

## Indlela Yokuphila

### English subtitle - timecodes

- 1:17 - 1:18 Yes, my child?
- 1:21 - 1:22 Why do you care so much about the sea, Teacher?
- 1:25 - 1:28 When I was a little girl, my grandmother (Gogo) would tell me the story of indlela yokuphila
- 1:28 - 1:29 The Soul's Journey
- 1:30 - 1:39 You see, my Grandmother was a traditional healer. She was guided by the voices of her ancestors who would speak to her in her dreams.
- 1:43 - 1:46 Why do the ancestors live in the Sea, Grandmother?
- 1:55 - 1:56 The place of our ancestors
- 2:13 - 2:14 The underground streams
- 2:16 - 2:18 People of the streams
- 2:20 - 2:30 As a young ancestor you hear the song of the river of life and you remember the personality of that place.
- 2:44 - 2:47 In the depths of the ocean
- 2:54 - 2:56 You become a person of the river
- 3:00 - 3:19 You see my grandchild, all the families and tribes of people are connected to different -isibongo- spirit families. Our isibongo is 'Nkhomo' - the whale. When your soul arrives where the river meets the sea.
- 3:49 - 3:52 following the songs of the ancient grandmothers
- 3:55 - 3:58 you find very old people who live there.
- 4:24 - 4:25 An ancient ancestor of the sea
- 4:34 - 4:35 Oh grandchild
- 5:46 - 5:47 You see my children

### Original translation

Yes, my child?

Why do you care so much about the sea, Teacher?

When I was a little girl, my grandmother (Gogo) would tell me the story of indlela yokuphila - the soul's journey. You see my Gogo - was a traditional healer. She was guided by the voices of her ancestors who would speak to her in her dreams.

I remember asking her: "Why do the ancestors live in the Sea, Gogo?"

Every being has their time in this world - and when the time comes, we return to our ancestors, which is in the Sea.

After your family buries you under the ground, the rain compresses your body and squeezes out your soul, until you are born into the dreaming world, where you swim in the underground streams, you become 'people of the streams'.

As a young ancestor you hear the song of the river of life and you remember the personality of that place.

Down-stream you swim, following the song of your great-great-grandmothers, who call you from the deep sea.

You flow down the river and grow older, remembering. You become a person of the river. You See, all the families and tribes of people are connected to different -isibongo- spirit families. Our isibongo is 'Nkhomo' - the whale. When your soul arrives where the river meets the sea, you stretch out your spirit, taking in more memories of the world, and you sing all the songs of the clans.

In the Sea, there is so much to learn, and so much to explore – it is a wide almost endless realm of mystery, knowledge and wonder.

You swim deeper and deeper, following the songs of the ancient grandmothers.

When you get to the source of the song, you find very old people who live there. When you first arrive, they are waiting to receive you – with the deepest love. They will know exactly whose child you belong to.

You are met by your great-great grandmother who is waiting for you with her mouth wide open. When you enter, you become a great great ancestor. You embrace the memories, songs, and dreams of our people... Oh! My Child, you will know all the secrets, but that story, that is a secret for another time.

You stay down there for a very very very long time. Until one day, when the matters of people on land are pressing, and you are needed to share your knowledge - you hear a new song, the

song of your next mother. She sings for you to accompany her; and you swim up to her voice, until you float out of the water and are carried by a cloud back to the land.

Until eventually your soul rains down on the land. And your next mother drinks you. There in the small ocean inside her belly, you grow and grow, only to be born again.

You see my children as Gogo always said: This heaven everyone wants a one-way ticket to... it's

not in the direction the missionaries promised us it was. No, No...it's in the opposite direction.... it's down there... beneath the waves.