

REJEA

A
REGENERATIVE
LIFE
LEARNING
PROGRAMME

what is “rejea”?

“Rejea” is a year-long part-time learning programme holding and facilitating people as they re-discover and re-connect to their life purpose and create a life project or programme that is in service to themselves, the Earth and to society.

“Rejea” means return, come back, and do again in Swahili, the main language spoken in East Africa. The programme facilitates African people returning to fetch that which they forgot and were separated from historically through colonialism, Christianisation and capitalist economic relations – their connections to themselves and their authentic selves, their ties to community, and their reciprocal responsibilities to the Earth and all who are more than human – all of which was once core to African indigenous knowledge and practices, and needs to be again, to ensure thriving life for all.

“Rejea” is a regenerative life programme because it facilitates our coming back to life in reciprocal ways, in ways that are restorative and generative of life for all members of community, in contrast to the present globalised extractive dynamic.

why a regenerative life programme?

Like the Dagara of West Afrika, and many other indigenous Afrikan traditions, we believe that we come into this world to carry out a life-giving purpose. When known, our purposes are actioned in the ways we live and the work we do. Rejea, a regenerative life programme, is an intervention to get young people out of meaningless work, help them discover their purposes and hold them as they design projects that regenerate life on Earth during the transition times of ecological systems collapse, capitalism's disintegration, and socio-political disillusionment.

Kenya's youth unemployment rate is 26.21% while the average age of the population is 18. Many young people are consigned to what anthropologist David Graeber has called "[bullshit jobs](#)", and environmentalist Ashish Kothari has termed "[deadlihoods](#)", work that is rote, uninspiring, and maintains the status quo of inequality and unchecked consumption of the Earth. The way we learn in schools is a direct pipeline into these kinds of work, and the subsequent disillusionment, frustration, and lack of self and community actualisation.

Something has to shift, and young people can be the architects of this shift, but while they are still locked into believing the disempowerment of their schooling, accepting the unfreedom of the political system as ahistorical, and daily engaged in an effort to survive in an economic system that is designed to work against them, stepping out and imagining something new will be challenging if not impossible. "Rejea" offers an opportunity to slow down, rethink, reimagine, and redesign life and livelihoods.

Through being, knowing and doing in ways that are alternate to Western capitalist modernity's, and rooted in indigenous African lifeways, participants in the programme begin to shift who they are, how they engage with other humans, and what their responsibilities to self, society and Earth are, for a regenerative perspective towards life that is transformative and restores resilience.

target

People above the age of 18 who want to align the work they do in the world with a vision for a just and regenerative world

People who are stuck in 'deadlihoods' and seeking ways to create meaningful work for themselves, which will also contribute meaningfully to the world

People disillusioned with the current state of the world (political, socio-economic and ecological crises) and seeking a way to another world

People dissatisfied with the hegemonic pathways set out for their lives by a Western paradigm society, and interested in exploring Afrikan rooted pathways for their lives and work

People questioning what their purpose in life is and able to commit to a year-long journey of discovery

**The pilot aims to start with a maximum of 12 participants

location

The ideal location for the course will be somewhere close to central Nairobi and within relative easy reach of public transport.

A low-cost space with an outdoor area or garden that would allow some sessions to be done outside, incorporating nature as one of our teachers.

We are currently looking for such a space.

The programme includes visits to sites in and around Nairobi, Kenya where participants will engage with people who have started and are running regenerative projects.

At the close of the programme we will have a 3 day retreat including a vision quest at Porini Sanctuary in Laikipia, Kenya which is nestled between 3 sacred mountains.

structure

The programme is structured around indigenous, Afrikan and regenerative ways of being, knowing and doing. The year (11 months) is divided into 3 month sections corresponding with this structure and a 2 month closing and going forth period (more below)

We begin with an initial 3 day intensive dis/orientation which will create the programme container, introduce participants to each other and to the course, and open the quest they will be undertaking

The programme closes with a 3 day retreat that allows re-immersion into nature to solidify participants' life purposes and celebrate the learning over the year

The programme will meet for an afternoon every week for 1 year (5.5 hrs), and once monthly during apprenticeships

The pilot will have a maximum of 12 participants

Participants will include individuals paying at various scales according to economic access, including contributions in kind.

