

John Lockley - Ancestral Dream Healing 2025



Module 1: August 13, 2025

Remembering Your Ancestors to Understand Your Relationship With the Natural World & the Collective Unconscious

As this 7-week journey begins, John will discuss what he means when he speaks of the “ancestors.” Using the framework from the Xhosa tradition of South Africa, ancestors are understood as three groups — our mother’s lineage, our father’s lineage, and a third group known as “adopted ancestors,” which may include humans, plants, or animals.

These adopted ancestors can also belong to **the realm of nature spirits**, a concept found throughout the world, including Celtic mythologies and Japanese religious traditions. The preservation of this realm of nature spirits is central to the work of traditional shamans and vital for maintaining a healthy ecology on Earth.

However, if there is no awareness or connection with our blood ancestors, it becomes nearly impossible to work effectively with nature spirits.

Our ancestors provide us with a direct link to our place on this planet, to our humanity, and our relationship with the natural world. As we remember them with love and gratitude, we **increase our spiritual self-esteem**, and open up a deeper relationship with the Tree of Life — the living field of nature and spirit, and what Carl Jung called the collective unconscious... the treasure trove of human wisdom and understanding.

In this opening module, you'll explore:

- Who your ancestors are and the importance of remembering and **honoring your blood ancestors**
- The relationship between nature spirits, ecology, and blood ancestors
- How to **grow or awaken your psychic potential** through cultivating the qualities of humility and gratitude
- A grounding **experiential practice to welcome your ancestors**, feel your own heartbeat, and gently let go into the embrace of Mother Nature



Module 2: August 20, 2025

Uncover Your Unique Dream Print to Access Your Soul's Deepest Wisdom

John will guide you into the world of **dreams as a powerful tool for connecting with the ancestral realm**. To truly develop a relationship with your ancestors, you'll need to learn the language of this realm — as well as your own dream print, your unique way of dreaming that acts as a map to your soul's deepest wisdom.

As John will explain, not all dreams are the same. You'll explore the **three levels of dreaming** — mundane, psychological, and prophetic — with special focus on **prophetic or revelatory dreams** as sacred messages from beyond time.

You'll also begin to notice how your senses come alive in dreams — the subtle activation of the spine, the presence of plants and animals... and how these symbols speak to your deeper self.

In this module, you'll explore:

- The significance of feeling the **bodily reactions to important dreams**

- **How to distinguish** between an egoic/psychological dream and a soulful/prophetic one
- The **qualities of an ancestral dream** and learning to identify one
- Techniques for helping you **remember your dreams**
- A **guided experiential practice** where you'll write out a dream you feel may be prophetic, explore how your senses were engaged, and reflect on what your dream is revealing about your soul's unique expression



Module 3: August 27, 2025

Activate the Ancestral Dream Portal to Accelerate Connections to Your Lineages

We are already connected to our ancestors. Sacred ceremony offers us a gateway for **awakening ancestral psychic memory** to experience those connections.

John will share how to **create a sacred ritual space** in your own home — a space that welcomes your ancestors and invites deep connection beyond the veil.

It may feel unfamiliar at first but creating sacred space and entering ceremony is part of your birthright — a way to access guidance, healing, and belonging.

Through drumming, chanting, and guided meditation, you'll be led through a ceremony to **activate a portal into the ancestral realm** — where you'll invite your ancestors into the circle and **stimulate the psychic memory of your lineages** — initiating deeper connections, compassion, and intergenerational healing.

In this module, you'll explore:

- The importance of **creating sacred space at home**
- A **guided ritual** on creating an earth altar for drawing your ancestors to you
- The **value of using your voice** to call on your ancestral spirits

- A **guided heartbeat meditation** to still the mind and center the body



Module 4: September 3, 2025

Listen to Your Dreams to Uncover the Origins & Gifts of Your Ancestors

Your dreams are a doorway into the wisdom of your blood ancestors.

John will guide you in how to stay open after ceremony — paying attention to who or what steps into the sacred circle once it's been created.

