Module 6 Journaling Suggestions

1. Explore the ancestors you feel like you belong to, that you feel affiliated with, in any or all of these categories—blood, choice, friends, teachers, cultural heroes, spiritual and mythological ancestors, ancestors of vocation, and ancestors of nature, including places and animals, even literary ancestors. How do your ancestors of affinity call to you? What do they teach you? How do you resonate with them? How have they been both inspiration and aspiration? How is your life a vocational response to their call? How might you answer the call with an even stronger, more resolute and committed voice?
2. Write down everything you already know about your own ancestors and their vocations, going back one or two or three generations or further, and make connections between your vocation and theirs.
3. Do something creative this module, like make an ancestor altar, or do a collage of your ancestors.
4. Do some research on the meaning of your name, your first, middle, and last names. How might your name set the program of your life, to use Malidoma's term?
5. Look up the meaning of other names associated with your birth, such as the city or town you were born in, the name of the hospital or the doctor who delivered you, the place where you spent the bulk of your childhood.
6. Take a look at what was happening the day you were born, and the nine months prior to your birth to consider how those events might have inflected you. Think about them archetypally and metaphorically.
7. If you know the story of your birth, look for any interesting connections there.
8. Think about your earliest memories—often what stands out to us most gives us clues to our vocation. Again, think archetypally and metaphorically.
9. Research what happened on your birthday in history. Any vocational connections?
10. Consider your childhood weirds in light of the ancestors.
11. Think about your gifts, about two kinds of gifts. The first are those that bring you joy when you express them in the world, those that you feel like you must have been born with, that come to you like grace, that feel native to you. The second are those that also come natural to you, but that don't necessarily bring you joy or satisfaction to express, gifts that may not feel native to you but could possibly be the gifts of an ancestor you are carrying.
12. Make a genius star with either or both sets of gifts, to compare with your other genius stars. Or make a symbolic blessing bundle of your gifts, ala Daniel Foor.