

## **Healing Our Ancestral Past For A Better Future**

A two-day workshop exploring, honouring, and healing connections  
between our past, present and future

with

Mark Wentworth & Filipe De Moura

At the Silk Museum, Bsous

**Saturday 20th - Sunday 21st April, 2013**

Time: 10 am - 6 pm

*"In every nation there are wounds to heal  
In every community there is work to be done  
And in every heart there is the power to do it."*  
Marianne Williamson

All those who have gone before us play a part in making us who we are today. Deep in our subconscious we carry the collective story of our community and family history.

We may be totally unaware of the unresolved stories and grievances from our ancestors' lives, which are echoing, and having an effect in our lives today. Issues such as health, money, relationships, success, anger, extra weight or other concerns, may be linked to these old unresolved stories and grievances from those who came before us.

For the first time in Lebanon, Mark Wentworth and Filipe De Moura will be holding a transformational workshop using the process of Colour Psycho-Dynamics, Dynamic Theatre and storytelling to explore and work with unfinished dynamics inherited from our ancestors, as well as the gifts that have been passed on to us of which we may remain unaware. In Lebanon, as in so many other places, this will naturally include the patterns, which have led us to repeat wars, and sectarian/tribal conflicts.

This two-day workshop will enable participants to understand and gain information and skills to assist in healing some of the roots of our family history, our country, collective culture and ourselves, whilst revealing gifts that may have lain hidden. In this way each one of us can help to heal the past as a way to creating a better future.

# HEALING THE WOUNDS OF HISTORY

## ADDRESSING THE ROOTS OF VIOLENCE

### Reconnecting With Our Ancestral Roots

*"Sometimes it falls upon a generation to be great.  
You can be that generation"*  
Nelson Mandela

Ancestral Healing is an ancient form of healing and a way to honour and remember all those that have gone before us. It is a way of understanding who we are and where we come from. If we do not have a reference of where we come from, we are metaphorically without roots.

Deep in our subconscious we carry the collective story of our family's history and our community's past. All those who have gone before us play a part in making us who we are today, influencing us in many levels such as health, money, relationships, success or extra weight and repeating patterns of war and violence.

By honouring and 'listening' to those past wounds and grievances with compassion, we make space for healing the wounds of history and allow the love and wisdom of our ancestors to reach us. We then bring peace and harmony to the family soul, tribal soul and collective, creating stronger roots and a more conscious and fulfilling future for ourselves, and our descendants. We can then become 'good ancestors'!



**Bios:** Mark Wentworth and Filipe De Moura are international pioneers in Creative Expressive Arts, and combined have 36 years of experience and work within the field of personal development. Their time is spent transforming worldwide communities and individuals with Dynamic Theatre, Colour for Life and other creative arts. Mark has a background in Colour Psychology and Filipe in music and stage expression.

To date they have worked in Bahrain, Istanbul, London, New York, Singapore and many other places from around the world. They both share a desire and a passion to make a difference in the world. It is their belief that Dynamic Theatre and Creative Expressive Arts can be a way to achieve this mission.

In 2003 Mark and Filipe created Dynamic Theatre (DT); DT is an expressive art using drama and storytelling to help people find solutions creatively to seemingly unsolvable problems. In 2008 as a continuation of their work, Mark and Filipe created the Dynamic Heart Project which is a non-profit association and aims to take colour, Dynamic Theatre and other creative expressive arts out into the world. In 2010 they went to Nepal to help children, who had been orphaned or caught up in the civil war, to re-build their confidence and self-esteem through colour, drama and storytelling. In 2011 Mark and Filipe worked in Bangladesh with colour, drama and storytelling, this time helping children, parents and a whole village start the healing process after losing 45 children in a tragic bus accident. The Dynamic Heart Project continues to grow.