

ANAMCARA YEAR TWO  
OPENING RETREAT

FRIDAY  
DAY ONE

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Céad míle fáilte

Anamcara Year Two  
Opening Retreat

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The Art, Science & Practice of Sacred Relationship

INTERNATIONAL  
APPRENTICESHIP



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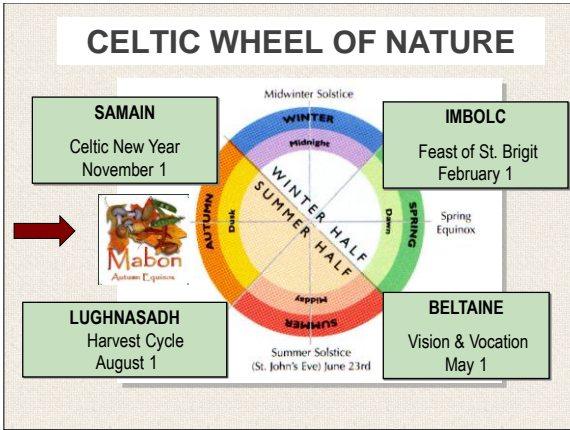
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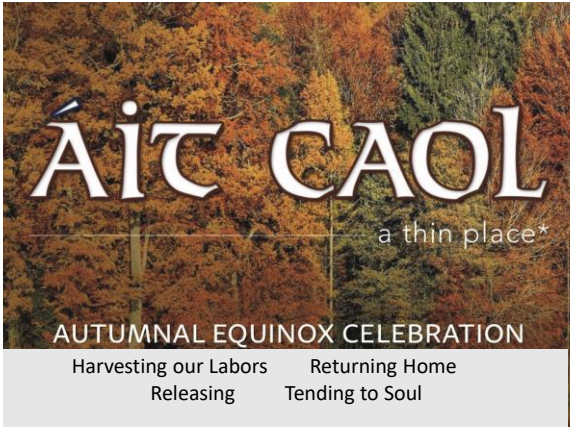
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## Four Pillars of the Tradition



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### Spiritual Practice & the Apprenticeship

Do not seek to assist another until you have found a still point inside of yourself.  
Service without regular contemplation is dangerous for both guide and seeker.

*Celtic Book of Lismore, 8<sup>th</sup> Century*

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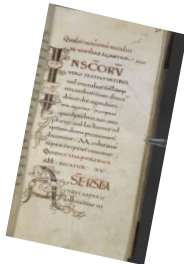
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### Community & the Anamcara Apprentice

Beware the solitary anamcara who cannot abide his Ceile Companions...

*Rule of the Culdees, 8<sup>th</sup> Century*

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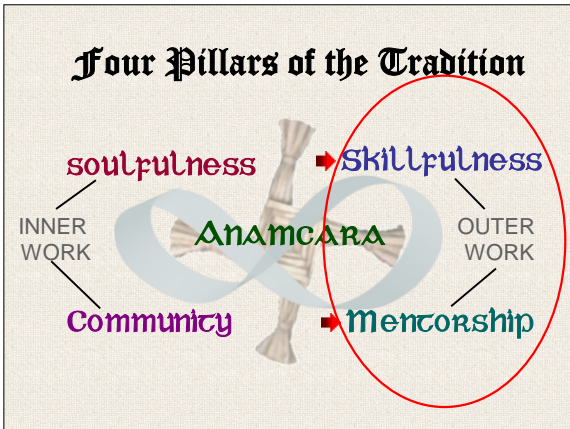
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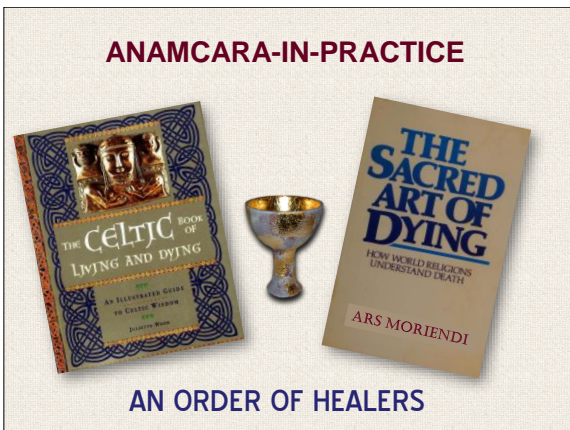
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*"The greatest privilege of a human life is to become a midwife to the birth of the soul."*

Plato

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anamchiardeas

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STUDENT  
APPRENTICE  
ELDER-MASTER

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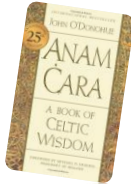
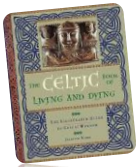
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The Art, Science & Practice of Sacred Relationship



Sacred Psychology of the Enneagram

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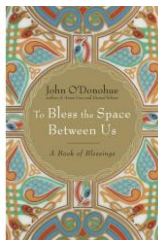
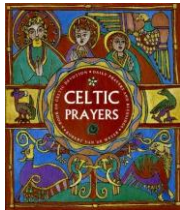
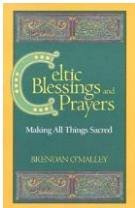
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## ANAMCARA ART of blessing



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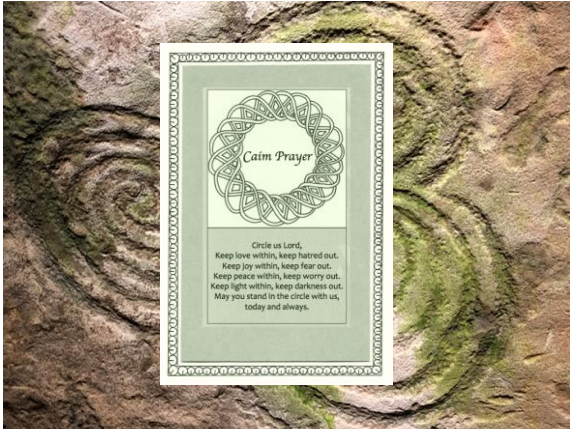
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## Celtic Grail Myth




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## SPECIAL GIFTS FOR APPRENTICES




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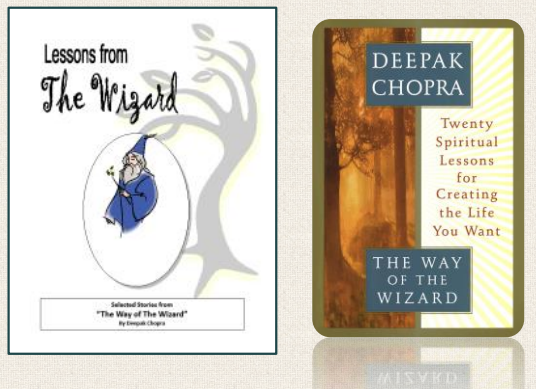
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## Lessons from The Wizard




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**le morte d'ARTHUR**

**Sir Thomas Mallory 1405 AD**

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**ANGLO-SAXON STORY**

**MERLIN AND ARTHUR**

**EXCALIBUR**

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## ANCIENT QUEST FOR THE GRAIL



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## MERLIN IN THE "ARS MORIENDI"



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## ESOTERIC SOURCES



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# celtic grail story



Healer's Cauldron



Ardagh Chalice

The Grail tells us **WHAT**  
The Quest tells us **HOW**

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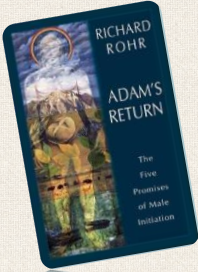
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**rites of initiation**



**THE FIVE PROMISES**

- Life is hard
- You are not important
- You are not in control
- Your life is not about you
- You are going to die

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The cover of the book 'Grail Alchemy: Initiation in the Celtic Mystery Tradition' by Joseph Campbell. The left side features a golden, ornate background with the title in red and black. The right side shows a medieval-style illustration of a woman in a red and gold dress looking at a glowing object. Below the illustration is a quote: 'The Grail represents the fulfillment of the highest spiritual potentialities of human consciousness. Joseph Campbell'.

