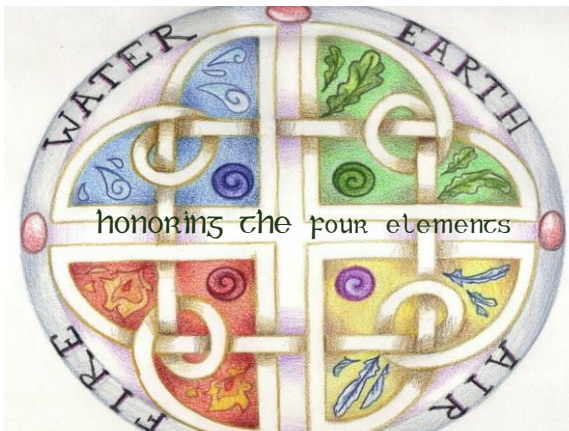


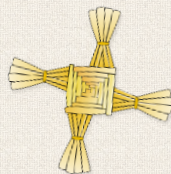
DAY THREE:
DISCERNING OUR FUTURE



Anamcara Ritual box



ANAMCARA MENTOR — FIRE



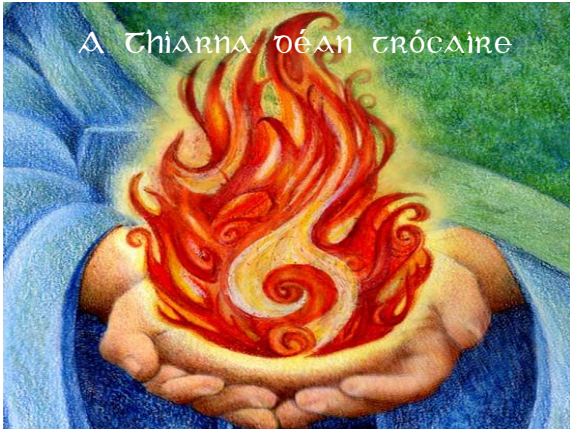
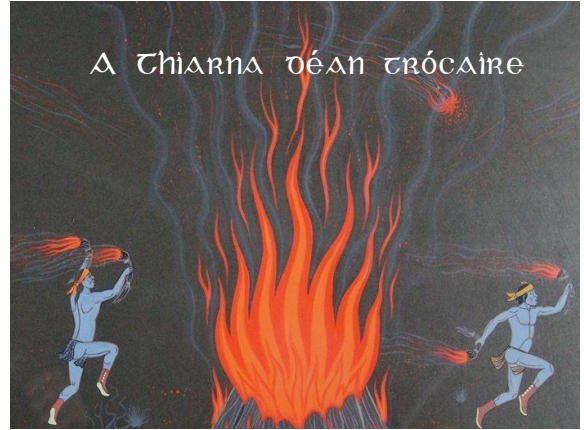
BRIGID OF KILDARE
The First Anam Cara

GRANT MERCY
FOR THE FIRES
THAT WARM AND PROTECT US



Α ΘΙΑΡΝΑ ΔΕΑΝ ΤΡΟΧΑΙΡΕ


Ah here na den tro kara



ANAMCARA vigil practices

- 2-3 AM waking
- Light candle
- Circling Prayer
- Invoke Anamcara



Protectors
and any
Anamcara
in need.



The peace of all peace
be mine this night.
Let all tumult
within me cease.
Enfold me, my Beloved
in your peace.

Immanaire!

psalm 119 beati

“Do not practice long, drawn out devotions but give yourself to prayer at intervals as you would your daily food.”