In consideration of the economic realities and to enable those who would want to do the programme but cannot afford it, we will endeavour to acquire funds for some scholarships

All participants will be asked to make a commitment to fully participate and engage in the course should they choose to join and stay.

being

The “being” section of the programme aims to shift participants’ engagement with self and each other and the Earth through experiences of different ways of being in and with the world.

This section will build up inner resilience through engaging participants in inner work, song, meditations, drumming, embodiment exercises, selflove tasks, planting, and more in order to rebuild a strong sense of self-value.

Memory work using orikis, meditations, dreamwork and the concept of a life purpose will engage participants in beginning to discover their reason for being, from which the rest of the programme will take shape.

knowing

The “knowing” part of the programme picks up on alternate ways of knowing, and aims to build a critical consciousness about the state of the world today.

Participants engage in community interviews, system mapping, action inquiry, site visits, and historical study. They also explore concepts such as rank and rank abuse and regenerative justice. Theatre of the oppressed and visioning are introduced to encourage participants to shift systemic abuse in their contexts with their life projects.

A design intensive and regenerative design thinking sessions allow identification of and working with place and allies for the benefit of self, Earth and society.

doing

The “doing” component of the programme applies the learning of the 2 previous modules to acquiring skills to enable participants’ life projects to root and take off.

Participants reach out to identified (1 or 2) skillsmasters of skills which they want to develop or hone for their desired projects. They apprentice for a period between 2-3 months.

Participants practice living in alternate value systems by making a gift exchange for their learning during this time. Skillsmasters may become lifelong mentors.

going forth

In the last 2 months of the programme, participants make final presentations of their projects and prepare portfolios that demonstrate their learning. As needed, additional skills are included e.g. communications, website building, movement building, etc.

To close the programme, participants make a vision quest that solidifies their purpose and their allies on this and other planes during a 3 day retreat in Laikipia. The retreat is also a celebration of the journey participants have been on as they go forth to live regenerative lives.

journey map

M1

M2

M3

M4

M5

M6

M7

M8

M9

M10

M11

BEING

INNER WORK

Participants begin an exploration of their life purposes through storytelling, movement, drumming, play, song, gardening and writing their orikis to rebuild self-value. Self-love practices, non-violent communication, inner work, earth-based meditations, and dreamwork are introduced to process painful histories, confront fear, and build up inner resilience.

Participants reconnect with themselves, learn to feel and express their feelings, reclaim their personal power and envision what their purpose is. Participants build a community of support for each other and consider what they each bring to the whole.

KNOWING

ALTERNATE LEARNING

Participants link their personal stories to historical and current systems to understand their place in the world, and how the world came to look like it does. Rank and rank abuse concepts, historical study, theatre of the oppressed, system mapping, design thinking, visioning, community interviews & site visits, indigenous knowledge, regenerative justice, and healing history modules are used to discover, understand and begin to shift systemic abuse.

Participants explore how the challenges they experience are seeds of the medicine they bring into the world, and inquire into a regenerative design for a project that encapsulates this.

DOING

PRACTICE/APPRENTICESHIPS

Participants delve deeper into regenerative design of their projects with action inquiry and further exploration of their life purpose through considering the power of their chronic body symptoms.

Participants identify skills that they need to bring their regenerative life projects to life and reach out to relevant skilled people to apprentice with them in a gift exchange for 2-4 months.

REGENERATIVE LIFE

CELEBRATION/GOING FORTH

Participants review their learning and finalise their regenerative livelihood project plans and get them ready to launch. Additional useful skills e.g. communications campaigning, organization and movement building, website building, facilitation, etc. are included as needed.

