

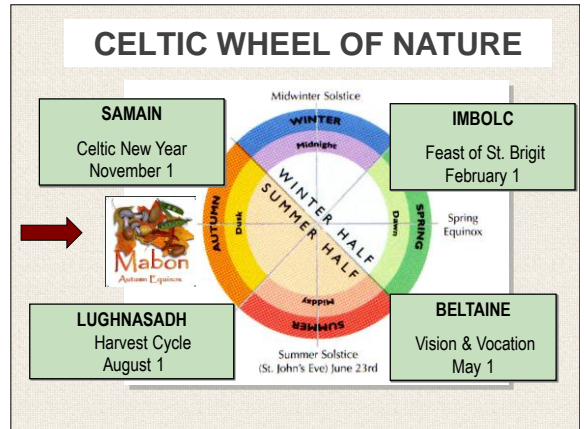
ANAMCARA YEAR TWO
OPENING RETREAT

FRIDAY
DAY ONE



THE **Anamcara** PROJECT
The Art, Science & Practice of Sacred Relationship

INTERNATIONAL
APPRENTICESHIP

A collection of national flags from various countries, including Ireland, the United Kingdom, Wales, Scotland, Switzerland, Sweden, Greece, Romania, and the United States of America, arranged in two vertical columns.

ÁIT CAOL
a thin place*

AUTUMNAL EQUINOX CELEBRATION

Harvesting our Labors Returning Home
Releasing Tending to Soul

A background image of a dense forest with trees in various shades of autumn colors like orange, yellow, and brown.

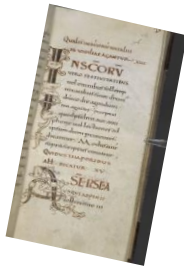
Four Pillars of the Tradition



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, 8th Century



Community & the Anamcara Apprentice

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

Rule of the Culdees, 8th Century

YEAR TWO OF THE APPRENTICESHIP

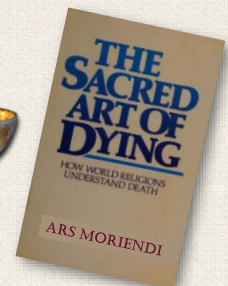
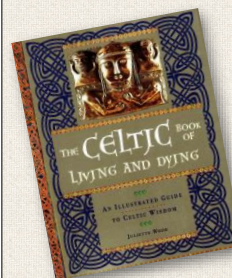
Skillfulness & Mentorship
A New Model for Teaching & Learning



Four Pillars of the Tradition



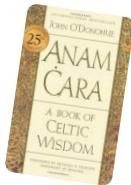
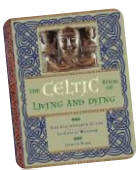
ANAMCARA-IN-PRACTICE



AN ORDER OF HEALERS

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

Plato

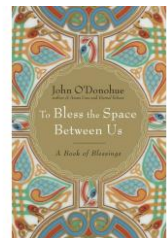
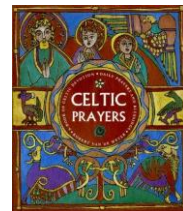
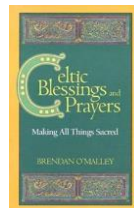


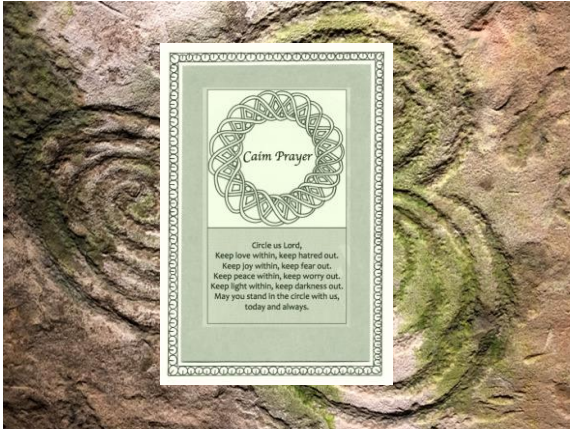
The Art, Science & Practice of Sacred Relationship



Sacred Psychology of the Enneagram

ANAMCARA ART of blessing





wisdom of celtic storytelling

The Voyage of Bran
 Son of Febal
 to the Land of the Living

AN OLD IRISH SAGA
 Kuno Meyer

Theophania Publishing

THE GRAIL

THE CELTIC ORIGINS
 OF THE SACRED ICON

JEAN MARCALE

GRAIL ALCHEMY
 INITIATION IN THE
 CELTIC MYSTERY TRADITION

MARA FREEMAN

Celtic Grail Myth

THE GRAIL

THE CELTIC ORIGINS
 OF THE SACRED ICON

JEAN MARCALE

GRAIL ALCHEMY
 INITIATION IN THE
 CELTIC MYSTERY TRADITION

MARA FREEMAN

SPECIAL GIFTS FOR APPRENTICES

my psalm of Disorientation

From misthiness's
 misty
 Send light down the
 furrows.
 Come forth hither sun
 Send light for the
 weak few worms.

From the Carmine Gaddis
 An Ancient Irish Prayer

my psalm of New Orientation

This alone I seek...
 To live fully in
 the present.
 To honor the
 wisdom of the
 ancestors
 And to hear the
 voice of
 tomorrow.

From the Carmine Gaddis
 A Druid Blessing

my psalm of Orientation

Find the place in
 you that is between
 the sun and the
 moon
 Between the
 oakknives and saun
 Between the
 lightning flash
 and the cranes
 The question and the
 answer come
 together there.

