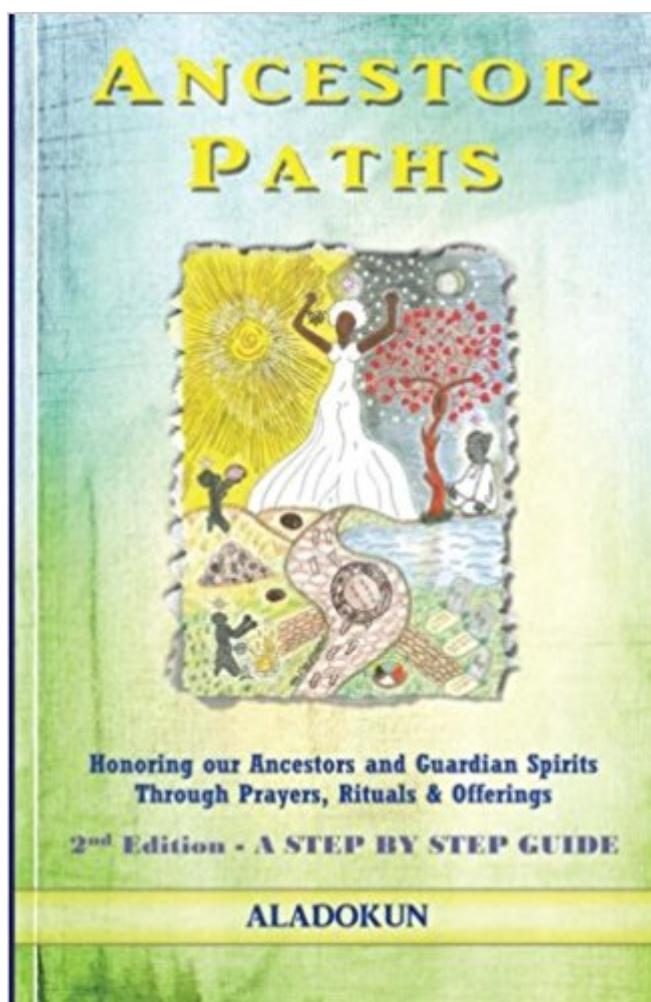


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# Ancestor Paths: Honoring Our Ancestors And Guardian Spirits Through Prayers, Rituals, And Offerings (2nd Edition)



## Synopsis

Have you ever had an unexplained phenomena — a knock at the door but no one there; the hairs on your arm stand up, as though you're suddenly chilled; a gradual aroma rising from nowhere; an abrupt noise; a strange sensation on different parts of your body, like someone stroking your hair; or dreams of your deceased loved ones? These are just a few examples of how your ancestors and spirit guides may be trying to gain your attention. Are you curious, WHY?

Perhaps the world is divided into two kinds of people; those who can only fathom the solid material life (the visible world) and those who perceive that there is an active spiritual presence (an invisible reality) operative in most of our lives. Whether this perception is faint or fully actualized, the book Ancestor Paths is the ultimate road map to developing a clear understanding of the spirit world and why spirits try to commune with the living. It also explains how our lives are enhanced and healed through positive interaction with spirit. This book is filled with clear, understandable information on communing with those on the other side and provides outstanding insight on how your spiritual skills and talents can be developed to aid you and your family. Ancestral reverence is as old as human beings and has always been understood as a powerful force for individual, family, cultural and community strength and stability. The Lukumi/Yoruba priestess Aladokun, illuminates how honoring your ancestors and working with your guides can add enormous clarity, direction and peace to your life. Her soothing explanations, advice, caveats, counseling, and explicit directions makes you feel as if you have the most supportive teacher in the world. In a clear and easy to read narrative, she guides us through the infrastructure of the spirit realm, helping us to understand that our divine relationships continue and supports us in our spiritual growth. This guide, newly expanded, is filled with cogent answers to some of the worse misunderstandings we all have about spirit work. She's able to remove the irrational fear we sometimes have of our ancient practices, simplifying the rules of contact for building strong spiritual relationships. No matter where you are on the belief continuum, intrepid beginner or sage spirit practitioner, the comprehensive way this guide is written will make you keep it close at hand. The basics are well covered but it also takes us deeper into the secrets of self preparation, ritual and the power of prayer. She helps us to see that this is not just a curiosity or a hobby, but perhaps the most effective way for us to evolve ourselves, our families and the world. If you're a beginner, with your heart leading you deeper into spirit connection, you won't find a better step by step primer on developing your skills and natural talents. If you're an experienced spiritualist/practitioner, you'll be inspired in all new ways with newly added prayers, quotes and anecdotes that strengthen your understanding of why this work is sacred and the most important work that we do; the perfect book to support your work in guiding your students, clients,

and godchildren on their spiritual path. And for the curious, you'll get an honest rendition about spirit life, gain some powerful insights, and, hopefully, become inspired by the stories and processes as revealed by an authentic priestess, Aladokun. Lastly, Ancestor Paths is a tribute to all divinities within the universe that continue to guide, bless, and elevate our souls towards higher consciousness and enlightenment.

