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The performer as shaman: an auto ethnographic performance as research project

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Abstract

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This is an auto ethnographic project in which I explore how my personal and cultural narratives can be used for healing and transformation through a theatre making process. I look at performance as an object of making meaning while placing myself at the centre of the study as the subject of this research. During this process, I was looking at discovering a personal theatre making language with an aim of finding my voice. The outcome of my journey was an experimental creative project titled *Eenganga* which was performed in an alternative and non-traditional form in terms of space, text and the overall theatre making process. This study is an account of a journey that initially began as a performance ethnography project which collected cultural narratives of black urban traditional healers from Katutura, Windhoek, Namibia. There was an internal and an external data collection process. My body as a site of knowledge was the main research instrument.

KEY WORDS: Performance, Theatre Making, Healing, Transformation, Auto ethnography