Although it may feel subtle or strange at first, **the dreaming state is a vital part of how your ancestors speak to you** — through visions, landscapes, symbols, and sensations that live just beneath the surface.

Often, we dismiss our dreams as random or meaningless. But by paying attention to dream landscapes — oceans, forests, caves — and symbols like food, music, animals, and plants, we begin to **uncover where our ancestors are from, and the gifts they carry**.

John will share stories of nature spirits and dream visitations, leading you through a drumming and guided journey to activate your dream awareness and help you **deepen your relationship with your ancestors** and the sacred images that arise in sleep.

In this module, you'll explore:

- Being mindful of **subtle dreams and epiphanies** after an ancestral ceremony/ritual
- **Dreamscapes in the form of landscapes** to gain a deeper understanding of blood ancestors

- Dreams involving food, music, and clothing as **signs of our ancestors** and the way they lived their lives
- The qualities of **animal and plant dreams** that denote ancestral gifts and/or the presence of nature spirits



Module 5: September 10, 2025

Stimulating Psychic Memory to Invoke Spiritual Self-Esteem, Empathy, and a Deeper Sense of Belonging

Your body holds the memory of those who walked before you.

John will show you how to **awaken ancestral memory through the senses** — using traditional foods, clothing, music, and landscape to reconnect with your lineages.

You'll explore how our senses of smell, taste, and sound can transport us to the heart of our ancestry — invoking **spiritual confidence, empathy, and a deeper sense of belonging**.

In cultures like the Xhosa of South Africa, ancestral ceremonies involve recipes passed down through generations, garments worn by foreparents, and chants that stir the soul. You'll discover how to recreate these rituals in your own life — through a pilgrimage (actual or virtual) to your ancestral lands.

In this module, you'll explore:

- The **power of smell** to stimulate ancestral memory
- A new way of looking at **clothes or family heirlooms** to remember the past
- **Virtual pilgrimages** and researching family history to revisit old lands
- Traditional folk music as a **living chant to your ancestors** and a new way to open up ceremonial/ ritual space to honor your ancestors

- A **guided meditation** for helping you **visualize your ancestors** and seeing how far back you can go — further developing psychic memory and deepening self-love, with a profound sense of belonging



Module 6: September 17, 2025

Acknowledge & Transform Ancestral Trauma to Help Heal the Psyches of Both Your Family and the Collective

Ancestral healing begins when we dare to feel what has been passed down.

As you begin to explore **ways of healing inherited trauma** — the old stories of oppression and pain — John will demonstrate how **remembering your ancestors with compassion** is the first step toward healing.

It may feel uncomfortable to face the past but shadow dreams and struggles that arise after ceremony are a good sign — they show that the ritual is reaching into deeper layers of your being, **bringing healing to generations of pain and trauma**.

We often carry ancestral wounds without knowing the difference between what's ours and what we've inherited. John will help you recognize those patterns, voice the pain, and cultivate empathy and reverence for those who came before you.

In this module, you'll explore:

- An **Indigenous approach to ancestral healing** that revolves around service, distinguishing between **personal wounds** and inherited family trauma
- **Creative ways** to heal ancestral trauma
- **Connecting with your voice** to draw ancestors toward you for healing and guidance

- A **guided visualization** for examining both the strengths and struggles within your family lines — and begin the journey of **transforming ancestral pain into peace**



Module 7: October 1, 2025

Manifesting Ancestral Dreams – Honor Your Roots to Reconnect With Your Soul & Your Humanity

With remembrance comes responsibility — and the power to reconcile and restore.

In this heart-opening final session, John will invite you to **listen deeply to your ancestral dreams** — and explore how those dreams are asking for action, whether through pilgrimage, ceremony, gardening, or simple acts of love.

Taking responsibility for our lineages gives us **spiritual authority** — and a greater sense of harmony with our ancestors, our families, and the natural world.

