

## **Feedback from former Ocean Women participants:**

**Katka**

**Constultant - Human Resources**

**Czech Republic**

For me is my pleasure to write few lines about my feeling and impact to my life about ocean woman. What I see as the more important now is that I was in Africa in right time for me, I was willing and open to accepted all changes. Those 4 days has learned me to be honest with myself in all areas. I stopped to be afraid to talk honestly with my inner and I become to be strong enough to present my feelings and wishes only to me, but to others as well. I have started to believe that my life is miracle and I cannot influence everything. I have started to trust. My life has changed a lot. I become to be a mother. I have now 3 month old babygirl, in my age it is miracle. I am now 44 years old. It is my first baby and I did not believe that this can happened to me. All changes are still running around me. I am happy for that and I have stopped to think about the thinks what I do not want. I am communicating very openly, sometimes not that kindly as before, what I wish and what I want. It is my new power, what I did not feel before. Thanks to Ocean woman - for me this means new female power and trust.

**Sandra Duivelshoff**

**National Police Force**

**The Netherlands**

Ocean Women, hard to describe, amazing to experience! It is all about your personal journey, supported by a beautiful environment and two very dedicated and professional trainers. During the workshop you will explore, discover and honour the light and the darkness in your life and in the life of your ancestors. It starts and continues a process of 'claiming your place at the fire' as a female in this world. There is silence, tears, laughing, ceremony and prayer. In your own words and in your own way, inspired by the traditions of South Africa and the Sangoma.

Really a journey to remember....

**Marie-Claire Tirmarche** **Consultant Psycho-social wellbeing**  
**Teamleader and psychotherapist**

**Belgium**

We are one year ahead and Ocean Women is still offering me his benefit. I'm looking back to this intense experience with such a feeling of gratefulness. Indeed I had the opportunity to discover the strong support of women growing together towards an inner dialogue and creating life intentions. The journey started as soon as I made me the gift of going to South Africa despite of work obligations, and of a child left home for two weeks. I arrived with deep anger, loneliness and fear. I went home with the opportunity of turning anger into creativity, loneliness into sharing and welcoming support, fear into contact with the other, with myself. I opened a door to spirituality, experienced a lot of support and indulgence. I never felt so alive, greedy for growth than after Ocean Women. I desired more space around me. I explored opportunities, I rearranged old structures and convictions. The inner dialogue I have had with myself in South Africa was supported by a group of 10 wonderful ladies, and wouldn't have been possible without the carrying presence of Ria, Debbie Mama Nolotandu and Jenny, One year later I'm still applying all the greatness of that experience although I experience on a daily basis the difficulty of being in life with the courage, faith and power Ocean Women bring me in contact with. But I tasted very clearly about the living with courage, faith and power... I can't go on without it.

**Inge Stas** **Quality coordinator** **Child care organisation**

**Belgium**

**Ocean Women:** The most impact from Ocean Women was to connect and honor the Ancestors. To learn to ask for their support and create my own prayer – a prayer beyond religion – very close to myself. The ritual at the end gave deep strength and from there I could create this at home and in my work. In connection with Mother Earth and Nature this gave a lot to rely on.

### **Mask of Power:**

Mask of Power: There I developed focus and respect towards my own intuition. My personal strenght and from an inner source of power knowing what is right and trusting that proces. Even in hard times and challenges. I am able now to carry my life and what it asks from me. With my childern I saw that they with me learned to trust – create space between us and have each our own path. My daughters sillently observed from me as their mom, an adult women with all life has to offer. Ocean Women and Masks of Power transformed a deep belief in myself .and that is a great gift to my children.