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A collage of three book covers. On the left is 'Indiana Jones and the Philosopher's Stone'. In the center is 'Mystic Wonders: The Philosopher's Stone'. On the right is 'Harry Potter and the Philosopher's Stone' by J.K. Rowling. The text 'A PERENNIAL THEME' is centered in red.

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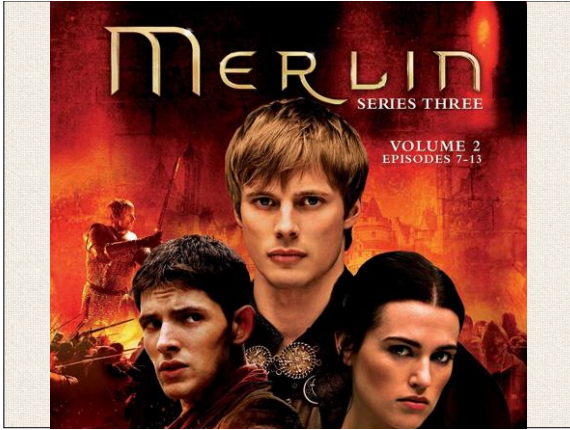
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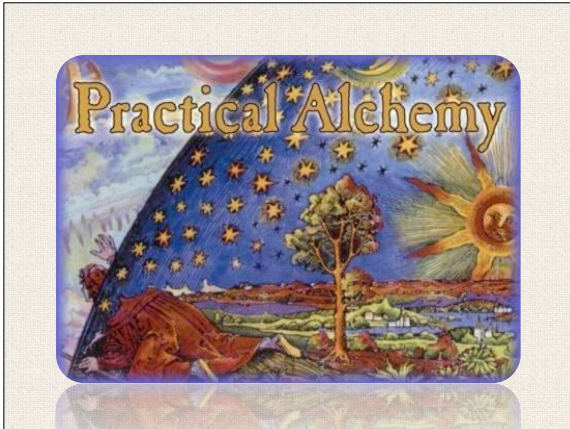
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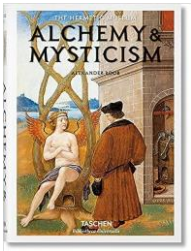
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**SACRED QUESTIONS**

WHY

WHAT

WHERE

HOW



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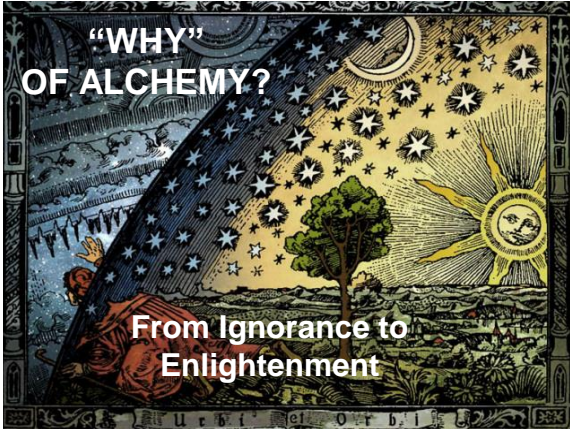
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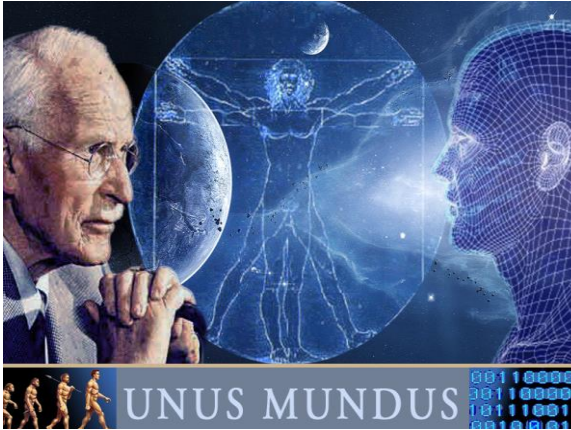
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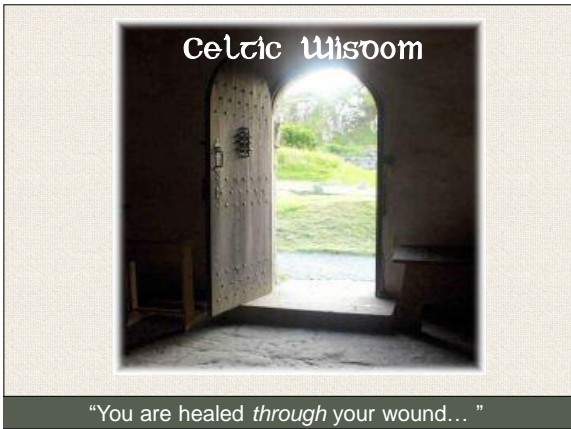
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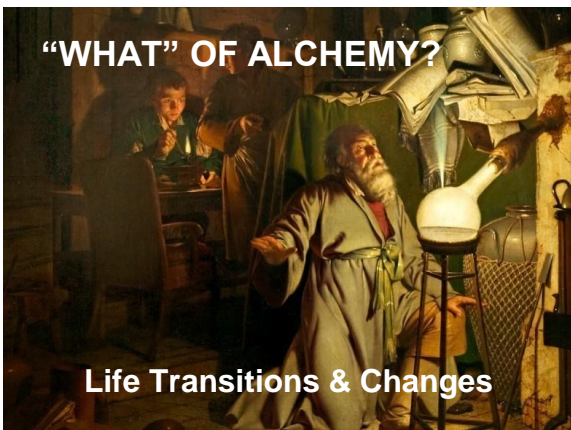
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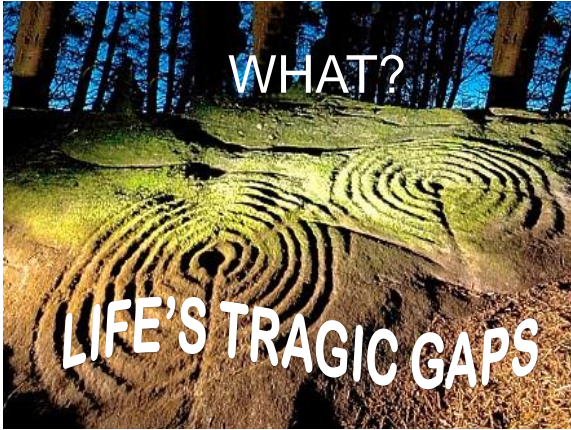
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## CATEGORIES OF TRAGIC GAPS

- 1) Dream/Hope
- 2) Loss/Grief
- 3) Crisis/Fear
- 4) Dilemma/Major Life Decision



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## ANAMCARA-IN-PRACTICE WORKSHEET

### #1 THE "WHAT" OF ALCHEMY



Bringing your Soul Story to Light

### CATEGORIES OF TRAGIC GAPS

- 1) Dream/Hope
- 2) Loss/Grief
- 3) Crisis/Fear
- 4) Dilemma/ Life Decision



### #1 NAMING YOUR TRAGIC GAP

- 1) Name a current tragic gap in your life. Which of the four "categories" does it fall into?
- 2) Which of the four universal dimensions of Spiritual Pain best describes the 'gap'?



