



Illustration by Martha Q. Lacy

The Wisdom of the Grandmothers

BY MARTHA Q. LACY, MD

DURING THE RECENT PERIOD of social distancing, I turned inward and used Reiki journey techniques to explore healing at a cellular level. My medical background and cellular biology help me translate insights gleaned in visionary states. Imagine my surprise when I discovered every cell in the body carries a direct link to ancient wisdom!

I journey to a group I know as a “Council of Grandmothers.” These women exist in the spirit world, and I connect energetically with them and access their wisdom through mitochondrial DNA. And you can, too. I will explain what mitochondrial DNA is, its cellular purpose, and how we inherit the energetic imprint of every female in our ancestry only through our mother. We can use Reiki to access the experiences and wisdom of the Grandmothers and receive insight on how to navigate current issues causing personal and societal stress. I include a Reiki meditation to help you connect.

My Reiki Journeying

I studied shamanism for a few years before I received Reiki attunement. I was already skilled in shamanic journey techniques, having trained with Foundation for Shamanic Studies, The Four Winds Society, Hank Wesselman, Light-Song School of 21st Century Shamanism and Energy Medicine, and online with Sandra Ingerman and many others.

Shamanism, an ancient form of healing based on the core belief that there is spirit in everything, relies on a meditation technique called journeying as shamanic practitioners access altered states of consciousness and enter non-ordinary realms of being. There they encounter spirit helpers to gain knowledge and skills that will promote healing.¹ Journeying relies on using sound, a drum or rattle, to shift brain wave frequencies and achieve expanded states of awareness.

My Reiki teacher, Colleen Benelli, taught me to access the journey state using the Distant Symbol, HSZSN, rather than a drumbeat, and to empower the journey state of consciousness with Reiki energy. She wrote about this technique in 2018, in *Reiki News Magazine* in articles entitled, “Reiki for Spiritual Guidance,” and “Reiki Journey Techniques.”² The addition of Reiki to my journeys has enabled me to access powerful insights.

My Journey to the “Council of Grandmothers”

I journey to a group of ancient grandmothers. They are sitting in a circle, each appearing to carry the wisdom of ages. I see kindness in their eyes. They speak to me with this message:

We have been waiting for you to discover us. We connect with you back to the dawn of pre-history, and we are always available. We live in every cell in your body, and you can access us through a particular part of your genetic material, your mitochondrial DNA.

There is an opportunity in the current shift in the planet’s consciousness. Humans are being called to rebalance our feminine energies. Use your intention to pick the right frequency. Every thought is energy seeking to become material. Your thoughts and words are more potent than you can imagine. Dwell in fear, and your fears will become a reality. Alternatively, dwell in the higher frequencies and create from there, and you will manifest health, peace, and resonate with nature.

The highest frequencies are gratitude and love. Develop the discipline to operate from these frequencies, and you will live in harmony with nature and all beings, including microbes and viruses. We can help you. Access us through the cells of your body. We live in your mitochondrial DNA. It carries the wisdom of the Grandmothers. We work by creating the vibrational field that supports love, gratitude, harmony, and wis-

dom. We carry the Divine Feminine because we pass on only through the maternal line. Therefore, every generation filters us through a feminine consciousness.

How were these women and I able to connect through my mitochondrial DNA? Let's look at some scientific facts about our genetics.

What is Mitochondrial DNA?

Deoxyribonucleic acid, or DNA, is the hereditary material in humans and almost all other organisms. Nearly every cell in a person's body has the same DNA. Most DNA is in the cell nucleus, where we call it nuclear DNA, but we find a small amount of DNA in the mitochondria, called mitochondrial DNA or mtDNA.³

We commonly think we humans get half our DNA from each parent, which is true of nuclear DNA—a child will inherit 50% of their nuclear DNA from the mother and the other 50% from their father. However, whether male or female, we all get a little extra maternal DNA. While the cell nucleus contains the vast majority of the DNA, a small, separate genome exists within the mitochondria, an organelle in the cell that serves as its powerhouse.

The mitochondria are cellular organelles within cells. The Human Genome Project estimated that humans have between 20,000 and 25,000 genes.⁴ In humans, the 16,569 base pairs of mitochondrial DNA encode for only 37 genes.⁵ So, if it only accounts for a tiny fraction of our total DNA, why is mitochondrial DNA important?

What Is the Purpose of Mitochondrial DNA in the Cells?

