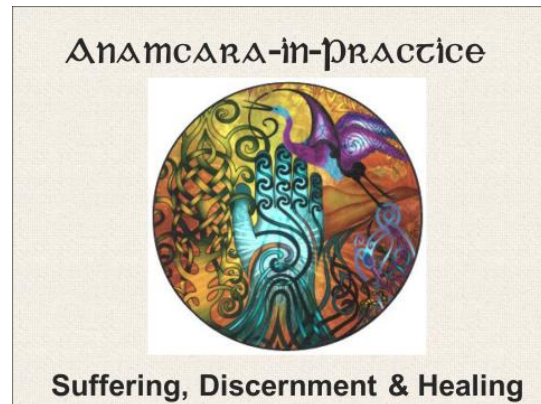
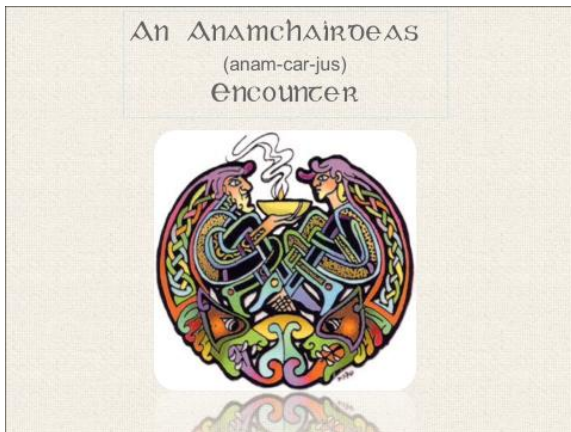


ANAMCARA-IN-PRACTICE



- Your anamcara triad will reconvene again for another Anamchairdeas session.
- Be clear in each session who is to be the Seeker, Guide and Observer. The Guide will facilitate the rituals, the Observer is to be the time keeper.
- Take 30 minutes for each Anamchairdeas encounter before moving to the next triad.
- Make sure that you honor the rituals, sharing and reflection times.

ANAMCHAIRDEAS TRIAD ROLES

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.

