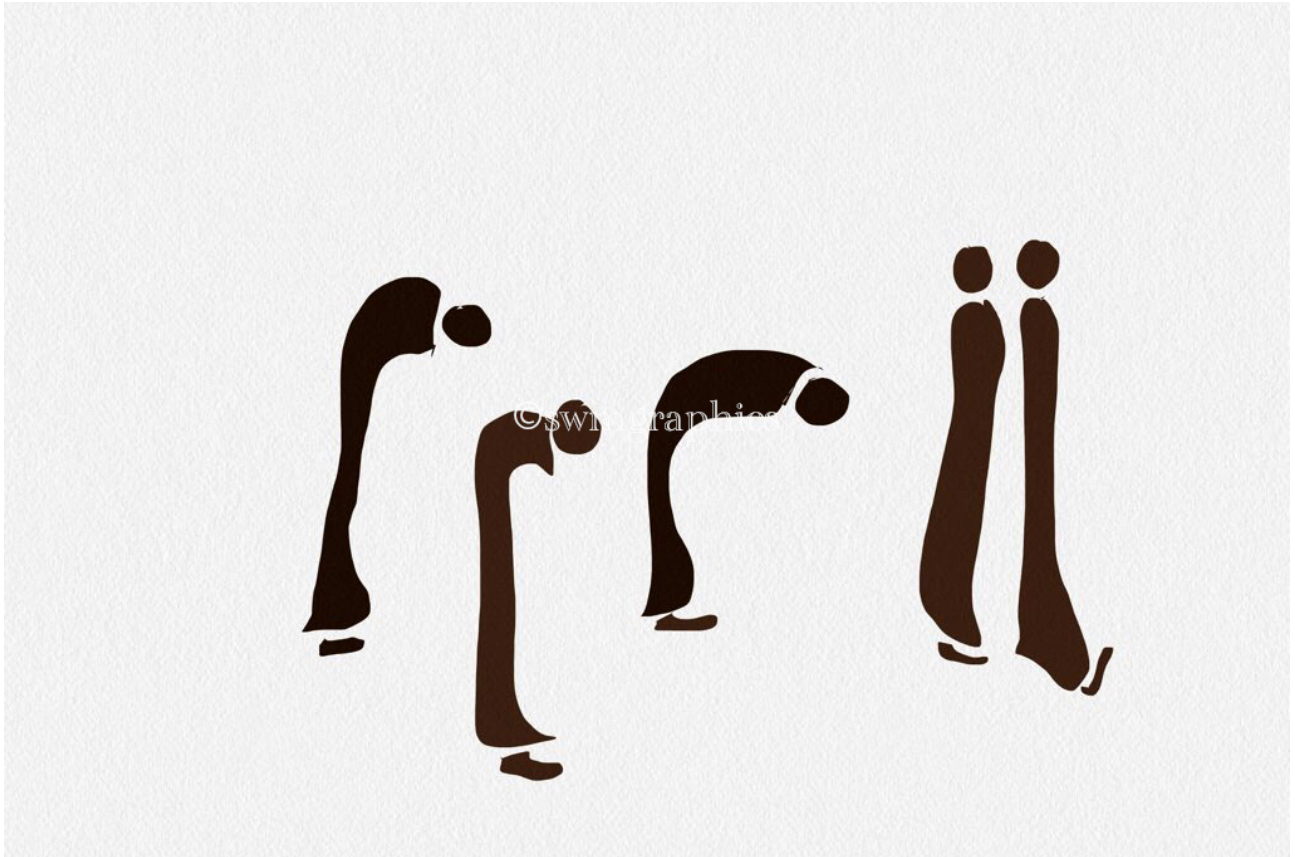




The Ancestral Call Retreat 2024



10 day Retreat Johannesburg 8th-17th November 2024
Integrating Systemic Constellations and 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 bring together women from the African Diaspora and communities of colour who are interested in exploring therapeutic work from the wider perspective of systemic Constellations and African traditional healing, with a focus on South African Sangoma traditions.

The gathering has been created to uncover and create links between the Western development of Family Constellations and the African Ancestral traditions that are found within the process. There are connections between the movements and embodied process of a constellations facilitator 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 family constellations sessions with an introduction to the theory and practice of Sangoma healing from a traditional 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 learn about the connection between the systemic constellations method developed in Europe and the wider cosmic lineage of Southern African traditional healing.
- 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 constellations and 1:1 Transgenerational consultations with a senior African traditional healer and Sangoma.

The Practice Element will be learning about transgenerational healing and its application to Diaspora transgenerational family life.

The Professional Element will consist of a series of masterclasses on themes relevant to professional practice.

The schedule will include.....

Constellation Circles

There will be several constellation learning circles - sessions where we will work as a larger community and in pairs and small groups learning about the method.

Masterclasses

There will be several Masterclasses from a Sangoma Healer and teacher (Mkhulu) on different aspects of traditional healing and its application to health, social care and community.

Cultural Excursions

There will be several excursions throughout the week to deepen learning about the social and cultural context for therapeutic practice 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