at all times and in many places across the globe. The human species evolved over millions of years and took many paths to spread out across the planet. You need not know the specifics of who they all were, where they lived, or what they did.

In fact, you will never know the concrete facts about the lives of about 99.999% of your ancestors.

They're lost to history because they lived in pre-history.

They lived in a time when everyone was in a state of constant direct communication with the earth and sky, the animals and herbs, the water and the weather.

They couldn't survive otherwise.

They lived in a time when knowledge of the body, the magic of healing, the holiness of sex and the miracle of birth and the necessity of death was held by every member of the tribe.

They couldn't thrive otherwise.

They lived in a time when reverence and a sense of the sacred spoke to them in hallowed whispers throughout the mundane tasks of daily life.

They couldn't find meaning otherwise.

**[0:08:12]**

Today many of us ache for these old ways, yearn for the wisdom that seems so inaccessible to us in our denatured, hyperspeed, modern life.

The dearth of this once commonplace wisdom has led to a craving in our culture so intense that it leads many to embrace nonsense, sometimes dangerous teachings in an attempt to feel connected to something, **anything** sacred.

This need not be the case.

For those of us who hunger for a deeper spirituality, the simplest, realest, most powerful and most personally meaningful way to find it is to find our ancestors. Everyone I talked to who has engaged in any sort of ancestral work has found it to be the most important source of connection, reverence, and wisdom in their lives.

There's a reason that every indigenous culture on earth practices what anthropologists called "Ancestor Worship." The spiritual imprint of those who came before us, on our bodies, in our bloodline resonate more strongly within the molecules of our bodies than any other source of knowing, being or loving.

Our ancestors shared our same genetic blueprint and the physical and non-physical gifts and foibles that shape our lives today. Even though we've never met in the physical plane, we understand our family on a soul level and can communicate there as well.

These people once lived and breathed just like we do now. They know what it is to be embodied. They gained a lifetime of wisdom. They've experienced the portal of death and have graduated to the otherside. From there, they continue to influence our lives.

I've found that connecting and communing with my ancestors is much easier than I'd imagined. They want us to reach out. Just as when they were living, they are deeply entwined with and concerned with the fate of their descendants.

They are our kin. They are us, and they are our surest path to self-knowledge.

#### **[0:10:24]**

I think of connecting with my ancestry in 3 ways, three different pathways into connection with the ancestors.

The first is recent genealogy. So this how you can get to know the .0001% who left written records. The one closest to you in time. The ones you may have known in this life. The ones your family members knew. So start by talking to the oldest living member of your families or anyone who knew them.

You want two pieces of information from them: all of the names and dates you can get - full names, maiden names, birth and death dates and places, maybe marriages - and you want any stories they may be able to tell.

The stories will give you insight in your own life and the human condition. If you're lucky it will carry you through joyful and tough times for the rest of your life.

Even if the stories aren't all that profound and meaningful, they will at least give you a glimpse of these people who made you were. And I've found that even though those silly,

simple stories that maybe wouldn't capture the attention of other people can just be so insightful for me personally.

**[0:11:51]**

Like, here's an example:

Okay, I swear I'm so bad at making things line up straight, like folding towels, folding clothes, wrapping gift - I **hate** wrapping gifts - folding sleeping bags up, like, this is something I've **really** tried to get better at, and just be like, "Oh, it's just my story. Of course I can do this."

I swear. I'm 38 years old. It's happened enough now and continues to happen: that I'm just trying to make something line up and look good and it's so hard for me.

And so I recently was reading the obituary that was read at my great grandmother's funeral. We called her Gigi. She died when I was five so I knew her. And her daughter in law, my grandma, kept this printed out, you know in 1986, a paper from whoever wrote her obituary. I think it was a friend of hers. And her name was Maggie Lorraine Camp and whoever wrote this quote they said,

*Lorraine used to always say, Lorraine used to always quote her father as saying 'There never was a Camp that could carry a tune or plow a straight line.'*

*(Amber laughs)*

And of course I was immediately like, "Oh my God! My ancestors couldn't plow a straight line. I can't make things straight! This is an ancestral situation that I'm dealing with here with my inability to do that."

