

## DEAR ANAM CARA APPRENTICES,

Welcome to Month Seven of the Living Celtic Myth track. We are now heading towards the spring equinox, the time when day and night are balanced equally on our journey around the sun, guiding us to look at questions of balance in our own lives. Are we living in a way that honours all aspects of our life in a creative and nurturing balance? Or are there parts of ourselves and our path that we've been neglecting? As spring growth intensifies, think about where you want to put your energy, where you want to grow in your life.

This month we are looking at the story of Cormac MacAirt in the Land of Promise – a tale of Ireland's greatest High King and how he gained the wisdom that made him famous. We will be exploring the archetypes of the Seeker and the Ruler, and how they might show up in our modern lives just as they did for this ancient mythical king. We'll be looking at how loss can force us into learning about wisdom and discernment, and also at the importance of speaking – and recognising - truth.

## Month 6: The Story of Cormac MacAirt in the Land of Promise

### Reading Assignments

**Awakening the Heroes Within:** Chs 10 & 14 The Seeker and The Ruler

**The Salmon in the Spring:** Ch 6 The Birdreign and Ch 7 The Soul's Horizon

**Clare Johnson (2021). The Art of Transforming Nightmares:** Ch 2 (pdf)

### Dream Assignment

We will be learning about nightmares, exploring the gifts and healing potential of those dreams that are painful or even terrifying, and learning how to work with them.

If you have had a nightmare that you remember, your assignment is to work with it using dream re-entry as explained in the webinar. If you have not had a nightmare that you want to work with, your assignment is to try dream re-entry with any dream and simply to see what happens!

### Nature Assignment

Our nature practice for the month is based in mythic awareness. Myths like that of Cormac MacAirt use story and symbol to teach a deeper truth, and as we have been learning in our dreamwork, symbols that present themselves to our attention can sometimes hold great meaning for us. The assignment for this month is to go for a slow meditative walk in nature and take note of what presents itself to your attention most strongly. Perhaps a tree or a bird or a plant, or the breeze or the blue sky... When you get home, journal on this image, your associations with it etc – or enter the imaginal realm and simply ask it what it has to teach you.

## Dyad Assignment

Please arrange a one-hour Zoom meeting with your Anam Cara partner during the month. Share your experience of the webinar, and the month's assignments. How does this month's story impact you? Please note any insights or questions that arise that you might wish to include in your paper.

The reflection questions for this month are based around truth:

- Are you seeking something in your life at this moment in time? How has that journey taken you away from the familiar?
- Cormac MacAirt is pulled by loss into a journey of growth. Have you experienced this in your own life and how did that unfold?

## Journal

We suggest that you journal throughout the month on your reading and experience of this work – noting questions and difficulties as well as insights. You might also wish to reflect on the dyad meeting for the month as part of your journaling.

## Reflection paper

Your reflection paper should offer some insight into how you are engaging with the practices and material for the month, as well as your sense of your larger personal journey through the year. It doesn't have to be long (1-2 pages) but should include at least one insight from the month and one question that arose for you based on the readings and/or practices. If you are journaling throughout the month, this will help you in writing your papers.

This month and in the months ahead, we'd love to hear how your final project is progressing and please feel free to contact us if you need any help or guidance.

## Optional resources

### Books:

Clare Johnson (2021). *The Art of Transforming Nightmares*.

Leslie Ellis (2020). *A Clinician's Guide to Dream Therapy* (Ch11 provided as pdf)

### Audio:

Candlelit Tales Podcast Episode 30: Cormac Mac Airt (part of a longer tale, our story starts around 22:45) <https://soundcloud.com/candlelittales/episode-30-cormac-mac-art>

Dr. Clare Johnson: A Deep Dive into the World of Nightmares (podcast)

<https://edgeofmindpodcast.com/interview-with-clare-johnson-phd-a-deep-dive-into-the-world-of-nightmares/>

Dr. Yishan Xu with Ryan Hurd: Deep Into Sleep Podcast Episode 059: What Sleep Paralysis Feels Like and What We Can Do. <https://www.deepintosleep.co/episode/ep059-what-sleep-paralysis-feels-like-and-what-we-can-do-with-ryan-hurd>

## Videos:

There is a useful Youtube video on the Seeker Archetype that can be accessed here -

<https://www.youtube.com/watch?v=6Vl1zILD9oY>

A useful link to an overview of the Ruler archetype can be found at Meta Pathways through the following link - <https://metapathways.com/blog/ruler-archetype/>