The act of remembering is often enough to stir transformation. John will share practices from the Xhosa tradition, including the sacred chant *Masiyembo* — “let us remember our roots” — as a way to activate ancestral memory and return to wholeness.

In this final module, you’ll explore:

- The importance of **consistent ancestral rituals and ceremonies** for increased ancestral resonance
- Revisiting old dreams that might have been mysterious or puzzling, as they could contain **messages from your ancestors**
- Learning **folk songs and chants** that your grandparents sang to empower ancestral rituals

- Acts of love **involving prayer, song, or ritual** for dedicating to your family tree
- **A guided meditation** to feel into what you're being called to manifest now — and experience how honoring your roots can bring you back into connection with your soul and your humanity

SPECIAL BONUS OFFER

When you register by Saturday, July 26, at 2:00pm Indochina Time, you'll receive special bonus offerings designed to complement John's transformative 7-module course — and deepen your understanding and practice even further.



Bonus: Expires July 26

Ancestral Dream Healing

Video Dialogue With John Lockley and Robert Moss

Join dream healers John Lockley and Robert Moss as they discuss how dream healing can connect us with our ancestors. They begin by defining who the ancestors are and sharing why we should call on them. They then cover Robert's newest book and some of his recent research, followed by a brief exploration of John's Xhosa sangoma lineage, and how each of them views the ancestral world and approaches dream healing in their own unique way.



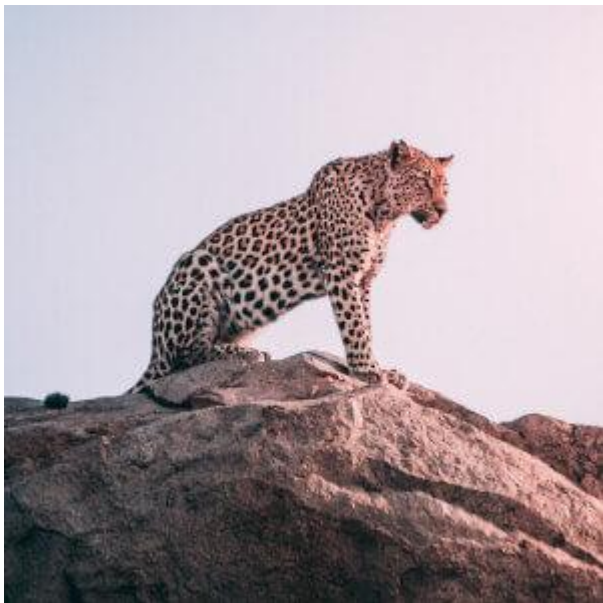
Bonus: Expires August 6

Journey to the Underworld: A Sangoma Blessing & Meditation

Audio Teaching From John Lockley

Experience John Lockley's guided audio meditation to the lands of our ancestors and the spirit realm, accompanied by sangoma chanting and drumming. Chanting in the Xhosa language, drumming, and using his rattles and voice, John creates an ancient portal to the luminal world — the time beyond time. In this space, you'll have the opportunity to communicate with your ancestors, sending them blessings and listening to any messages they might deliver.

Plus... you'll receive these bonuses too!



Bonus

Initiation as Transformation

PDF Excerpt From the Book “Leopard Warrior” by John Lockley

This chapter from John’s book, *Leopard Warrior*, describes spiritual initiation as a transformative experience involving heightened states of chaos that lead to elevated consciousness. In South Africa, a certain amount of chaos energy, or disruption, is expected with sangoma initiations and is seen as a blessing and sign that the ancestors agree with the ceremony.



Bonus

Heartbeat Meditation Training

Audio Teaching From John Lockley

Sangoma means “people of the song and/or drum.” As traditional shamans of southern Africa, their job is to help people step into the spirit/ancestral world through chanting and drumming. John’s audio recording features a guided step-by-step training in heartbeat meditation. As you become more attuned to your heartbeat, you become more grounded, centered, and connected to yourself, your ancestors, and your dreams.