



GRAVA 90 Journey:

Ninety ways to experience the Healing Power of Gratitude, Recognition, Acknowledgement, Validation and Acceptance



RECOGNITION FOUR: WE ARE THE ONE

Many traditional societies of the world believe on the right side behind us stand all our male ancestors and on the left side behind us stand all our female ancestors, and they stand behind us saying, "Oh maybe *this one* will be the one to bring forward the good, true and beautiful, for all the past generations and all the generations to come. Maybe *this one* will be the one that will break the harmful family patterns or the harmful cultural patterns. Oh maybe *this one* will be the one." And we are the one. We are the one.

--Angeles Arrien

