

Cherry Blossom

As a child growing up in Soviet Kyrgyzstan I had to know my 7 forefathers by their names. If you are wondering why fathers? I had the same question as an adult and I will discuss it in another video dedicated to that topic.

I never ever understood why I had to know my 7 forefathers by their names. It made sense only when I was in Canada 30+ years later. I was at a mining conference in Saskatoon in 2013 when I heard an indigenous leader sharing her wisdom about our responsibility to take care of the places we live and grow for 7 generations after ourselves. I was very much surprised how the wisdom of people from different continents can be so similar. But I did not pay attention to this wisdom until later when I was at the depth of depression. I was desperate for meaning of my life. I was reading spiritual literature, watching youtubes when I heard the story of **Cherry Blossom Experiment**.

It is a scientific experiment on mice. A male mouse was exposed to a spray of the cherry blossom scent while being physically hurt. The mouse's experience was repeated a few times. Even after the physical pain has stopped it continued reacting as if it was hurt physically every time it was exposed to the cherry blossom scent.

A female mouse was inseminated. After a while the baby mice arrived. Baby mice had never been exposed to the physical pain associated with the cherry blossom spray. However, these baby mice reacted to the smell of the cherry blossom as if they were physically hurt. Scientists continued observing this family of mice until the baby mice grew up and had their own offspring. Even the grandchildren and great grandchildren of the original mouse keep reacting to the smell of cherry blossom as if they were being physically hurt. The stressful reaction to the smell continued all the way to the 7th generation of this mouse family.

When I heard this experiment I was amazed by the consistency between the scientific experiment, the wisdom of the Indigenous people of North America and the Kyrgyz people of Central Asia. An incredible insight came to me. 'I definitely carry the stresses, traumas and hurts of my ancestors all the way to the 7th generation.' I asked a lot of questions and learned my grandmothers and grandfathers lives. The knowledge brought me to the healing of fears I carried. I increased my compassion for myself and I am striving to understand and listen to others. If someone acts angry or unkind, I know he/she may be carrying unconscious stress, hurt and trauma from their ancestry or past experiences. Because of my healing, my interactions with others became a joyous and educational. My relationship with others is becoming an easy journey to contribute peace to whatever I decide to do.

Recently listening to Marci Shimoff, my mentor and model of feminine leadership, I heard even more inspiring and empowering wisdom. We can heal the pain, trauma and stress of our ancestries and halt the passing of certain fears to the future generations. It is an incredibly exciting responsibility and an amazing opportunity for all of us to heal the past, our future and ourselves.

If you are interested in my healing journey, sign up for my mailing list below and you will receive free videos of fear-healing exercises I am humbled to share with you.

See you there!