From the Carmine Gaddis
 An Ancient Celtic Prayer

Lessons from The Wizard

Selected Stories from
"The Way of the Wizard"
 by Deepak Chopra

DEEPAK CHOPRA

Twenty
 Spiritual
 Lessons
 for
 Creating
 the Life
 You Want

**THE WAY
 OF THE
 WIZARD**



ANAMCARA-IN-PRACTICE

GROWING **ANAM**

DISCOVERING OUR **SOUL STORY**

ENCOUNTERING OUR **PAIN STORY**

TRANSFORMING **SUFFERING...**



GRAIL ALCHEMY
INITIATION IN THE
CELTIC MYSTERY TRADITION
MARA FREEMAN

**KING ARTHUR
AND THE
GRAIL QUEST**
WITH AN AFTERWORD BY THE AUTHOR
JOHN MATTHEWS

THE CELTIC QUEST FOR THE GRAIL

le morte d'ARTHUR

Sir Thomas Mallory 1405 AD

ANGLO-SAXON STORY

MERLIN AND ARTHUR **EXCALIBUR**

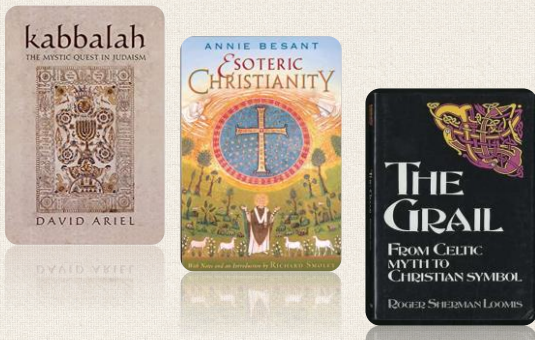
ANCIENT QUEST FOR THE GRAIL



MERLIN IN THE "ARS MORIENDI"



ESOTERIC SOURCES



celtic grail story



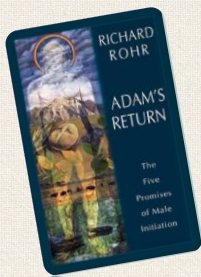
The Grail tells us **WHAT**
The Quest tells us **HOW**



Connecting our
Inner
&
Outer Journeys

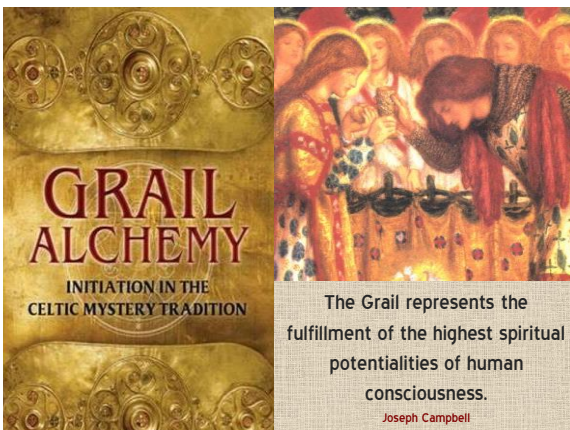
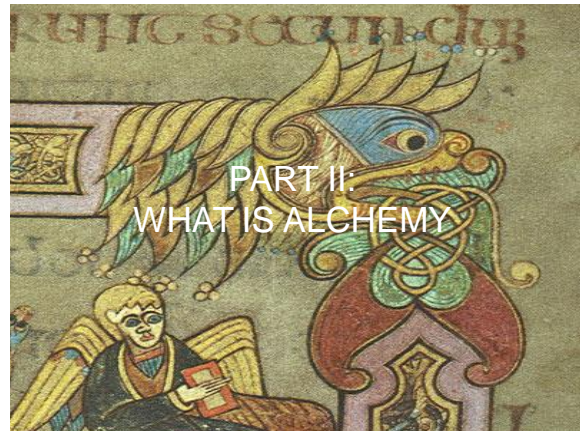


rites of initiation



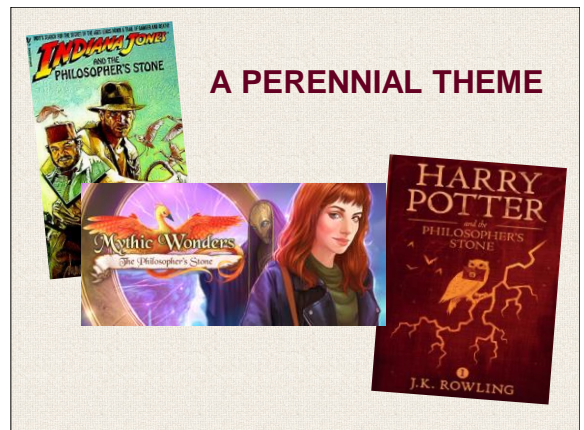
THE FIVE PROMISES

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

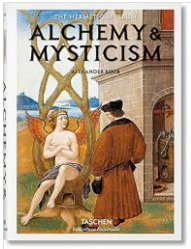
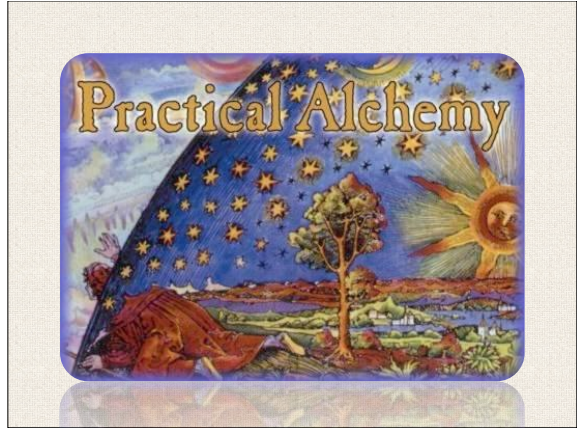
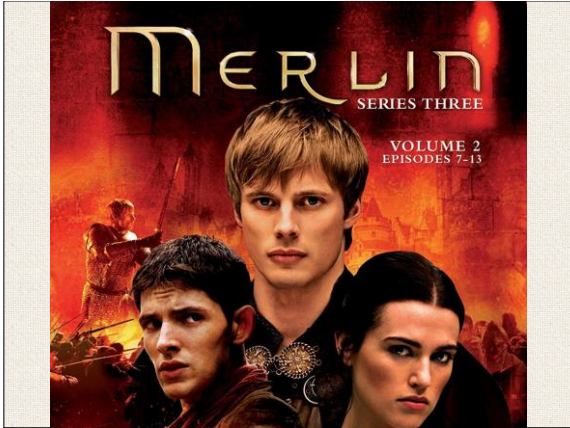


The Grail represents the fulfillment of the highest spiritual potentialities of human consciousness.

