



Wisdom Keeper Weekends at Blue Deer Center



JOHN LOCKLEY-SANGOMA : OCT 30-NOV 1, 2009

'UBUNTU' - EVERY PART FORMS THE WHOLE, EVERY PERSON FORMS THE COMMUNITY



JOHN LOCKLEY is a Shaman in the Xhosa lineage of South Africa—the tribe that gave us Nelson Mandela and Desmond Tutu. John is based in South Africa, though his work takes him around Europe and the U.K.

Shamans receive their guidance through dreams and trance from ancestors in the spirit world. South African Shamans are known as Sangomas, meaning seers, dreamers or prophets - they are the traditional healers of Africa. John served a 10-year apprenticeship with Mum Gwevu, a well-known Sangoma medicine woman in the impoverished, post-apartheid townships of the Eastern Cape. He has trained in three traditions: African Shamanism, Yoga and Zen Buddhism, and also holds an honours degree in Clinical Psychology. His initiated name *Ucingolwendaba*, means messenger or connector between people and cultures, reflecting the blend of cultures and teachings that he represents and honouring his African, English and Irish ancestral lineages.

An evening around the Fire with John Lockley

Friday, October 30, 7-9pm, cost \$10

John Lockley was born and raised in South Africa. His work as an African sangoma of the Xhosa tradition has lead him to share the wisdom of his native land through workshops in Great Britain and now the United States. The evening offers a firsthand glimpse at the deep and rich Xhosa way of viewing your life, your experience and your path. You will participant in ancient song and rhythm as you are transported in a Xhosa ceremony of introduction.

Ubuntu Workshop

Saturday, October 31, 9am-6pm, cost \$50

Ubuntu means humanity. The workshop will involve transmitting the ancient Xhosa teachings of 'Ubuntu Ubunzulu' which means the depth of humanity. Each person is seen as being inextricably connected to one another and a person's humanity is judged by the quality of their interaction with other people.

In this workshop the sangoma calls on the 'the Great Spirit' and all ancestral spirits to help teach the people. The sangoma will also call on the ancestors of each participant to assist with the learning and through this each participant receives a blessing as they enter the workshop space.

The job of the sangoma is to open the way for the individual and larger community and to help people in removing obstacles and negativity and in so doing helping them to realise their destinies in this world and the next.

The Ubuntu workshops involve taking people on a journey towards the ancestral world using songs, rhythms, trance dancing, storytelling, prayer, dream work as well as a blessing ceremony using medicinal plants. The sangoma becomes a messenger or a bridge between people and/ or cultures. They channel the ancestors using the ancient tool of storytelling to explain certain spiritual/ancestral ideas, thereby showing people how to connect with their ancestors, spirit guides, nature, Great Spirit, themselves and each other.

Sangoma means 'people of the song.' Rhythm and song are seen as central tools in bringing people closer to the ancestral world, therefore the workshop will involve participation in both as well as herbal medicine with the intention to help facilitate peoples' journey towards their ancestors. The Xhosa believe that dreams offer very strong guidance from the ancestors; therefore there will also be a focus on dreamtime with some time spent on dream interpretation so the participant may gain a more complete understanding of guidance that has been received.

Individual Sessions

John will be available for individual sessions on Sunday, Nov 1 (\$100).

Register on-line by visiting our website: www.bluedeer.org/calendar.

Overnight accommodations are available at the Blue Deer Center.

For more information, please contact Linda Felch: lindafelch@bluedeer.org.



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