

Luisah Teish - Metamorphosis Through Story Magic

What You'll Discover in These 7 Weeks

Course sessions are on Thursdays at [5:00pm Pacific](#).

Each weekly LIVE teaching session will build upon the next, so that you'll develop a more multidimensional understanding of the practices, tools and principles you'll need to free yourself from old stories and enter new possibilities.

Module 1: The Power of Myth for

Your Metamorphosis

Discovering the Story of Every Living Thing (March 24)

We begin with a discussion of the magical power of storytelling. The “art of storytelling” is the grandmother of the church, the school and the theater. It preserves the wisdom of the ages. We'll look at the many ways story has been used by humans to explain the mysteries of nature and to emphasize the magical in human life. We will examine the definitions of the word “myth,” how myths change overtime and who creates new myths. Then you will assess the myths that have affected your image of yourself and the world around you.

This module will help you to:

- Understand the core structure of myth.
- Discover the nature and function of myth and story.
- Become acquainted with myths from several cultures.
- Embrace change as an integral part of the natural order.
- Recognize that you have the power to change your life story.

Module 2: The Egg of Potential

On Becoming Anew (March 31)

In this module, we will identify inherited attitudes and beliefs. We will discover how your perspective was shaped by culture, class and clan. The question, “What's my story?” and “Who told me who and how to be?” will be uncovered by recalling and recording childhood memories.

This module will help you to:

- Reclaim parts of yourself and expand your sense of wholeness.

- Bring your consciousness to another level of embodiment.
- Connect the undercurrents of your psyche with your emotional life.
- Sink your roots deeper into your lineage.
- Better understand your place in the family stream.

Module 3: The Grand Pupa

Shedding Your Old Skin (April 7)

Clearly, we have inherited a wealth of stories from our ancestral cultures. The myths and legends of “Illustrious Ancestors” and “Legendary Heroes” are stories based upon archetypes that emphasize the fulfillment of human potential. We’ll discuss the dual nature of these archetypes, help you shed the skin of the story you’ve been living and prepare you to surrender to the natural order of change.

This session will help you to:

- Release the limiting beliefs you have inherited.
- Write stories to release yourself and others from outworn attitudes.
- Surrender to the natural cycle of change.
- Understand the dual nature of our archetypal stories.
- Provide greater access to your mythic imagination.

Module 4: Hanging Out in the Chrysalis

(April 14)

After we shed our old skins, it’s time to surrender to the safety of the chrysalis — to become aware of the creative potential that sleeps within. Specific exercises in this module will help you to recover the mythic imagination of childhood. We will play with several archetypes, to see how they fit in the new life you are dreaming.

In this module, you will learn to:

- Choose the archetypes that resonate with you.
- Use writing to sculpt a vision for your new life.
- Protect your “new dream” from the memories of past failures.
- Create a nurturing environment for your new story to emerge.

Module 5: Metamorphosis 1

Flipping the Script (April 21)

Within the safety of the chrysalis, we prepare to transform our experiences into works of art. We will blend fact and memory with myth and vision to rescript the story of our lives and communities.

In this module, you will learn how to:

- Expand and ground your mythic imagination.
- Mythologize yourself.
- Experiment with the myth, folk tale and fairy tale forms.
- Create character names that describe your new self.

Module 6: Metamorphosis 2

On Butterfly Wings (April 28)

As we begin to emerge from the chrysalis, you will look at the colors of your new wings. Flipping the script on your personal myth changes the way you look, feel and act. It also changes the way the outer world responds to you. Now it's time to try out your new wings by sharing your story in community.

In this module, you will learn the basic principles of storytelling, including:

- How to embody the character you've created.
- Using new colors and symbols to celebrate Self.
- Designing your flight pattern by telling your story.
- Sharing the lessons in your life story.

Module 7: Flying Freely (May 5)

Flipping the script is a process that can, and should be, repeated as you cross certain thresholds on your life path. In this final session, you will review the work you have done and discuss the cycles of change you can anticipate for the future.

In this module, you will:

- Evaluate the work you have done.
- Write an oath to your "new Self."
- Discuss the desires of the distant future.

The Metamorphosis Through Story Magic

Bonus Collection

In addition to Teish's transformative 7-week course, you'll receive these powerful bonuses to complement the core teachings and practices. These bonus sessions will help you take your understanding to an even deeper level.

So What's This Thing with Dead People...

the Ancestors?

Audio Dialogue with Teish and Wanda Sabir

Teish and Sister Wanda Sabir will talk about the retentions of ancestral wisdom that lie deeply rooted in our consciousness. Sister will discuss the creation of the annual Maafa Ceremony, which is performed all over the world as a tribute to the surviving intelligence of the ancestors.

Wanda Sabir is best known for her online radio show *Wanda's Picks*, a program of the Afrikan Sistas Media Network. For over 20 years, she has been the senior writer and arts editor for the San Francisco *Bay View* newspaper, a nationally recognized, award-winning black publication. She has also written for the *Oakland Tribune*, *San Francisco Chronicle*, *Monclerion*, *Black Issues in Higher Education*, *The Oakland Post* and *The Sun Reporter*. She is recipient of the Champion of Black Art and Culture Award and has been compared to maverick Chicago newswoman Ida B. Wells-Barnett. Her coverage is both nationally and internationally recognized. Art for Social Change and Artists as Revolutionaries is the throughline in all she does.

The Magical Adventures of WolfHawkJaguar

Audio Dialogue with Teish and WolfHawkJaguar

In a conversation with WolfhawkJaguar, you'll discover the adventures of this revolutionary spiritual hip-hop artist as he and his family travel from the inner city streets to the villages in the African bush. He discusses how reconnection with his ancestral roots ignited his imagination and energized his music, dance and poetry, just as it strengthened his family and community ties.

Passion, spirit and pain directly influence the melodic tunes of this multitalented urban-world music artist. He is a prolific musician, actor and award-winning filmmaker (of *Operation Small Axe*), taking his style of edutainment around the world. His groundbreaking debut album, *Hunter Poetry*, stirs the soul with a mixture of Orisa spirituality, raptured in the heart of hip hop, reggae and rhythm and blues. In 2013, he was invited to perform at the 10th Annual Orisa World Congress in Ile Ife, Nigeria. A camera crew followed him on the journey to document his adventure, which unfolded into the magical film and album, *Search for The Everlasting Coconut Tree*.

The Ways of the Ancients: Ancestor Reverence in the Khametic Tradition

Audio Dialogue with Teish and Queen Mother Imakhu

Queen Mother Imakhu shares the wisdom of ancient Khemet (Egypt) in this lively interview. Through story and song, she inspires us to reach into the past and bring forth the power to rescript our lives and enjoy the beauty that resides within.

Queen Mother Imakhu is an artist, motivator, ordained Khametic pastor, healing minister, teacher, scholar, author, life coach, water priestess and lecturer. She has been an active participant in and observer of the modern African Khametic movement for decades, witnessing and experiencing the triumphs and tragedies of Khametic cultural reclamation. Known as a "renegade wise woman," she is blazing a new path toward making African Khametic culture and spirituality relevant to today's world through her practice of Shenu

spirituality. Her teachings urge people to take responsibility for who is in their circle, and to be accountable. Her realistic, matriarchal perspective and cavalier Afrohemian style have brought her a vast global following