

TRANSNET



The Phelophepa Healthcare Train



Journey Outreach Programme

2008

Pilot Programme

Final Report

The Journey

What is The Journey?

The Journey is a step-by-step visualisation process which assists one to gain access to stored repressed cell memories of past painful experiences. These repressed cell memories drive our behaviours, actions and belief systems often played out unconsciously. *The Journey* processes facilitates one accessing the repressed cell memories, emptying out and expressing the stored pain and allowing forgiveness to take place. This then enables the body to go about the process of healing and one's true potential begins to shine through

"I never thought that things that happen in the past can be so affecting. When I went through The Journey I thought of something that happened to me when I was still young and I cried so much, I thought that it was something very small but yet it touched me when I went through The Journey. I'm so grateful for this Journey. I realised that God is busy turning us into psychologist and God is working through us to heal others and to bring others through their emotions, i.e. also turning our breakdowns into our breakthroughs." - **Educator**

How do you store memories?

Science has found that when one is at a peak of a strong emotion and the emotion is not expressed healthily, i.e. your parents are fighting and you feel scared that they might divorce and you will have to choose who to stay with, and you feel that if only you were a better child they would not be fighting. If you don't express this fear and all these emotions to your parents this event gets stored in the body via a chemical reaction that produces peptides in the hypothalamus within the brain. This goes into the bloodstream via the pituitary gland. These peptides then attach themselves to a cell receptor, closing the cell receptor, blocking this memory inside the cell and rendering that cell incapable of communicating with the rest of the body. This has the effect of "reprogramming" the natural responses of the body, resulting in abnormal behavioural patterns being introduced into the makeup of that particular person. Many of these responses are then on "auto pilot", meaning that we react and behave in ways which we cannot understand or explain ourselves. When you access these cell memories, empty out the stored pain and come to a place of reconciliation and forgiveness inside, these peptides are destroyed, the cell receptors reopen and the original natural "programming" is then allowed to communicate again with the rest of the body. What science has also found is that when emotions are healthily expressed the peptides are destroyed within the brain itself, with the result that cell receptors stay open.

While science has shown the above to occur within human beings, what was missing was an effective method to access these memories and effectively clear them out, thus enabling the body to heal completely and wholly. This changed with the pioneering work of Brandon Bays which resulted in the holistic emotional and physical methodology known as "*The Journey*". There is a full and comprehensive Journey Practitioner Programme which consists of seven different modules spanning a minimum of one year. On completion of these modules a total of 40 case studies encompassing all aspects of *The Journey* are required from each aspirant practitioner. Further to this there is a three yearly assessment program to ensure that the Accredited Practitioner maintains the high standards as set by *The Journey* internationally.

The Journey in the Classroom was devised after an educator from KwaZulu Natal did a Journey on her daughter who suffered from severe allergies. When her daughter became completely free from the allergies the educator wondered what effect *The Journey* would have on the children at her school. She then compiled a year long set of case studies where she gave a third of her class a Journey every Friday, another third of her class a Journey every other week and the other third got no Journeys at all.

The third of the class that received a Journey every Friday had a pass rate of 91-93%, the third that got a Journey every other week had a pass rate of 76% and the rest of the class who received no Journeys averaged a 67% pass rate. The interesting thing here is that the educator did not work on the children's scholastics; she worked on their emotional well being, clearing out all the shutdown of emotions that blocked their true potential. The parents wanted to know what was happening with their children because at home they became more helpful with house chores and they stopped fighting with siblings like they used to.

A pilot study of *The Journey in the Classroom* was then compiled by the University of Natal and a copy of the report can be obtained from our Journey Outreach office on 011 608 2933 or via e-mail at africa@journeyoutreach.com.

Some testimonials from people who have recently experienced *The Journey* process:

"It's been a great pleasure – feeling those emotions was unbelievable. Knowing that I could pass them to my children is shocking. Knowing that I can do something about that is so good. I am now feeling empowered to heal the world starting with my learners of course. My family already noticed the different me, I already see changes in my learners. I can just imagine twenty years from now, what a different world it will be." – **K.G. Matshediso**

"We were very uniquely exposed to dealing with all these emotional (related) illnesses that have so much befested our people/and children. Simple processes of getting healing through The Journey were taught. We can't all afford the depression/stress institutions and the psychological & psychiatric treatment. Here we can do something for ourselves, our families, in our class, among colleagues in a very simple & effective way." – **Sizwe S. Dyasi**

"I would like to thank Phelophepa workshop for being there for us because we take the knowledge we've gained from them and use it to my learners. There is a big change in the learners and they learn to forgive those who has done wrong things to them. The campfire is the most important part for forgiveness." – **Educator Port Elizabeth**

"This was new thing to me. I couldn't understand it. As time goes on doing it I did recognise that this can help me carry on with my life. There were many people friends who were frustrating me, but now I forgive them. This workshop also helped me to forgive the learners in my class. Some learners disturb other but because of workshop I no longer carry a switch/punishment (corporal). I just looked things when I was a learner. Even if my wife do wrong, I just take a Journey. I was been a cruel person before, but now no one do wrong to me. Thank You!" – **Educator Ndabakazi**

"Before the session, I didn't really know what it was like. It was my first experience. Built sadness and hurt that was inside me was shedded in a very miraculous way. It was as if I have undergone a special counseling therapy. My body responded in a way I cannot describe. I am very very thankful I came to this workshop." – **Nonkululeko**

"Through The Journey I was able to go back to the memory that I experienced when I was about 20 years old. I was able to speak to those people who hurt my feelings. And through The Journey I was able to forgive them 100%. I am now a happy person. I recommend it to other teachers to use it, as it enables children to deal with the pain or incidents that they had. They learn how to forgive and these will change their behaviours. Children often behave negatively because they are not feeling good about their lives." – **Beatrice Matseke**

Background

The Transnet Foundation's Phelophepa Health Care Train is a mobile primary health care service which has been operating in rural South Africa since January 1994. Originally focussing exclusively on 'eye' services, the train has expanded into a 16 coach operation consisting of a pharmacy, health clinic, dental clinic, eye clinic, psychology clinic and an edu-clinic which is a classroom for educating community volunteers in basic health care.

