



ANCESTRAL CONSCIOUSNESS & HEALING

"As long as our ancestors are still suffering within us, we cannot be truly happy. If we make a step with awareness...we do this for all the past and future generations. Then all arrive at the same moment we arrive and we all find peace at the same time."
-- Thich Nhat Hahn

In the Dagara tradition it is believed that it's the responsibility of the living to heal the dead. Malidoma Somé, Dagara Elder and author of the *Healing Wisdom of Africa* states that, "we cannot go forward until we look back at those who have preceded us, in an attempt to produce a reconciliation between us and them."

Each of our Ancestors once lived an earthly life and passed that life on until the moment we each came into being. We must honor their rightful place as those who came before us and gave us life, putting back into balance that which is out of balance and healing that which needs to be healed from the past.

This is a weekend where you will be in ritualized conversation with your Ancestors, honoring them with grief and praise. Within sacred space, and within community, you will engage in a releasing ritual based on the traditional Dagara three day grief ritual, as well as other rituals to restore balance between you and the ancestral realm. The more you engage with your Ancestors, the more you are asked to let go of your personal needs, desires and ego to create space for your gifts and purpose to emerge.

Register online at:

www.eastcoastvillage.org

or call

518-658-0122



250 Bly Hollow Road, Cherry Plain, NY

TWO AMAZING ELDERS. ONE POWERFUL WEEKEND.



With nearly twenty years of combined experience in the indigenous tradition of the Dagara as taught by Malidoma Somé, **Margaret "Peggy" Zamierowski** and **David Sprague** will guide you through an unforgettable experience as you delve deeply into the world of the Ancestors to strengthen your relationship with them. Together, they will engage you in ritual healing practices to connect with your Ancestors in order to address aspects of your individual ancestral heritage and family lineage that call for healing.