Scientists are still learning about all the properties of mitochondrial DNA, but there are at least two critical functions. First, the mitochondria, the powerhouse of the cells, make the fuel that cells require by converting chemical energy from food into a form that cells can use, called adenosine triphosphate (ATP).⁶ Some genes encoded by the mtDNA are necessary to produce the enzymes for the conversion of adenosine diphosphate (ADP), an important organic compound in metabolism, to ATP, making mtDNA essential in the production of cellular fuel.

Second, is that mtDNA is maternally inherited; males and females inherit a copy of mtDNA from their mother. While nuclear DNA is inherited equally from both parents,

a mtDNA copy passes down entirely unchanged, through the maternal line. Males cannot pass their mtDNA to their offspring, although they inherit a copy from their mother.⁷

How is Mitochondrial DNA Inherited?

In humans and other mammals, mitochondrial DNA is inherited from the mother's ovum. Since the father's mtDNA is located in the mitochondrial sheath of the sperm, which is lost at fertilization, mitochondrial DNA is inherited completely from the mother.⁸ This detail allows genealogical researchers to trace maternal lineage far back in time. Therefore, whether you are male or female, your mitochondrial DNA has been filtered exclusively through feminine consciousness and carries the energetic imprint of every female in your ancestry.

The Divine Feminine and Mitochondrial DNA

When we say that each cell has a direct link to the divine feminine, this thought is not a reference to physiologic gender; instead, it is about feminine spiritual energy. All humans, male and female, resonate with both masculine and feminine energies. Feminine energy roots in the earth and is about being fully embodied. When we serve the feminine, we connect to Earth and the wisdom of the Grandmothers, engaging the ancestral knowledge that dwells in each of us in our DNA. Mitochondrial DNA connects us to this knowledge, carried through the maternal line back to our primordial roots.

Every individual embodies both masculine and feminine principles. Current culture has lost its balance and has become disconnected from Earth. Our society places a premium on qualities considered masculine: independence, strength, courage, and assertiveness. So-called "feminine" traits are not as highly rewarded: collaboration, nurturing, and intuition.

Rediscovering the divine feminine calls us to look at the "hero's journey" with a fresh perspective. In the hero myth narrative, a hero ventures forth from the world of common day into a region of supernatural wonder, fabulous forces are encountered, and a decisive victory is won. The hero comes back from this mysterious adventure with the power to bestow benefits on his fellow man.⁹ The hero, off on his adventures, fascinates our culture. While he is exploring, how many have thought about the mothers, wives, sisters, and daughters left to tend the home fires? The feminine hero understands that life involves challenges and cycles: births, deaths, and the messy middle.

The masculine model of the hero is an arrow pointing towards adventure, courage, and self-reliance. The feminine model is a spiral, with each turn of the cycle bringing creativity, community, wisdom, and resilience. Both paradigms are necessary. When they come together, the result is the power symbol, CKR. I believe it is no accident that mitochondrial DNA is located in the same organelle that serves as the powerhouse of the cell. Located close to the fuel of the physical body, the Grandmothers can help us manifest our birthrights.

The wisdom of the Grandmothers also teaches us to claim our authority. Each of us carries a direct link to ancestral knowledge, so we each can reveal the gifts and talents given us by our lineage. They remind us that each of us is the author of our own experience. We cannot always choose our life circumstances, but we always choose our response to those circumstances. We can respond with fear, or we can respond with gratitude. Many have voiced that the recent pandemic is an opportunity for humanity to re-invent our relationship with Earth and each other. We can

choose the frequencies of love, gratitude, and harmony. The Grandmothers remind us this takes discipline. Fortunately, they have also gifted us with strength and perseverance so we can develop this discipline.

How Can You Use Reiki to Access the Wisdom of the Grandmothers?

The Grandmothers can benefit us in a threefold process. First, connection with them using HSZSN and SHK allows a direct link to recalling and healing the cellular memory of ancestral wounds. Second, the healing occurs not only for yourself, but for all in your lineage: self, ancestors, and descendants through time. Once healed, these wounds become a source of strength and resilience. Finally, the genuine treasure of the Grandmothers goes beyond healing. They teach each of us how to find our best selves. They reveal the hidden strength, skills, talents, and reservoirs of creativity stored in our cellular memory. They empower us to learn, grow, and live to our highest potential. They help to access higher frequencies and manifest our dreams.

