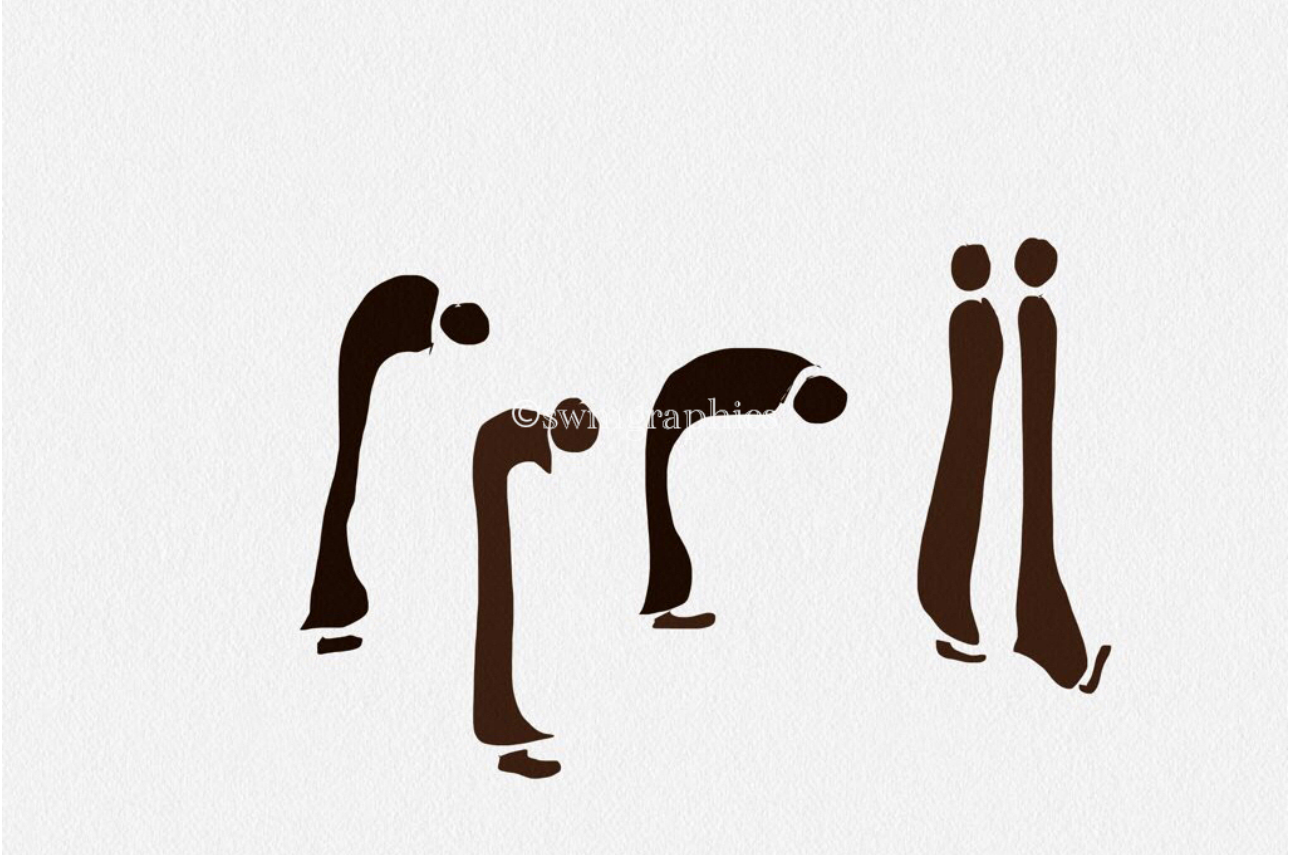


The Ancestral Call Retreat 2024



10 day Retreat Johannesburg 8th-17th November 2024
The Ancestral Call - Journey into African Traditional Healing

OVERVIEW:

We will meet together in South Africa between 8th-17 November 2024 to participate in the first Ancestral Call Healing Retreat, where we will immerse ourselves in generational and ancestral learning. Our intention is to create a gathering for the African Diaspora and communities of colour who are interested in exploring therapeutic work informed by African traditional healing, with a focus on South African Sangoma traditions.