### FOUR UNIVERSAL STORIES OF SUFFERING



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## NAMING YOUR TRAGIC GAP

- 1) Name a current tragic gap in your life. Which of the four "categories" does it fall into?
- 2) Which of the four universal dimensions of Spiritual Pain best describes the 'gap'?



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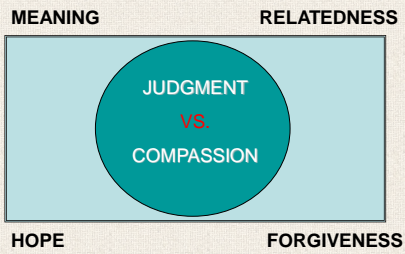
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## FOUR QUALITIES OF SPIRITUAL PAIN



[www.sacredartofliving.org](http://www.sacredartofliving.org)

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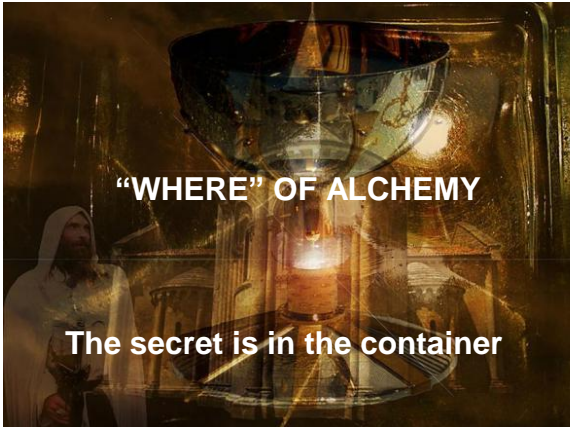
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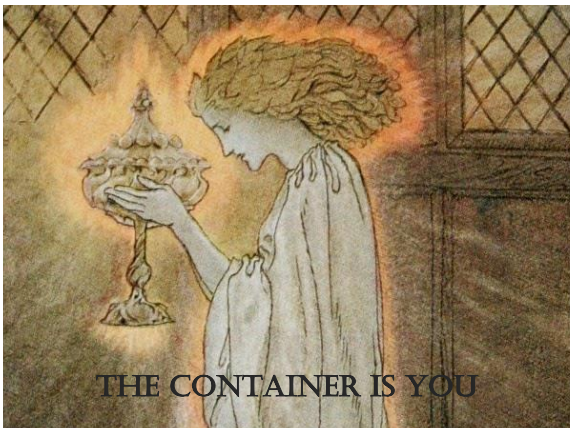
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## THE ALCHEMY OF DISCERNMENT

### THE WHERE

Container holding the  
Tension of Opposites



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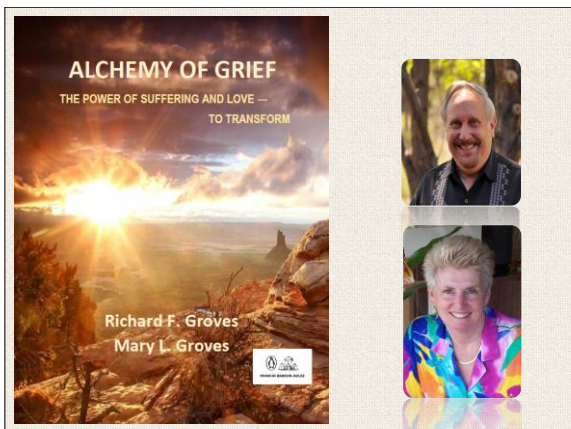
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**Holding the Tension of Opposites**

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**RECOGNIZING THE OBSTACLE**

- 1) What stone/obstacle seems to be creating or exacerbating your 'gap'? (Refer to the distinction between your Dan and your Cail).
- 2) What inner obstacle may be unconsciously underlying your tragic gap? (Refer to your Enneagram Avoidance).




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**WORK of the ANAMCARA**

To reconcile our...



**Dán**(dawn)  
Your Birthright Gifts  
(Destiny)      **&**      **Cail**(cail)  
Your Personality  
(Traits of the False Self)

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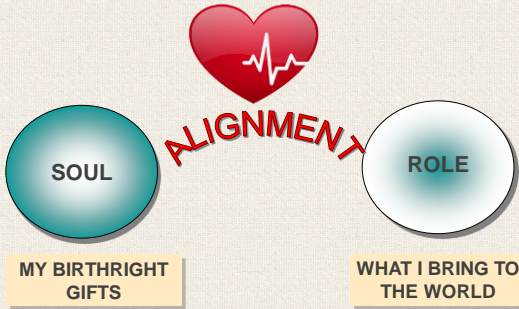
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## TAKING OUR SPIRITUAL PULSE



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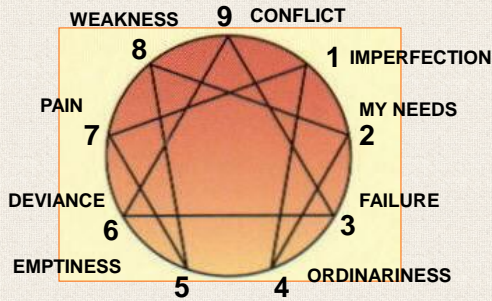
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## ENNEAGRAM AVOIDANCES



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## LEANING INTO THE PAIN:

THE SPACE BETWEEN YOUR SOUL SELF AND EGO SELF

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## DISCERNING YOUR DESIRES

Regarding your Life Decision  
or Tragic Gap...

- What are your strongest desires?
- What are your deepest desires?



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## THE ART OF DISCERNMENT

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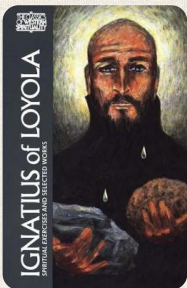
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## THE SPIRITUAL EXERCISES



