

Ten Generations Visualisation

The Ten Generations Visualisation is a deep and powerful exercise that you can use to complete the CDG Mother's Session.

Before introducing the Ten Generations Visualisation consider if this is appropriate for your group, or if you need to add any cautions or tweak the language you use. This may be a sensitive visualisation for women who were adopted, or who adopted their own children. It may be sensitive for women whose family were abusive. You may not know, and can't cover all possible contingencies. That said it's a beautiful process and even women who have these potential vulnerabilities have loved it.

It is not necessary for the 'mothers' in the visualisation to be blood relatives. Women can visualise whoever has come before and are meaningful to them. This is equally powerful.

Facilitator:

'Stand and face the centre of the circle. (You can add a simple centring process here to help participants turn inside and be present in their body.) If you are comfortable to, close your eyes.

Imagine behind you your mother and behind her your two grandmothers, behind them your four great-grandmothers. Continue on for 10 generations, to your five hundred and twelve great-great-great-great-great-great-great-great-grandmothers. Ten generations represents over one thousand women, the earliest of whom lived two to three hundred years ago.

As you imagine these women behind you send a wave of gratitude to them on your next out breath. Feel their support flow back to you. If there have been difficulties in your relationship with some of these women send a wave of forgiveness to them on your next out breath, if you can. Feel their love flow back to you.

Each of these women had a menstrual cycle and in most cases a long and complex story of menstruation, fertility or infertility, pregnancy, birth, breastfeeding, mothering, menopause, joy and loss, struggle and peace. Many of their experiences were to do with the sheer physicality of life in a female body, and many more were to do with the cultural and historical impacts of their time.

On your next three outbreaths send a wave of your own loving feeling to your foremothers. This may be compassion, joy, equanimity, peace.

Farewell your foremothers and come back to presence in your body, here and now. You may like to shake out your limbs and body, to make a sound, to stretch, before coming back to centre.

Now, imagine before you your own daughter, and the generations that will spring from her into the future. These may be your blood relatives, the children of your children, or they may be those future generations who are especially supported, mothered and loved by your descendants. Imagine ten generations flowing from you, to your daughter and beyond.

On your next three outbreaths send a wave of your own loving feeling to your descendants. This may be compassion, joy, equanimity, peace or gratitude.

On your next three outbreaths send a wave of your intention for them to your descendants. You may frame this as a blessing such as, 'May you ...', or 'Wishing you ...'.

On your next in breath come back to presence in your body, here and now. You may like to shake out your limbs and body, to make a sound, to stretch, before coming back to centre.

When you're ready open your eyes. You may like to take a moment to note down your experiences.'

There are any number of variations on this exercise. You can:

- Make it shorter if time is limited
- Place more emphasis on 'the red thread', the womb connection between generations of birth foremothers and birth afterdaughters
- Place more emphasis on healing menstrual shame, and consciously promoting menstrual wellbeing
- Change the emphasis to forefathers, or both foremothers and forefathers (probably not for CDG, but for other purposes).

Caution: use this process with care. It may be triggering for adoptee family members.

Thank you Emily Stewart for creating and sharing this beautiful process with us.



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