

Honoring the Excluded

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Opening:
“You’re one of us”



If someone is excluded,
the family or system is out
of balance.

Someone else pays the
prices.

We need to see the
excluded person or
persons in order to restore
balance to the system.



Meditate and think of an excluded person in your family line.

Write the person's name on a piece of paper, and put it at the front of the room.



Break into twos.
Take turns
representing the
excluded one for your
partner.
No names yet.



Pick up a piece of
paper, read it aloud.
Author stands up.
Group says “I see you”
one by one to the
author.



Meditate on
cultural/planetary/ecological
topics not properly addressed
Write down on a piece of
paper.



Papers picked up one by one. Group says “I see you”.



Closing: “I receive the love of my ancestors, especially the love the (excluded person) and I carry it with me into the future.”

