

DAY TWO:  
ANAMCARA CIRCLE  
OF HEALING

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Anam Aire



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## Honored Spirit Guides



Thomas Keating



Dolores Krieger



Rabbi Zalman



Sean O'Duinn



John O'Donohue



Mary Groves

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## THE PRACTICE OF SEANAMACH



## “Soul Flight” Meditation

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**BREAK  
TIME**

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completing the celtic circle



“FACING INTO THE WESTLANDS”

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**imbas porosnai**  
**Visionary Inspiration**

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### SOUL PROTECTORS & PRACTICES

EAST= EARTH



Leaders  
Dátoireán

SOUTH=WATER



Encouragers  
Fríoch

MEDICINE WHEEL



Anamcara  
Loricá

WEST=AIR



Challengers  
Heating, Calm

NORTH = FIRE



Ancestors  
Seancamach



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### SOUL PROTECTERS = CHALLENGERS



Offering support... while naming our shadow

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West =  
Challengers



anám

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## WHO IS MY ALLY?



- Han Solo in the saloon trying to identify enemies from allies and mentors. It can be hard to distinguish the lies of an enemy from the help of an ally. An enemy supports your false self. An ally challenges you to support your true nature and your own innate wisdom.

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

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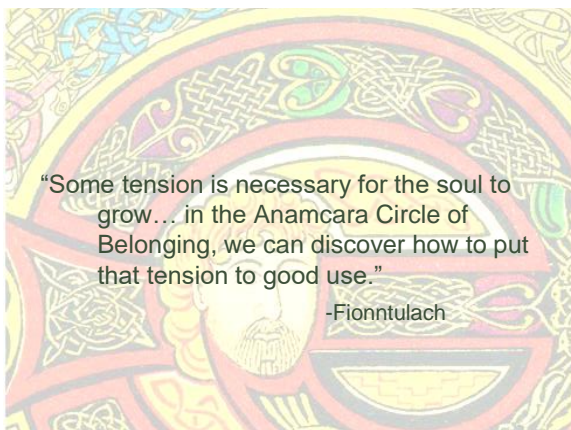
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“Some tension is necessary for the soul to grow... in the Anamcara Circle of Belonging, we can discover how to put that tension to good use.”

-Fionntulach

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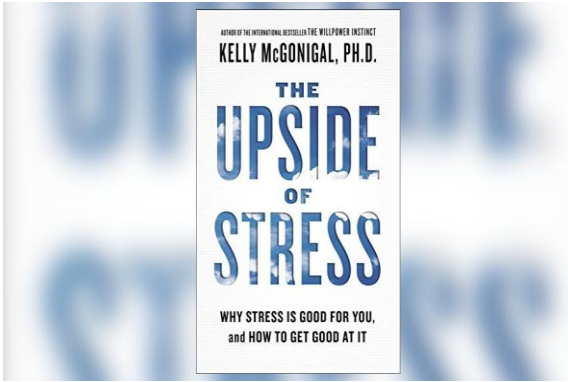
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Sacred Art of Living Center

**SUFFERING IS...**  
Resisting WHAT IS

**THE SOLUTION IS...**

1. Not so much the need to let go as to recognize when something is already gone
2. Allowing the new to arise

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# CLAIMING YOUR DAN

“Being Faithful to your Birthright Gifts”



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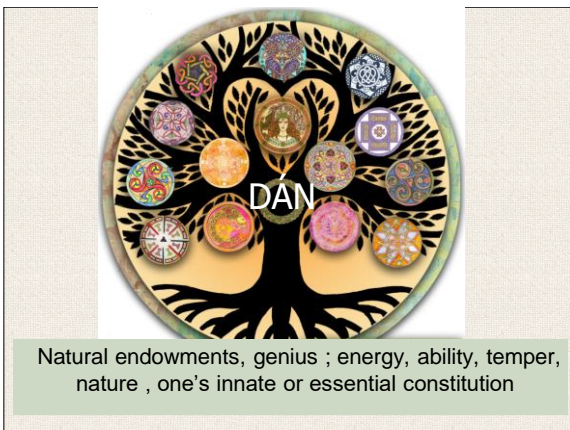
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Natural endowments, genius ; energy, ability, temper, nature , one's innate or essential constitution