Joseph Campbell

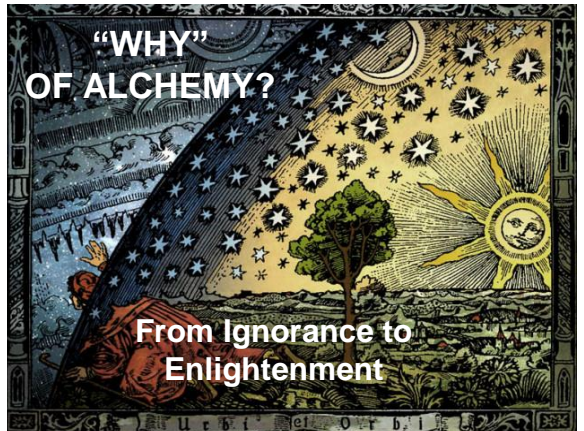


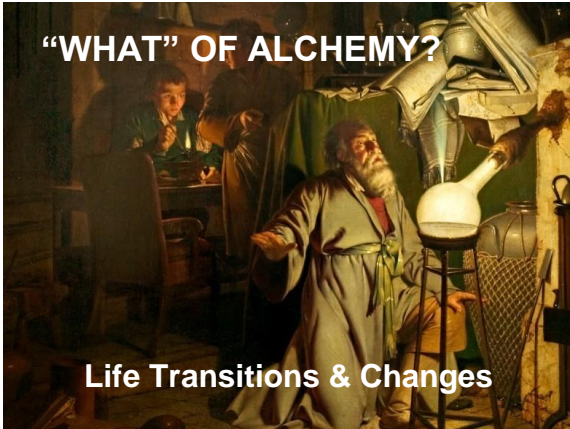
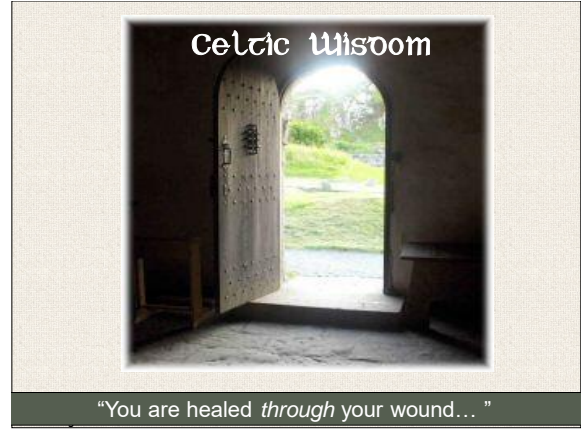
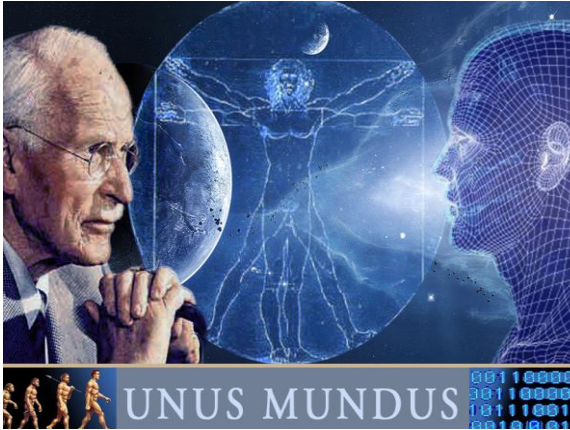
A PERENNIAL THEME



SACRED QUESTIONS

- WHY
- WHAT
- WHERE
- HOW





CATEGORIES OF TRAGIC GAPS

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



ANAMCARA-IN-PRACTICE WORKSHEET

#1 THE "WHAT" OF ALCHEMY



Bringing your Soul Story to Light

#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'?



CATEGORIES OF TRAGIC GAPS

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



FOUR UNIVERSAL STORIES OF SUFFERING

MEANING RELATEDNESS



HOPE FORGIVENESS



NAMING YOUR TRAGIC GAP

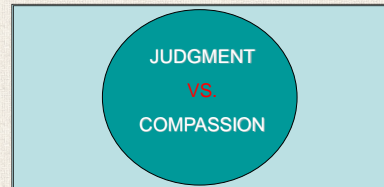
- 1) Name a current tragic gap in your life. Which of the four "categories" does it fall into?
- 2) Which of the four universal dimensions of Spiritual Pain best describes the 'gap'?