So little and kinda silly, but really resonated with me, and I'm, you know, smiling as I tell this story because it is meaningful in it's own small way.

**[0:13:39]**

So the names and dates that you garner from your family or friends can get you started on Ancestry.com or, you know there's, I know there's other programs. I definitely have brand loyalty to Ancestry. I just love them. They make it so easy. I've been using it for nine years and my tree has thousands of ancestors at this point. I just... yeah, they're who I go to.

At this point, decades after Ancestry was founded, hundreds, if not thousands of your ancestors have already been input into the databases by other descendants of theirs, your many heretofore unknown cousins. And the company has uploaded millions of files and documents and sometimes photos related to those who lived in the past.

So once you input the names and dates of your closest ancestors, parents, grandparents, great grandparents, etcetera, it's up to you if you want to branch out into aunts, uncles, great aunts, great uncles. Those who came before them will magically start to fill in on the higher branches of your family tree.

Now, this doesn't happen for every line or happen for everyone, but it's happened enough for me that I have found, I mean, the **vast** majority of ancestors on my family tree I didn't know about. But, someone else had put in who I'm related to, and then I found it there, and I got to learn about them and sometimes see their photos.

**[0:15:14]**

So it used to take people many hours of travel and searching through musty library stacks. Filling in family trees by hand is now available at our fingertips with a few strokes of the keyboard. So amazing!

Learning about your recent ancestors on the internet is easy and deeply fulfilling. I dare you to start digging into your roots and not become completely fascinated and totally obsessed. And modern technology has made uncovering your deep ancestry possible as well.

**[0:15:46]**

So this first category here, "Recent Genealogy," can also include autosomal DNA tests, and these are the ones that give you a percentage breakdown of your somewhat recent ethnic heritage. And then the second ancestral DNA you can do is a mitochondrial or Y DNA or "Deep Ancestry" test, which we are going to get into now in this next part.

**[0:16:11]**

Um. So two: Deep Ancestry.

Deep Ancestry uses DNA to trace your lineage to ancient times to about the last ice age around 2000 generations ago. This is the prehistoric period discussed above, well before agriculture or writing or settled villages. This was the hunter gatherer period that expanded the vast majority over 99% of human history.

By uncovering your deep ancestry you can know where your people were living at the dawn of humanity. This is done by using your DNA to trace your pure matrilineal or pure patrilineal line. The matrilineal line, mother's mother's mother's mother, is traced through the mitochondrial DNA that we each inherit from our mother. And the patrilineal line is traced through the Y chromosome, which only males carry and pass on to their sons.

So for women, if you wish to trace both lines, which you might as well, you can only submit mitochondrial DNA because you don't have Y DNA in your body. So if you wanted to know your patrilineal line you would need to have your brother tested or if you don't have a brother like me then you have to have your father tested for your patrilineal line.

So what I did was I tested myself for my matrilineal line. And then I had my dad do a test for my paternal for my patrilineal. If you do have a brother you can just do one test, if you're a woman. He can do the one test, if you share both parents, and you'll get your own matrilineal and patrilineal information as well.

I hope this is making sense. I know it can be confusing at first, but males can do both because they inherit mitochondrial DNA from their mothers, as we all do, and they inherit the Y chromosome from their fathers. Females do not inherit a Y chromosome so with our DNA we will never get a look at our patrilineal line. You need to find a male relative to do it if you can.

**[0:18:27]**

So on that note this, yes, can tell us where people were living at the dawn of humanity but only like, two lines of our people. So I've explained many times... I love thinking about this: that for every generation back that you go in your ancestry, the amount of ancestors you have **doubles**. So it's literally an exponential growth thing. That's the definition of exponential growth, and so then the farther back you go the number of ancestors you have is just **enormous**.

*(Amber laughs)*

So you know there these two lines: your pure mother's mother's mother's mother's, father's father's father's father's, but then there's millions of in between. Your mother's father's mother's father's father's father's mother. You know, going back to the dawn of humanity (of course you know) the population gets smaller then your ancestors start to collapse in on each other and um, overlap in really interesting ways. But, that's another story.

