

# The Ancestral Resonance Process™

## Honouring The Ancestors Celtic New Year Retreat

30<sup>th</sup> October – 2<sup>nd</sup> November 2026

Dev Aura, Horncastle, Lincolnshire



# A Sacred Sound Immersion and Celebration for the Celtic New Year

## Honouring the Ancestors and Healing the Ancestral Line with The Ancestral Resonance Process™

Facilitated by Sarah Gregg of Reiki Drum & Sacred Sound Inspirations

30<sup>th</sup> October 2026 – 2<sup>nd</sup> November 2026

To be held at Dev Aura, Nr Horncastle, Lincolnshire

*"To acknowledge our ancestors means we are aware that we did not make ourselves, that the line stretches all the way back, perhaps to God; or to Gods. We remember them because it is an easy thing to forget: that we are not the first to suffer, rebel, fight, love and die. The grace with which we embrace life, in spite of the pain, the sorrow, is always a measure of what has gone before."*

- Alice Walker



Ancestral veneration is practised by most cultures worldwide. It is widely understood that by working with our own ancestral lineages, we can heal many inherited attitudes, karmic tendencies, ancestral wounds and repeated family patterns, each of us being a product of our ancestors. Research by respected scientists and family psychologists has demonstrated that all of these inherited tendencies are transferred across space and time. This powerful workshop combines modern healing methods with ancient sound healing techniques to effect healing through the energetics that connect us with our ancestral lines, healing our ancestors and their wounds and in doing so, having a positive impact on our own healing and that of our families. Through our

own intention, these deep healing practises, initiations, rituals, ceremonies, dance and sound, will bring long lasting shifts to our own healing journeys.

Join us for this beautiful residential retreat at a wonderful, high-vibrational space in the Lincolnshire Wolds. An opportunity to celebrate the Celtic New Year and a time to

traditionally honour our Ancestors. Our Ancestors and all of their inherited traits play a significant part in our everyday lives. We

inherit both their gifts, talents, life stories and mental/emotional patterns. During the retreat we will have the opportunity to heal ancestral wounds which contribute to our current reality.







We will spend the retreat immersed in Sound as a celebration of this auspicious time, and our group intention will be to honour each of our ancestral lineages, create an opportunity to reassess where we are going in our lives and let go of the past, as well as creating a healing space for all of those who attend. This retreat combines sound and healing techniques with a weekend of ceremony, gong baths, crystal bowls, shruti, Peruvian whistling vessels, sacred drumming, chanting, mantra, toning, group vigil, voice and energy work, movement, meditation, silence, celebration and stillness.

Our programme will encompass the practises of The Ancestral Resonance Process™ - a powerful healing process that works to heal the wounds of your ancestral line. Participants are invited to bring something to the retreat to commemorate a loved one for the Ancestors Altar (photo or small memento), as well as any drums or other instruments.

The Ancestral Resonance Process™ methodically and distinctly heals not only the original ancestral wound, but its influence on us at this current time. As we effect a healing on our ancestors, we affect not only on ourselves but also other members of our family. We will be working in partnership not only with our own ancestors but also with the Angelic and Elemental realms and Ascended Masters to effect a deep and long lasting healing. The workshop allows you to gain further insight into your own characteristics and how they have been shaped by your family influences.

One of the highlights of the workshop is an all-night vigil where each participant is encouraged to prepare an offering to their own ancestral line ranging from five minutes to an hour in length in the form of poetry, readings, stories, recitals, drumming, sound baths or similar. This sacred act allows us to express our gratitude and reverence to our own ancestors as a community and the group energy lends itself to a powerful and moving experience.



Our ceremonial sound and meditation sessions incorporate the intention of honouring those who have gone before as well as recognising the myriad of gifts they have bestowed upon us through our ancestry.

This powerful and deeply healing workshop is currently being run as a residential retreat at the time of the Celtic New Year when the veil between the worlds is thin and the work and communication we do with our ancestors is enhanced energetically.

## RETREAT PROGRAMME

**Friday 30th October** - Arrival 4.30pm. Opening session follows group evening meal.

**Saturday 31<sup>st</sup> October** - Our programme for the day will encompass the practises of The Ancestral Resonance Process™. The highlight of the weekend will be an all night community vigil after dinner to honour the ancestors. All participants are invited to contribute in whichever way they can to the vigil in the form of readings, poems, leading group chants, songs, sound/gong baths, drum sessions etc., as a personal dedication to their own ancestors. Please let Sarah know in advance what you will be contributing, so she can arrange the schedule throughout the evening. You will be invited to spend the night in the main teaching space to maintain the group energy, so comfy sleeping bags/cushions/blankets/mattresses are recommended. You are not able to use the bedding from the venue for this purpose.