An Accredited Journey Practitioner has been employed by The Phelophepa Health Care Train in conjunction with The Journey to be resident on the train as part of the health care services offered by the train and to implement a pilot project of *The Journey* in rural South Africa. The scope of this pilot project runs in each stop for a period of two weeks and is as follows:

Week 1: The Phelophepa Journey Practitioner at each stop

- The existing marketing team, which currently goes ahead of The Phelophepa Health Care Train to communicate the available services offered to the community, has been briefed to include *The Journey in the Classroom*. This comprises written material which is presented to both headmasters of schools and heads of community organizations explaining *The Journey* process.
- The function of the Journey Practitioner is to visit four to six identified schools in an area and facilitate *The Journey in the Classroom* with 20 – 30 Learners of varying backgrounds and experiences.
- The second part of the function of The Journey Practitioner is to empower 20 – 30 educators, social workers, community members, etc., in *The Journey*. This is achieved via three afternoon workshops which run from 14h30 to 16h30, following a curriculum set out by *The Journey* internationally. The purpose of these workshops is to empower the participants to take *The Journey in the Classroom* into their schools and the communities as a whole, so that all and not just the selected few can have access to this healing. These educators would also be empowered to support these children who have previously undergone *The Journey in the Classroom* process.
- After completion of the training one or two of the participants will be given an opportunity to volunteer their services to ensure the continued impetus of the project within both the schools and the community in general.
- After completion of the training each participant receives a resource pack consisting of:
 1. A copy of *The Journey* book by Brandon Bays
 2. A copy of *The Journey for Kids* book by Brandon Bays
 3. The Journey process sheets translated into the indigenous languages of the area
 4. Sequenced pictures of The Journey process to aid the learners in understanding the process.
 5. Visualisations that can be used to get in touch with the peace inside each and every one of us
 6. A set of laminated pictures of water crystals by Dr. Masaru Emoto being used as a visual aid. These pictures indicate the effect words, thought and music have on water and therefore on our bodies as the human body consist of $\pm 70\%$ water.
 7. A Journey Support document outlining the support available to each attendee as well as contact details
- *The Journey Outreach* office in Johannesburg will provide telephonic and other electronic support to these designated Journey support people. This includes monthly reports back to The Journey Outreach office with regard to progress made on all of the above aspects of the project.

Week 2: Journey Outreach Support and Implementation Team

Two Journey Outreach volunteers do follow up visits to the towns during the second week following the train's visits. These volunteers are individuals who have gone through the whole Journey Accreditation Programme.

The volunteers have two functions:

- to be direct support for the educators and facilitators in implementing *The Journey in the Classroom*,
- to extend and deepen the training they received during the previous week.

This will take place as follows:

- Each school that had participants of the Week 1 training is visited and the educators are given the opportunity to conduct *The Journey in the Classroom* with a full class of learners. This occurs with the full support of one of the Journey Outreach support team as discussed in detail below.
- Three additional training sessions are conducted from 14h30 to 16h30 during this second week's visit to reinforce the training received in week 1 as discussed in detail below.
- Follow up sessions are conducted with those schools which had identified learners to experience *The Journey in the Classroom* during the sessions conducted by the Journey Practitioner on the train during week 1.
- Future support and reporting structures are introduced and emphasized during the course of this week.

The additional training that was offered to the educators and facilitators by the Journey Outreach support team in the second week is as follows:

Informal training by The Journey Outreach Support team

- This training takes place during the initial meetings with educators and facilitators within their own school environments. The training takes the form of both discussions on various topics regarding *The Journey* in general and the classroom process in particular. This is extremely beneficial in firstly assisting the Journey Outreach support team in getting a quick understanding of precisely where the various different course attendees were in terms of the training received. This ranges from people who had grasped both the purpose and the mechanics of the process to those who had little understanding of what the purpose actually was.
- Graphic explanation of the process to the children with the aid of sequenced pictures given to each attendee specifically for this purpose.
- The educator or facilitator actions *The Journey in the Classroom* with the children in the class.
- The children are given the opportunity to verbally share with each other as to their own individual processes.
- The children are given the opportunity to write or draw regarding their experience. These are collected for later perusal, giving the Journey facilitator a better overall view as to the effect of the process.
- Journey Outreach support team debrief the Journey facilitator with the view of improving areas of the process which came to light as being in need of improvement.

Formal training by The Journey Outreach Support team

- This training takes place on three afternoons during the week at a designated place from 14h30 to 16h30.
- The first afternoon covers the basic process as well as advanced skills available, particularly for use within the one-on-one process. Further in depth training also takes place during the ensuing question and answer session where The Journey Outreach support team definitely see more and more people understanding the concept and the process.
- The second afternoon training takes the form of one-on-one Journey processes where attendees have the opportunity to develop their confidence and skills with each other in a supported environment.
- The third afternoon training involves revising the Journey process and reinforcing the skills already gained by the attendees.
- Further to this the resource packs received by the delegates are discussed in depth so that all processes are understood and the monthly reporting and telephonic support structures are also covered in depth.

