



American Cancer Society Circle Of LifeSM
Cancer Education and Wellness for American Indian and Alaska Native Communities

Ancestral Visualization Activity

All your direct ancestors standing on your left, in a line, starting with your father (or mother), your grandfather, your great-grandfather, etc.

All your future direct descendants standing on your right, starting with your son (or daughter), grandson, etc.

These two lines stretch out over the horizon. Imagine being able to send messages up and down the line.

What would you say? What would you ask?