

Creating
RITUALS
of
REMEMBRANCE

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A Guide for Tending the Echoes of Your Lineage

We are shaped by more than our own memories. Beneath the surface of daily life are whispers of longing left unsaid, grief passed down like heirlooms, patterns looping through time, waiting to be witnessed.

This guide is an invitation to pause and listen.

Inside you'll find grounding practices to begin tending the unseen inheritance of your family system. Each section includes a link to a guided meditation—embodied versions of the rituals you can listen to in your own time.

Through heartfelt gestures done with attention and care, you'll start to reconnect with the stories that shaped you, that were carried across generations, and with the silences that speak.

This is not a map, but a doorway. A beginning.

If you feel called to go deeper, offer individual sessions—spacious, attuned containers for exploring the beautiful, complex entanglements of your lineage and life.

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Every family has a unique story – one filled with triumphs, tragedies, heroes, heroines, villains, and outcasts. There are people who are easy to love, and people who feel impossible to love. What we are learning in the past three decades in the field of family constellations is that creating a space where each person in the family lineage is given a place of dignity and honor can be profoundly healing. It is known to bring positive transformation for families, relationships, physical health, and the work we do in the world.

Even if we do not know much about our family history, it is as if we carry a map of the entire family system within us. Significant events such as birth, death, migration, successes and losses make a strong imprint on this map and reverberate for several generations. We may not know these details of the events, but know the effects intimately. When the reverberations have created patterns that no longer serve us, this is where creating personal rituals can help.

We can begin the process of healing ancestral patterns by remembering the beloved ones; consciously naming those who have been forgotten or excluded; remembering where our people came from; and honoring the great cost that may have been paid for the life we have today. When faced with what looks like an unsurmountable challenge in our own lives, we can come to know that the same challenge has old echoes and we can draw on the the wisdom and strength in our ancestry for how to overcome it and thrive.

Following are some of the most common and helpful practices informed by family constellations. The encouragement is to begin

creating these simple rituals of remembrance in order to come into relationship with the treasures in your family lineage that have been hiding in plain sight. The most important elements for creating any personal ritual are:

- **Creating a sacred space.** This involves setting aside a time and a place that is dedicated for the ritual. Setting up a space where your ritual objects can sit for a few days is ideal. It can be a shelf, a window sill, a small table. You may want to put down a small cloth to designate this is the place you are creating for a specific purpose. You also want to make sure you have the time to give your undivided attention to create the ritual – even if is just 15 minutes. You may choose to mark the beginning or end of that time with some action, like sounding a bell.
- **Your intention and presence.** The most important ingredient in a ritual is your intention for healing and heartfelt attention throughout the ritual. Experiment with ways to activate this moment as one where you are truly present. It may be sitting more upright, feeling your own connection with the earth where you are today. It may be lighting a candle, meditating, or listening to music that helps clear your mind and puts you in a centered state. Find your own forms for creating an intentional space.

How to set sacred space →

The Beloved



One

Was there someone in your family who is particularly well-remembered and well-loved? During their lifetime they may have done something very admirable or heroic; or overcome some exceptional circumstances; or simply showed their love for those around them in a way that was special. Cultivating a relationship with The Beloved One can help enliven their positive qualities and strengthen us in the here and now.



Take one object to represent you and one to represent The Beloved One. Place them in front of you in a conscious way, noticing how close or how far apart these two are and which way they are facing. In your mind's eye, feel yourself turn towards The Beloved One, seeing and feeling the ways in which you are similar. Take a moment to simply feel the resonance.

See if within you, there is an inward acknowledgement of "Thank You" towards The Beloved One. You may want to say the words "Thank You" out loud or simply feel it inwardly as you look towards the object representing them. See if there is something you would like to offer them as a form of remembrance – a flower; or write them a letter describing all of the ways you and your life paths are similar. Leave your offering near the object representing them.

After you make this gesture of remembering and "Thank You," see if you can sense The Beloved One responding in some way – with a smile; a softening; or feeling their blessing for you and your life. Leave

the objects in the ritual space for a few days, letting yourself be open to the surprising ways the blessings from The Beloved One come through.

Guided Meditation on the Beloved One ➔

Support for the Deeper Layers

These practices are meant to be a starting point—simple rituals to gently open space for remembrance and reflection. However, some situations may call for more personalized guidance, especially when:

- Multiple or complex patterns are present
- Deep emotional layers arise
- Family resistance makes the work feel stuck or sensitive
- Integration feels challenging or unclear

In those moments, individual sessions can offer a more attuned, supportive container to help you navigate what's coming up with care.