basque-celtic connections

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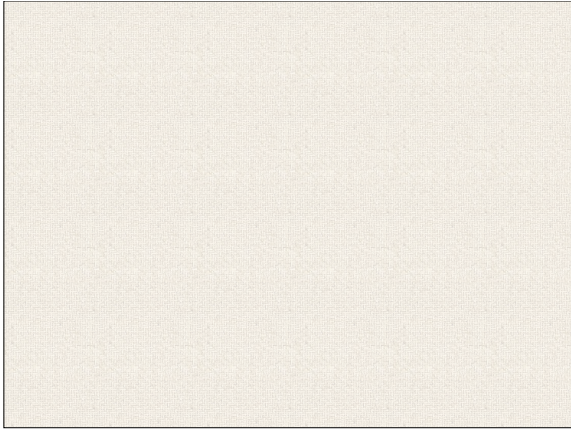
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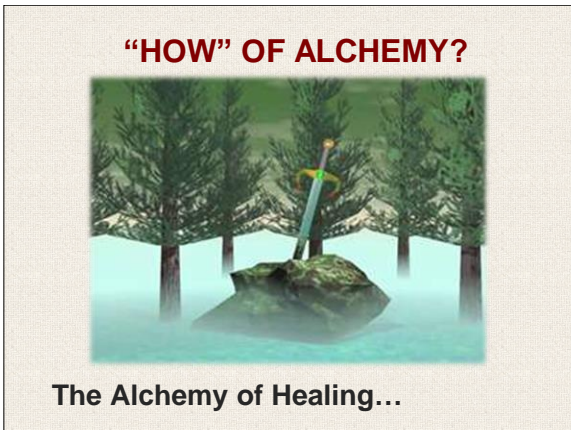
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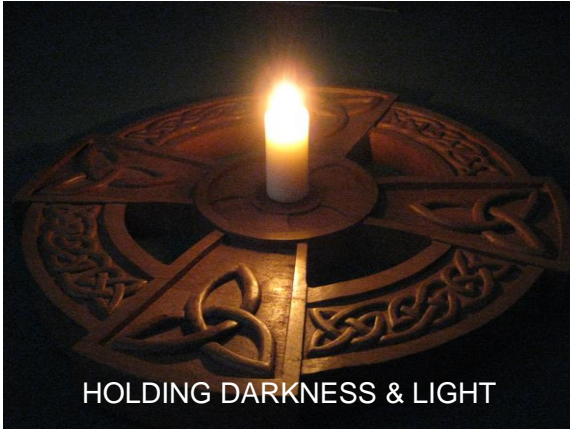
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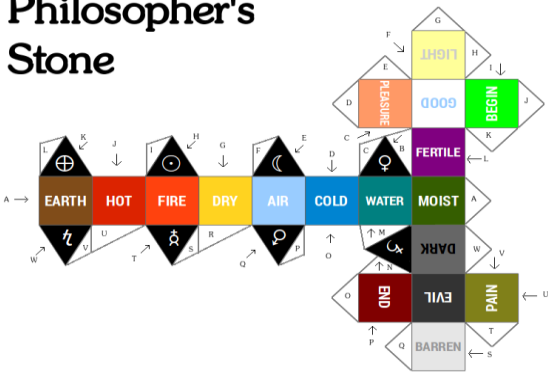
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SWYCAFFER'S  
**Philosopher's  
 Stone**




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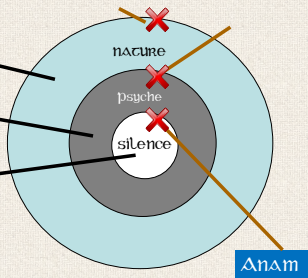
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## PATH OF THE AWAKENED SOUL\*

- MATTER  
*Cruinne*
- PSYCHE  
*Alltar*
- SPIRIT  
*Nearth*



\* Based on Teachings of the Ceile De

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## GROWING ANAM

- 1) Name a deeply held spiritual principle that you have always been able to trust in times of crisis or change.
- 2) What courageous question might be arising in you that could reveal the deeper mystery underneath your Tragic Gap?




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ΑΝΑΜΧΑΙΡΘΕΑΣ (anam-car-jus)  
Soul-Centered Relationship



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Cor ad cor loquitur...

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YOUR SOUL STORY

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## PREPARING TO SHARE YOUR SOUL STORY

1. Spend this time reflecting on the Soul Story you wish to work with during this retreat.
2. Describe your story in three simple statements:
 

(Knowing it will be shared with two other apprentices)

  - a) The Tragic Gap  
(Your Soul Story)
  - b) The Obstacle  
(Your Pain Story)
  - c) The Courageous Question  
(Where you are growing 'anam')

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### FIRST PRINCIPLE IN GROWING ANAM



- Trusting that the soul already knows what it needs.

*"The primary responsibility of the anamcara is to be a faithful mirror to the seeker."*

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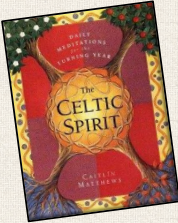
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### ANAMCARA = soul friendship

A BASIC JOB DESCRIPTION



- Helps to correct imbalances
- Offers non judgmental attention
- Checks reality: a 'BS' detector
- Holds the 'the good of a soul' paramount

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*The soul guide is one who can show resourceful perception, gentle strength, dismantle illusion and mirror reality clearly...*

—St. Colman Mac Duagh, 6<sup>th</sup> c

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**INVITE YOUR SPIRITUAL ALLIES**

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**SECOND PRINCIPLE  
IN GROWING ANAM**



- When we acknowledge that we already have a link to the Infinite... our attitudes and behaviors inevitably change.

*“The eye through which I see God is the same eye which sees me... Meister Eckhart*

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**INSTRUCTIONS for ANAMCHARDEAS  
PREPARATION**

- 1) Take 20 min to draft the Soul Story you will be sharing with your triad; a timer will be posted
- 2) Everyone will then be put into a breakout room of 3 apprentices  
-Introduce yourselves and quickly decide who will be the first Seeker, Guide and Holy Observer  
(everyone will have a turn at each role)
- 3) It is the role of the Holy Observer to keep time (using the anamchardeas schedule on the following slide)
- 4) At the end of the half hour exchange roles and repeat the process until all three members of your anamchardeas have experienced each role
- 5) The last Holy Observer keeps an eye on the breakout room messages giving 5 & 1 minute warnings

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**ANAMCHAIRDEAS SESSION**

- 1) Everyone sets their intention  
Seeker Reviews their Soul Story  
Guide & Holy Observer ground themselves **5 min**
- 2) Seeker (selectively) discloses Tragic Gap **5 min.**
- 3) Guide provides soulful hospitality and listens for deeper messages  
Holy Observer listens beneath words **5 min.**
- 4) Everyone journals their observations **5 min.**
- 5) Group Sharing– not problem solving but name emerging insights **10 min.**

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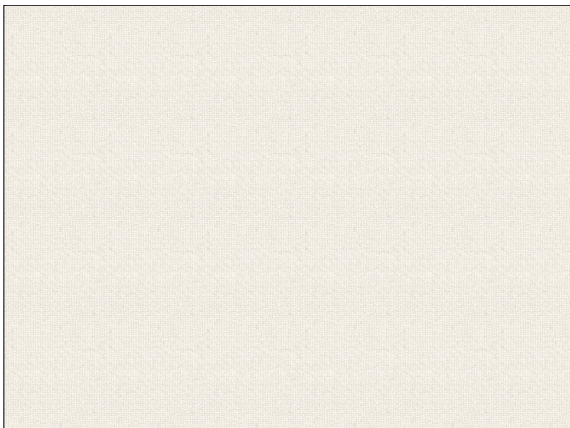
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DAY ONE:  
"PSALMS FOR ANAMCARA"

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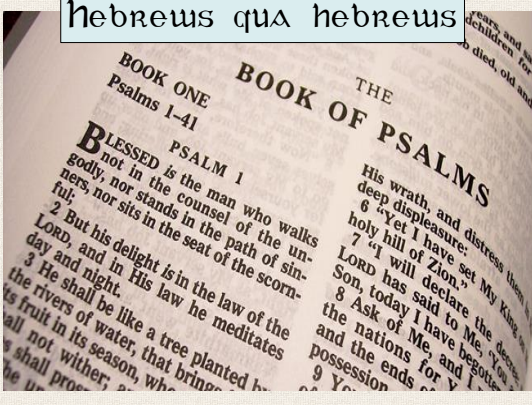
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# תהילים — TEHILIM



