

'When horrible things happen to us, they leave 'poisonous memories' in each of us. And that poison – anger, hatred and revenge – is liable to take control of us, to destroy us, if we keep it inside us. Healing of memories is about acknowledging and laying to rest those things in the past which would destroy us and taking from the past that which is life-giving.'

Michael Lapsley: An Anglican priest, who was involved in combating the injustice of apartheid in South Africa. In 1990, he was the victim of a parcel bomb attack, in which he lost both hands. After the fall of the apartheid regime, realising that South Africa was still a 'deeply divided and wounded society', he founded the **Institute for Healing of Memories** in 1998 (*). The Institute is a place where people come together to share their personal stories. It seeks to heal the emotional, psychological, and spiritual wounds of the past, both individual and collective. It now runs workshops around the world.

Since 2008, Michael Lapsley has visited Luxembourg on a regular basis, leading numerous workshops and training facilitators to continue this work. This cooperation led to the founding of **Healing of Memories Luxembourg** (**) in 2020.

See the following documentary films:

- (*) – Michael Lapsley – Healing the Wounds of the Past (7 minutes):
www.youtube.com/watch?v=7la2_JVmMM4&t=16s (English-French, subtitled)
- (*) – The Father Michael Lapsley Story (16 minutes):
www.youtube.com/watch?v=mujgxOTO48s
- (**) – Healing the Wounds of the Past: A project takes shape in Luxembourg:
<https://www.youtube.com/watch?v=hegh0ep7NgM> (20 minutes)



COME AND EXPERIENCE HEALING OF MEMORIES



HEALING OF MEMORIES WORKSHOP

led by

Michael Lapsley

*President, Healing of Memories Global Network
Founder, Institute for Healing of Memories, South Africa*

and the facilitators' team of


Healing of Memories Luxembourg

*(trained and certified by
the Institute for Healing of Memories, South Africa)*

11-13 October 2024

**Centre d'accueil de Clairefontaine
81, rue du Cloître, B-6700 Arlon**

Languages: English, French (with simultaneous interpretation)

 healing@healing-memories.lu

What is a Healing of Memories workshop?

Each of us has a story to tell. And every story needs a listener. Our lives have been marked by events, some of them very painful. Childhood trauma, unfair treatment, breakups, violence, conflict, grief ... Some recent events, in particular during the Covid-19 crisis, may have brought up within us old memories and reopened old wounds.

The healing of memories workshop gives us an opportunity to acknowledge the emotional wounds which we carry, both individually and collectively (within the family, the community, the nation). It also provides a safe space where we can tell our life story in an atmosphere of confidentiality and respect. When my story is shared, acknowledged and revered, I can take one step towards healing personal and interpersonal wounds.

There are no observers in these workshops. Everyone participates fully, including the facilitators.



What a few participants in recent workshops in Luxembourg have to say about the experience

'The fear of passing on to my children poisonous memories is something that pursues me and sometimes haunts me. The workshop gave me a chance to start healing those memories and, as a result, to consider forgiveness. For me, it was like discovering an oasis in the desert.'

'The workshop allowed me to heal open and painful wounds that life had inflicted on me. Taking part in it was a first key step that enabled me to get up and move forward with confidence and peace of mind.'

'I feel totally relieved of the emotional burdens of what I have been through.'

Enrolment for the HEALING OF MEMORIES WORKSHOP (residential) from Friday, 11 October (18.00) to Sunday, 13 October 2024 (15.00)

Centre d'accueil de Clairefontaine, 81 rue du Cloître, B-6700 ARLON

(You can also enrol directly online: https://healing-memories.lu/?page_id=187&lang=en)

Ms / Mr

Surname: _____ First name: _____

Email address: _____

Tel: _____

Languages

I can understand EN FR

I can speak EN FR

The language I prefer to speak is EN FR

Accommodation

People will be accommodated in single rooms.

Transport

I will arrive and leave by my own means of transport.

I am prepared to take ____ people in my car, leaving from Luxembourg-City.

I would like someone to drive me to the workshop from Luxembourg-City and back.

I will arrive by my own means of transport on Friday evening and would like someone to drive me back on Sunday (to Luxembourg-City).

Price

Standard rate: **150 €** per person. (People with low incomes: **30 €**.)

However, the cost must not be an obstacle to anyone's participation. Should it be a problem for you, please let us know.

Conversely, should you be able to afford it, we would be grateful if you could make an additional solidarity payment.

Enrolment procedure

In view of the limited number of places available, please return this form duly signed as soon as possible to help us plan the workshop and **no later than 15 September 2024**:

a) either by post to: Atelier de Guérison des Mémoires – c/o Angela BORGES
20d, rue Pierre Dupong, L-8293 KEISPELT ;

b) or by email (scanned) to: workshop@healing-memories.lu.

You will receive a response as soon as possible.



Should you currently be having any professional psychological treatment, we recommend that you get the go-ahead from the person providing the treatment before enrolling for the workshop.