The Forgotten One

Was there someone in your family who was forgotten in some way? When looking at a family photograph, it is as if there is one person just outside of the frame; or if they are in the picture, their presence is not as strong or visible.

The Forgotten One may show up when something heartbreaking happens in the family. For example if a person leaves to go make their life far from home; or goes to fight in a war and never comes back; or dies in a way that is premature or sudden. When these things happen they are a grief felt in the entire family system. It may have been simply too much for the heart to bear at the time, and so that person was not talked about.

The thing with The Forgotten One is that even if they are not remembered on a day-to-day basis, the family system has a way of keeping account of everyone who is related. It is registered when one has gone missing and if left unresolved, will do its own form of rebalancing until they are remembered. As part of your family system, on some level you have a knowing about The Forgotten One, even if you never met them or know the details of their story.



Choose one object to represent you and one object to represent The Forgotten One. Place them consciously in space and notice how near or far apart they are.

If you know the person's name you can write it on the scroll of paper and say out loud: "This object represents ____." If you did not meet the person, you can even introduce yourself and tell them of your intention: "I am ____, I am your descendant. I have invited you here today to simply say that I see you."

Breathe and look towards this one who nobody could see. If it fits, tell them "I remember you." And finally: "You belong." In this sense, "You belong" is your declaration that they are, in fact, part of this family system.

Because you are living years after whatever hardship occurred that made The Forgotten One go missing, you have extra capacity to do this ritual. Once you take this step, you may feel that there are other family members who would also like to see and acknowledge The Forgotten One. Perhaps people who once knew this family member very closely. If so, you can choose an object to represent them and place them in space to also acknowledge The Forgotten One.

Let this ritual sit in your sacred space for several days, with a growing awareness each day that The Forgotten One is now on their way to becoming well-remembered.

Guided Meditation on The Forgotten One ➡



The Excluded One

It is not unusual that there is someone in the family lineage who was consciously exiled from the family. This could be someone who went far from home and then the family cut them out. It can also be someone who did some act of violence or violated a social norm and the family decided to cast the person out.

It is true that it is often necessary to keep family members safe in this way. But these events and behaviors happened in a particular time and place. Doing a ritual can help to clarify where and when these events happened and that they are, in fact, in the past. We do not condone the act that made them The Excluded One, but instead we give them a place where their actions, however unacceptable, are also acknowledged.

Those who are living several generations beyond the time this one was excluded have the perspective needed to do this ritual. Whatever level of seeing and acknowledging is now possible has a balancing effect for the descendants and the entire family system.



Place one object to represent you and one object to represent The Excluded One. Place them consciously in space in a way that is comfortable for you. If you need them to be further apart this is

perfectly okay. Take a moment to just look at these two objects; make sure that you can breathe deeply. You may want to take the object representing The Beloved One and place it near you as a source of strength and stability.

Choose an object to represent The Event that caused them to be exiled and place it in space. It is okay if you do not know the details of the event. It is enough to know that something significant must have happened for this one to be excluded. You may want to write the words "The Event" on the scroll of paper. Or if you have more information, name what happened and place the paper near The Event.

As you look towards The Excluded One, simple say: "I see you." Breathe deeply. Then look towards The Event and again say: "I see you." These short and simple phrases, said with clarity and calmness, have a way of making an impact. The Beloved One may also be able to join you in this acknowledgement, looking towards The Excluded One and The Event in turn and saying: "I see you."

Check if there is any connection between The Excluded One and The Event. You might want to try moving The Event nearer to The Excluded One to test how far apart or how close feels appropriate. If it fits, you may want to say: "I see that that this Event belongs to you."

Take a few minutes afterwards to write down what you noticed in this ritual and if there are any details about The Excluded One's story that feel like they are still be reverberating today.

Guided Meditation on The Excluded One →



The One Who Knows

Is there some challenge you are working through today that you could use some extra support with? An old stuckness; some health issues; relationship dynamics you would like to change; a visionary idea that you would like to bring to life?

If you go far enough back in history, you will find someone in your family lineage who has faced something similar to what you are going through. This is The One Who Knows. You may have never met them in person and may not have much biographical information about them. But even so, can trust that One Who Knows is there.



Choose one object to represent The Challenge you are facing today and one object to represent The One Who Knows. Let The One Who Knows see The Challenge. You might like to write a letter detailing out what you are currently facing and place it near them. A key word to help activate this connection is "Please," said inwardly or outwardly.

Following this ritual set an intention for some amount of time – 10, 30, 60 minutes to take a walk in nature, where you are open to signs and messages of guidance from The One Who Knows.