The gathering has been created to uncover the link between the Western development of the Family Constellations method and African Ancestral traditions that are found within the process. There are connections between the movements and embodied process of a constellation and the ancestral lineage work of a Sangoma healer. Although these are separate therapeutic traditions they follow a parallel process and there is a cross over in philosophy and intention behind the development of the Ancestral Constellations approach.

During the retreat we will weave together constellations sessions and African Traditional Healing, from a Sangoma perspective. You will learn from a healer, Sangoma and teacher (Mkhulu) with over 25 years of experience in the field.

- There will be ancestral constellation sessions where we step into the transgenerational energy that is in our ancestral line and learn to work with the movements that emerge.
- We will connect with spirit at a deeper level, exploring both the visible world of family and the invisible world of the ancestors.
- You will explore the practice of Southern African traditional healing, through the ritual of 'throwing the bones' and experiencing the rituals that are prescribed.
- We will dance together in a journey towards a new framing of this work in a Diaspora context of Black and Brown Transgenerational life.

The Personal Element of the retreat will be through personal transgenerational consultations and its application for supporting your ancestral family line.

The Ancestral Element will be experiencing healing rituals as prescribed by a senior African traditional healer and Sangoma.

The schedule will include.....

Constellation Circles

There will be several constellation circles - these sessions will be used to process material and use constellations to explore family and personal issues

Ancestral Gatherings

There will be gatherings with a Sangoma Healer and teacher (Mkhulu) on different aspects of traditional healing and its application to health and personal development

Cultural Excursions

There will be several excursions throughout the week to deepen learning about the social and cultural context for traditional healing in an African context.

OBJECTIVES:

The main objective of the retreat is to explore at a deep level, the ancestral family field of Diaspora rooted people. The intention is to uncover, clear and cleanse 'negative energy' patterns within the family system that are creating discord and disharmony in current generations. Through a series of constellations workshops and ancestral learning circles, it is anticipated that participants will leave the week with a clearer understanding about their transgenerational family line. And the strengths within the family system that can support healing and emotional wellbeing. This immersion into ancestral learning in a healing retreat context is focused on.....

- o Remembering
- o Reconnecting
- o Recovering
- o Reclaiming

Traditions, cultural knowledge and traditional healing approaches that can support family and community life and reframe difficult relationship patterns in our ancestral lineage.

It is a retreat with a deep ancestral call! Many of us are being called to become New Age Griots, to become the family wisdom keepers and to learn ways to support our lineage, past, present and future. We also aim to fill a gap in learning, left out of many therapeutic trainings that allows.....

1. Access to the indigenous wisdom that is deep within the systemic constellations method
2. Brings our bodies, minds and spirits to the earthly wisdom that is the soil of Africa
3. Connects us to the history of South Africa and the liberation struggle as an act of libation
4. Deepens learning about the place of healing rituals in transgenerational therapeutic work

The 10 day retreat will include:

- o Pre-Retreat - Online gathering to create community
- o Accommodation for 9 nights
- o Ancestral Constellation gatherings
- o Ancestral Learning circles
- o Cultural Excursions
- o Post-Retreat -Online gathering to integrate the learning
- o Optional: Consultation with a traditional initiated Sangoma to interpret your family lineage

TESTIMONIAL:

“How do you know how to do that, I am in awe of how you facilitate, I know that I am listening to the whispers of my ancestors, following my deep intuition and using the gifts that have been given to me from my transgenerational lineage.”

Participant at an Ancestral Constellations Gathering

Sonya Welch-Moring (aka Makhosi Nyoni) - April 2024