Overview of the Project for 2008

At present South Africa has inadequate access to the healing process. A wide range of issues had been experienced by participants such as rape, murder, death of parents, HIV, abandonment, loneliness etc. Some towns have approximately 60 deaths per week and as a result of this many children are left unable to support themselves adequately, attending school hungry, with feelings of not belonging and without choice in their lives.

The Journey pilot program is an opportunity to assist these individuals to come to a sense of peace and healing in their lives, free of the experiences and negative emotions of their past. The gratitude expressed within the communities for The Journey pilot program reached has been truly awe inspiring. Most adults who experienced *The Journey* recognised the benefits that forgiveness, healing and peace would bring to their communities.

The quick shift within the children and adults alike was recognized by those exposed to *The Journey*.

Some examples:

"The training helped me to discover and deal with emotional issues that I thought are long gone. That I thought I dealt with it. I'm glad it helped me to empower myself. I now know that I should clear out all the bad memories out of my body so that I can be a better me, perform well at work and also empower the others. It hurts me when I realise that my learners are carrying baggages and loads of problems. Now I'm going to use this to help them, to change their behaviour and perform better." – **Educator Mogwase**

"This Journey has helped our learner in the school. They are now coping better compared to the previous time. They know how to control their behaviour, they have learnt to forgive and to forget. They even know how to use some other words nicely without hurting others' feelings. We really appreciate your effort by coming to our school. Now we are able to communicate with our inner emotional aspects. Thank you very much. We wish you all the best. Most of our orphans are no more orphans they enjoy to be alive and accepted life the way it is." – **Educator Mafikeng**

"I regard this experience as a way of living out Christian precepts of love and forgiveness. Although the concept of 'Superhero' is a bit strange, I've decided to use Holy Spirit/Comforter as the Mentor. It is good to have a structure to use." – **Educator Colesberg**

"The facilitators were great and resourceful. This is a new exercise/experience. I suppose its normal not to be sure how to feel. I'm excited, because this Journey gives me a renewed opportunity to have regular, personal encounters with my creator Jesus Christ & The Holy Spirit, who is actually the channel through whom I will get healing and perfection. Thank you God. Thank you Jesus. Thank you Holy Spirit. Thank you team." – **Educator Kimberley**

"Journey Outreach helps learners who have lost hope in life due to challenges like poverty, death in the family, drug abuse, sexual abuse, etc. Gradually our learners are growing spiritually. We all feel empowered by the good work the team is doing. May our good Lord bless you all." – **Educator Tzaneen**

"At my school some teacher had problems with the learners. Since Journey Outreach came to school the learners behave well. Our staff at the school want some training for them. If you can help. Some are having problems and they are needing help from professionals." – **Educator East London**

"The sessions are interesting. The response we get from the learners is so amazing. It has made me to understand the conditions at their homes. It has revealed the challenges these learners are

facing. Although there are these learners who still can not be open, but most of them have changed their behaviour and are doing well at school too. The person who need to take a Journey is me.” – **Educator Stutterheim**

“The Journey helped a lot by equipping me and encouraging me. My special learners have changed, they are free to talk about their problems. They are even confident to express themselves academically. I’m too much thankful to the team from The Journey. And even when they made the presentation, my learners were eager to listen and follow the instruction.” – **Educator Matatiele**

“The workshop was interesting and the learners responded to it. Some of them were abused, physically or mentally but as they are in this workshop, they have changed. They learnt how to forgive and forget. There is a difference. You can see that something has been done. The learners’ behaviour has changed a lot. The ones who used to be shy are now active and they take part in the school activities.” – **Educator King Williams Town**

“In the first week it was difficult in my heart. I was heavy laden but after this Journey workshop I feel relieved and happy. As I have attended The Journey workshop this time, oh! That burden is gone. I am feeling to be a new person altogether. My heart is full with spiritual gift in the balloon.” – **Educator Tzaneen**

“I was lost because of my problems. I thought that maybe God has forgotten me. I also didn’t know what is wrong with me as if I was being punished by my ancestors and God. Since The Journey came I could see the difference. I realised that I was lucky to have been chosen amongst the few, maybe it’s a blessing from God. I now see that God has a purpose on me. The Journey has made me someone very special. I noticed that my heavy burden has now disappeared and I feel relieved (relief). Thank you to The Journey which has opened my eyes.” – **Educator Modimolle**

“I feel great, especially with your second Journey because there is a lot where one didn’t understand or was not very clear. I think the only thing now is – go forward especially to help learners, other educators and the community. As for at my home this happen to be my key to resolve and always feel proud and thankful. I always experience some thing that I realise after a period of time that it is the affection of The Journey. Even in my dreams am rightful answered and this happen as a miracle.” – **Educator Mafikeng**

Correctional Service Centres

The Journey Practitioner and the support teams had the opportunity of working in three correctional service centres across South Africa in 2008 facilitating 238 Journey processes with offenders. Attached to the report are copies of before and after drawings or letters written by some offenders worked with. Below is a quote from one of the support team's findings at Mtata Correctional Service Centre:

"Most of the offenders that we were doing Journey work with say that The Journey process really helped them. Some of them are in for murder, rape, armed robberies. We had a very good response every time we went to visit them. Their social workers were also interested. We saw a huge change in most of the inmates.

For example:

One guy who is serving five years says he had people reporting to him about his wife's movements at home, but since he had a Journey he had stopped those people from following his wife. He said he slept through until 4am which was the first peaceful sleep he's had since he was sentenced.

Another man was going to revenge his father's death by killing, but after The Journey he has decided not to revenge and he has forgiven those killers and himself for having those thoughts.