My point is: These ancient DNA tests will give you insight into these specific lines, but of course, that doesn't cover all the of your ancestors or all your deep or prehistoric DNA.

There's things we will just never know.

**[0:19:45]**

So I did my test on me and then my dad, and then I actually recently had my maternal uncle do it as well. So I already knew his mitochondrial DNA because it's my mitochondrial DNA as well. His mother is my mother's mother. But I wanted to know his father's people. So that was interesting.



I got my maternal grandfather's Y DNA and haplogroup through that and when my dad it years ago as well, I not only got my pure paternal line, but also **his** maternal line because he inherited his mother's mitochondrial DNA. So I have the pure haplogroups of both of my grandmothers and both of my grandfathers, and it's just interesting to know. I'm just someone who just really geeks out about all this stuff so I like knowing those things.

Haplogroups, they're just, like, without getting super deep into the science (which I don't understand, so I couldn't do that anyway. You can certainly look it up if you want.) but basically, genetic groups.

So I have tested through the Genographic Project by National Geographic. I just love everything about what they are doing and I super recommend looking into it. But you can do it now through like every place that offers DNA tests like, Ancestry, 23andMe, FamilyTree DNA. There's so many.

#### **[0:21:15]**

But I especially loved knowing who my mother's mother's mother's mother's mother people were. If you're female, then every single woman before you gave birth to a woman who lived long enough to give birth to another woman, who lived long enough to give birth to another woman, who lived long enough to give birth to another woman. And this is an unbroken line stretching back eons. That is amazing! And I cried my eyes out when I got the results back on my maternal line.

And if you listen to my podcast interview on the Freebirth Society podcast then you've heard the story of my oldest daughter's (now I'm thinking of it as an ancestor-assisted) birth, and how I saw this line of women going back, and it got me through the hardest part of that labor and bringing my own daughter forward.

So, if you find out your mitochondrial DNA, and that you come from haplogroups U, X, H, V, T, K, or J, I highly recommend the Seven Daughters of Eve, by geneticist Brian Sykes. And you know, although our Ice Age ancestors are so far removed in time and are so many more generations further back than the ancestors whose names and life events were recorded in the last few hundred years, there really is a deep resonance with our ancient kind that I have found just as real and rewarding.

#### **[0:22:44]**

One important point here is that I have for many reason all of which fall under the umbrella of white supremacy, genealogy and DNA testing work better for people of European descent. To dive deep into these reasons and for some tips for Black and Indigenous people of color (and white folks wishing to make cultural reparations) you can

listen to Episode 27 of this podcast with Darla Antoine called [Anti-racist Genealogical Research \(for everyone\)](#). I will, of course, link to it in the show notes.

And I also recently learned about a DNA testing site that is specific for people of African descent and that is [AfricanAncestry.com](#). I'll link to that too.

**[0:23:31]**

So the third way that we can cultivate a deeper connection with our ancestors is through direct communication, honoring rituals and dreams, and other ways of connecting.

So (*Amber sighs*) what if you're adopted? I mean, of course, you can do the DNA tests. The recent genealogy is a challenge unless you happen to have names of your biological parents. Or what if finding this information, doing the test, getting the Ancestry account is too hard or costly or time consuming? Or what if you found these names and places and stories and maybe even know about your DNA and you now wish to bring your relationship with your ancestors to a deeper level? Or what if you just miss you grandma and you want to talk to her again?

The simplest way to commune with my ancestors is to simply talk to them. (*Amber laughs*) Like, out loud. Or you could write to them, too. I'm thinking of starting to get into that.

**[0:24:36]**

I first did this speaking out loud thing spontaneously on Samhain a few years ago while driving in my car alone.

I knew that in many cultures that October 31st, November 1st, time through the Winter Solstice is known as a sort of a portal time when the veil between the worlds is thinnest. And I've noticed that I can feel this heightened sense of another realm being closeby during that time, and this year that I was being beckoned, so I decided to just say, "Hello."

