



THE MIRACLE TRAIN

by Lydia Hoyland

Bringing Healing to South Africa

Journey Outreach - Africa has expanded into Southern Africa beyond anyone's wildest dreams. It has been an honour for me to be part of the projects and programmes that Journey Outreach has been involved with since the office opened in Johannesburg, South Africa in 2005. With the effortless grace of so many volunteers the projects have supported thousands in discovering and remembering their true self.

The Journey in the Classroom

JOURNEY OUTREACH has the privilege of running a two year pilot project in 2007 and 2008 of The Journey in the Classroom in conjunction with the Transnet Foundation's Phelopepa Health Care Train.

This beautiful project has allowed Journey Training Practitioners and Journey Accredited Practitioners the opportunity to work in rural South Africa. The Transnet Foundation's Phelopepa 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 Phelopepa 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 the Classroom in rural South Africa. The scope of this pilot project runs in each stop for a period of two weeks. During the first week the resident Journey Practitioner takes

school children in a classroom environment through a Journey process in the mornings. In the afternoons a group of up to 30 adults comprising of teachers and community workers undergo training in The Journey tools to empower them to take The Journey into the classroom and their communities. Two Journey Outreach Volunteers then visit the communities again for another week to support those who have undergone The Journey training to implement what they have learnt as well as following up with the children worked with during the first week's visit.

We have been going into communities of different cultures and race and despite all the diversity of the beautiful people

encountered there remained this oneness where there is truly no trace of separation. The Journey has created an opening which transcends race, colour or creed. For all involved in this project it has been and is an experience of being home.

The educators and community workers have taken The Journey into their schools, youth groups, church groups, as well as into their own homes, facilitating healing at the deepest level. One educator received a phone call early on a Sunday morning from one of a group of adults from her church, asking her to come to church earlier so she can take them through a Journey process before the church service starts. Another worked with her husband who

was seriously ill while she was undergoing the adult workshop in the afternoons.

He couldn't wait for her to come home so she could work with him again and share all that she had learnt that day. As the days progressed he became more peaceful within himself and made peace with the dis-ease he was in.

Towards the end of 2007 some principals and premiers of other provinces in South Africa, where the train has not yet been, contacted the manager on the train, Dr. Lillian Chingo, to ask "when is The Journey coming to our communities?"

Generally they would contact the train to ask when the train is coming to their communities, as the Phelophepa Health Care Train is known as the miracle train, bringing good clean health to rural South Africa; to those where basic health care services are not readily available. It was with awe that she told us of the requests for The Journey to come to these communities.

It has been the experience of the Journey Practitioner on the train and of the Journey Outreach Volunteers that most of the communities wholeheartedly embraced The Journey and

the freedom and inner peace it brought. To most it was as if a prayer had been answered.

To date the total number of children reached has been 16,152, and the total number of adults who have either completed the training or in the process of is above 1000! Amazing

The Journey Outreach support teams found it extremely gratifying to realise that the attendees understood the vast implications of this project.

It has also been noted how important it is for the principal to buy in and actively support The Journey in the Classroom project. We have found a greater sense of cooperation from the schools where the principal recognized the effect of The Journey on his/her educators and learners.

One of the greatest affirmations as to the success of the support week in conjunction with the existing Phelophepa training is not only the number of children reached within the weeks, but the letters and drawings from the children after completing their Journey. The general feedback from the educators and principals also indicate that the children's behaviour have changed within

Last year 16152 children received Journeywork and over 1000 adults were trained by Journey Outreach. AMAZING!

the first week. Many children who were withdrawn have now integrated into the school environment, late-comings are less and bullying has also reduced drastically.

Our support team's observation is that the amount of anger and fighting within the student body seems to be extremely high.

Follow up procedures by the Journey Outreach support teams of children who received a Journey in the prior weeks of this project revealed extremely positive results, especially in the children's reaction to pressure from their peers. They now refuse to fight where only a week ago they actually relished going into battle. These are primary school children. Other children expressed satisfaction with the changes they have observed within their domestic situations, where they now handle confrontation with their parents so effectively that the confrontation just does not

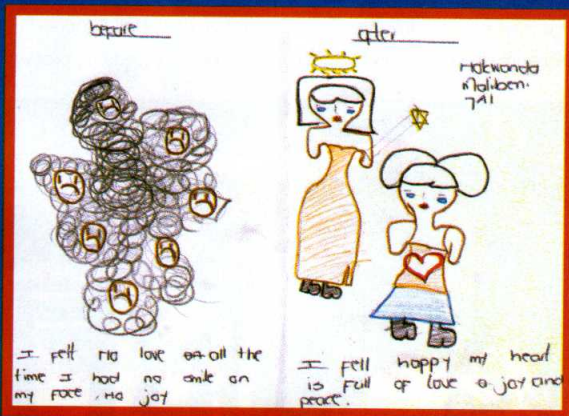
happen.

Orphans now feel that they belong and that they are loved and cared for and have come to a place of completion and wholeness with those who have died.

After completing The Journey process many of the children expressed as to how much their anger, lack of self confidence, and a host of negative emotional feelings had changed for the better.

The results received back from the schools visited during 2007 of the children's pass rates before and after receiving Journeywork have been awe-inspiring. The pass rates have increased by at least 20% up to over 80% in some instances.

The most amazing thing is that we have not worked on these children's scholastics; we have purely facilitated an opening for them to clear out the emotional blocks that prevented their true potential from shining through.



Children's drawings before and after the Journey process.