Meditation for the Wisdom of the Grandmothers

1. Create a sacred space where you can focus on your journey inward. Consider lighting a candle, sage, or incense, and play music that speaks to your soul.
2. Sit quietly in a comfortable position. Place your hands in Gassho. Concentrate on the space between your hands until you feel Reiki begins to flow. Then put your hands comfortably on your body.
3. Concentrate on the Usui symbols or the Holy Fire® symbol. Ask for the symbols to empower your full and authentic self to be available.
4. Call in the distance symbol. Visualize it, becoming a bridge of light, leading you inward into your cells.
5. Set the intention that you would like to travel inward to draw on the wisdom of your ancestors in your cellular memory. Drop into your body until you see yourself as your individual cells. Ask to meet with the Grandmothers carried in your mitochondrial DNA. Notice what you see, hear, know, or feel. The knowledge arrives differently for different people; so, do not be discouraged if it does not show up the way you are expecting. Trust Reiki and trust your cellular memory. Hold the intention and create space for the process to unfold.

If you are not familiar with journeying as a meditation technique, you may want to repeat this process daily for a few days until you trust that you are receiving the needed information. This is a skill you can learn and strengthen with practice. ■

I discovered this link to the Grandmothers during the COVID-19 pandemic. I repeatedly journeyed inward, into my cells, to ask them for advice. On one such journey, I found myself in a circle across from my maternal grandmother, Rose. Grandma was an Army nurse in World War I and served in France. The Spanish Flu was the last great pandemic, and it was raging at the end of WWI. I asked, “How did you get through the great flu, and what advice do you have for me?” Grandma looked at me and said, “Faith. I knew I had not yet finished my life’s work. I chose the best version of myself, and I saw the best version of those around me. Young men were coming in sick and wounded. I knew they needed me. I never wavered from the belief that I would be fine. I knew I could get the flu and die, but I never let my heart believe it. Made of sturdy stock, you just need to believe it and create your life from that belief. Know that you are wise and resilient, full of compassion, and resourcefulness.” You, too, can tap into this knowledge. We have grandmothers who lived through the Spanish flu, and we also have ancestors who have lived through countless other plagues and disasters.

It is also a time for us, as a society, to grapple with our history of racial injustice and disparities. We are being called to return to feminine energy, the energy of inclusiveness. When I journeyed on this issue, I was greeted by a Grandmother who lived through the Irish Potato Famine. “Our story is different, but we share themes with people in your country. We were persecuted for who we were. We learned resilience and tenacity. This time is a transformational time. You have the opportunity to reinvent the culture, to find unity, and to re-enfranchise those who are exiled. The Grandmothers remind you to look to the rainbow, honor all the colors, and align to the beauty way. We invite you to listen, share, recalibrate your hearts, and create a new vision for humanity.”

The DNA in our cells connects us directly to our ancestry back to primordial times. We all have ancestors who have faced injustice and prejudice, and when we find them we discover a rich font of strength and wisdom. We find courage and grace in facing tribulations. We discover how healing our cellular memory can transform terrible injustice into the frequency of divine justice. The Grandmothers can help us see and build a fair society based on love, respect, and kindness for all. They tell us the first step is listening, and the second is visioning, and the third is

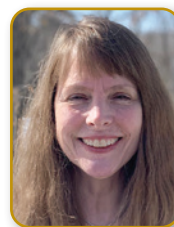
manifesting. Each Grandmother who lived through those trying times can reveal a wealth of gifts, talents, and skills she added to your lineage. Your very cells have the knowledge embedded, so she can help heal the trauma and reveal the empowered self.

The year 2020 is also a time to face our relationship with our planet. The Grandmothers store the wisdom to heal the wounds we have inflicted on the Earth. We all have ancestors who knew how to live in balance and harmony with Earth. Deep in our cells, we have access to creativity and ingenuity to solve climate change, pollution, and blight. We know in our bones how to honor our Mother Earth. We merely need to learn to listen, and the listening starts from within.

I have found that accessing journeys with the help of Reiki allows me to tune into higher frequencies and empowers my journeys for greater clarity and guidance. I can access guidance quickly on the fly when I invoke Reiki. You can also adapt this technique to access wisdom from all your ancestors coded in nuclear DNA, not just your maternal line. I found it easier to connect with the mitochondrial DNA because we critically need the feminine energy at this time in our human development. I have included a meditation to help you connect, “Meditation for the Wisdom of the Grandmothers,” on page 45.

During these tumultuous times, it is more important than ever to use all the tools available for spiritual guidance. Through understanding cellular biology, we can trust Reiki and our cellular memory to help us meet with the Grandmothers carried in our mitochondrial DNA. Then we can access their experiences and wisdom to help us during these extraordinary times. The Grandmothers have been waiting for us. ✨

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Endnotes

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