

# The Wheel of the ancestors

Of all the possible collectives to which we belong, the field of our ancestors has a particularly strong impact on us. The term ancestor sounds strange to many people in the modern world, nevertheless it is the ancestors who have gone before us and make up a large part of our roots. Most of us have lost touch with our roots, but the ancestors never stopped singing. They have always been there, they have always supported us, and now it is time that they may again take back their place in our life.

In this ancestral field that penetrates the whole soul, we find not only the presence of those ancestors who have propagated themselves. The tribal soul includes everyone who belongs to the ancestor's array, including those who have died young and have never brought children into the world.

The myths of a culture are the spiritual teachings, handed down through their ancestors from generation to generation. In mythical poems and stories the ancestors tell us of their life journeys, their travels in the wilderness, their shamanic journeys, their vision quest and their battles, their triumphs and tragedies, their values and passions.

The triumphs of the ancestors, their failures, their hopes and disappointments, they are all in some way still here. Their strengths as well as their burdens have the same effect on us. By reconnecting with these lineages we also open the possibility of healing old wounds that have been passed down from generation to generation, strengthening the ancestral lines behind as well as in front of us. In this way we also begin to take responsibility for being the ancestors of the future.

The intent of this seminar is to activate the knowledge of our ancestors in our cells, so that we have more opportunities to face the challenges of today. We would like to invite you to come in contact with your roots, to trace the trail of your ancestors, to hear their message and to respond to the original power of life which expresses itself in your ancestors as well as in yourself. By reconnecting we will remember an inheritance that could make it possible to bring more balance to the earth for the benefit of all.

With stories and songs, rituals, trance postures, shamanic journeying, initiatory experiences in nature and healing ceremonies, we dive into the life and faith of our ancestors and explore their significance for us today. The ancestral journey is a journey into the past, which can lead to yourself. And from here - with strong roots in the earth - may the tree of your being stretching its branches, your wings, far out into the sky and into the future.

*We are the sum of our ancestors  
Our roots go back to the blue-green algae  
They range up to the stars  
Finally, they reach the void.  
This story is written into our psyche  
Silence and solitude allow us to remember  
our whole and our big body.  
Joan Halifax*

## What is shamanism?

Shamanism is the ancestor of all the world's spiritual traditions. It can be traced pan-culturally back at least 40,000 years, and is still prevalent today. Thus we speak of a culturally defined shamanism, depending on where it was living. Mongolia, Nepal, Korea, Scandinavia, or even the entire practices in both Americas, south and north. Shamanism is a common heritage of all mankind. It expresses needs and abilities so deeply rooted in human nature that they are coming back to the fore, from where shamanic traditions have long been buried.

Shamanism is no institutionalized religion. It is not even a belief system that is subject to certain rules and beliefs. Rather, the shamanic life has a way of spirituality, arising directly and exclusively from personal experience. Therefore, the shamanic living person does not need a priest or other authorities to guide him or her in faith and conduct. Shamanism is a direct revelation.



The village of Dargavs, or the City of the Dead. In front of every crypt there is a well that was used to tell if a person made it to heaven.

Who can participate:

This intensive workshop is designed for women and men who wish to learn about their one lineage. The maximum number will be 20 participants.

What to bring: Bring a drum and/or rattle if you have one, a bandana or scarf to put over your eyes to block out the light during a shamanic journey, a blanket to lie on, and a notebook and pen.

Camping: Come prepared to live self-sufficiently for food and equipment at a campground just south of Big Pine, CA. If there is any equipment that you would like to borrow, contact Meredith ([lostbrdrs@cebridge.net](mailto:lostbrdrs@cebridge.net)) to see if she can help. There will be more information in the logistical letter sent closer to the event.

Date: 3:00 pm, June 18 - mid day June 23, 2019

Costs: Sliding scale of \$600 - \$950.

Camping fees to be divided amongst the group.

Susann Belz is a licensed therapist, a shamanic practitioner and a Vision Quest Guide. In 1996 she started her own school "Women and Earth" where she teaches ancient ways of shamanic healing. Through many different training's, especially women ways of knowing, she is focusing on bridging the ancient practice of shamanism into the Western world to assist with the challenges of our times.

On this healing path 1985 she came to the Owens Valley, met Steven Foster and Meredith Little, and her way deepened through the teachings of rites of passage and the medicine wheel. Taking the learning forward, she developed a women's way to go around the medicine wheel, including the 8 seasons and rituals, which help to bring this 8 powers into the everyday life. To learn more about her work, there is a Chapter in the book Wheels of life, "8 doors to a women's wholeness, a shamanic initiation".

Learning about indigenous wisdom from around the world, something changed quite fundamentally in her way of looking at the world and the people. She began to live an earth-based spirituality, and learned many shamanic tools for her own growth and for the healing of people.

Important teachers were and still are, Steven and Meredith Foster, Sandra Ingerman, Beth Beurkens, Gigi Coyle and Daan von Kampenhaupt.

We are the ancestors of the future