## TANAKH (HEBREW BIBLE)

- ❖ TORAH = BOOKS OF MOSES
- ❖ NEBI'IM = PROPHETS
- ❖ KETUVIM = WRITINGS
  - > THE PSALMS
  - > PROVERBS
  - > BOOK OF JOB

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## KING DAVID OF ISRAEL



1011-971 BCE

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## LIFE OF DAVID



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## PRAYER BOOK OF THE WORLD

### PSALMS **Ψαλμοί**

*To sing and play with a stringed instrument*

### PSALMS IN THE NEW TESTAMENT

*To pray with the same words as Jesus*  
St. Augustine

### ORTHODOX KATHISMA **καθίσμα**

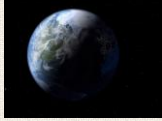
*20 traditional 'sittings' for monks*

### A PSALTER **Book of Hours**

*The Psalms for chanting set to music*

### ISLAMIC ZABUR **صابون**

*The holiest book in Islam before the Kor'an*



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Like the deer that yearns for running streams...  
So my soul yearns for the Beloved

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Psalms 104 sung in ancient Hebrew

ברכי נפשי את ה' - תהלים ק"ד



©2008 Adam Rhine

www.HebrewArt.com

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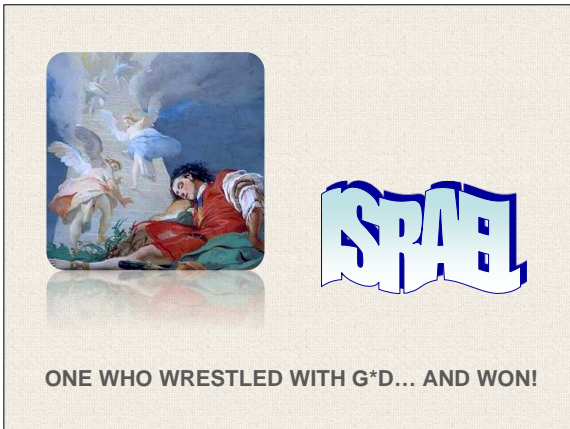
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"...Israel determinedly and self-assuredly knows that this prayer is the meeting ground where life occurs and will wait there for a response from Yahweh, if need be, 'until Hell freezes over' ...Israel fully expects that Yahweh will also be present at that deathly limit."

Walter Brueggemann

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# PSALMS TRANSLATIONS



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# PSALMS = REDEFINING GOD

**“The eye with which God sees me  
is the same eye that sees God...”**

Reflection on Psalm 99:09 by Meister Eckhart



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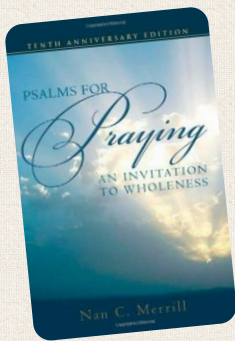
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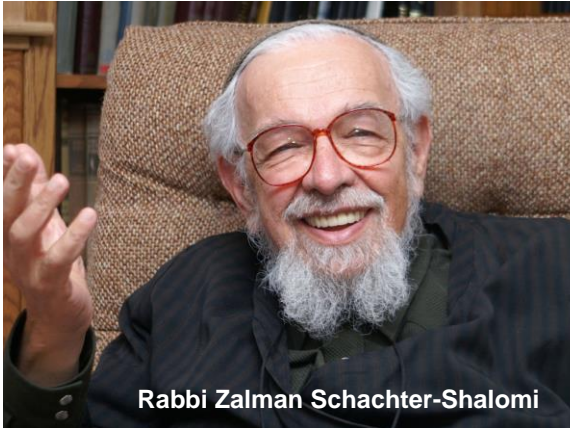
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Rabbi Zalman Schachter-Shalomi

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## PSALMS & THE ANAMCARA



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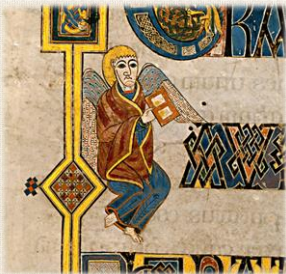
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## WRITE A PSALM EACH DAY ON YOUR HEART



St. Columba of Iona

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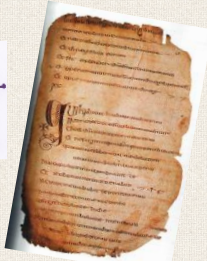
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## ANCIENT RULE OF THE CEILI DE



No less than one third of the Psalter should be recited daily...

St. Maelruain of Tallaght 9th century

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## PSALMODY



**PRESCRIPTIVE MUSIC & PRAYER**

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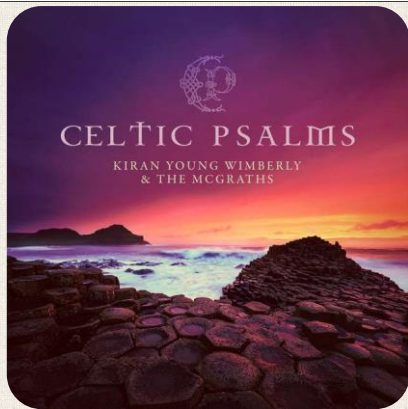
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## SPIRITUALITY OF THE PSALMS



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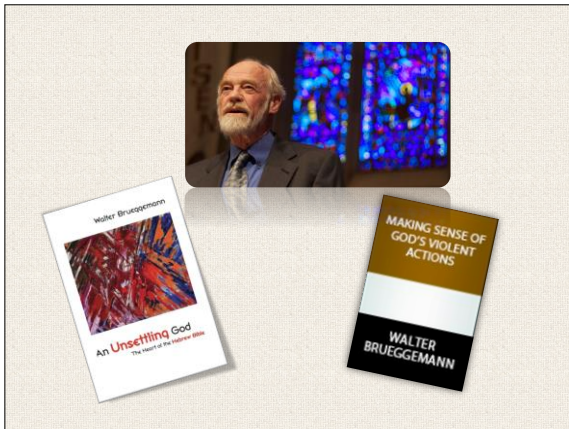
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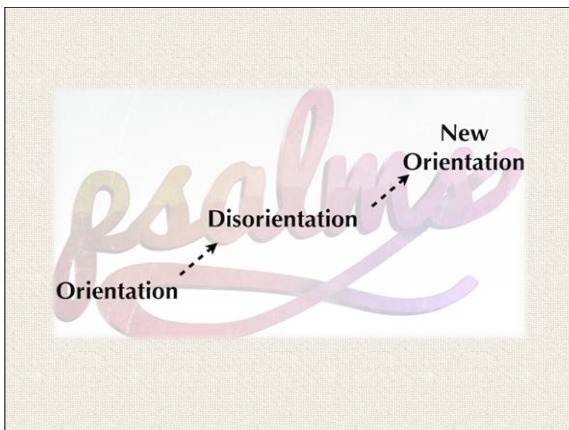
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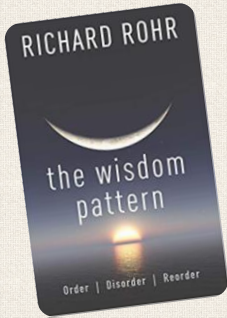
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## A UNIVERSAL TEACHING



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## PSALMS & THE SEASONS OF LIFE

➔  Psalms of Orientation

 Psalms of Disorientation

 Psalms of New Orientation



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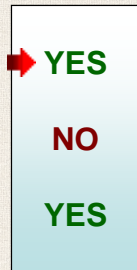
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## MOVEMENT OF THE SPIRIT



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## ANAMCARA LEARNINGS

- In the presence of suffering, there can be a **mysterious experience** of joy, peace and delight
- **Prayers of Well-Being** are marked by gratitude and thanksgiving
- **Psalms of Orientation** are like a **sacred canopy** that, in the end, "all shall be well, all manner of things shall be well." Psalm 139

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## PSALTER AS MEDICINE



*Each psalm may be offered as an antidote to whatever ailment of the spirit may be present...*

Ars Moriendi, 11<sup>th</sup> century

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In the morning, LORD, you hear my voice;  
in the morning I lay my requests before you  
and wait expectantly



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the night will shine like the day,  
 for darkness is as light to you.