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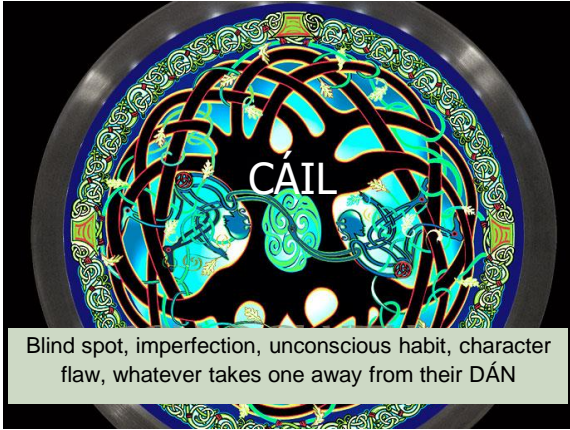
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Blind spot, imperfection, unconscious habit, character flaw, whatever takes one away from their DÁN

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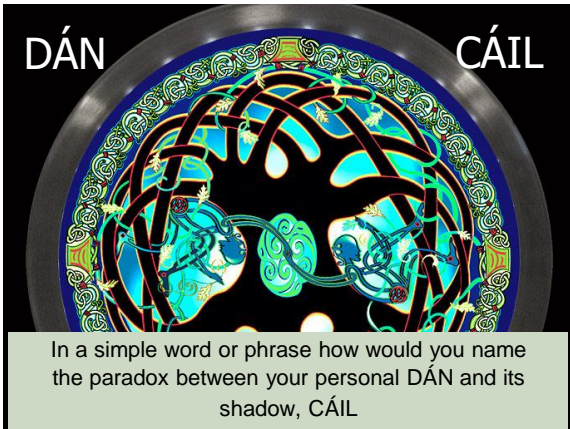
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In a simple word or phrase how would you name the paradox between your personal DÁN and its shadow, CÁIL

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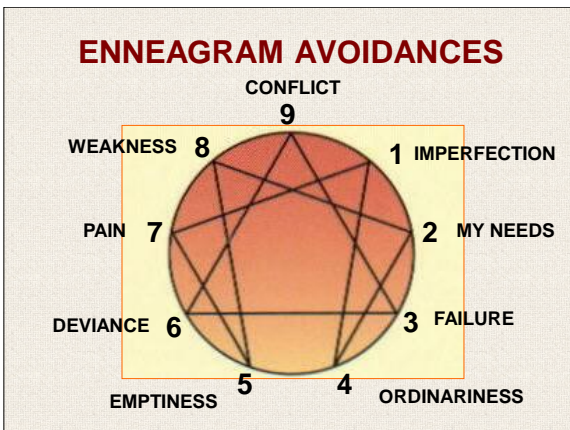
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**CHALLENGER SOUL PROTECTORS**  
**“Courageous Questions”**



-What areas of your life are hyper-sensitive to challenge and critique?

-What part of your personality do you find shameful or unacceptable and therefore try to hide from others and yourself? (Refer to the Enneagram Avoidances)

-Who could you invite to challenge you in a way that your soul can trust?

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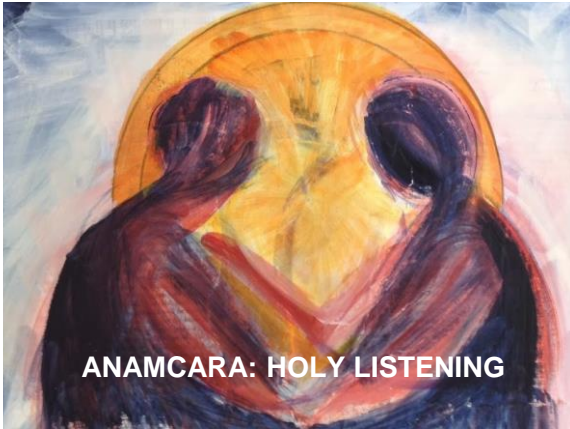
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**ANAMCARA: HOLY LISTENING**