One man says that he was blaming everybody even his parents for being in jail. He said he was frustrated and angry. But after he attended The Journey he realised that it was nobody's fault but his own. He said that after he forgave he felt relieved and happy.

Many offenders are there for a long time and have lost hope. Since The Journey came to them they feel that they are also part of the community and they are cared for irrespective of their circumstances.

I feel that the more they experienced The Journey the more open they became. They've learnt to forgive themselves and others. Their faces have also softened. They are eager to get more Journeys.

I have also learnt a lot. When I went there for the first time I thought that I was going to work with prisoners, I didn't expect any response, but I was amazed at how well behaved and understanding they were. Most of them said that they wanted a process weekly if possible. I really enjoyed working with them.

The more Correctional Services Centres we can work with the better the offenders would become and the crime rate could come down." – **Junior Morudu – Journey Outreach Volunteer**

Bereavement

The Journey Practitioner and the support teams have found that the loss of a loved one and often both parents has a large impact on the children and adults worked with. The feelings of being lost, hurt and anger were constantly referred to. Attached to the report are copies of before and after drawings or letters written by some children worked with. Below are some comments from adults of how The Journey process has helped individuals to come to a place of wholeness and completion:

"I was having unclosed chapter with the death of my sister. Anger, thinking that she did not pray enough and resist her death. Knowing that she was the strongest woman in the family I could not allow or agree for her death. After The Journey session I was relieved and unanswered question within myself were answered and I know how to handle other situations that are open crisis in my life. I have accepted my sister's death and sure that her death was her date to die." – **Umtata**

"At first I felt like I am nobody because the person who was passed away was close to my heart. But after The Journey everything fell into place, though it is not easy to come to terms with it (death). The Journey I have taken took me to a place where I felt a little healed. I am still looking forward to take The Journey as I can see I am a little relieved as this death process, it helped me." – **Libode**

"I love Journey a lot cause it helped me to ease the grief and anger that I had for the tragical loss of my son. I also learned to forgive and forget that I put to practice. I managed to help my neighbour who had a problem. Journey also helped our learners to reveal their problems and have a good improvement in their lifestyle and in classroom situation. I'd like to learn more from The Journey. I really appreciate what they have done for us." – **Stutterheim**

Below is an overview of the people reached within the provinces visited:

Week 1

Week 2

Province	No of Schools Visited	No of Children worked with	No of Adults completed training	No of schools visited	No of Children worked with	No of Adults completed support training	Total No of Adults reached during Project
Eastern Cape	84	2,888	206	392	18,444	198	575
Northern Cape	19	621	35	32	1,049	57	71
North West	31	1,343	101	38	2,463	45	145
Limpopo	27	1,070	105	24	1,871	61	78
Totals	161	5,922	447	486	23,827	361	869
Total No of Children		29,749					

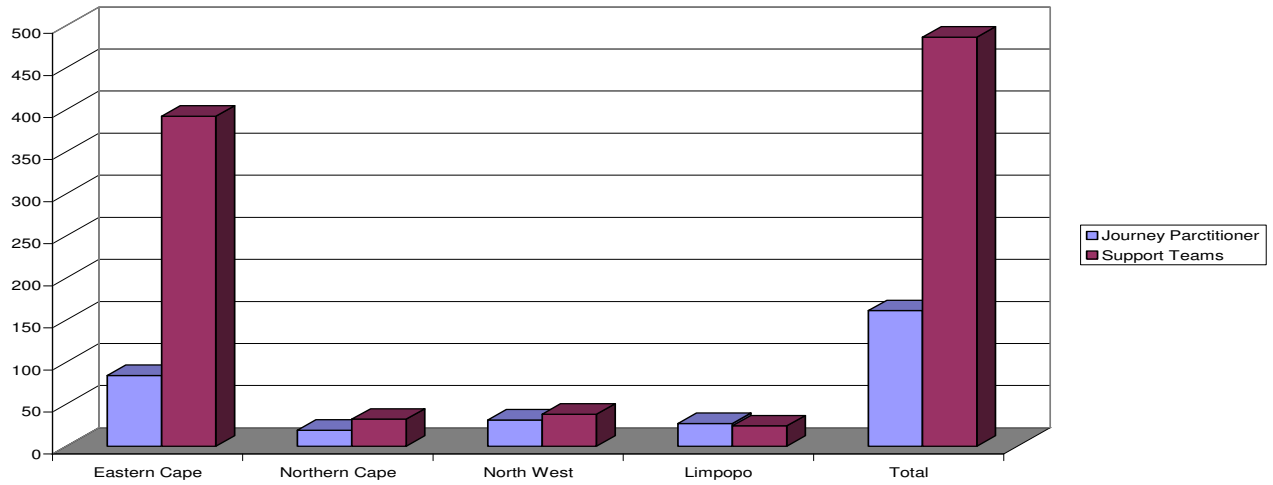
Schools, learners and adults reached by The Resident Journey Practitioner
 Schools, learners and adults reached by The Journey Outreach Support Team
 Adults reached in total by The Journey. They have only partially completed the training sessions by attending one day only.