FOUR QUALITIES OF SPIRITUAL PAIN

MEANING

RELATEDNESS

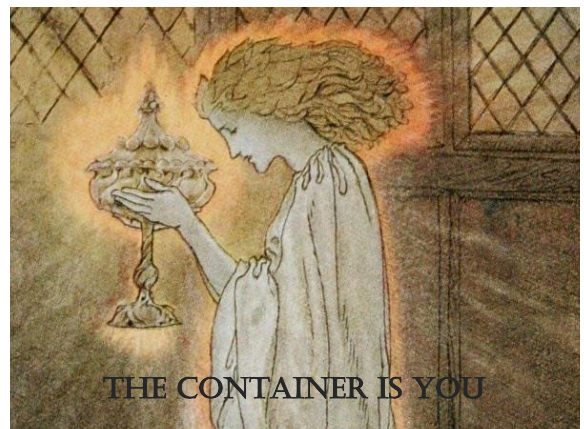
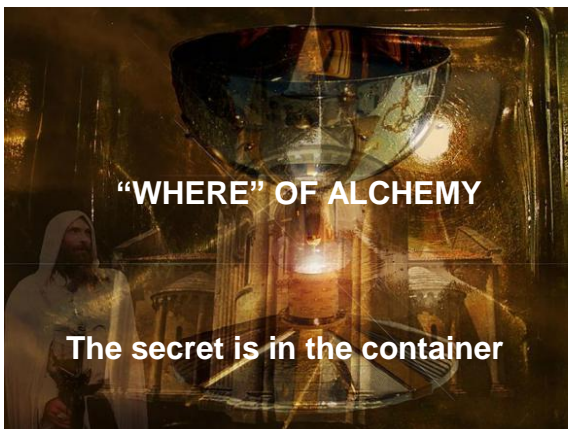


HOPE

FORGIVENESS

www.sacredartofliving.org

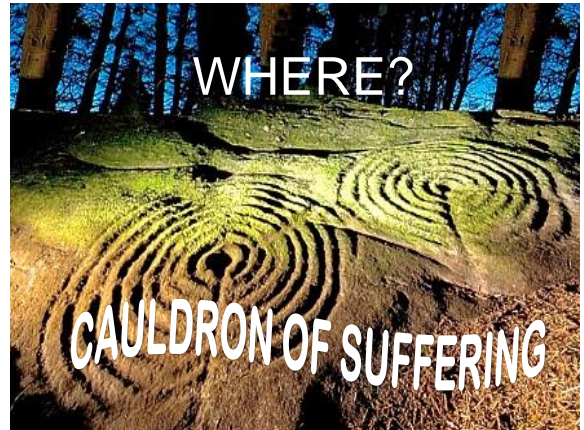
© 2018 Sacred Art of Living



THE ALCHEMY OF DISCERNMENT

THE WHERE

Container holding the
Tension of Opposites



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).



WORK of the ANAMCARA

To reconcile our...

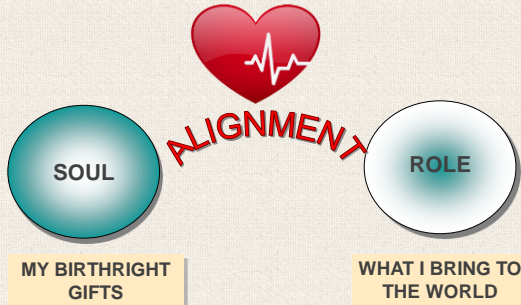


Dán (dawn)
Your Birthright Gifts
(Destiny)

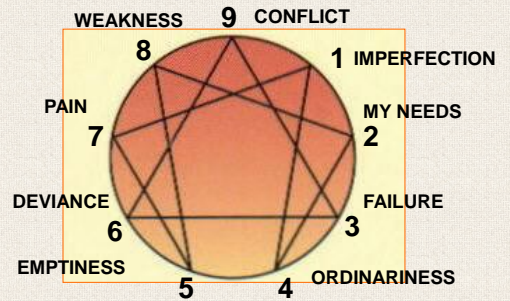
&

Cail (cail)
Your Personality
(Traits of the False Self)

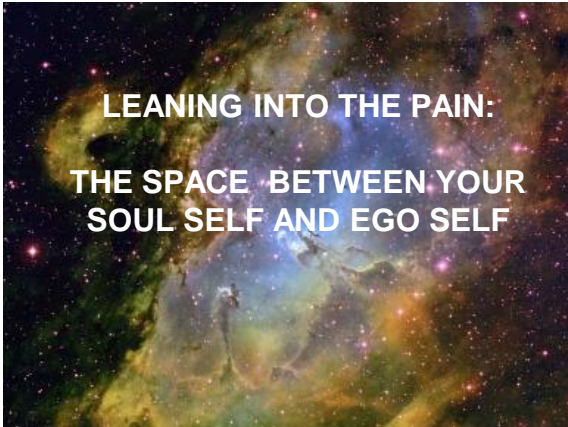
TAKING OUR SPIRITUAL PULSE



ENNEAGRAM AVOIDANCES



LEANING INTO THE PAIN: THE SPACE BETWEEN YOUR SOUL SELF AND EGO SELF



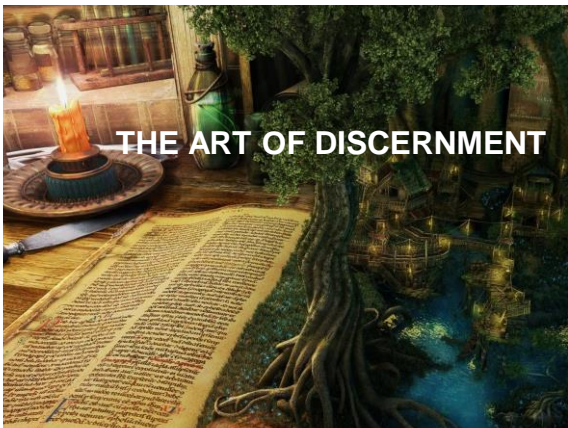
DISCERNING YOUR DESIRES

Regarding your Life Decision
or Tragic Gap...

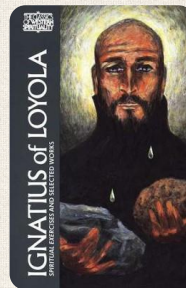
- What are your strongest desires?
- What are your deepest desires?