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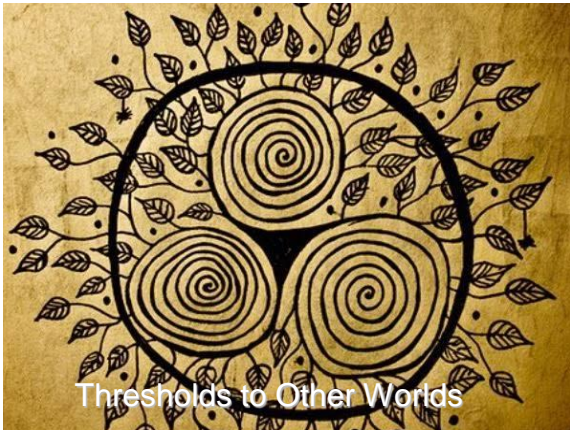
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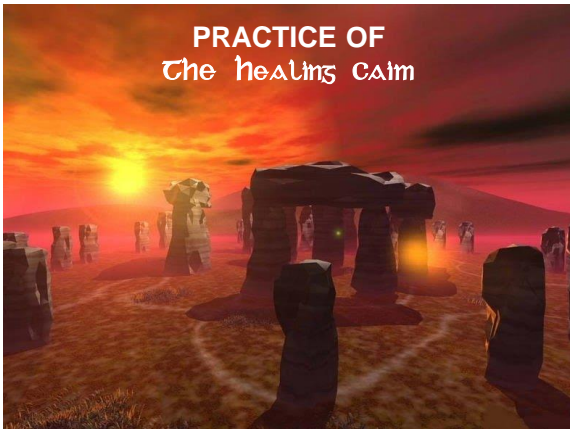
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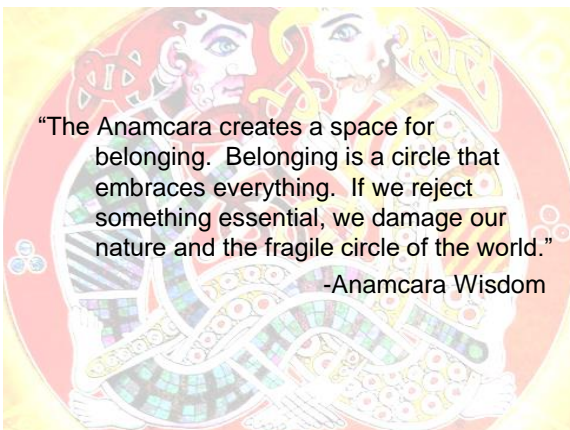
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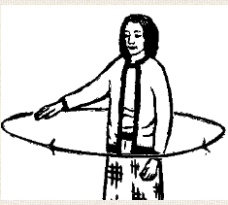
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**caim**

(Aicem) is  
Sanctuary; an invisible circle  
of protection, drawn around the  
body with the hand, to remind one  
of being safe and loved, even in the  
darkest times.

Derived from the root word  
meaning 'circle', 'to bend, or turn.'


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**SOUL PROTECTORS & PRACTICES**

**EAST= EARTH**  
Leaders  
pátoireán

**SOUTH= WATER**  
Encouragers  
prích

**WEST= AIR**  
Challengers  
healing caim

**NORTH = FIRE**  
Anamcara  
Lorica  
Ancestors  
Seancamach




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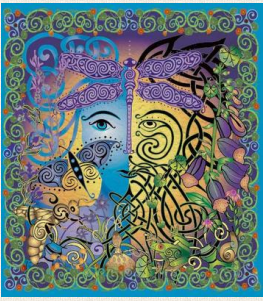
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**SOUL PROTECTERS = ANCESTORS**



Facing our mortality... with unconditional love

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**STAGES**  
The Unsettling  
The Opening  
The Unravelling  
→ The Stilling  
→ The Releasing



**DEEP Change**  
*Befriending the Unknown*  
SUSAN P. PLUMMER, PH.D. AUTHOR, SPEAKER, EXPERT  
Sacred Art of Living Center

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**BEFRIENDING THE UNKNOWN**  
“Die before you die...”



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## TRUE SELF – FALSE SELF

### “Welcoming Death”

#### Natural Skills

- Curiosity
- Stillness
- Spaciousness
- Inquiry
- Gratitude
- Presence
- Emotional Intelligence
- Patience
- Letting Go



#### Blocks to Change

- Resistance
- Pride
- Control
- Fear
- Hurt
- Numbness/Sloth
- Arrogance
- Anger
- Possessiveness

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### LESSONS FROM DEEP CHANGE

- The paradox is that as we become more aware of our essential self, we open into a greater sense of authentic community
- The dynamics in Deep Change apply both to individuals as well as our collective, corporate and community lives
- On the other side of Deep Change is a more profound freedom and a deepened experience of belonging



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### ANCESTOR SOUL PROTECTORS “Courageous Questions”



- What in my life is calling for release?
- Which natural skills and blocks to change am I inclined to encounter at this time?
- How might the ‘small death’ of release provide an opening to something new?
- Among my deceased relatives (blood or spiritual), with whom might I like to engage in ‘soul flight’ conversation?

