

Intergenerational Healing Ceremony

The more I learned about the quantum effect healing work has on future and past generations in our bloodline, the more I knew I was taking one for the team when it comes to the healing patterns of alcoholism and addiction.

I knew I needed to do some deep work and so I sought the support of another powerful medicine woman, Susannah Ravenswing. Susannah is a shaman in the Northern Tradition. Check out her amazing work here: <http://www.susannahravenswing.com>

In keeping with her Germanic tradition of ancestral healing, she gave me my assignments to prepare for the ceremony. I was told to find a rock that represents the family issue I was focusing on healing. For me personally, the issue I was requesting support for was generations of alcoholism and continued alcohol abuse on both sides of my family.

I found a large river rock that represented the weight I felt from carrying around these karmic burdens. The rock was beautiful and burdensome at the same time, the same way karmic family ties can feel. Susannah also requested I find organic cotton dyed in many colors and bring the cotton thread to the ceremony.

My next assignment was to write letters to everyone who was linked to healing my relationship with alcohol. I poured my heart out to my father, my grandfathers, my brother and cousins. The letters seemed to write themselves as my tears poured on to the pages. This action step took time and focus and reminded me what ritual and ceremony are for. Shamanic acts of power make us step out of our normal patterns and habitual behavior. We are called to action and shook awake by the physical steps we take in ceremony.

Susannah told me to wrap my letters around the river rock and then wrap the cotton string around the letters and rock, completely covering the stone with the cotton thread. I took my time with this, praying and singing over the rock and the letters. She said when I had almost completely used up the string to leave a little open tail of cotton thread untied. Below is a picture of my ritual object upon completion.

These action steps are usually uncomfortable because spiritual growth pushes us out of stagnation and makes us look at things honestly.

Expanding Sacred



The stone and the cotton thread held so many years of emotions and experiences. I put my heart into creating this and I was ready to release the heaviness and the karmic ties that bind.

My dear friend decided she would join me and work on healing her own family lineage in this ceremony as well. We chose the powerful time of the Summer Solstice to do this important work.

Generational healing can be done for many different issues, not just addiction. We can make a huge difference for our family lineage when we break patterns of abuse, poverty, racism and so much more.

I was such a party girl in my early days, everyone loved it when I was drinking with them. I didn't realize how I shapeshifted to meet their energetic state and how substance helped me to not feel the emotions of so many around me. My family had always bonded and celebrated over alcohol-it was our "fun". This made the lines between wellness and good times with family blurry for me in my younger years. Addiction had landed my father in jail, squandered his fortune and ruined his health. Thankfully, my father enjoyed his last seven years in sobriety but he was just one in a long lineage of family members who suffered from alcohol addiction.

Expanding Sacred

Our ceremony on the Solstice was powerful. It was so comforting to fully place myself in Susannah's loving care and embrace her traditions. I highly recommend participating in ceremonies with medicine people who embody traditions that are different from your lineage and training. This will refine your awareness of cross-cultural shamanism and enhance your own skills. Above and beyond the education you receive from participating in ceremonies with competent medicine men and women, there is an important aspect of receiving support and allowing someone else to hold space for you. This is essential for your health if you are doing shamanic work.

I loved observing how she calls in the Four Directions and how she sings and chants. We made sacred offerings of flowers and berries to the nature spirits. She had me hold my rock as she wrapped the open end of my string to a tree. She literally tied me to a tree to represent the karmic ties and burdens I had been carrying for my family. Then, she empowered me by offering me a knife to cut myself away from the ties that bind.

This ritual act was so liberating and impactful for my subconscious mind. When I had freed myself from the tree, she invited me to throw my burdensome stone into the river. I gave it a great heave and a scream as it landed in a deep part of the water.

We gave flowers and berries to the river spirits, sang songs and gave prayers of thanksgiving for all the good healing work that had been done. This ceremony was a catalyst, a spark of something new for my family. These action steps set something in motion that would take a few years to manifest change. Ceremony is not a "one and done" kind of act. Ritual implements a change and then that change must ripple out and create new imprints. Patience is key when it comes to ceremony and desired effect. It might take many years before you start to see a difference when you work on intergenerational healing. Remember, you are introducing a new pattern and there are ancient imprints of dysfunction that must be cleared. Be patient with yourself and your family. Put love at the forefront.

No matter how much training and spiritual work we do, even the most advanced healers and shamans need someone to hold space for them from time to time. This is a human necessity and it is very overlooked in the spiritual healing community.

Check in with yourself often and ask if you need someone to hold you so you can go deeply into your own process. If you have been holding space for others a lot, find a medicine healer to be your well, your source of strength and refreshment. There is no competition when it comes to shamanic practice. If you ever feel competitive with another healer, you have lost your way. Come back to your heart and put your ego in check.

Never be too proud to sit in someone else's circle and partake of their medicine. Your life will be rich when you know how to fully receive and be humble. We have so much to learn from one another and so much to gain from each person's unique healing gifts. The world is ours if we just wake up to our own abundance.

If you feel called to do an intergenerational ancestral healing ceremony, do not embark on this by yourself. Call out for the right shaman to help you and they will show up.