The numbers in week 1 reflect variances to the numbers in week 2 due to:

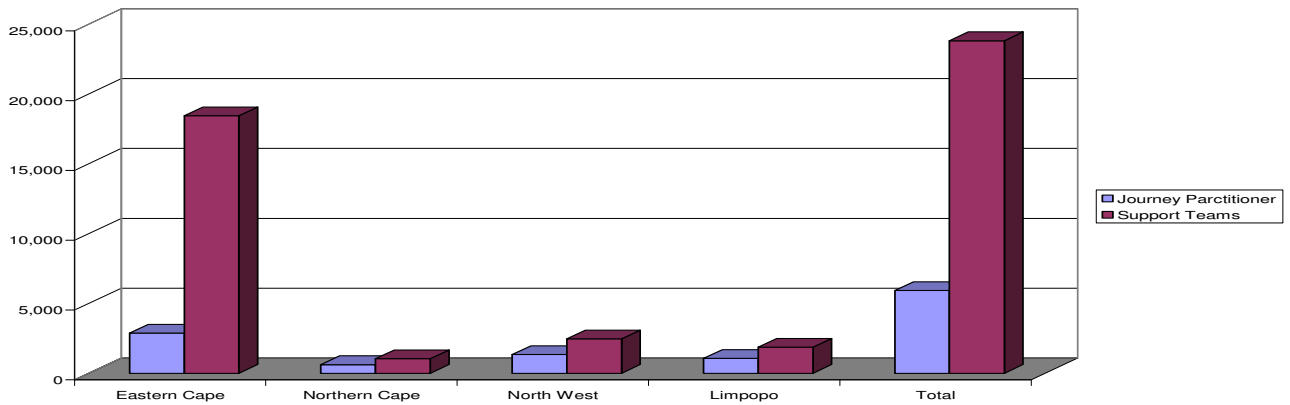
- The availability of educators who underwent The Journey training
- There was no educator from some of the schools who attended the training in week 1 and therefore could not receive support with the implementation of *The Journey in the Classroom* process.
- The educators actually facilitating *The Journey in the Classroom* process with their own learners and therefore more children were reached.
- The educators had other departmental commitments and courses that they had to attend and therefore could not afford the time to receive further training and support.

The total number of adults reached within The Journey project for the year is all adults who have had exposure to *The Journey* and have gained access to *The Journey* tools to use in their communities and/or schools.

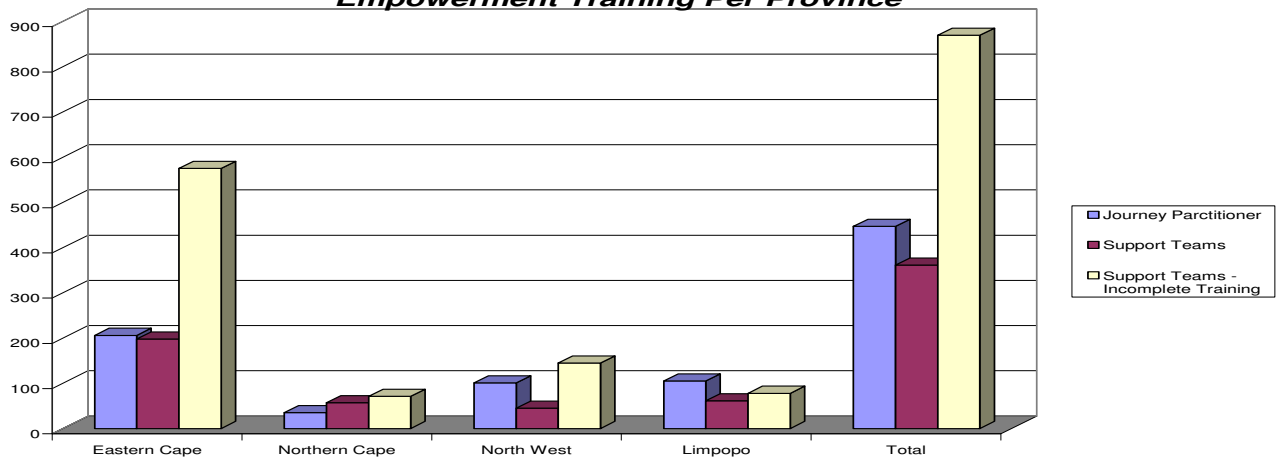
**2008 Number of Schools visited
Per Province**



**2008 Number of Children who received Journeywork
Per Province**



**2008 No of Adults who received The Journey
Empowerment Training Per Province**



Conclusions by The Journey Practitioner

The eighteen weeks in the Eastern Cape was indeed an education, as we proceeded from one town to another. The innocence, the vast difference in belief patterns and way of life of these communities were exposed to all. The most important consideration for these communities was the cattle and in some towns the parents were totally unaware of the importance of education. Yet, we were amazed that so many responded to the call of learning something new. They managed their time effectively so they could attend the workshops even during the holidays.

The Northern Cape managed to highlight the variability's within the Phelophepa dynamics and to what extent initiative is required in order to promote the Journey process.

The platinum mines in the North West indicated the wealth, yet there is so much poverty. The mine administration supports the schools feeding schemes, yet there is so much hunger. What a victory it will be to find balance with wealth and poverty. Seeing the contributions from Transnet and those who support its projects makes one rejoice in gratitude for the magnificent hearts of those who control all aspects for an ongoing and successful relationship with all the communities of South Africa. Bringing all the health care services, outreach and the education is a life line for the multitudes, unimaginable.

The Limpopo communities brought to my attention so much about the choices and free will of people, which I overlook at times, as I am so keenly engrossed in bringing my services to them. This community taught me so many lessons in gratitude, humility and acceptance. To do my best, while having the grace and courtesy of letting everyone be, by their choice after I have explained what The Journey has to offer.

The Journey has touched the lives of so many people through healthy expression and positive empowerment. Their lives will not be the same after their exposure to The Journey. Most of all, the life of The Journey practitioner, being with and experiencing these communities can never be measured by monetary value. I have grown and sustained so much happiness and gratitude for all this exposure to the people of South Africa.