Driving in my truck again on Highway 20 here near Nevada City, I went backward through the generations speaking the names and saying hello to the grandparents and great grandparents that I was lucky enough to know, reminding them of times we had and thanking them for loving me.

And then greeting by name those before them, who I hadn't known personally, but whose names are known to me thanks to my genealogical research. So I kind just went line by line and was like,

*Hey! Hi Grandma Iney! (Amber laughs) I miss your biscuits and gravy, and I wish you could french braid my hair again. Thank you so much for loving me so much*

*and do you know that I look like you? I look **so** much like you. I hear it from people all the time. Oh! I saw your brother recently, hadn't seen Uncle Chuck in awhile...*

You know, with my Grandma Iney it was easy because we were so close, and I had her for so long. I think I was 33 when she died.

**[0:26:16]**

And then going back I knew both of her parents, but they died when I was young so that was a little sparser. And then I didn't know anyone beyond them. But I had names, and I would just like, you know,

*Hi Great Grandma Lula! You were born in Illinois, and then you were **so young** when you got called down to Arkansas to help this man raise his children after his wife died. And then you had three children of your own, and then you died at 26 years old. And I just want to honor you for what you did, and let you know what became of your 3 children. Umm, your only daughter became my great grandmother...*

And you know, she was my Great Great, but you know, just like filling them is kinda how I think about it, too. Like, "Let me tell you what your descendants went on to do with their lives and how it led to me and just thank you so much for being here and being you."

**[0:27:14]**

So for those whose names you don't know, or if you were adopted again, you can still greet each ancestors in turn going back. You know, we all have the same number of ancestors: 2 parents, 4 grandparents, 8 great grandparents, 16 great great grandparents, etc. So you can just greet them one by one in that way.

**[0:27:41]**

This simple act laid the groundwork for a future of communication between me and them, especially the ones closest to me in time. And I now speak to them frequently and feel their influence and their love and in the case of one great grandmother, their fierce protection in my life.

Adding a ritual element to this "Saying Hello" practice can add greatly to the experience. You can lay out whatever objects are meaningful to you, help you access the deep places, or remind you of your ancestors.

**[0:28:14]**

I have a red glass bell painted with roses that was my Grandma Iney's that I always ring when I start my ritual. And I've found its presence and the sound of it ringing has really enhanced the experience

*(Amber laughs)*

It's crazy just this little bell has really come to be this thing that calls my ancestors in for me when I'm sitting in this way. And so I don't tend to hear direct words spoken to me or have blinding flashes of insight during these rituals. It's rather a feeling that comes to me that helps to guide me forward. And often things will happen afterward: worldly things, like coincidence or opportunities, or otherworldly things, like dreams that seem like a direct gift from the ancestors brought about by my opening this bridge of communication.

**[0:29:08]**

Something that happened recently was that I connected with an ancestor and later, like, the next day I just got - well, actually - **during** the connection I got this message to "Drink more tea." And then I was like, "Okay that sounds great! I could definitely drink more tea in my life."

Well then, the next day, "Oh, and then stop drinking coffee." And I loved that because it wasn't like the ancestor came to me with like:

*(Amber, using stern ancestor voice): Bad girl! Stop drinking that coffee!*

You know? It was a positive, instead, drinking suggestion.

*(Amber, using nurturing ancestor voice): Drink more tea.*

But the next day it kinda extended to:

*(Amber, using nurturing ancestor voice): Yeah. And by the way, like, lay off the coffee.*

And that really served me. For the following month I quit the coffee, drank a ton of tea, and it reset a pattern I had been going through that wasn't very healthy.

So again it's not always like some blinding flash of insight that happens while you're in the ritual, while you have the lines of communication open. It can be a gradual revealing of wisdom.

**[0:30:16]**

Dreams that feature ancestors or that seem to contain a message from them are magic working on two levels:

When our ancestors enter the dreamtime to communicate with us, we better heed their message. And by working on two levels, I mean, of course, like, the level of dream magick

and the level of ancestor magick, when I get dream messages from my ancestors, it's just the most powerful and profound experience. And then we can also make art related to the stories and lives of our ancestors and that can really deepen our connection to them as well.