<sup>13</sup>For you created my inmost being;  
 you knit me together in my  
 mother's womb.

<sup>14</sup>I praise you because I am fearfully  
 and wonderfully made;  
 your works are wonderful,  
 I know that full well.

<sup>15</sup>My frame was not hidden from you  
 when I was made in the secret

Psalm 139:13-14

NIV

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### NATURE & THE PSALMS



As the deer longs for running streams...  
 Psalm 42



Besides restful waters...  
 Psalm 23

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PSALM 46:10

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PSALM 23

Toki Miyashiro  
&  
A. J. Nakamura

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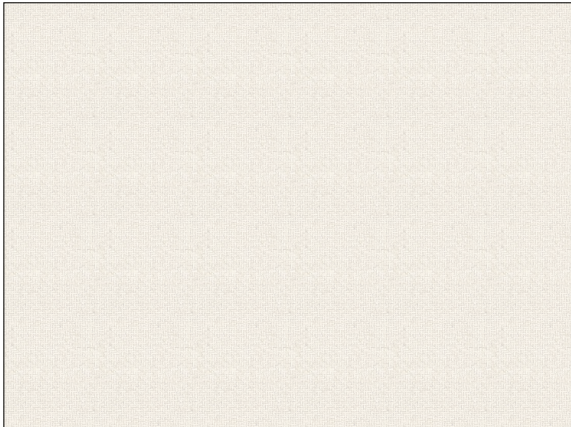
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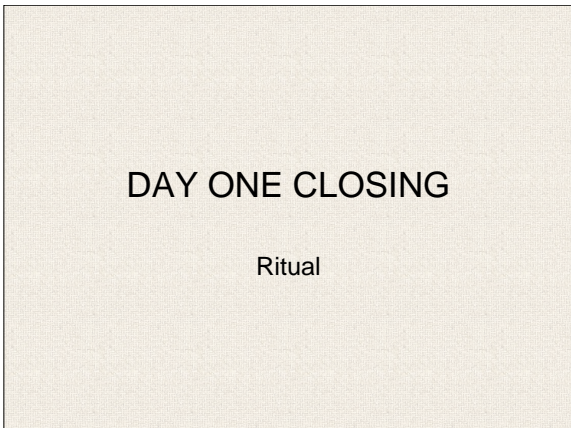
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DAY ONE CLOSING

Ritual

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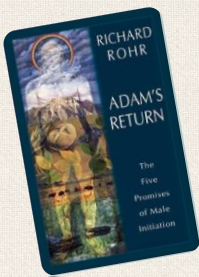
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## rites of initiation



### THE FIVE PROMISES

- Life is hard
- You are not important
- You are not in control
- Your life is not about you
- You are going to die

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## REFLECTION ON THE GRAIL STORY



### DURING THE NEXT DAY

- Discern which of the 'five promises' that are most challenging for you at this time of life
- What insight/s might the Grail Story offer you in terms of what is challenging you

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SATURDAY  
DAY TWO

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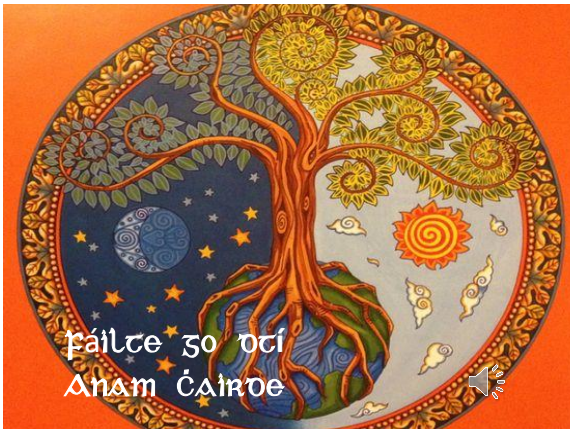
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*Spend some time daily at the waters of  
Avalon's Holy Well.  
Quiet your mind and be with past  
generations of seekers.  
Peer into the place where yesterday is  
as tomorrow.  
The quest for the Grail is a course in  
Divine Alchemy...  
But what turns from lead to gold is the  
cup of your own soul.*

From "Quest for the Grail" 9<sup>th</sup> century

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## Being a Soul friend for Others



Anamcara Tool Chest of Practices

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Ἀναμχαίριτες (anam-car-jus)  
Soul-Centered Relationship




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## THE ALCHEMY OF DISCERNMENT



- **WHAT** (Grail Quest)  
Major life decision or tragic gap
- **WHERE** (Obstacle Stone)  
Container holding the tension of opposites
- **HOW** (Sword of Reconciliation)  
Fire of the courageous question

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## step one



### #1 Setting the Intention/Blessing

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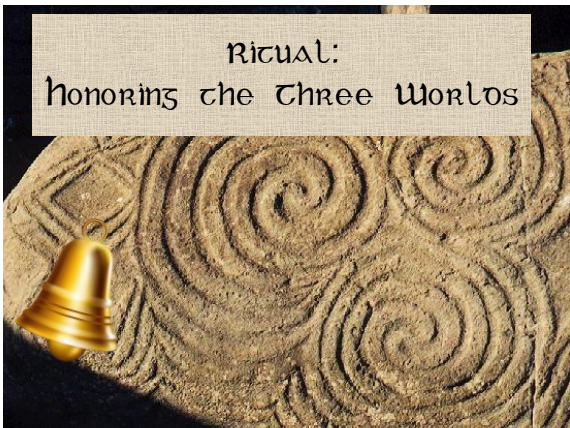
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RITUAL:  
Honoring the Three Worlds



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RITUAL:  
Circling of Light blessing



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.

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Step Two



Sharing Your Soul Story

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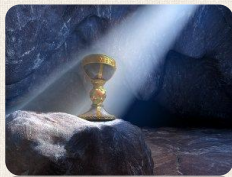
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THE ALCHEMY OF DISCERNMENT

THE WHAT

Major life decision or tragic gap



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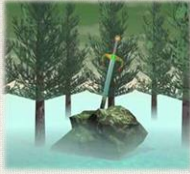
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## RECOGNIZING THE OBSTACLE

- 1) What stone/obstacle seems to be creating or exacerbating your 'gap'? (Refer to the distinction between your Dan and your Cail).
- 2) What inner obstacle may be unconsciously underlying your tragic gap? (Refer to your Enneagram Avoidance).