Conclusions by The Journey Outreach Support Teams

The support teams all found this year's exposure of the rural communities to The Journey even more humbling than last year. The openness and willingness of the communities for true liberation is awe inspiring. The Phelophepa Healthcare Train and The Journey have brought hope to those who before felt that there is no hope, no future, no way out. The communities are so grateful that there are people out there who really care and who want to see our country and its people liberated. Most felt it very important that the support teams visit them and support them in implementing The Journey tools and recognised that these volunteers were giving up their commitments at home to be here to support them.

It has been a very full nine months for most of the support teams as many of them spent months at a time away from their families and homes. If you were to ask them if they would want it any other way, they would say that this is the way. We are all so blessed to be part of this extraordinary project and these real life tools.

We have found so many individuals who are taking The Journey work with great excitement into their homes, their extended families, their church –and youth groups as well as their communities. There is a natural response from most adults and children that everybody should have access to this work and that it should go into our schools and become part of the school curriculum.

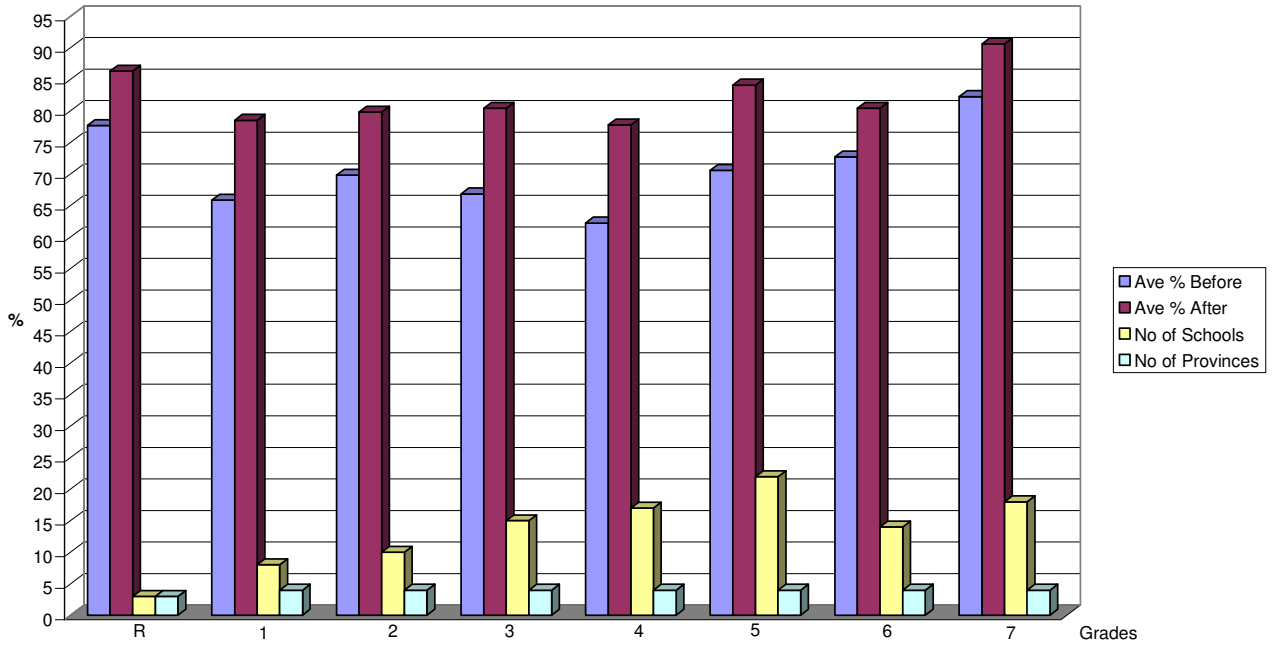
The major challenge encountered during this time once again comes down to that of the perception which seems to pervade the entire Education system within South Africa that educators do not have the time to actually facilitate this work within the schools. The dichotomy of this is clearly shown in that those educators who recognise and embrace what they are shown easily find the time to do further Journeywork with their learners, something which is clearly indicated within the results published. Those that resist having to do something else on top of their busy schedules tend not to do any further Journeywork. It has been the experience of many of the support staff over the past two years that many schools have no interest in punctuality, keeping the schools open or adhering to agreed timings and schedules. Educators constantly complain that they are hungry, cannot afford to go to the seminar or are too tired. It has been indicated by the support staff that these schools and educators seem to be caught in a spiral of blame and depression. It would be of great benefit to be able to offer these educators in depth Journey seminars aimed specifically at them working on their own issues that are so transparently displayed.

While the children benefit hugely from this project, it is the view of The Journey that many of the issues daily presenting themselves within the schools come directly from the belief systems and negative behavioural patterns displayed and clung to by a large proportion of the educators addressed.

