

In order to be born, you needed:

- 2 parents
- 4 grandparents
- 8 great-grandparents
- 16 second great-grandparents
- 32 third great-grandparents
- 64 fourth great-grandparents
- 128 fifth great-grandparents
- 256 sixth great-grandparents
- 512 seventh great-grandparents
- 1,024 eighth great-grandparents
- 2,048 ninth great-grandparents

For you to be born today from 12 previous generations, you needed a total sum of 4,094 ancestors over the last 400 years.

Think for a moment – How many struggles? How many battles? How many difficulties? How much sadness? How much happiness? How many love stories? How many expressions of hope for the future? – did your ancestors have to undergo for you to exist in this present moment...

— Lyrical Zen

Storytelling in a small group or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to the next prompt and so forth. A person can pass.

- 1. Share what you experienced and/or learned about one of your grandparents or great-grandparents. What are some similarities and/or differences to how you live your life compared to how they lived their life?**
- 2. Talk about a struggle, battle, difficulty, sadness, happiness, love stories and/or expressions of hope for the future that has been experienced in your ancestor's life.**
- 3. What thoughts, feelings or memories arise when you read these words?**

Check out and download more like this at <https://lifesjourney.us/storytelling-in-small-groups-menu/>

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¹ <https://lyricalzen.com/ancestral-mathematics/>, (accessed June 4, 2024).