

Introduction

The concept for this book emerged during a meditation session, as I sought to connect with the spiritual realm. The primary motive behind writing this book is to offer assistance to individuals. I've come to recognise that the content within these pages constitutes ancient wisdom that was supposed to (or should have been) traditionally transmitted from one generation to the next in every African household. Unfortunately due to the impacts of colonisation and the unfounded vilification of African spirituality, we have veered away from this profound heritage. In light of these circumstances, my dream is that this book will serve as a guide to discovering and reclaiming the richness of our ancestral knowledge. May it help illuminate your path and reconnect you with the valuable insights that have been an integral part of our heritage.

Defining African Spirituality

African spirituality refers to the diverse set of religious and spiritual beliefs and practices that have developed across the African continent. It is important to note that Africa is incredibly diverse, with a multitude of ethnic groups, cultures, and languages. As such, there is no single, unified 'African spirituality'. Instead, there are various indigenous

belief systems which have evolved over time within different communities.

Key features of African spirituality:

- **Ancestral worship**

Many African spiritual traditions involve the veneration of ancestors. Ancestors are believed to play a significant role in the lives of the living, and rituals and ceremonies are often performed to honour and communicate with them. Though many people may think that sangomas worship their ancestors, they do not. But they do acknowledge them and call on them. Our ancestors came before us, and therefore are a connection between us and the one who created us.

- **Connection to nature**

African spirituality often emphasises a close connection to nature. Many traditional African belief systems see a spiritual dimension in natural elements such as trees, rivers, and animals.

- **Rituals and ceremonies**

Rituals and ceremonies are integral to African spirituality. These may include rites of passage, initiation ceremonies, and various other rituals designed to connect with the divine, seek guidance, or mark important life events.

- **Spiritual entities and deities**

African spirituality often involves the belief in a pantheon of deities or spiritual entities. The nature and number of these entities can vary widely across different cultures and regions.

- **Symbolism and art**

Music plays significant roles in expressing and conveying spiritual beliefs. African people believe music lives through them; it is all in the rhythm. Sangomas famously use the phrase, “*umngoma uvuswa ingoma*”, meaning “spirit is evoked through music”.

Dreams in African spirituality

The concept of dreams and their interpretation often play a significant role in African spirituality. In many African cultures, dreams are spiritually regarded as a primary link to the spirits of the deceased/ancestors. Dreams are a platform for communication with ancestors; they are highly valued and often are viewed as messages from the spiritual realm, with specific symbols carrying deep and profound meanings.

African spirituality is complex. Things aren't always as they seem, and are seldom expressed the same way more than once. This is because pursuing spirituality it is a personal journey one takes with their ancestors.

The five dream types

- **Normal dreams**

This is a standard dream that happens after you have fallen asleep. It is typically made up of images that go together to create a story.

It is basically a typical dream, comprising cohesive images that form a narrative.

- **Daydreams**

Daydreaming is a form of stream of consciousness that shifts attention from external tasks to internal thoughts, characterised by intuitive thinking.

- **Lucid dreams**

Lucid dreams involve awareness of being in a dream while asleep, enabling control over dream scenarios with heightened vividness and realism.

- **False awakening dreams**

False awakening dreams occur when one dreams of waking up, only to realise they are still in a dream.

- **Nightmares**

Nightmares often indicate a lack of alignment between the spirit and current life circumstances, serving as a symbolic message of imbalance. They can be seen as a subconscious call for attention, or a “wakeup call”.