



Ubuntu Newsletter September 2009

In This Issue

[Xhosa Sangoma songs on Myspace](#)

[In the news](#)

[One-to-One Sessions](#)

[UK Ubuntu Community Monthly Gathering](#)

[Heartbeat Meditation CD almost ready](#)

[Upcoming workshops and events](#)



Quick Links

www.african-shaman.com

www.myspace.com/sangoashamanism

<http://www.bbc.co.uk/programmes/b00mdy13>

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Dear Ubuntu friends

Welcome to my first newsletter. I will be keeping Ubuntu friends informed of recent developments & upcoming workshops.

It's an exciting time for me as I have just been a guest on **Radio 4, BBC, Saturday Live programme**. To listen please click on the link on the Left and choose the programme from the 5th September.

I just completed a special Southern African Blessing ceremony at the Abbey in Sutton Courtenay (Fri 4th September) with Linos Wangara Magaya & Tim Dziva Lloyd on the Mbira. It was a very powerful and enjoyable evening filled with music, dance & ceremony. Please click on my web site to view photographs.

Please have a look at the latest upcoming workshops in particular **The Healing Retreat** (25 Sep), and **Ancestral Celebration/ Kraal Closure** (2nd Oct) at Pip Waller's home, Hafotty Gelynen. Many of you have experienced the profound and life changing benefits from these Introductory Ubuntu Workshops at Hafotty Gelynen, and we hope to see you again to celebrate the **final** kraal weekend.

For those of you who don't know, the 'Kraal' is an ancient ancestral space/doorway which we use in the Xhosa way to communicate with our ancestors.

I will be attending the 2009 UK Shamanic conference in Dorset, Gaunts house this week from Thursday 10th - 13th September where I will be leading the conference in the Sacred Xentsa - Xhosa Dance of the Ancestors.

I will be doing a tour of the United States from 13/14 October for 3 weeks. Please see workshops below for more information.

My trip home to South Africa is scheduled for the 9th December for 3 months and I will be returning to the UK around the 1st week of April 2010.

This is an extremely exciting and positive time for me and the Ubuntu UK community as we rediscover connecting to

the old ways and our ancestors through using sacred Xhosa techniques. Many of you have reported wonderful ancestral dreams and life-changing experiences. To continue this process I will be arranging a special Ancestral re-connection weekend at Stonehenge & Avebury next year.

The more we come together in community, and honour & praise our ancestors and one another the more we can **realise 'Ubuntu', our humanity**. In so doing we are able to move closer to our own destinies, and thereby bring more light into our world.

This is a new email system if you receive this email twice please let us know. If you do not wish to receive these newsletters, you can unsubscribe from the mailing list using the links at the bottom.

Xhosa Sangoma songs on Myspace

John released a triple album of 3 cd's containing Sacred Sangoma songs known as 'Ingoma's'. The title of the Album is 'Ubuntu Ubunzulu' - The depth of Humanity. His intention behind this is to give a portion of the sale of these cds back to the sangoma trainees who helped him work on it, and thereby assisting them with further Sangoma training.



These cds are extremely sacred as the songs & rhythms contained within them are hundreds of years old. Some sample tracks are available on My Space. Follow the link on the left.

They are available to buy for anyone who has attended a minimum of a one day workshop. The album containing 3 cds is a special price of £45.

If you have completed an 'Ubuntu' workshop and you would like an album please email john@african-shaman.com.

In the news

Ancestral Shaman from the Xhosa tribe in South Africa live on Radio 4, BBC 5th September, Saturday Live Show. www.bbc.co.uk/podcasts/series/satlive/

One-to-One Sessions

I am working from a lovely new healing centre in Abingdon, 20mins from Oxford, called 'The Natural Healing Centre.

If you would like an individual divination session with me please email john@african-shaman.com, or phone me on

0782-614-4746. I charge £70 for a one hour session, but I am open to giving concessions to people who have worked with me before.

UK Ubuntu Community Monthly Gatherings

Caroline will be organizing monthly 'Ubuntu' gatherings once John goes. The first one will be in **January 2010**, date to be arranged. The gatherings will involve a day of singing, dancing, rhythm work, dream work, meditating, and just being together in community.

If you would like more information about this and you would like to be involved please contact Caroline on 07545393629, llewcnwningen@hotmail.com

Heartbeat Meditation CDs almost ready



New copies of my Heart Beat Meditation CD are almost ready, and cost £15.

I recommend using this as a way of helping to establish and deepen your daily practice of stillness.