**Sunday 1st November** - The All Night Vigil will finish just before breakfast and after breakfast there will be a few hours opportunity to rest and catch up with sleep. Our ceremonial sound and meditation sessions recommence after lunch.

**Monday 2nd November** - Our sessions will honour those who have gone before us as well as recognising the myriad of gifts they have bestowed upon us through our ancestry. Close at 4:00 pm

Plenty of free time is allocated at breaks for people to enjoy the beautiful surroundings of Dev Aura along with time to mix with like-minded.

## RETREAT FEE STRUCTURE



Fees include all activities, ceremonies, teachings, food and three nights accommodation. You will need to make your own travel arrangements. It is advised retreat participants take out their own insurance to protect their booking as deposits are non-refundable. Prices are per person. Each type of room has limited availability so please book early to avoid disappointment. Dormitory rooms have 4 beds and will be allocated by gender, as will twin and triple rooms unless you book as a couple in a double or twin room, in which case you will be put together in the same room. There is only one ensuite twin available. There are shared bathrooms and toilets throughout the main house near to the bedrooms.

Please advise if you wish to share with someone specifically who is also attending the retreat. Places are reserved by an initial non-refundable deposit. Payment plans are available.

Single (limited availability) - £885

Residential Shared (twin or triple rooms)- £810

Twin Ensuite (one available) - £ 885

Dormitory Ensuite (limited availability) £795

Please email Sarah at [info@reikidrum.co.uk](mailto:info@reikidrum.co.uk) for enquiries or to reserve your place.



## YOUR ACCOMMODATION

Our retreat venue is the high vibrational centre Dev Aura (meaning House of Light) located in the beautiful Lincolnshire countryside. Located on the Greenwich Meridian Line, the energy here is quite amazing. Dev Aura is a very special place, standing in two acres of beautifully kept gardens, it also houses a meditation sanctuary. The Dev Aura house is light and airy with a spacious dining room as well as two sitting rooms. Guests are nurtured by the loving energy of this place for their entire stay and often don't want to leave! Because it is in a secluded location it is perfect for our retreat work. Dev Aura provides a delicious and exclusively vegetarian cuisine using produce from their own organic garden on the grounds.



## YOUR FACILITATOR

Your retreat is facilitated by Sarah Gregg, Sound Healer, Gong Master Teacher, Reiki Master Teacher, and Natural Therapy Practitioner. Sarah has 26 years clinical and teaching experience and is the author of numerous healing publications and articles. She released the Album, Reiki Drum - A Bridge Between The



Worlds in 2010. She is also an Insight Timer teacher. Sarah holds a variety of sound healing workshops including Harmony of the Spheres CMA accredited Gong Master Practitioner Training, The Ancestral Resonance Process™ and Post Graduate Diploma in Ceremonial Sound, as well as traditional Usui Japanese Reiki, Karuna Reiki®, Reiki Drum, and Munay-Ki workshops. She is the Founder of The Akasha Process®. She also holds retreats and community events around the UK. In 2007 she introduced the Reiki Drum Technique workshops into the UK. She has been delivering the Ancestral Resonance Process™ since 2013. Sarah has trained with many leading teachers in the field of Sound

Healing, Reiki, Yoga and Shamanism. Her teaching reflects her interests in Reiki, Yoga, Tai Chi, Qi Gong, Sound Healing, Eastern Healing Arts, Buddhist Philosophy and Shamanism.

## Testimonials from previous Ancestral Resonance Process events:

*My what an amazing weekend! Many thanks for all your loving hard work. Arrived home feeling lighter in self and in spirit, having shed a lot of ancestral baggage, much more to process and integrate I am sure - truly was a unique experience for me.*

*Thank you for a wonderful time. I feel lighter since I have come home. I have learned a lot about myself and my ancestors.*

*Thank you for such a wonderful weekend filled with so much light, love and sound. I woke this morning with a sense of accomplishment and calm and I am very grateful to you for providing the opportunity for so much deep healing. It is a lovely venue and I enjoyed everything offered. It was a very special and memorable few days.*

*Many thanks again for all your hard work in organising the retreat - I found it very rewarding, and a lovely group of people. There is a magical atmosphere to the venue.*

*Personally I gained so much from the weekend in all directions. I feel things are changing for the better, so that is encouraging. I leave with a sense of calm and trust that all will be well as I have so many gifts from my ancestors to help me along the way and a stronger connection than I had before.*





Pictures from previous sound healing retreats