Participants integrate and celebrate the learning from the year by undertaking a vision quest in nature that completes and begins their continued knowing of their life purposes. Participants give final presentations to each other and their community of support, put together portfolios demonstrating their learning, and at the final retreat perform their orikis.

team



Wangūi wa Kamonji is an independent researcher, dancer, storyteller and facilitator of regenerative presents and futures rooted in indigenous Afrikan ways of being, knowing and doing. She has a Masters in African Studies with Environment from University College London (UCL), and a Bachelors degree in Environmental Studies and Urban Studies from Wellesley College, USA. She has undertaken research-learning journeys in Afrika, Latin America and Asia exploring cities, food, and community innovation.

As hearth keeper of the collective **Afrika hai**, which exists to research, reconnect to, reimagine and share indigenous Afrikan knowledge and practices, Wangūi combines her research with storytelling, dance and facilitation to create diverse public spaces for critical consciousness and transformation to go beyond the challenges facing African environments and societies from a radical new-oldness. She is a trained facilitator in process oriented psychology and has facilitated young people on study abroad programmes.

Wangūi has been through at least 15 different formal educational contexts in her life. In many of these she experienced disempowerment from being told that knowledge exists only in books and in an all-knowing teacher. This contradicted her early childhood experiences in which she learnt about the world through intuition, exploring her mother's garden, learning from plants, her mother, and with her brother, a toy-car maker.

Around her neighbourhood, children made mud dams when it rained. Later she realised that schooling robbed many of them of their natural curiosity and innovative embodied knowledge, and branded them as failures and stupid, and therefore valueless to society.

Wangūi convenes the regenerative life learning programme for people to remember and reclaim their dreams, power and value, and deliver their gifts to benefit selves, Earth and society.

team: resource people and site visits

Resource people* are part of the team that delivers the regenerative livelihoods programme. Resource people join to share certain skills necessary to shaping and stepping into regenerative living and livelihoods. These include storytelling, drum circles, theatre of the oppressed, design thinking, permaculture design, visioning, working with the Earth, confronting fears on the path to unlearning, etc.

Resource people are individuals who have undertaken similar journeys of unlearning and relearning that participants are on and will be additional inspiration for participants.

Site visits to locations, groups and initiatives living regeneratively are planned to expand possibilities open to participants, and enable participants to learn from others' journeys. Some of these include Waste to Best community group, Kitengela Glass, PaliACT Ukombozi library, Mathare Social Justice Centre, H.I.M. Negus Shiriki farm, and Karura Forest.

*The bulk of the course is aimed at participants engaging with their own knowing which reverses the traditional disempowering model of schooling with a hierarchy of knowledge-holders. Resource people serve as a support to participants and co-facilitators with Wangūi.

team: co-ordinators and life coaches

A team of 2 part-time **co-coordinators** will assist the delivery of the programme and the organisation of logistics enabling the smooth running of the programme.

In addition participants will be assigned trained individuals with whom they will have **life coaching** sessions at least once monthly. This mentorship relationship will provide an additional sounding board while participants deepen their self-knowledge, knowledge about the world, and design and begin to implement their life projects.

budget

- Venue hire - 160,000
- Opening intensive meals - 45,000
- 3 community meals - 45,000
- Tea break meals - 180,000
- Stationery and session materials - 250,000
- Transport to site visits - 150,000
- Stipends for resource people and site visits - 250,000
- Retreat site hire and meals - 75,000
- Coaching sessions - 390,000
- Co-ordination - 400,000
- Facilitation - 600,000

TOTAL = KES 2,500,000

Contingency (.2) = 500,000

TOTAL = KES 3,000,000 (£23,076 / \$30,000)



Wangũi wa Kamonji



Retriever and bearer of indigenous Afrikan lifeways,
midwife of sovereignty to cocreate just worlds,
inviter and facilitator through passageways to life



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