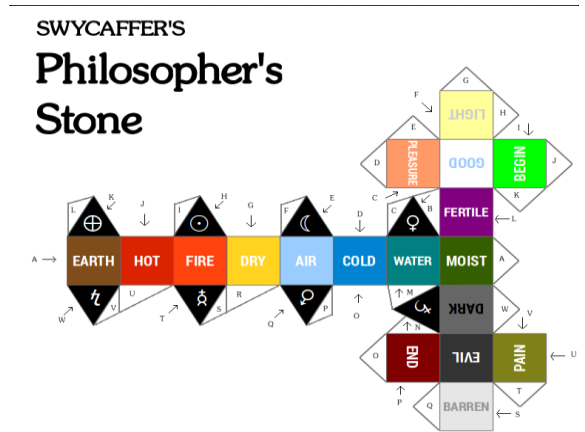
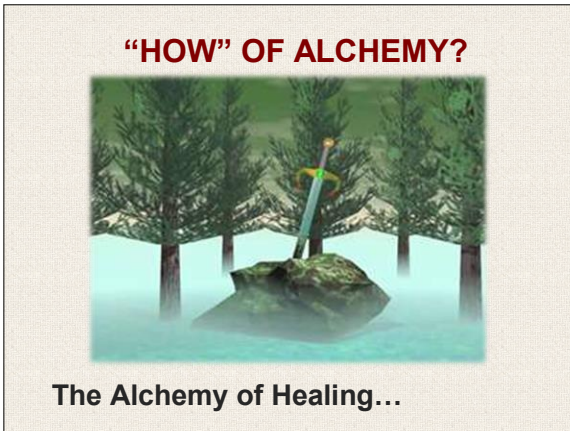
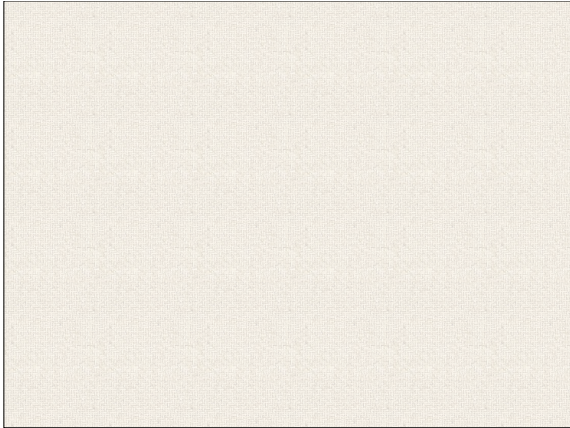
THE ART OF DISCERNMENT

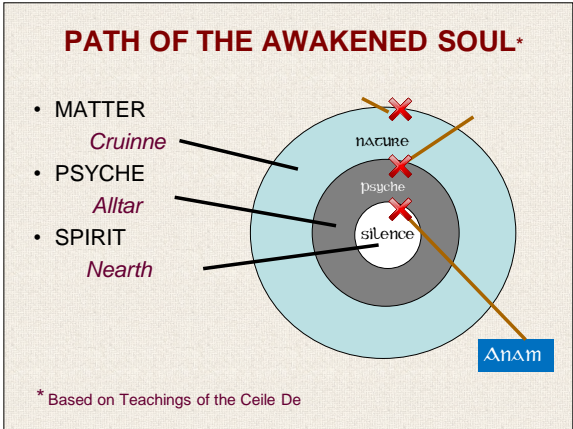


THE SPIRITUAL EXERCISES



basque-celtic connections





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?

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



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')

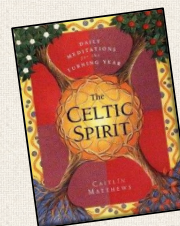
FIRST PRINCIPLE
IN GROWING ANAM



- Trusting that the soul already knows what it needs.

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

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



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

—St. Colman Mac Duagh, 6th c



INVITE YOUR SPIRITUAL ALLIES

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

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 and eye on the breakout room messages giving 5 & 1 minute warnings

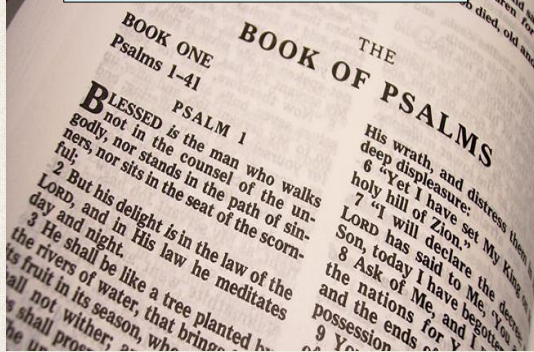
ANAMCHAIRDEAS SESSION

- 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.**

DAY ONE:
"PSALMS FOR ANAMCARA"



hebrews qua hebrews



תהלים — TEHILIM



TANAKH
(HEBREW BIBLE)

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

KING DAVID OF ISRAEL



1011-971 BCE

LIFE OF DAVID



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**

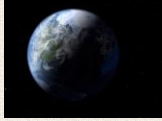
20 traditional 'sittings' for monks

A PSALTER **Book of Hours**

The Psalms for chanting set to music

ISLAMIC ZABUR **صابون**

The holiest book in Islam before the Kor'an



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

Psalms 104 sung in ancient Hebrew

ברכי נפשי את ה' - תהלים ק"ד



ISRAEL

ONE WHO WRESTLED WITH G*D... AND WON!

