

The Ancestors Are Waiting



A Workshop in Sacred Rhythm, Song & Dance

October 15 -17, 2010
The RoundHouse
Colrain, MA

THE WAY OF THE SANGOMA
*Blessing our Ancestors and Nature
through rhythm, song and dance*

Sangomas receive guidance (through dreams and trance) from ancestors in the spirit world in order to heal and guide the community. In this weekend workshop, senior Sangoma John Lockley will guide us on an ancient path, an ancient lineage in one of the oldest tribes in the world. It is a path of connection ... to the Ancestors, to Nature, to the Divine, to ourselves and to each other.

We will take a journey towards the ancestral world using Sacred Sangoma Ingomas (trance songs and rhythms), a heartbeat meditation as a way to connect with ourselves and with nature, dream work to help us better understand and interpret our dreams, as well as a blessing and purification ceremony using medicinal plants.



John will be available for private sessions after the end of the workshop on Sunday and Monday.

For more information, go to <http://www.african-shaman.com>

John Lockley is a senior shaman in the Xhosa lineage of South Africa. South African shamans are known as Sangomas, meaning seers, dreamers or prophets – they are the traditional healers of Africa.

Following a prophetic dream calling, John suffered from the thwasa, a severe period of ill-health that is inherent in all ancient shamanic cultures. Through many difficulties, he served a 10-year apprenticeship with Mum Gwevu, a well-known Sangoma medicine woman in one of the poorest townships in South Africa. John is one of the first white men in recent history to become a fully initiated Xhosa Sangoma.

John's initiated name, Ucingolwendaba, means messenger or connector between people and cultures, reflecting the bridge his work creates between the cultures and teachings of his African, English and Irish ancestral lineages. John is based in South Africa, although his work takes him around Europe and the US.



Registration Information:

\$330 includes: sleeping accommodations for Friday and Saturday nights at the beautiful RoundHouse in Colrain, MA; six delicious meals (Friday night dinner through Sunday lunch); retreat and teacher fees. A \$100 non refundable/non transferable deposit is required to hold your space. The remainder of the tuition is due by August 15, 2010. To register, please contact Julie Bete at (802) 251-0552 or juliebeet@comcast.net