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## WORK of the ANAMCARA

To reconcile our...



**Dán** (dawn)

Your Birthright Gifts  
(Destiny)

&

**Cail** (cáll)

Your Personality  
(Traits of the False Self)

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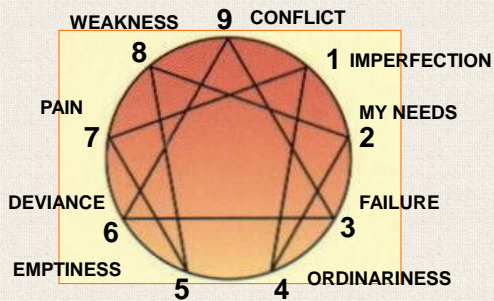
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## ENNEAGRAM AVOIDANCES




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**PARADOX OF THE SHADOW**



The shadow is both the awful thing that needs redemption and the suffering redeemer who can provide it.

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**Step Three**



**Guide responds  
to the Seeker**

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## ANAMCARA Balance



Offer truth & A sensitive hand  
Resourceful perception & Gentle strength  
Dismantle illusion & Mirror reality  
Encourage practice and Cultivate trust  
Curb tendency to be rash & Not diminish zeal

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## DISCERNING YOUR DESIRES

Regarding your Life Decision  
or Tragic Gap...

- What are your strongest desires?
- What are your deepest desires?



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How to discern  
an Angel of  
Darkness  
from an  
Angel of Light

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## HEALING & SOUL



“Learning how to read the messages that the shadow encodes is the only path to healing self and others.”

Carl G. Jung

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## Step four



Everyone journals...

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## ASKING THE QUESTION



“The alchemy of healing requires grace and courage...”

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**HOLDING THE DARKNESS & LIGHT  
IN YOUR SOUL STORY**

Listening for a  
'third way' that  
may be arising...



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**Step five**



**Group learning...**

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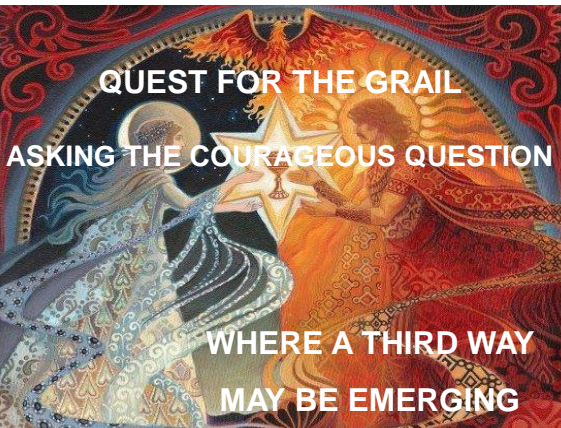
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**THE ALCHEMY OF DISCERNMENT**

**THE HOW**

Fire of the Courageous Question  
(the Philosopher's Stone)



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**CLOSING RITUAL:  
ANOINTING YOUR  
CLOCH LEIGHIS**



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**DAY TWO**

PSALMS OF DISORIENTATION

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## JOURNEY WITH THE PSALMS

- Friday Psalms for Times of Orientation
- ➔ Saturday Psalms for Times of Disorientation
- Sunday Psalms for Times of New Orientation



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## PSALMS & THE SEASONS OF LIFE

-  Psalms of Orientation
- ➔  Psalms of Disorientation
-  Psalms of New Orientation



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## MOVEMENT OF THE SPIRIT



YES

→ NO

YES

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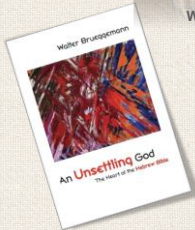
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WALTER BRUEGGEMANN



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## MATURE FAITH

...is not spiritual self-satisfaction but a constant recalibrating of our lives

and a re-centering of self in ways that both dislocate and re-locate our identity.

Walter Brueggemann



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## ANAMCARA LEARNINGS

- Sometimes it is enough just to **name the pain...** and “lay it at the doorway of the Beloved”
- **Prayer of Complaint** may be the key of entry into the world of real faith
- **Psalms of Disorientation** can help to dislodge numbness, fear and denial

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*The Lord is near to  
the brokenhearted,  
and saves the  
crushed in spirit.*

*Psalm 34.18*



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## PSALMS OF DARKNESS

**My God,  
why have  
you  
abandoned  
me?**

Psalm 22



**Into your  
hands, I  
commend  
my spirit.**

Psalm 31

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## PSALMS OF DISORIENTATION



**How long will you utterly forget me?  
I am in grief by day and by night.**

Psalm 35



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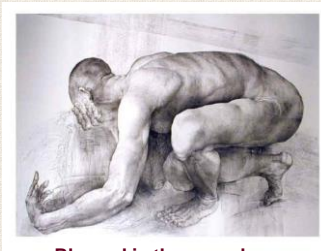
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## PSALMS OF VIOLENCE



**Blessed is the one who  
smashes the heads of his enemies against the rocks...**

PSALM 137

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## IS GOD...

- Having a bad day?
- A recovering  
“violence addict”?
- The one who weeps?



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## PUBLIC DISORIENTATION



Why have you turned against your people?  
We feel cast off and in utter ruin...  
Psalm 74

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## PSALMS IN THE HOSPICE



- ❖ BOOK OF HOURS
- ❖ INFIRMARY VIBRATIONS
- ❖ THE VIGIL
- ❖ 7 PENITENTIAL PSALMS
- ❖ BEREAVEMENT MEDICINE

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## PSALMS AT THE END OF LIFE

“ When an anamcara dies, a watch is to be kept over the body and the Psalms are recited constantly by sun or candle light, until the burial service...”



A Welsh Ceiledh  
11<sup>th</sup> century

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“Caoineadh na Marbh”  
Keen for the Dead



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## ANAMCARA LEARNINGS

- Sometimes it is enough just to name the pain... and “lay it at the doorway of the Beloved”
- Prayer of Complaint may be the key of entry into the world of real faith
- Psalms of Disorientation can help to dislodge numbness, fear and denial

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## PSALM 119

*"Beati Immaculati in Via..."*

➤ **May the light of your true nature lead you through the dark and terrifying passages**

➤ **May your illusions of fear and doubt be transformed by the light of Pure Love**



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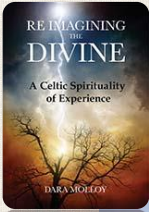
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## DARA MOLLLOY



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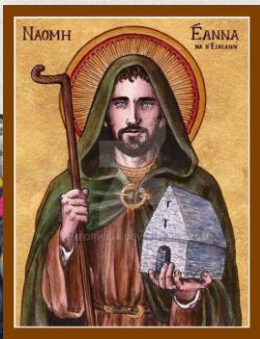
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## ST ENDA OF ARAN



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cloch leighis  
Stone of healing