"...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

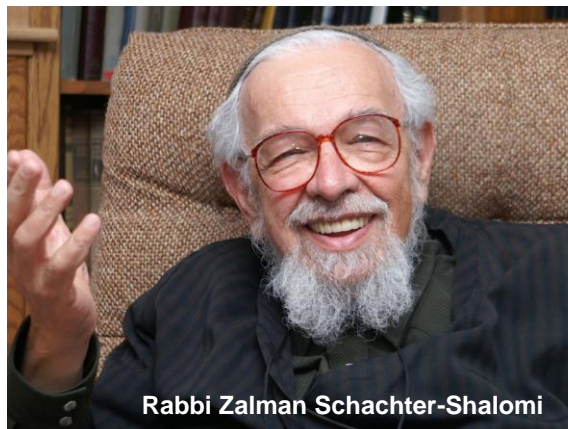
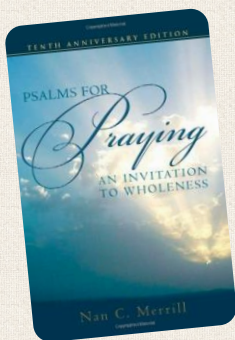
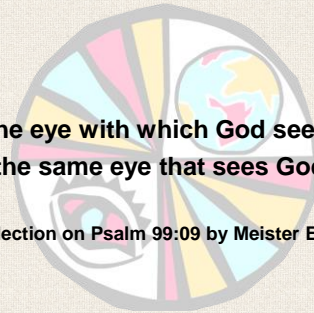
PSALMS TRANSLATIONS



PSALMS = REDEFINING GOD

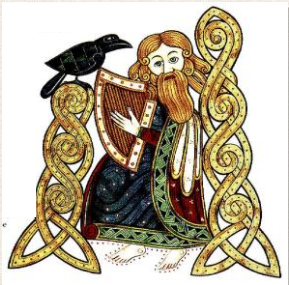
**“The eye with which God sees me
is the same eye that sees God...”**

Reflection on Psalm 99:09 by Meister Eckhart

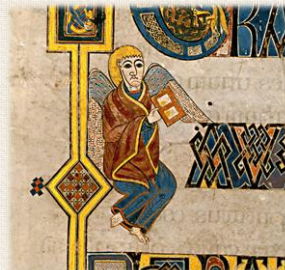


Rabbi Zalman Schachter-Shalomi

PSALMS & THE ANAMCARA

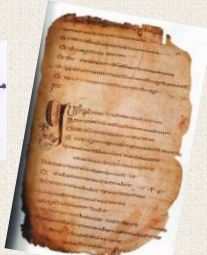


WRITE A PSALM EACH DAY ON YOUR HEART



St. Columba of Iona

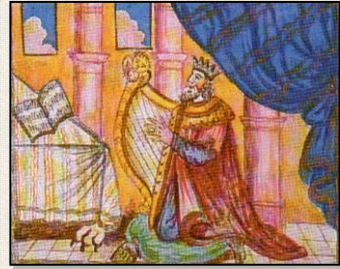
ANCIENT RULE OF THE CEILI DE



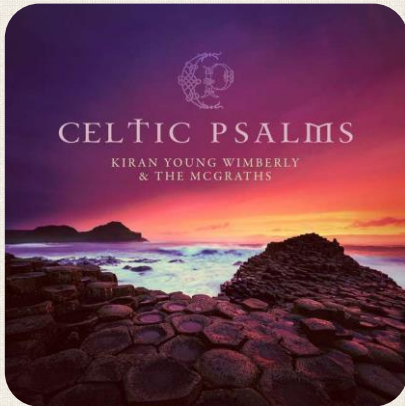
No less than one third of the Psalter should be recited daily...

St. Maelruain of Tallaght 9th century

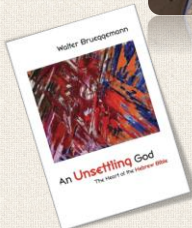
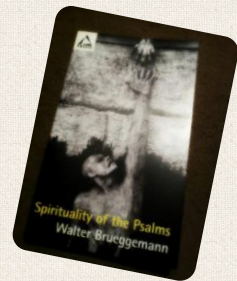
PSALMODY



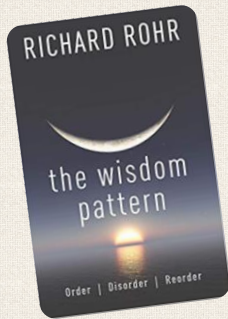
PRESCRIPTIVE MUSIC & PRAYER



SPIRITUALITY OF THE PSALMS



A UNIVERSAL TEACHING



PSALMS & THE SEASONS OF LIFE

- ▶ Psalms of Orientation
- ▶ Psalms of Disorientation
- ▶ Psalms of New Orientation



MOVEMENT OF THE SPIRIT



▶ YES
NO
YES

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

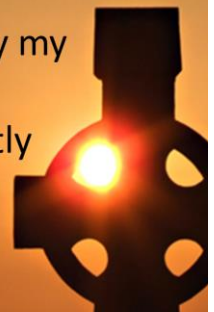
PSALTER AS MEDICINE



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

Ars Moriendi, 11th century

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



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

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

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

15 My frame was not hidden from you
 when I was made in the secret

Psalm 139:13-14
NIV

NATURE & THE PSALMS



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



Besides restful waters...
Psalm 23

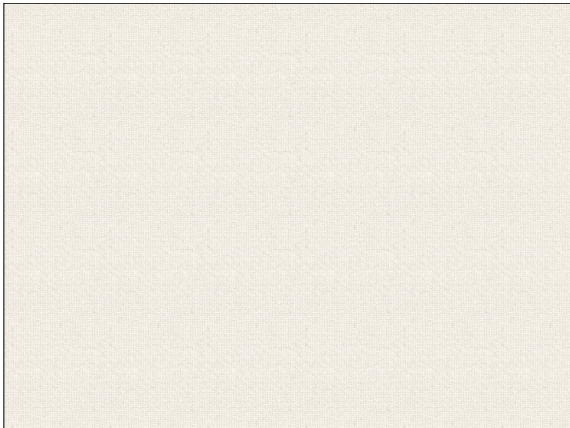


PSALM 46:10



PSALM 23

Toki Miyashiro
 &
 A. J. Nakamura



DAY ONE CLOSING

Ritual



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

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



MONTH OF MABON



SATURDAY
DAY TWO



*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" 9th century

Being a Soul friend for others



An Anamcara Tool Chest of Practices

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



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

step one



#1 Setting the Intention/Blessing

RITUAL:
Honoring the Three Worlds



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.

