

ANCESTOR REMEMBRANCE

TAKE SOME TIME TO SPEND WITH YOUR ANCESTORS. GRAB A CANDLE, LED IS FINE, AND YOUR FAVORITE DRINK. GRAB A GLASS FOR THE DEAD TOO! AS YOU SIT AND DRINK, MAKE SURE YOU'VE Poured A GLASS FOR THEM, TALK ABOUT ALL THE MEMORIES THAT POP INTO YOUR HEAD. YOU CAN CLINK GLASSES AFTER EACH MEMORY AND BEFORE YOU TAKE A DRINK. IF YOU AREN'T DRINKING ALCOHOL, YOU CAN RAISE YOUR GLASS/MUG IN A TOAST BEFORE DRINKING.

YOU SHOULD AIM FOR AROUND 30 MINUTES BUT IF YOU FIND YOU SPEND MORE TIME THAT'S OKAY. YOU DON'T HAVE TO STAY TO FAMILY MEMBERS WHEN HONORING ANCESTORS, YOU CAN REMEMBER FRIENDS, AND FRIENDS OF THE FAMILY. WHAT IS IMPORTANT IS THE PERSON IS SOMEONE THAT WAS IMPORTANT TO YOU.

WHEN YOU'VE COME TO THE END OF YOUR REMEMBRANCE YOU CAN POUR THEIR DRINK INTO THE GROUND OF YOUR BACKYARD, OR DOWN THE DRAIN.

BLUE RAIN ORCHID