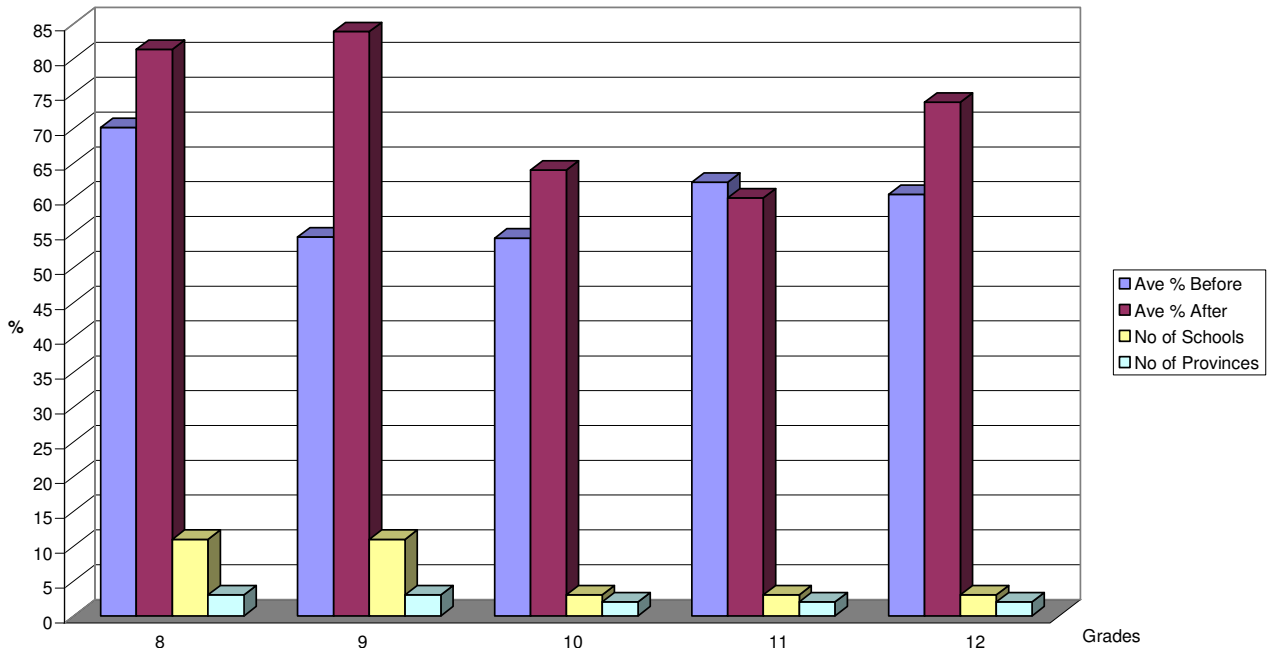
Please find attached some results received back from schools regarding the learners' % pass rate before and after The Journeywork.

For further in-depth analysis and/or review of the above information we have attached original comments from educators and learners who benefited from this process.

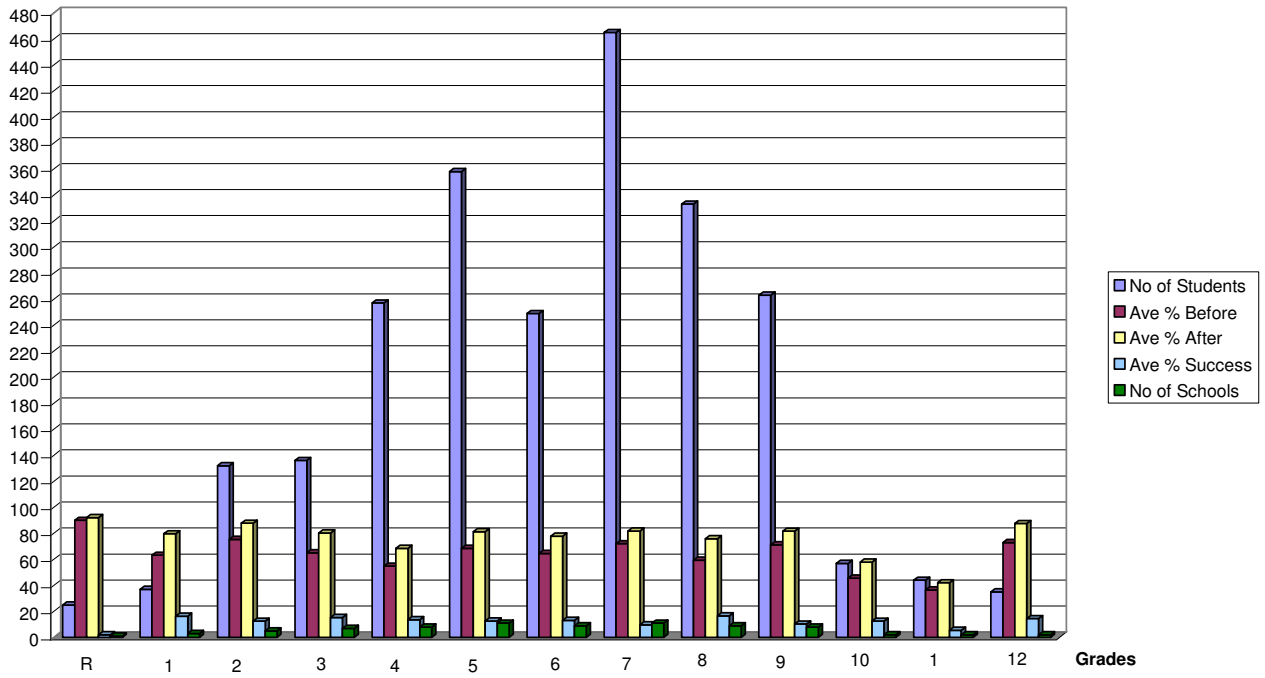
2008 Primary Schools % Average Pass Rates
 Number of students/learners: 4,630