## **Book Information**

Paperback: 270 pages

Publisher: Oba Ilari Aladokun (June 20, 2012)

Language: English

ISBN-10: 0615648630

ISBN-13: 978-0615648637

Product Dimensions: 5.5 x 0.6 x 8.5 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 69 customer reviews

Best Sellers Rank: #139,089 in Books (See Top 100 in Books) #191 in Books > Religion & Spirituality > New Age & Spirituality > Angels & Spirit Guides

## **Customer Reviews**

Aladokun is known as a wonderful spiritual teacher and advisor, guiding many to a better position in life. In addition, she is committed to and knows that healing is required on all levels: spirit, mind, and body. And because people gravitate toward different healing modalities, Aladokun has expanded her spiritual scope to include bodywork; giving people other ways to bring spiritual balance and wellness into their lives. As a Certified Massage and Sound Therapist, Aladokun is able to use her intuitive abilities, the Ase of Obatala (power, light and healing) upon those who suffer physically, emotionally, mentally and energetically. She says, "Today, people are under great stress and they need all the help that they can get. If I can give someone relief through massage and/or sound therapy vs. ritual then I'm still doing what I was born to do." She is dedicated to her spiritual (Ifa) studies and has a compassionate commitment to knowledge and understanding of her culture. She continues to share her vision; promoting the education of mind, body, and spirit through the inspiration of articles, poetry, prayer, rituals, veneration, health, and healing. Oba Ilari Aladokun was born and raised in New York City and has lived in New Jersey for the past several years. She graduated from Murray Bergtraum High School for Business Careers in New York City, and after fewer than two years of additional study she graduated and received a certificate from the

American Business Institute where she worked in the field of business administration for well over twenty years. She is a priestess of Yoruba/Lukumi and has practiced spiritualism for over a decade. She has been initiated into several mysteries, including receiving the Hand of Ifa (mano de Orula) in January 2000 and Palo Mayombe in July 2000. Shortly thereafter, she reached the seat of Kariocha and was initiated in August 2000 in Havana, Cuba, crowned Obatala. She holds several healing certificates: Usui Reiki Master Teacher, Registered Lightarian Reiki Master Facilitator, a Certified Intuitive Counselor of the National Spiritualist Association, and Ordained as a Spiritualist Minister. Aladokun is available for private consultations, workshops and presentations. The author may be emailed at: [ancestorpaths@aol.com](mailto:ancestorpaths@aol.com)

Awesome read for beginners that have questions regarding Yoruba and spirituality. I like the specific prayers and directions in following Yoruba practices. It provided enough details to make connections to any connections you felt prior to reading.

Excellent book for setting up your alters, spiritual baths, cleansing and of course prayers to honor your ancestors.

I finished this book in 3 days!! AWESOME READ. Very informational. The author does an amazing job at making the words appear as though you are literally in conversation with her

Of all the spiritual books that I have bought and read, Ancestor Paths is, by far, the very best! I have been growing spiritually with veneration to my ancestors and guardian spirits for about 3 years now. This very informative and motivating book has filled in all of the blanks for me...wish I had it sooner. The author, Aladokun, leaves nothing to question and certainly gave great consideration to the myriad of different individual circumstances that exist. The prayer guidance is exceptional and if one were not clear about how to move forward, or if they are even prepared to move forward, in the Yoruba/Lucumi tradition or spiritual practice, this book will leave you with the confidence to know for sure.

Very thorough book on practices in honoring the ancestors according to the Lukumi path, and more! I am Wiccan and was searching for more info and ideas for honoring the ancestors. I enjoyed reading the author's stories and spiritual philosophies as well as how-to rituals and photos of different altars. I haven't found another book like it. If you're wanting guidance or ideas for honoring

the ancestors, this is it! I was inspired from it to crochet my own white altar cloth in the style of my great grandmother. The pattern simply came to me as I crocheted! This is powerful stuff. Really enjoyed reading about Lukumi initiation practices, too. Blessings!

This was wonderful book and very helpful for a new comer to the tradition

Amazing book. Great for beginners.

Beautifully written and easy to read and follow. Thank you so much for writing and sharing Aladokun! I will share and recommend this book to those hungry for more information on this path!

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