

## DEAR ANAM CARA APPRENTICES,

Welcome to Month Five of the Living Celtic Myth track. Now well into January, we begin to look forward to Imbolc and the feast of Brigid. We are still in the darkness of winter but the first shoots are emerging (at least here in Dublin) and the light of spring is beginning to reveal itself to us in the lengthening days – as we say in Ireland, ‘there’s a grand stretch in the evenings!’ This month we are looking at the archetype of the healer and also the healing that comes from growing things, plants and herbs. Through the figure of Airmid, we can deepen our own healing connection to nature and we will be focusing on these plant healers during the month ahead. We are also looking at those ‘big dreams’ that seem to come from outside ourselves – healing, spiritual and visitation dreams – and how we might invite their guidance into our lives.

### Month 3: Airmid and the Healing Herbs

#### Reading Assignments

**Awakening the Heroes Within:** Chs 8 & 9 The Warrior and The Caregiver

**The Salmon in the Spring:** Ch 2 Wild Earth, Wild Mind

**Article: Susanna Barlow (2021) “Understanding the Healer Archetype”**

<https://susannabarlow.com/2021/03/26/understanding-the-healer-archetype/>

**Article: Robert Henderson (2019) The Wounded Healer, Jung Journal, 13:2, 115-127, DOI: 10.1080/19342039.2019.1600977 (pdf)**

**Patricia Bulkley (1996) “Invitation at the Threshold” (pdf)**

**Krippner et al. (2002) “Spiritual and Visitation Dreams” (pdf)**

#### Dream Assignment

This month we will be looking at healing dreams, spiritual dreams and visitation dreams. Our practice this month is to incubate a healing or spiritual dream, as outlined in the webinar.

#### Nature Assignment

This month’s assignment is in the spirit of Airmid, goddess of herbs and healing. We would like you to intuitively choose a wild plant or herb to connect to for the month - to examine, smell, touch, observe, learn about, perhaps see if it might have a healing message for you. As with the dream symbol exercise, this is not a one-time practice; we’d like you to try build a

relationship with the energy of this plant in whatever way feels authentic to you over the course of the month. You might also watch out to see if it shows up in your dreams!

## 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. You may also wish to brainstorm about the final project.

The reflection questions for Month Five are:

- How does nature shape my living and my being?
- What are you longing for in or from your life now?

## 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 questions 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:

Robert Moss: The Dreamer's Book of the Dead

Patricia Garfield: The Healing Power of Dreams

## Articles:

Karen Jaenke (2006) "Dreaming with the Ancestors" (pdf)

Patricia Garfield (1997) "Dreams of Grief" (pdf)

Fariba Bogzaran: "Experiencing the Divine in the Lucid Dream State" (pdf)

Doner Kathy (1997) Interview with Carolyn Myss PhD Alternative Health Practitioner, Vol. 3, No. 3, Fall | Winter 1997 (pdf)

Ingrid Spilde: "People often have mysterious dreams before they die"

<https://www.sciencenorway.no/dreams-psychology/people-often-have-mysterious-dreams-before-they-die/1942226>

## Book chapter:

Wachtel-Galor S, Benzie IFF. Herbal Medicine: An Introduction to Its History, Usage, Regulation, Current Trends, and Research Needs. In: Benzie IFF, Wachtel-Galor S, editors. Herbal Medicine: Biomolecular and Clinical Aspects. 2nd edition. Boca Raton (FL): CRC Press/Taylor & Francis; 2011. Chapter 1.

<https://www.ncbi.nlm.nih.gov/books/NBK92773/?report=reader>

Michael Kearney: A Place of Healing. "The Rite of Asklepian Healing" pp67-82 (pdf)

## Videos:

Dr Christopher Kerr: Dreams and Visions of the Dying

[https://youtu.be/rbnBe-vXGQM?si=iNVdgO3Afp\\_e-xWe](https://youtu.be/rbnBe-vXGQM?si=iNVdgO3Afp_e-xWe)

Mná Miotais: Airmid – A Short Film

<https://www.youtube.com/watch?v=ggC5Jwldnps>