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cloch leighis ceremony



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SUNDAY  
DAY THREE

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

St Comghall, 6<sup>th</sup> c

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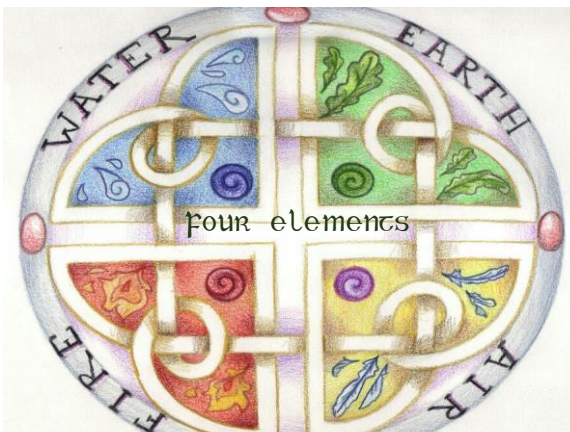
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## ANAMCARA RITUAL BOX




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**DOROTHEE SOELLE**  
MYSTIC AND REBEL  
THE BIOGRAPHY

### DOROTHEE SOELLE

**THE SILENT CRY**  
MYSTICISM AND RESISTANCE

RENAME WIND

Dietrich  
Bonhoeffer  
The Martyr

DOROTHEE SOELLE

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### 500 YEAR AXIAL CYCLES

← BCE CE →

2000	1500	1000	500	0	500	1000	1500	2000
Mesopotamia	Bronze Age	King David	Buddha	Birth of	Fall of Rome	Ans. Movemnt	New World	Eco Crisis
Abraham	The Exodus	Psalms	Destruction of the Temple	Jesus	Celtic Saints	Golden Age of China	Reformation	Globalization

- ✓ MYSTICAL WISDOM TEACHERS
- ✓ TRANSITION BETWEEN WORLD VIEWS
- ✓ MAJOR SOCIAL TURMOIL
- ✓ BIRTH OF A NEW WORLD ORDER
- ✓ UNEXPECTED GLOBAL CONSEQUENCES

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“Everything we do at Sacred Art of Living Center leads back to Anamcara... and to relight Brigid's flame in our time.”

Mary Groves

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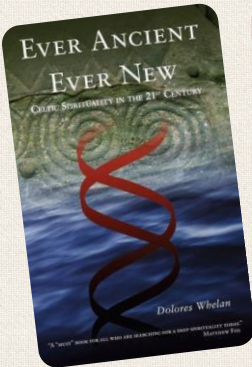
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**DOLORES WHELAN**



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**DAY THREE**

**PSALMS OF NEW ORIENTATION**

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## JOURNEY WITH THE PSALMS

Friday Psalms for Times of Orientation  
Saturday Psalms for Times of Disorientation  
➔ Sunday Psalms for Times of New Orientation



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## MOVEMENT OF THE SPIRIT



YES  
NO  
➔ YES

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PSALMS  
& THE SEASONS OF LIFE



Psalms of Orientation



Psalms of Disorientation



Psalms of New Orientation

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PSALMS OF NEW ORIENTATION



The psalms ingeniously bear witness to a surprising gift of new life just when none had been expected...

But there is no going back to the old stable orientation. The psalmist knows that we can never go back home again.

Letter of Bill W. to Carl Jung

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## ANAMCARA LEARNINGS

- Life is **enriched because of the suffering...** we do not come to this position through logic or on our own but through 'grace'
- **Prayers of Praise** are statements of awe in the face of an unexplained reversal of fortune
- **Psalms of New Orientation** are the product of the public imagination that has experienced a **last minute rescue** that is still fresh on its mind

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CEILI DE MEETING

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A JOURNEY THROUGH THE  
CELTIC WHEEL OF THE YEAR



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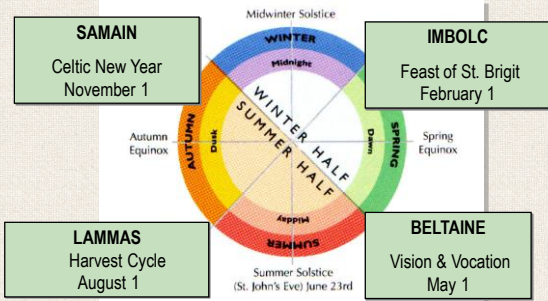
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# CELTIC WHEEL OF NATURE




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## FINAL ANAMCARA RETREATS 2024

- 31 May – 2 June VIRTUAL RETREAT
- 7-9 June IN PERSON RETREAT, GLENDALOUGH IRELAND



- 10-11 June ST KEVIN'S ANAMCARA PILGRIMAGE

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**Sacred Art of Living**  
Community for Spiritual Integration

**A PILGRIMAGE TO THE ISLE OF IONA, THE HEBRIDES ISLANDS & HIGHLANDS OF SCOTLAND**  
One of the World's Most Remarkable "Thin Places"  
With Retreat Leader, Richard Groves

**TEN DAY TRIP**  
with Five Days on the SACRED ISLAND OF IONA  
13-23 JUNE 2024

**\$4800 (person only)**

Price includes accommodations in Scotland for ten nights... with five days on the island of Iona. One day also includes the night in the charming, scenic coastal village of Oban. 'Gateway to the Isles' and three nights in historic Glasgow. A special festival Night of the Living Dead including legendary Loch Ness is included. Price includes all breakfasts and dinners, as well as daily directed pilgrimage programs and to country walks, ferry and bus transportation. Pilgrimage expenses and contributions to Glasgow.

**LOCATION**  
At the heart of Scotland's oldest town is an Isle of Celtic Spirituality with the spirit of St. Columba in the air. Iona is often described as a 'thin place' where the veil between the worlds is thin. Iona has been inhabited for more than 1000 years. Iona Abbey, being built in 780 and facing the sea. Great towers and delightful houses built in the 18th century. The island is a beautiful, peaceful place with some of the most photographed white sand beaches in the world.

**ACCOMMODATIONS**  
Stay for five days of the historic and iconic island of Iona. Accommodated in 17th and facing the sea. Great towers and delightful houses built in the 18th century. The island is a beautiful, peaceful place with some of the most photographed white sand beaches in the world.

**PILGRIMAGE PROGRAM**  
The great spirit of Celtic spirituality is being revived that explores the ancient wisdom of Celtic spirituality and offers opportunities to walk and contemplate the beauty and history of this sacred island.

There are limited spaces for this pilgrimage. To reserve your place now contact: **Richard Groves, Sacred Art of Living**  
Full Time from North America: 1 800 363 4111 or 361 363 4119

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# LEWIS CARDINAL



CREE SYLLABICS

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## EVALUATION REFLECTION

As you look toward Year Two of the Apprenticeship...

- 1) What are you most hopeful about or look forward to?
- 2) Please feel free to name any questions, or concerns for the Leadership Team and/or your mentors.

Send your evaluation to:  
[marvhelen@sacredartofliving.org](mailto:marvhelen@sacredartofliving.org)

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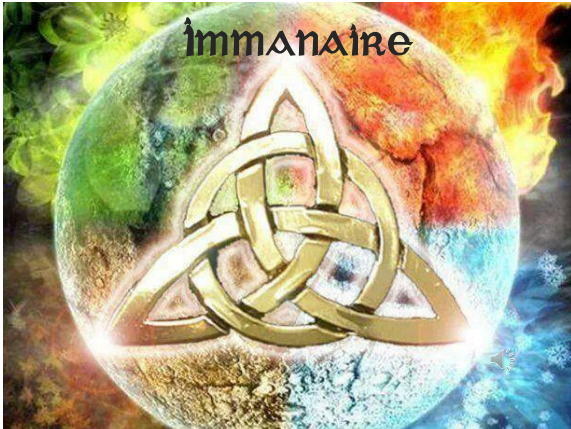
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