

CONTENTS

Introduction.....ix

Part One: Angels

1. Calling on the Archangels..... 1
2. Encountering Your Guardian Angel..... 15
3. Wrestling with Angels 27

Part Two: Saints

4. We Are All Called to Be Saints and Mystics 41
5. Embodied Love..... 53
6. Saints and Pilgrimage 65

Part Three: Ancestors

7. Blessings of Our Ancestors..... 79
8. Intergenerational Wounds and Our Responsibilities 97
9. Grieving Our Losses 117
10. Ancestral Pilgrimage 129
11. Cosmology, Myth, and Song 141
12. Becoming a Wise and Well Ancestor..... 153
13. Ancestral Earth and Deep Time..... 169

Conclusion: The Love of Thousands 181

Acknowledgments 193

Notes 195