St Comghall, 6th c

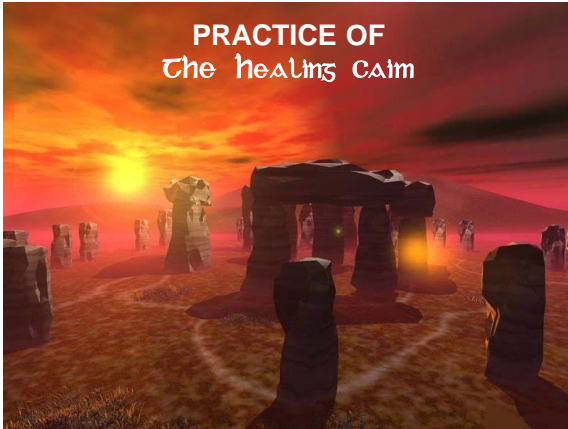
THE PRACTICE OF SEANAMACH



“Soul Flight” Meditation



PRACTICE OF The healing CAIM



CAIM AGUS CURRAGH



om
Copyright © 2000

CAIM of healing



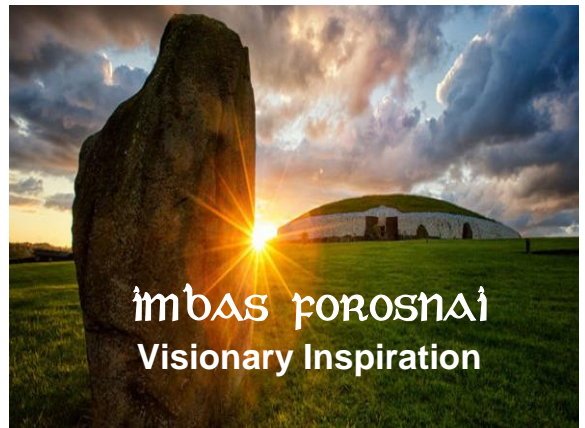
Debbie Dornboos (Calgary)
for son Ryan (Toronto)



Debbie Hayden (Dublin)
Mary Groves



Tammie Veal (Bend)



imbas FOROSHAI Visionary Inspiration

HEALING QUESTIONS

- Who do you need to bless in life with the gift of forgiveness and healing?
- What do you need the courage to name as darkness thereby seeking higher protection?
- Can you offer your anamcara presence for those who are asking for healing?



“May you have the commitment to know what has hurt you, to allow it to come close to you and in the end, become one with you.”

Fintan's Blessing



www.sacredartofliving.org

Living

Copyright © 2022 Sacred Art of



Eiso le mo chríóhe
Eiso le oo chríóhe



Air an Sióinn
Tha me/Tha Sinn Sióinn



A Chighearna...
Dean Trocair Oirann

blessing for the senses

May your body be blessed.



May you realize that your body is a faithful and beautiful friend of your soul.

And may you be peaceful as you recognize that your senses are sacred thresholds.

May you realize that holiness is mindful gazing, feeling, hearing and touching. 6th C.



OPTIONS FOR THE ANAMCARA GRADUATE APPRENTICE

- ✓ Anamcara Graduate Community
- ✓ Purchase AC Hard Drive
- ✓ SALC Podcasts: Soul Size Questions
- ✓ New Art of Living & Dying Series
- ✓ Audit SALC programs/volunteer
- ✓ Continue Your Enneagram studies
- ✓ SALC Pilgrimage
- ✓ Continue with your Ceili De

ANAMCARA GRADUATES



YEAR TWO TRACKS

- Art of Spiritual Discernment
- Well of Grief & Love
- Art of Spiritual Eldering
- Healing Practices at the End of Life
- Soul of Wellness
- Seasons of our Lives

- Living Celtic Mythology

2024-25 ANAMCARA TRACK MENTORS



- Art of Spiritual Discernment**
Richard Groves
Eileen Heaton
- Soul of Wellness**
Dean Sharpe
Marlis Beier
- End of Life Spirituality**
Kevin Dieter
Ann Jacob/Stan Tomandi
- Healing through Grief**
Elizabeth Johnson
Marv Klassen-Lands
Wendy Howard
- Art of Spiritual Eldering**
Nadya Gross & Victor Gross
Maryheleen Zabas
- Seasons of our Lives**
Michael Kearney
Debbie Doornbos
- Living Celtic Mythology**
Margaret Brady
Phil Larkin



A 30 DAY VIRTUAL RETREAT EXPERIENCE

Based on the Spiritual Exercises of St. Ignatius
Walking in the Presence of Mystery in All Things
October 28 - November 23, 2024



- Weekly online teachings in the Ignatian & Jungian Discernment Traditions
Major themes: Freedom, Imagination, Discernment & Transformation
- Daily reflections and practices for discernment in everyday life
Learning the art of embodiment through the "Nammas" practice
- Weekly one-on-one companionship with an experienced spiritual director
Incorporating insights from the Wisdom of the Enneagram
- Open to persons from all spiritual paths
Regardless of one's language for Mystery or spiritual tradition
- A gift for any spiritual seeker discerning major life decisions...
Or desiring to deepen in spiritual awareness and intimacy

SPACES IS LIMITED
CALL FOR MORE INFORMATION: 508.558.0518
EARLY BIRD COST: \$395 (your choice) / \$475 (your choice)
FULL PAYMENT COST: \$495.00
When you're in doubt...