If you would like to buy one, contact me directly via email on: john@african-shaman.com

Upcoming workshops and events



2009

September

Friday 18th - Monday 21st September

Songs and Dream Work

Collingwood House, Hawkhurst, Kent

Friday 18th - Evening Blessing & Sacred Sound Journey.

£20, 8pm to 10pm.

Saturday 19th - Workshop Songs and Dream Work. £75,
10am to 5pm.
Sunday 20th & Monday 21st - Private Appointments
Healing or Divination. £70.

Bookings: Call Ann Pattihis on 01580 753993, or
078100 43937, email Mpattihis@aol.com

Friday 25th - Sunday 27th September

Ubuntu Healing Retreat

Hafotty Gelynen, near Corwen, North Wales

A time to relax, re-energise & re-clarify your life path. This
retreat will provide time to re-connect with yourself &
nature, as well as:

- meditation,
- cleansing herbal treatments,
- Individual consultation with Sangoma

Energy Exchange: £200 - Includes accomodation,
wonderful home cooked meals & Shamanic
instruction. Participants will also have an opportunity to go
for wonderful walks in the Welsh countryside.
The group size will be kept small, so please book early to
avoid dissatisfaction!

Bookings: Call Caroline on 0754-539-3629, email
llewcnwningen@hotmail.com.

October

Friday 2nd-Sunday 4th October

Ancestral Celebration - Kraal Closure

Hafotty Gelynen, near Corwen, North Wales

This is our last chance to gather on this beautiful land. The
weekend will include powerful ceremonial work.

£200, including meals and accommodation.

Bookings: Contact Caroline on 07545 393629,
llewcnwningen@hotmail.com.

www.thedreamingbutterfly.com.

U.S.A TOUR

October 16/17th Ashville followed by Pennsylvania.

For more information please contact Jeff Baker.

jbaker51@charter.net

October 30 - November 1

Blue Deer Centre, Margaretville, New York

'Wisdom Keeper weekend with John Lockley - Sangoma

<http://www.bluedeer.org/index.html>

November

London

Saturday 28th November - one day 'Ubuntu' Workshop.

Sunday 29th November - private consultations with Sangoma.

For more information please contact Sally Turner,
sallyturnerpr@googlemail.com.

December

Friday 4th - Sunday 6th December

Ubuntu Shamanic Practitioners workshop

Hafotty Gelynen, near Corwen, North Wales

A level 3 Ubuntu Workshop for experienced shamanic practitioners including students from this years Ubuntu Shamanic practitioners course.

Cost: £200 including accomodation, vegetarian food, and Sangoma instruction.

Bookings: Call Caroline on 0754-539-3629, email
llecwningen@hotmail.com

Wednesday 9th December

John returns to South Africa!

April 2010

John returns to UK!

Stonehenge & Avebury

"Ancestral reconnection retreat"

This will be a 3 day workshop aimed at reconnecting more strongly to our celtic, anglo-saxon ancestors. We will be going to the inner-circle of Stonehenge where we will be doing sacred ceremony.

Dates to be decided, possibly one of the last weekends of April. Places will be limited so if you think this workshop is definately for you then please let Clint know. Clint can be contacted on chousel@aol.com.

May

Saturday 29th May - Sunday 6th June

7 day UBUNTU healing retreat

Cleansing our Ancestral Lineages

Penquoit Centre, Kilgetty, Pembrokeshire

This will be a full weeklong retreat on a beautiful 300 acre organic farm, allowing us time and space to go deeper in a gentle and safe way. Being together for a whole week

gives us time and space to come together joyfully as community. To include:

- Stillness and meditation
- Shamanic yoga practices
- Sacred sauna
- Ancestral celebrations - party time!
- Rhythm and dance
- Sea ceremony

This workshop is suitable for people who have done deep shamanic ceremonial work. John will teach further techniques to deepen ones' connection to their ancestors. Part of this process will involve deep cleansing & purification. However this does not need to necessarily be a painful experience, and John will show us how this process can be incredibly joyful through using rhythm and song.

Energy exchange: £701, All inclusive. £200 Deposit.

Open to students who have worked with John before. Students need to apply in writing to John before doing this course.

Enquiries: Email Caroline llewcnwningen@hotmail.com or call Rebecca on 07717 828819.

<http://www.groupaccommodation.com/ga-main.property.details.asp?adId=52>

"My journey is about reconciliation and part of my job is to help heal the past. When people are more connected with their own spirits, there is less of a desire to destroy or put down another. I don't intend to bring Xhosa or South African shamanic culture to the West as such, but rather to use its essence - the techniques of prayer, dream work and connection to nature - to help people connect with their own ancestors and spiritual traditions."

John Lockley

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