



Ethno - Autobiography

Ethno-autobiography is a visionary and imaginative process that grounds itself in time, ecology, history of place, stories and myth, ancestral lineage, origin and creation. It is a restoration of processing that balances the shadow play of nurturing conversations by creating a radical sense of presence

The practice of ethno-autobiography is emancipatory, designed to release us into the imaginal realms where the traces of our shamanic presences can be reclaimed. Ethno-autobiography emphasizes an understanding of self and identity that explores communal and narrative constructions and deconstructions of identities created from the dominant paradigm of today's society.

Ethno-autobiographical inquiry is a self-exploratory journey that investigates the ethnic, cultural, historical, ecological, and gender background of the participants. As a creative and evocative type of narrative healing storytelling, ethno-autobiography explores consciousness from a subjective perspective. It enhances a sense of balanced living, which includes a participatory sense of beingknowing. This incorporates symbols of presence and wisdom, nurturing and awakening. This type of self-exploration inevitably leads to the unfolding, unraveling and rebirthing of one's authenticity within a safe and sacred circle of healers.

The term ethno-autobiography highlights issues of ethnicity, for history, myth and identity are not three separate matters, but three significant aspects of one human being. This is a good illustration of what ethno-autobiography is inquiring about. Consequently, its application means to inquire about the beginning place, our ancestry or ancestries in the sense of specific genealogy and about indigenous roots. As all this may be woven into some temporary closure – only to be woven again and again, to be made new in the next telling.

Excerpts taken from Jürgen W. Kremer: *Ethnoautobiography as Practice of Radical Presence, Revision, 2003*