

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

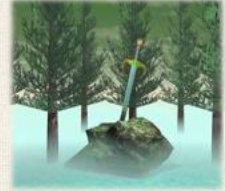
#2 THE "WHERE" OF ALCHEMY



"Leaning into the Pain..."

#2 KNOWING 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 Anamchardeas

To help distinguish between our...



Dán (dawn)

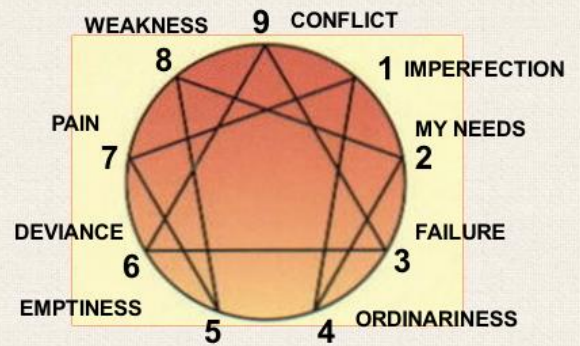
Your Birthright Gifts
(Destiny)

vs.

Cail (cáll)

Your Personality
(Traits of False Self)

ENNEAGRAM AVOIDANCES



#3 THE "HOW" OF ALCHEMY



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

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?



FIRST PRINCIPLE IN GROWING ANAM



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



MY SOUL STORY

Compose a summary of your Soul Story which will be shared in your Anamchardeas session. Your Soul Story should reflect your current state regarding the three sets of reflections/questions outlined on the above worksheet.



ANAMCHAIRDEAS SESSION

“When is someone able to witness the souls of others? When she is able to witness her own soul first. When should someone offer advice to others? When he can first correct himself.”

Colman Mac Beognae, 6th c. Anamcara Abbot

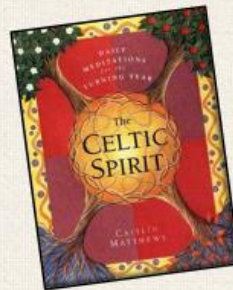
HOLDING A TRAGIC GAP

ANAMCHAIRDEAS TRIAD

- | | |
|-----------------------------------|---------|
| 1) Set intention/
Review Story | 5 min. |
| 2) Seeker shares | 5 min. |
| 3) Guide responds | 10 min. |
| 4) All journal | 5 min. |
| 5) Group Sharing | 5 min. |



ANAMCARA = soul friendship A JOB DESCRIPTION



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

Role #1 SEEKER

To disclose a tragic gap as desired with integrity and clarity.
To patiently receive the observations of another.

Role #2 GUIDE

To provide hospitality for the soul of the Seeker.
To listen for the deeper messages of the soul.

Role #3 OBSERVER

To offer a clear lens of perception for Guide and Seeker.
To listen beneath words for subtle signs of wisdom.