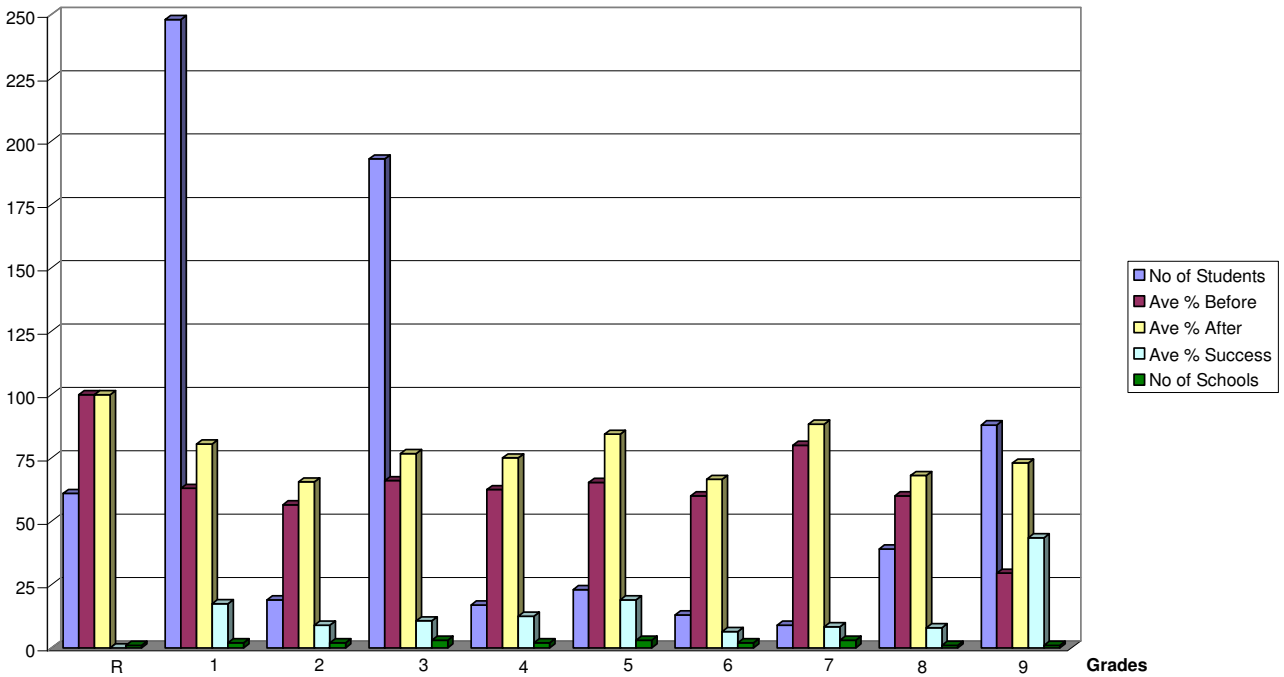
2008 Secondary Schools Average % Pass Rates
 Number of students/learners: 1,060



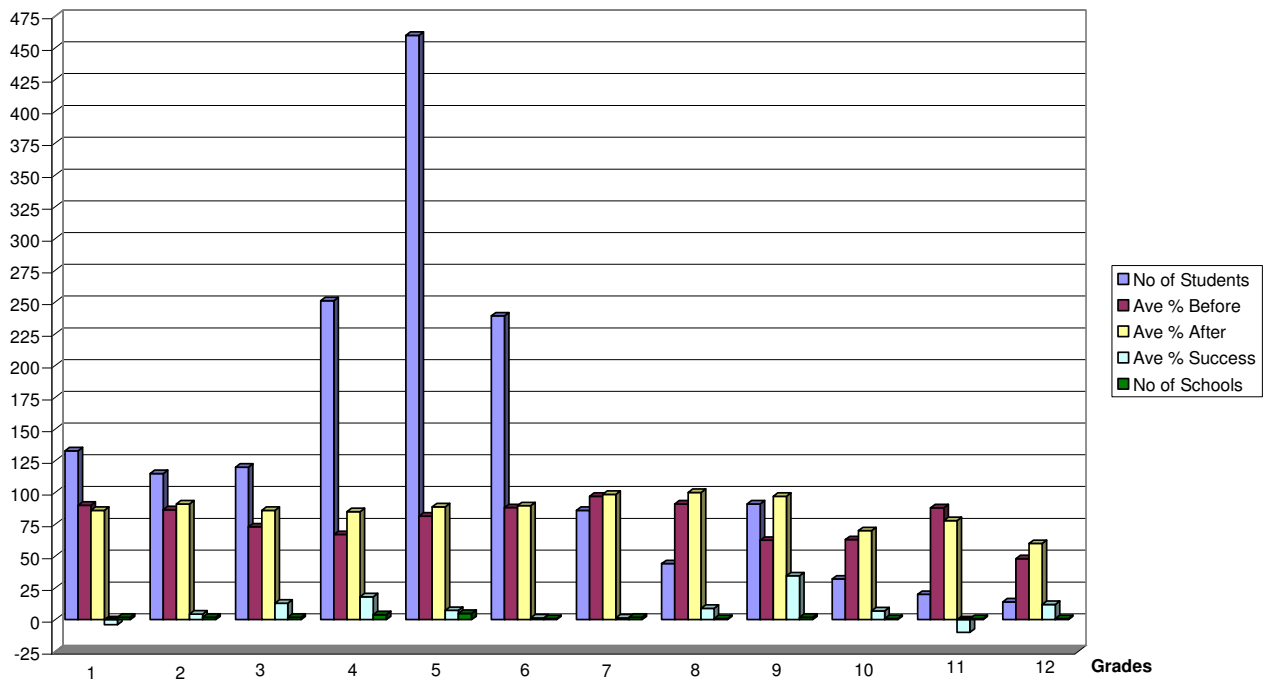
Eastern Cape Province Average % Pass Rate



Northern Cape Province Average % Pass Rates



North West Province Average % Pass Rates



Limpopo Province Average % Pass Rates

