

Phoenix Rising

A programme to promote self-growth and preparation for re-integration into family, community and society

Designed and facilitated by **Phoenix Zululand**



In ancient Greek mythology, the Phoenix is a bird that dies by its own act in a fire, and then rises again from the ashes.

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1. SESSION 1 – ISINGENISO

Uhlelo lwe Phoenix Rising. Wamukelekile ohlelweni iPhoenix Rising.

Lolu hlelo ululethelwa uPhoenix Zululand, okuyinhlangano engenzi-nzuzo, ephinde ibuyisele ubulungiswa esimeni esifanele. Izinze Eshowe, KwaZulu-Natal. Ukuba khona kwakho kubalulekile. Imibono yakho kanye nokuzwakalisa ilaka lakho emva kohlelo kwamukelekile.

Ngabe iyini iPhoenix Zululand na?

IPhoenix Zululand yinhlangano engekho ngaphansi kuka hulumeni, esebenzela ngaphakathi nangaphandle kwezikhungo zokuhlumelelisa (amajele ase Zululand) ukugqugquzela ukubuyiselwa kobulungiswa esimeni esifanele.

Siyakholwa ukuthi ubudlelwano obulimala ngenxa yobugebengu bungalungiseka. Lokho kungumgogodla wokubuyiselwa kobulungiswa esimeni esifanele. Siyakholwa ukuthi bonke abadonsa izigwebo zabo eNingizimu Africa bangazakhela izimpilo eziphuphuma impumelelo. Futhi sizibophezele ukubalekelela bakufeze lokho.

Ngabe iyini lenyoni ebizwa nge Phoenix na?

Igama lenhlangano yakwa Phoenix Zululand lisuselwe enyonini ebizwa ngokuthi iPhoenix. Lomqondo uthathelwe enganekwaneni yama Grikhi (yezimfundiso zasemandulo). Lolusiko lokuxoxa izindatshana lwalusetshenziselwa ukuchaza imibono kanye nezinkolelo ezithile ngomhlaba. Imvamisa kazilona iqiniso.

Kulenganekwane yama Grikhi yasemandulo ngenyoni iPhoenix, kuthiwa lenyoni yinhle, inezimpaphe ezinokusa golide nokubomvu, injalo nje ihlala iminyaka elinganiselwa emakhulwini amahlanu. Esiphethweni sempilo yayo, izakhela isidleke ngamacembe ecinnamon, bese iyasishisa lesi sidleke. Yona nesidleke sayo basha banqonqe babe umlotha.

Kuwo lowo mlotha, kuvuka inyoni iPhoenix encane. Nayo lena encane ngokujwayelekile iphila isikhathi eside njengayo lena endala. Uma izwa ubuhlungu ilimele, iyakwazi ukuhluma kabusha. Inamandla okuhlale ivuka njalo njalo izithathe ngemva kobuhlungu. Lenyoni kayifi (iphila inguna-phakade), injalo nje kayehlulwa.'

- Manje uthini ngalendatshana?

2. SESSION 1 – INTRODUCTION

The Phoenix Rising programme is brought to you by Phoenix Zululand – a non-profit, non-government organisation that works to help inmates prepare for reintegration into their families and communities.

Phoenix Zululand is committed to promoting restorative justice. We believe that relationships that are harmed by the act of crime can be restored. This is at the heart of restorative justice.

We believe that all serving offenders in South Africa can build creative and successful lives for themselves. We are committed to helping them do this.

Phoenix Zululand takes its name from the story of the Phoenix bird.

What is the Phoenix Bird?

The idea of the Phoenix Bird comes from ancient Greek mythology (ancient teachings). Myths are traditional stories used to explain ideas or beliefs about the world. They are not necessarily true, but they contain truth. They are like parables.

In the Ancient Greek Myth of the Phoenix Bird, the bird has beautiful gold and red feathers, and it lives for 500 years.

At the end of its life, it builds itself a nest of cinnamon twigs. Then it sets fire to the nest. Both nest and bird burn fiercely and are reduced to ashes.

From the ashes, a young Phoenix bird arises. The young bird is destined to live, usually, as long as the old one.

When hurt or wounded, the bird will regenerate. So the Phoenix Bird is capable of rising again and again from pain. The bird is immortal (lives forever) and invincible (cannot be beaten).

- What do you say about this story?

Sabelana ngezindatshana ngezimpilo zethu

Loluhlelo luncike ekuxoxweni kwezindaba, njengendlela yokwabelana ngesesedlule kukho empilweni siphinde sifunde kukho.

Nansi indaba ongadlinza ngayo.

Chitha inkomishi yakho

uNan-in, uMasta waseJapan ngezikhathi zeMeiji (1868-1912), wamukela uProfesa wase Nyunivesithi ezobuza nge Zen.

uNan-in wathela itiyi. Wathela itiyi enkomshini yesivakashi yaze yagcwala, waqhubeka nokugcwalisa itiyi nokho seligcwele. Uprofesa wabukela itiyi ligcwaliswa lize lichitheke kwaze kwaba esehluleka ukuzibamba wabhoka wathi. “sekugcwele nje, akukho okusazongena!”

“Njengale nkomishi,” uNan-in esekhuluma, “ugcwele eyakho imbono nemicabango. Ngizokukhombisa kanjan iZen ungakakukhiphi okugcwele enkomishini yakho?”

- Manje uthini ngalendatshana?
- Uzimisele ngokuxoxisana ngempilo yakho nosuke wadlula kukho?
- Uzimisele ngokulalela abanye?
- Uzimisele ngokugcina izimfihlo ngezinto esizobe sixoxisana ngazo?

Ukuba kwakho lana kubalulekile, nembono yakho imukelekile.

The Phoenix Rising programme

Sharing stories and experiences

This programme relies on 'story-telling' as a way of sharing experiences and learning from these experiences.

Here is a story (from the Buddhist tradition) for you to think about:

Empty your cup

Nan-in, a Japanese master during the Meiji era (1868-1912), received a university professor who came to inquire about Zen.

Nan-in served tea. He poured his visitor's cup full, and then kept on pouring. The professor watched the overflow until he no longer could restrain himself. "It is overfull. No more will go in!"

"Like this cup," Nan-in said, "you are full of your own opinions and speculations. How can I show you Zen unless you first empty your cup?"

- What do you say about this story?
- Are you prepared to share your life experiences in this group?
- Are you prepared to listen to others?
- Are you prepared to maintain the confidentiality of this group?

Your participation is important. Your ideas and feedback are welcome.