Guided Meditation on The One Who Knows ➔



The Land

You may be surprised to learn that The Land often shows up as an important part of the family and we get a lot of healing from remembering and integrating The Land. The places our people came from, the culture and traditions of that place, and the land itself seems to have a resonance whose echoes continue to reverberate for many generations.

Most people today are living in places where their families have migrated, either willingly or unwillingly. It can restore harmony and balance to do a personal ritual to remember the places that have been significant for you and your family. This can be done for the home country, the homeland; the place your parents or grandparents emigrated from, fled, were taken from, or exiled from.

Chances are there are many lands in your family lineage; do them one at a time, starting with the most obvious one.



Choose one object to represent you and one object to represent The Land. Place them in space in a conscious way. Notice how near or far apart they are.

Turn towards The Land and feel which of these phrases have resonance for you personally. Some of them may fall flat when you

say them and that is okay. With some of them you may feel a tingling or alertness. That is one way to know it is the right stance for this ritual:

- We came from you
- We belong to you
- I am yours
- I remember you
- Thank you
- I carry you in my heart

If it feels right, take a flower offering and place it near The Land. You can also experiment with other offerings of remembrance that feel appropriate for this particular land. You can go outside of your home and pick an object from nature where you live now and offer it to The Land as a gesture of remembrance.

You can also offer the smoke of something fragrant – like cedar, pine, mugwort, white sage, or incense. This has a way of activating your own senses – seeing, smelling, touching, and brings you in to clearer state of presence in the ritual. Even if you never visited or lived in this land, it is running through your own blood and so you will have an innate knowing of which offering is most appropriate.

Guided Meditation on The Land →



Life Itself

The ancestors are significant, not because we are dwelling in the past or are sentimental, but because of what is happening in your life today. It is because of your ancestors that that life flowed downhill to you.

There are two main movements in nature and in life: the movement of Yes and No; towards Life and towards Death. One basic thing we know about life is that it wants to continue – despite any challenge, hardship; and often in spite of adverse situations. Like a river, from grandparent to their child, life keeps flowing downhill. The most direct opening to that river of life is from your own mother and father.

Regardless of how your relationship has evolved with them, it can be strengthening to do a ritual of acknowledgement that life arrived to you from this mother and this father.



Place an object for yourself. Place an object representing your Mother and one for your Father. Place an object for Life itself. Notice where they are in space and which objects have resonance.

To clarify the relationship between each one, look towards the object representing Mother, and inwardly feel if you can be in touch with the statement, "I see that Life came from you."

Look towards the object representing Father and see if you can feel into the same, "I see that Life came from you."

Although it may sound simple and obvious, this kind of clarification done with consciousness can be strengthening. For this ritual we are stepping outside the emotional layers of the relationship and looking at the most basic biological fact. You may want to offer the objects representing Mother and Father a flower and a gesture of "Thank You."

Look towards the object representing Life itself. As you do, check whether you can find within yourself an inner gesture of "Yes." You may want to make a symbolic offering to Life or see if you can move the object representing you closer to the object representing Life.

To find an inner "Yes" to Life is one of the most healing and energizing movements a person can do. This is a great ritual to do periodically over time, as your gesture of "Yes" will continue to evolve. As we do it we acknowledge all that had to happen before this particular Life could arrive to us; all of the triumphs; the difficulties; and the weightiness that had to be overcome in our family lineage. So finding a "Yes" to all of this is profound. Offer this Yes knowing that it is truly no small thing.

Guided Meditation on Life Itself →

The Journey Continues

If these practices stirred something in you – curiosity, a sense of recognition, you don't have to explore it alone. Personalized sessions offer a spacious, guided container to gently uncover and transform the invisible patterns passed down through your lineage.

We work with your family patterns through a blend of systemic constellations, ritual, and grounded inquiry – revealing what's ready to be seen, honored, and released.

Break the pattern. Write a new family story.

Book your session ➔

Acknowledgements

There is a long line of explorers who have developed the process of family constellations over the last three decades years. There is an even longer line of grandmothers and grandfathers in every culture who have passed down their own ways of remembering the ancestors.

The practices in this booklet are adapted most recently from Bert Hellinger, the originator of family constellations, and from my constellations teacher Francesca Mason Boring.



As you begin creating these simple rituals of remembrance, you'll deepen your connection to the forgotten and hidden treasures in your family lineage. By honoring the ancestors who came before you, you may discover hidden wisdom and strength to face today's challenges.

If you're ready to take the next step with ancestral healing, consider scheduling a one-on-one Family Constellations session to uncover the full power of your lineage and create lasting change.

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