

Ancient Spirit Rising: Reclaiming Your Roots & Restoring Earth Community by Pegi Eyers

STUDY GUIDE PART 5

"Practices & Directions for Tracing Ancestral Knowledge, and Peaceful Co-existence"

Ancient Spirit Rising was written as an inquiry into the various ideas and actions we take for granted, in today's world of diverse spiritual paths and practices. For many of us, and within our own circles and movements, some of these subjects are being talked about for the first time. As an author and life-long learner, it is my pleasure to offer this Study Guide as a way to delve into the issues and new directions as offered through the pages of *Ancient Spirit Rising*. For individual readers, or book clubs created in circles or online, this Study Guide can also be offered on request by Pegi Eyers through a series of two-hour Zoom webinars. This five-part *Ancient Spirit Rising* Study Guide is a guideline for telling your own stories, discussing difficult issues in a warm and supportive environment, looking at the journey ahead, and asking important questions. How you, your book club or group use the questions, prompts and dialogues is entirely up to you – please engage at your own pace and in your own way.

STUDY GUIDE PART 5 is based on chapters 23 – 29 of Ancient Spirit Rising

- 23 Tracing Euro-Indigenous Knowledge: What is Your Ancestry?
- 24 Ethnic Memory & Connecting with the Ancestors
- **25** Ancient Spirit Rising ~ Practices
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- 28 Ancient Spirit, Modern Voice
- 29 Peaceful Co-existence

Prompts for Self-Inquiry and Dialogue

- 1. Introductions around the circle ~ what is your ethnicity or heritage? From that self-inquiry, can you describe your positionality on Turtle Island? (For example, Settler, Indigenous, POC, Black, recent immigrant, New Canadian, and others.) Which First Nation is closest to you, and whose traditional lands are you living on?
- 2. For those of European descent, how would you describe the "colonial pattern" that affected our Ancestors long before they arrived on Turtle Island?



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Prompts for Self-Inquiry and Dialogue

3. Have you traced your family origins? Which DNA test result company did you use? Can you share any disappointments, surprises or revelations?

4. What processes are you using to develop your own ethnoautobiography? For example, deeper explorations into genealogy, caring for your Ancestors, connecting your personal mythology to landscapes both near and far, delving into literature, folklore or art, creating works of the imagination, learning your traditional language, following the seasonal cycles, ceremonies, rites of passage, festivals, music or traditional foods.

5. Have you had any visions, spontaneous dreams, conscious dream travel, intuitions, déjà vu, soul recollections, deep memories, or just everyday experiences directly connected to the Ancestors that you would like to share?



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6. Especially for those of us with multiple ancestries, it can be difficult in reclamation work to focus on one particular ethnoculture. This is **not** a yes/no question (and far from resolved) but can we still revive our own ancestral wisdom from multiple ethnicities, or by avoiding ethnicity altogether? How do we find a sense of "rootedness" if our heritage is unknown, mixed, or too painful to examine?

7. What is your feeling on reincarnation, and if in the positive, are souls more likely to reincarnate within their own cultural group? A mystery to be sure, and yet a fascinating one for discussion.

8. European Reconstructionism and the renewal of the Old Ways worldwide hold values of cohesive community, and may embrace a personal relationship to deities or animist beings; religious expressions based on ancient knowledge; the revival of sacred objects and ceremonies; and the reclamation of ecocentric worldviews. How does this differ from the self-actualization impulse found in New Age Spirituality?



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9. A very common perception today is that we **must** shift away from the rational thinking foundational to Empire, and begin to live from the heart (or our emotions) again. And yet *Ancient Spirit Rising* makes the claim that we require both head and heart knowledge for true balance. Discuss the paradox that much-needed critical thinking is on the rise today, at the same time as the much-needed shift away from the linear, left brain and cerebral. Is one dynamic more empowering than the other, and why?

10. Identify some components of Western Mind, keeping in mind that our rational, critical thinking and analytical skills continue to be powerful gifts we can apply as informed and enlightened human beings.

11. Identify some components of Indigenous Mind, keeping in mind that an ecocentric foundation integrates selfdiscovery and responsibility toward Earth Community; and that when all our intelligences are combined, our holistic potential as a "true human being" is fulfilled.

12. What does peaceful co-existence mean to you? How do we build tolerance for diversity and respect for the "other?" What would it look like, or feel like, to belong to the Sacred Circle of earth connection?