Like many, my knowledge of my ancestral heritage is a bit fuzzy.

On my mother's side, I know about the healers who quietly performed miracles in their attics and left behind a grimoire filled with Christian references that masked a touch of mystery. I even inherited the family's crystal ball while clearing out the old farmhouse. Over time, I found myself naturally connecting with my ancestors -- especially through simple herbal remedies that proved invaluable when I was a young adult helping friends who couldn't afford healthcare. Experiences that might seem "nonordinary" to others felt normal to me, especially since my sister also shared them.

My father's side is more of a mystery. Genetic testing revealed Scandinavian roots, potentially overlapping with Southern Sami regions. While I can't say for sure if I have Sami ancestry, one of the spirits I've connected with through my journeying is an old woman from a sub-Arctic region. She's taught me subtle signs in nature and people, as well as practical wisdom. I've also discovered that a tool of my own healing practice, using "soul singing" -- a way of embodying and expressing

the essence of a being or place through melodic sounds—shares parallels with the Sami tradition of joiking. While I don't claim that lineage, I find the overlaps and intersections to be interesting.

Over time, I've thought and talked about it with others and realized that I'm about as connected to my ancestral threads as I need to be. I recognize and appreciate that these threads live inside of me, subtly informing me and weaving through me in invisible ways... but I don't feel the need to try to adopt or recreate the cultures/traditions of my ancestors.

Instead, I've chosen to focus on the ancestral threads I'm *creating* in this lifetime. I want my energy, my work, and my essence to be something future descendants can connect with -- offering them guidance, insight, and strength. I want the legacy I leave as a Maker to be a resource that helps them navigate their lives with clarity and purpose.