Step Two

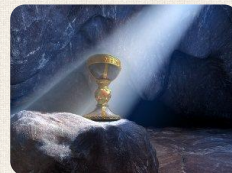


Sharing Your Soul Story

THE ALCHEMY OF DISCERNMENT

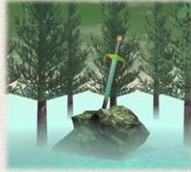
THE WHAT

Major life decision or tragic gap



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).



WORK of the ANAMCARA

To reconcile our...

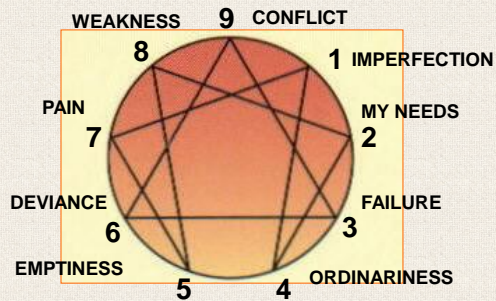


Dán (dawn)
Your Birthright Gifts
(Destiny)

&

Cail (cail)
Your Personality
(Traits of the False Self)

ENNEAGRAM AVOIDANCES



LEANING INTO THE PAIN:
EMBRACE YOUR AVOIDANCE

PARADOX OF THE SHADOW



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

Step Three



Guide responds
to the Seeker

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

DISCERNING YOUR DESIRES

Regarding your Life Decision
or Tragic Gap...

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



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

HEALING & SOUL



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

Carl G. Jung

Step four



Everyone journals...

ASKING THE QUESTION



"The alchemy of
healing requires
grace and
courage..."

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

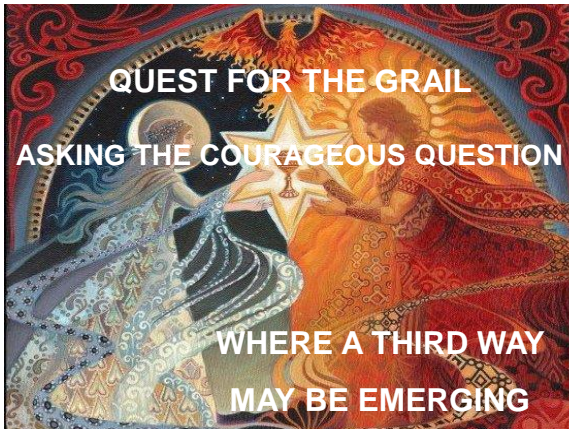
Listening for a
'third way' that
may be arising...



Step five



Group learning...



THE ALCHEMY OF DISCERNMENT

THE HOW

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



**CLOSING RITUAL:
ANOINTING YOUR
CLOCH LEIGHIS**

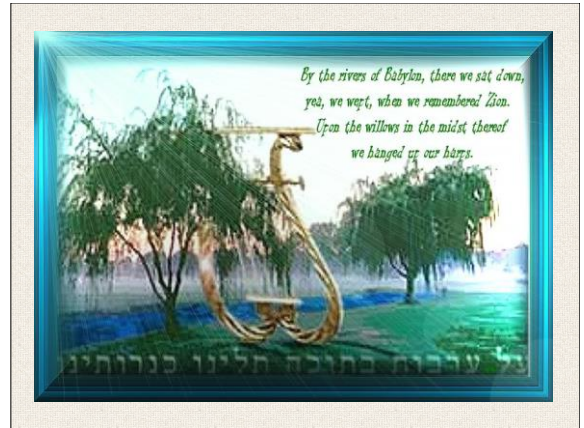


DAY TWO

PSALMS OF DISORIENTATION

JOURNEY WITH THE PSALMS

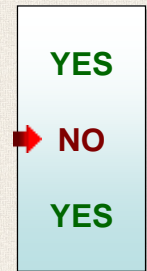
- Friday Psalms for Times of Orientation
- ➔ Saturday Psalms for Times of Disorientation
- Sunday Psalms for Times of New Orientation



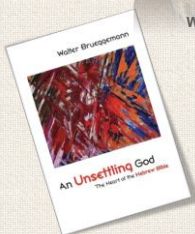
PSALMS & THE SEASONS OF LIFE

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

MOVEMENT OF THE SPIRIT



WALTER BRUEGGEMANN



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

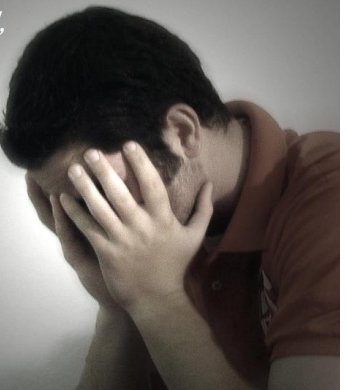


ANAMCARA LEARNINGS

- 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

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

Psalm 34:18



PSALMS OF DARKNESS

My God, why have you abandoned me?

Psalm 22



Into your hands, I commend my spirit.

Psalm 31

PSALMS OF DISORIENTATION



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

Psalm 35



PSALMS OF VIOLENCE



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

PSALM 137

IS GOD...

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



PUBLIC DISORIENTATION



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



PSALMS IN THE HOSPICE



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

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
11th century

“Caoineadh na Marbh”
Keen for the Dead



ANAMCARA LEARNINGS

- Sometimes it is enough just to **name the pain...** and “lay it at the doorway of the Beloved”
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PSALM 119

"Beati Immaculati in Via..."