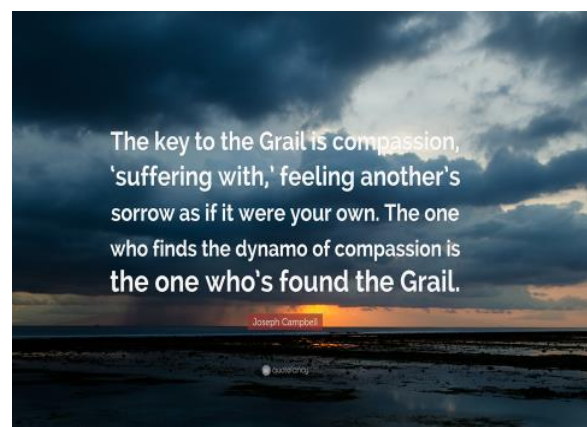
Role #3 OBSERVER

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

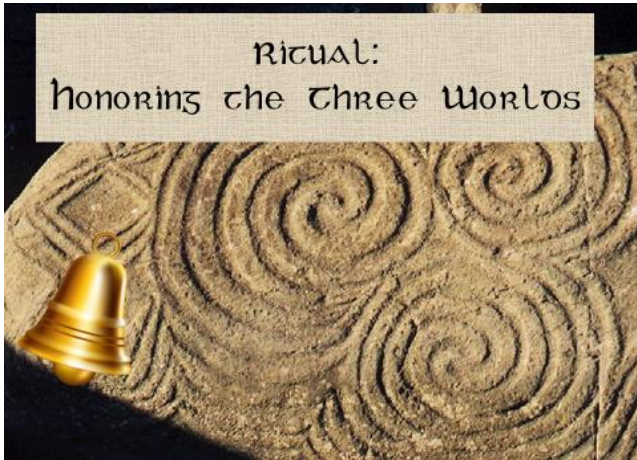
THE ALCHEMY OF DISCERNMENT



- **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

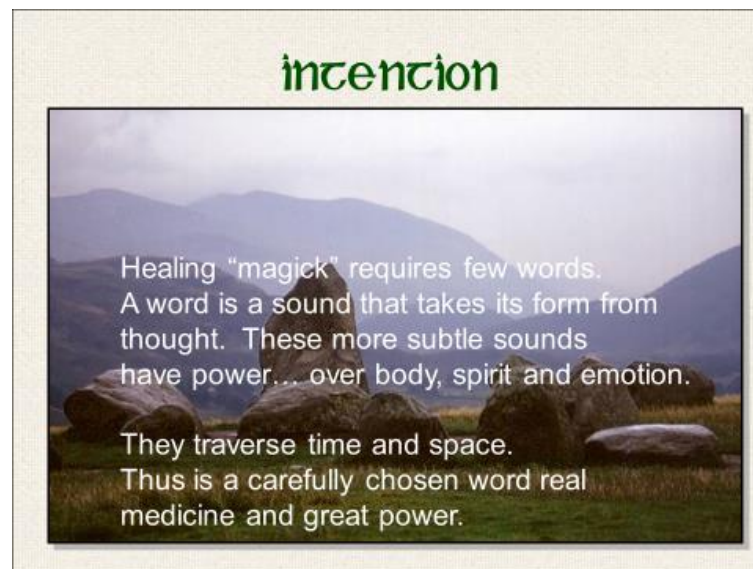


STEP ONE: SET THE INTENTION/OPEN RITUAL (5 minutes)



- The Guide rings the bell three times to set an intention of honoring all three worlds.
- The Guide circles the head of the Seeker (three times) with a candle using the the Anamcara Blessing of Fintan:

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.
- The Guide takes a moment to express a healing intention for this time.




STEP TWO: SEEKER SHARES THEIR SOUL STORY (5 minutes)

- Seeker shares whatever they wish regarding...
 - (1) A primary Tragic Gap
 - (2) Any perceived Obstacles regarding the Tragic Gap
- The Seeker may refer to your Personality Cail or Enneagram Avoidance to shed light on your Obstacle.
- Be aware that the Shadow has something to teach and where our Avoidance keeps us stuck


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 ΔΗΛΑΜΧΑΙΡΘΕΑΣ
To help distinguish between our...

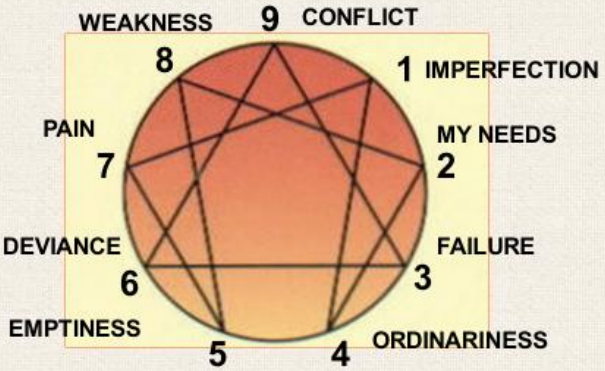


Dán (dawn)
Your Birthright Gifts
(Destiny)

vs.

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

ENNEAGRAM AVOIDANCES



STEP THREE: GUIDE RESPONDS TO SEEKER

(5 minutes)

- The Guide reflects back to Seeker using the tools of Anamcara Balance and discernment... some to-and-fro dialogue is possible here.
 - (1) Wherever possible using honest, open questions
 - (2) If useful, consider the distinction between the Seeker's strongest vs. deepest desires in their Soul Story
 - (3) Inquire what 'leaning into the pain' might look like in this situation

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?



HEALING & SOUL



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



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

Carl G. Jung

STEP FOUR: ALL JOURNAL

(5 minutes)


- Seeker, Guide and Observer take time to journal on 'what is being done to you' as a result of this encounter
- How might it be possible to hold darkness and light in this situation?
- Notice (especially for the Seeker) if a 'third way' (albeit, irrational) might be arising through the alchemy of this encounter... perhaps in the form of an emerging sacred question.

ANAM CARA TOOL Chest




#3 Name the Courageous Question

ASKING THE QUESTION



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


FIRST 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... there is no separation." Meister Eckhart

SECOND PRINCIPLE IN GROWING ANAM



- Trusting that the soul already knows what it needs.

"In you is hidden the whole terrible-marvelous secret and solution..." Carl Jung

STEP FIVE: GROUP SHARING & CLOSING RITUAL (10 minutes)

- Beginning with the Seeker, each person takes a few moments to share their learning, observations and experience.
- Notice if a sacred question might be arising for the Seeker... trusting that the question is more important than the answer. Remember that such questions always begin with the word, 'HOW,' and avoid using the 'I' word (while you can include words like, 'me, my, mine or myself).
- Conclude with the Guide inviting the Seeker to anoint their Cloch Leighis (Stone of Restoration) with the Balm of Gilead (in both directions using the Celtic swirl). The Seeker and Observer extend their hands in supportive blessing to the Seeker. Everyone concludes with the prayerful intention: *Immanaire* (May it be for good).



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
Anamcara advice from the 6th century