**[0:31:00]**

Umm so years ago - I talked about this before I'll try to make it brief here. I talked about it in Episode 7 with Lara Velede Vesta - but I had a dream in which I found a rolled up scroll embedded in the bone of my right wrist and I'm right-handed. And when I unfurled it, the name of my three-times great grandfather, William Newton Wright was written on it. So, to me, the message became clear after working this out and getting help from Atava, who was on the podcast, Atava Garcia Swiecicki.

And the message was “**Wright.**” (*Amber Laughs*), last name Wright, in my right wrist.

I want to be a writer. I want to write about my ancestors and always had, but hadn't yet done it. So, like, I've only ever wanted to write in this life and that dream told me unequivocally it was time to start taking that desire seriously. Wright? Write. Right.

The scrolls are in your bones. Write! And write about your ancestors. So wordplay is a great way to get my attention and the ancestors knew that (*Amber laughs*) and I love that! And I did start writing after that about my ancestors which led directly to what I talk about on this podcast.

**[0:32:19]**

So my first project after that dream thanks to the guidance again of Atava was to write out the story of the death of the first child born to my great grandparents, the wrights, both of whom I was lucky enough to know as a child. So these are my grandma Iney's parents.

Iney Dethel Inez Wright, who always went by Inez but most people called her iney, was the oldest of four. She was not the first born. Her parents had had a boy a year or two before she came along.

So I had always heard about how their 1st born Cletus died at 6 weeks old during a freezing backwoods Arkansas winter. And how the mules hauling his tiny coffin had given out and them driving in the rain on the way to the cemetery and how the hole they had attempted to dig kept collapsing in on itself during the burial.

Um yeah, my dad's people liked to tell stories, however sad they may be. And so writing out his story seemed like a good way to honor my dream and the life of the boy who would've been my grandma's older brother and the grief of everyone involved. And writing it out in a sort of fictionalized way was really beautiful and healing experience to cast my mind back there. And I loved making art out of this ancestral story!

And so when it was done, I printed the story and read it out loud to my father who was visiting at the time - Cletus was, of course, would've grown to be his uncle - and my sister who had been there and my then 4 year old daughter, who is now 12, and then we rolled it up into a scroll again honoring my dream and buried it beneath a tree in my front yard at the time

And it was a really simple and spontaneous ritual but it tied it us all to one another and to our ancestors in a way that we will never forget in this really special moment.

**[0:34:17]**

I've also been able to connect with my deep ancestry through drumming, something I had never had an interest in before I came upon a Sámi drum at a yard sale a few years ago. Now, I am not descended from the Sámi, but most Sámi are also descended from the same ancient DNA that I am through my mitochondrial DNA. So most Sámi are also a part of haplogroup V,C, which is my mitochondrial DNA.

So I'm not descended from them, but we are descended from the same ancient group living in northern-most Europe during the last Ice Age, where the indigenous Sámi are still living today. So they never left that land where as my ancestors did. They came farther south and then eventually over the Atlantic Ocean.

So finding that artifact and starting to use it in ritual has opened me up to a whole new level of relationship with my prehistoric kin.

**[0:35:20]**

If you have unresolved issues, bad memories - (*sound of door closing in the background*) sorry, that was my two year old trying to break into the room in which I'm recording this (*Amber laughs*) - So if you have unresolved issues or bad memories with an ancestor that is impeding your recent genealogical work or deep ancestral work or ritual work, then I recommend listening to my podcast [Episode 26 with Dr. Daniel Foor](#). These things can definitely get in the way of ancestral connection, but there are very clear ways to address them and work through them and move forward.

In fact, Daniel's work, in general, provides a wonderful framework for connecting with one's ancestors that requires no genealogical knowledge, perfect for adoptees or people who don't have this information, and you can check it out. And you can even work

one-on-one with a lineage healing practitioner. There's folks of all ancestral backgrounds at [AncestralMedicine.org](http://AncestralMedicine.org).