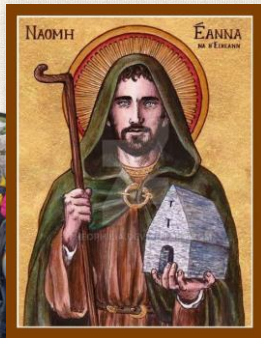
- May the light of your true nature lead you through the dark and terrifying passages
- May your illusions of fear and doubt be transformed by the light of Pure Love



DARA MOLLLOY



ST ENDA OF ARAN



cloch leighis stone of healing



cloch leighis ceremony

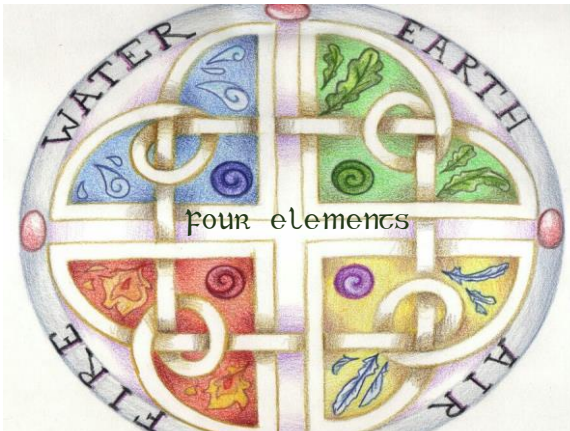


SUNDAY DAY THREE



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

St Comghall, 6th c



Anamcara Ritual box



DOROTHEE SOELLE
MYSTIC AND REBEL
THE BIOGRAPHY

DOROTHEE SOELLE

RENATE WIND

Dietrich Bonhoeffer
The Martyr

THE SILENT CRY
MYSTICISM AND RESISTANCE

DOROTHEE SOELLE

500 YEAR AXIAL CYCLES

← BCE CE →

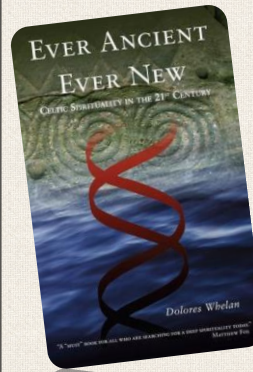
2000 Mesopotamia
1500 Bronze Age
1000 King David/
The Exodus
500 Psalms
0 Birth of
Jesus
500 Destruction
of the Temple
1000 Fall of Rome
Celtic Saints
1500 Golden Age
of China
2000 New World/
Reformation
Eco Crisis
Globalization

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



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

Mary Groves



DOLORES WHELAN

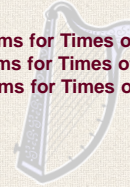


DAY THREE

PSALMS OF NEW ORIENTATION

JOURNEY WITH THE PSALMS

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



MOVEMENT OF THE SPIRIT



- YES
- NO
- ➔ YES



PSALMS & THE SEASONS OF LIFE

- ▶ Psalms of Orientation
- ▶ Psalms of Disorientation
- ▶ Psalms of New Orientation

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

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



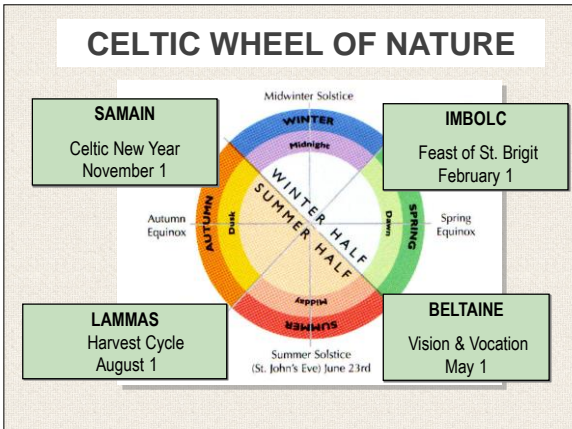


CEILI DE MEETING

A JOURNEY THROUGH THE CELTIC WHEEL OF THE YEAR

Céile Dé
The Living Celtic Spiritual Tradition

Fionntulach



FINAL ANAMCARA RETREATS 2024

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

• 10-11 June ST KEVIN'S ANAMCRA PILGRIMAGE

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 per person minimum

Price includes accommodations in Scotland for ten nights... with five days on the island of Iona. Our tour also includes ten nights in the charming seaside resort village of Oban, "Gateway to the Isles" and five nights in historic Glasgow. It includes Scottish Highland Tour including legendary Loch Ness in Inverness. Price includes all breakfasts and dinners, seven on-land, daily directed pilgrimage programs, and in-country train, ferry and bus transportation. Pilgrimage program and contributions in Glasgow.

Some larger rooms are available for an additional cost.

LOCATION

If you travel in Scotland select Iona as an area of Celtic spirituality when the arrival of St. Columba in the 6th C. Iona is often described as a place where the veil between the worlds is thin. Some have described the island itself as an Akashic Chakra. Simply ferry from Oban to Iona and you are there.

ACCOMMODATIONS

Stay in the heart of the hebrides and mountainside, St. Columba Hotel built in 1786 and facing the sea. Quietest lounge and elegant dining room with views of the sea. The hotel restaurant offers a special menu prepared daily by some of the most professional chefs in Scotland.

PILGRIMAGE PROGRAM

Special program of language and history retreat that explores the world of Iona. The retreat includes a walk and contemplation the history and history of this sacred island.

There are limited spaces for this pilgrimage. To reserve your place now contact: Tina Morgan, Sacred Art of Living, 1-800-363-8476. Full Price from North America: 1-800-363-8476 or 401-363-8476

LEWIS CARDINAL



CREE SYLLABICS

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