30 DAY RETREAT TEAM



Online Spirit of the Enneagram

Two-Day Online Webinar July 15-16, 2022

Introduction to Spiritual Psychology PROGRAM INFORMATION

The Enneagram is a remarkable tool for psychological and spiritual growth. This ancient wisdom tradition offers clinical insight that explains why we behave in the way that we do by uncovering our unconscious motivations and deeply rooted influences. The lessons of the Enneagram are not learned by studying books or concepts, but through an elegant process called the soul.

The 'spirit of the Enneagram will enable you to...

- Enhance your personal self-esteem
- Improve your sense of spiritual wellbeing
- Meet the needs of the emotional self
- Increase ability to work and relationships
- Create a more peaceful and productive environment

The Spirit of the Enneagram "Workshop" Includes:

- A live discussion available for questions for the primary types of the Enneagram.
- A highly interactive program where participants explore self and their own personality, but your personal concerns and the specific needs of others. Then discuss!

Richard Groves is an author, pastoral counselor and theologian of the sacred self at Living Center. A student of the Enneagram for thirty years, Richard is a masterful teacher in making the connection between the spiritual and psychological wisdom of this ancient tool.

Online Webinar (practic Time):
 July 15-16, 2022
 9:00 am - 4:30 pm
 Tuition: \$300
 Early Bird \$230
 *Valid until 6/24/22
 *Special deal off registration tuition with One Full Registration.
 Please contact info@sacredartofliving.org
 Register online at: www.sacredartofliving.org
 For more information call: (541) 861-4379

Sacred Art of Living

Community for Spiritual Integration

A SOUTHWEST NATIVE PILGRIMAGE

Sacred Sites in Arizona, Colorado, Utah & New Mexico

"A deep encounter with the historical wisdom of Ancient Spiritual Culture"

September 18 - 28, 2024
 with Pilgrimage Leader & Cultural Guide Richard Groves

\$4250 per person. *Amount includes:*

- 10 days transportation, lodging, guided, catered pilgrimage experience with expert guides in historical sites across the West.
- 10 days of instruction in the sacred sites of the Southwest.
- 10 days of instruction in the sacred sites of the Southwest.
- 10 days of instruction in the sacred sites of the Southwest.

A REMARKABLE LOCATION

The pilgrimage sites of the Southwest are recognized by a rich cultural heritage of the old American West combined with the living history and majestic beauty of the old world. This is a unique and unforgettable experience. The sites are scattered across the Southwest, from the ancient ruins of Mesa Verde to the sacred sites of the Southwest. The sites are scattered across the Southwest, from the ancient ruins of Mesa Verde to the sacred sites of the Southwest.

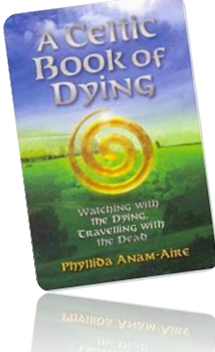
ACCOMMODATIONS & WORLD CLASS SITES

Accommodations include: 10 Days Transportation for 10 days on the West Coast. Accommodations include: 10 Days Transportation for 10 days on the West Coast. Accommodations include: 10 Days Transportation for 10 days on the West Coast.

ENCOUNTER, LEARN & CELEBRATE

Encounter, Learn & Celebrate. Encounter, Learn & Celebrate. Encounter, Learn & Celebrate.

ANAM AIRE



EVER ANCIENT EVER NEW

CELTIC SPIRITUALITY IN THE 21st CENTURY

Dolores Whelan

DOLORES WHELAN

FIRST PRINCIPLE OF HEALING

May you have the
commitment to know
what has hurt you,

To allow it to come closer
to you

And in the end, to
become one with you.