**[0:36:31]**

So In conclusion, like, whatever your story, wherever you live, whoever your people, you are the product of the love of millions. You literally wouldn't exist if **every** single one of your ancestors hadn't existed. And they clearly were incredibly wise people who knew how to live in harmony, in communion, in mutual, reciprocal, respectful relationship with the earth and all the beings on it because they wouldn't have survived if that knowledge didn't live in them. And it still lives in you. It was passed down to you. It is literally in your blood and it is your ancestral right to have a relationship with the earth and all of it's beings. So you're here, bc they were here and they live in you and can know yourself most deeply by knowing them more fully.

I'm gonna say that again:

**You can know yourself most deeply by knowing them more fully.**

So if you're on any sort of healing journey, if you want to be more grounded in your own medicine, if you want to feel more aligned with your soul-calling, I just cannot think of a more powerful way to do those things than by coming to know your ancestors.

So, go forth! Go forth and do this!

**[0:38:11]**

If you want to be a part of the Medicine Stories Facebook group, if you want any advice around this, if you want to share stories about this, there's a lot of talk of people's own ancestral stories and questions there.

And thank you so much for listening it's such an honor to feel the voices of my own ancestors speaking through me. And encouraging people to find their ancestors. I truly feel like it's this direct line of communication, direct flow of energy from my ancestors through me to you, and that like, everyone in the other realm is stoked on the good work that the folks still embodied on the earth right now are doing to connect more deeply.

So, go. Talk to them out loud. You know, as soon as you stop listening to this, speak out loud to at least one of your ancestors.

**[0:39:13]**

Okay. Until next week. Oh and next week is going to be an ancestrally themed podcast as well. I will be interviewing Dr. Pavini Moray. Pavini has a great podcast [Bespoken Bones](#) that you should check out if you're into this stuff. The tagline is "Ancestors at the

crossroad of science, sex and magick.” So that's how awesome Pavini is, and that's how awesome this interview is.

I will be with you next week!

**[0:39:43]**

*(Exit Music: acoustic guitar folk song “Wild Eyes” by Mariee Sioux)*

Thank you for taking these Medicine Stories in. I hope they inspire you to keep walking the mythic path of your own unfolding self. I love sharing information and will always put any relevant link in the show notes. You can find my blog, handmade herbal medicines, and past podcast episodes at [MythicMedicine.love](http://MythicMedicine.love).

While you're there, I invite you to click the purple banner to take my quiz “[Which Healing Herb is your Plant Familiar?](#)” It's a fun and lighthearted quiz, but the results are really in depth and designed to bring you into closer alignment with the medicine you are in need of.

If you love this show, please consider supporting my work at [Patreon.com/MedicineStories](https://Patreon.com/MedicineStories).

There's some killer reward there: exclusive content, access to online courses, free beautiful downloadable e-book, coupon codes, giveaways, and just **amazing** gifts provided by past guests of the podcasts. All of that stuff is at the two dollar a month level.

For a little more, you can access my herbal e-book or my small online course, and that's all there as a thank you, a **HUGE** thank you from me and from my guests for listening, for supporting this work. I love figuring out what I can gift to people on Patreon. And I love that Patreon makes it so that you can contribute for such a small amount each month.

I'm a crazy busy and overwhelmed mom and adding this project into my life has been a questionable move for sure, but I love doing it, and I love the feedback I get from you all. And I pray that Patreon allows me the financial wiggle room to keep on doing it to give back to everyone who is listening.

If you're unable to do that, or if you'd like to support further, I would love it if you would subscribe on iTunes or wherever you get your podcasts. And if you would review the podcasts on iTunes, too, it really helps getting it into other ears. It means **SO** much to me when I read those reviews. It's, like, the highlight of my week when I check them and see new ones.

People are amazing. You guys are wonderful. Thank you so much.



**[0:42:22]**

The music that opens and closes the the show is by Mariee Sioux (*Amber spells out Mariee Sioux*). It's from her song "Wild Eyes" which is one of my favorite songs of all time.

Thank you so much and I look forward to next time!