

Dear Anamcara Apprentices... and Apprentice Graduates,

As the Autumn change of seasons approaches we at **Sacred Art of Living** are thinking about "Back to School Time" for the **Anamcara Apprenticeship**.

Eileen Heaton and I (Richard), your mentors for the Art of Spiritual Discernment Track want to welcome you to our track. We are very much looking forward to meeting you (virtually/via Zoom) at our first track webinar session on Saturday, October 9 from 8:30 am to 11:30 am Pacific Time. Please consult the attached **IMPORTANT DATES** page for other Time Zone indications. We will have a group of about 12 persons participating in our track from every time zone in the US and Canada!

Our experience over the past fourteen years with the **ASD** track is that it is a rich opportunity to do four things: 1) be exposed to the timeless mystical wisdom from the world's Great Spiritual Traditions, 2) to learn practical skills for soulful discernment in your own life so that you can better support others on their journey, 3) to deepen in the unique wisdom from the spirituality of the Enneagram-- as a tool for self-awareness. And the final, important component for your experience will be a monthly session with an assigned or approved spiritual director.

Soon, in another email, you will receive a preliminary assignment sheet for spiritual companions. Please note our **preliminary** recommendation for you and let us know ASAP if for some reason you are not comfortable with your assigned partner (for example, if there is a conflict of interest). We realize that in most cases, you may not know who the persons is at this point beyond their name!

We also realize that all of us are moving forward in trust and good will at this point regarding these assignments. If, when the program begins, your director is not a good match, we can always revisit your partnership. Obviously, this person will not be your spiritual director for life! For now, know that each of these directors has been well vetted by *Sacred Art of Living*, have themselves participated in the Art of Discernment Track and are active spiritual directors.

NOTE: If you are currently/actively engaged in a spiritual director relationship outside of the Anamcara program and would like to consider continuing with that relationship throughout the program year, an accommodation can be made. In this case, however, we would want to visit with your director and explain the program expectations to which they agree. Please respond to this letter as soon as possible if you want to propose your own spiritual director for the track year other than your assigned partner. In this case, please also forward their contact information to us so we may follow up with them.

In preparation for our first session together, you should go to the **Anamcara Website** (on the **Sacred Art of Living** website) and under the **Year Two tab** find two pre-retreat assignments to be viewed/listened to PRIOR to our October meeting. Your password is: **Anamcara**. Richard's video will initiate you into the first tradition of our course, Hebraic Wisdom of Spiritual Discernment. The audio recording of Jack Kennedy on Divine Desiring is also foundational for our first meeting.

Finally, the only required text book for this course is **Care of Mind, Care of Spirit** by Gerald May. All other assigned readings will be provided on the Anamcara website. If you want to get a jump on things, you could read the first chapter of May's book in advance of our first gathering.

May these last days of summer be a time of renewal and anticipated learning,

Richard and Eileen