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## SOUL PROTECTORS & PRACTICES

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Leaders  
Dairean

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Frich

MEDICINE WHEEL



Anamcara  
Loricá

NORTH = FIRE



Ancostors  
Geancamach

WEST=AIR



Challengers  
healing calm

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## ANAMCARA vigil practices

- End of Day Ritual
- 2-3 AM Vigils
- Circling Blessing
- Invoke Anamcara Protectors
- Psalm 139
- *Geanncanncht*

*The peace of all peace  
be mine this night.  
Let all tumult  
within me cease.  
Enfold me, my Beloved  
in your peace.*



immanaire

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## THE PRACTICE OF Geancamach



“Soul Flight” Meditation

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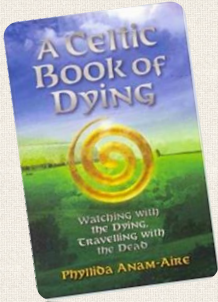
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# ANAM AIRE



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# Celtic Scholar, Sean O'Duinn



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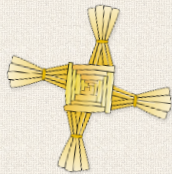
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# ANAMCARA MENTOR — FIRE



**BRIGID OF KILDARE**  
The First Anam Cara

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## HEALING QUESTIONS

- Who do you need to bless in life with the gift of forgiveness and healing?
- What do you need the courage to name as darkness thereby seeking higher protection?
- Can you offer your anamcara presence for those who are asking for healing?

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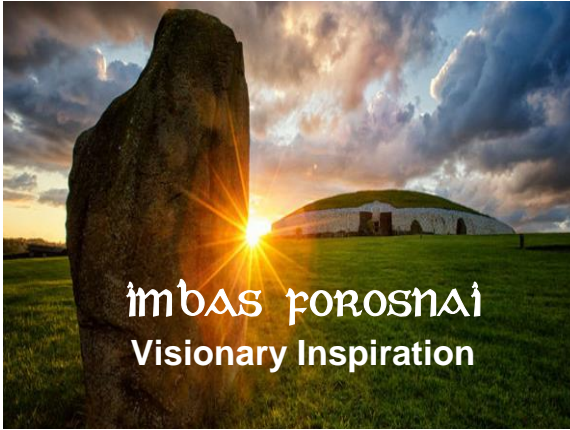
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imbas forosnai  
Visionary Inspiration

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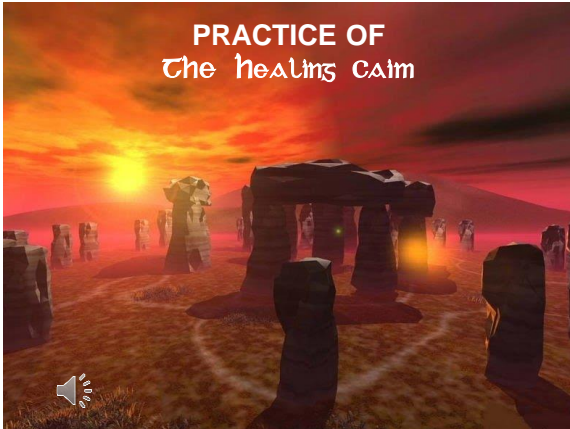
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PRACTICE OF  
The healing Cairn



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## A Blessing for the Senses

May your body be blessed.

May you realize that your body is a faithful  
and beautiful friend of your soul.

And may you be peaceful as you recognize  
that your senses are sacred thresholds.

May you realize that holiness is mindful  
gazing, feeling, hearing and touching. 6<sup>th</sup> C.



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**“May you have the  
commitment to  
know what has hurt  
you, to allow it to  
come close to you  
and in the end,  
become one with  
you.”**

**Fintan's Blessing**



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

Living

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A Thighearna...  
Dean Trocair Oirann



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Sacred Art of Living  
*Community for Spiritual Integration*



ART OF LIVING & DYING  
Workshop Series



Co-Founders Richard & Mary Groves  
Bend, Oregon in 1996

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



Soul & Science of CAREGIVING

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"Our calling is to rekindle Brigit's Light in our time..."  
Mary Groves



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### OPTIONS FOR THE ANAMCARA GRADUATE APPRENTICE

- ✓ Anamcara Spiritual Practices
- ✓ Participate in New Year Two Track
- ✓ Soul & Science subscription
- ✓ Purchase AC Hard Drive
- ✓ Audit SALC programs/volunteer
- ✓ Continue Enneagram studies
- ✓ Continue with Ceili De/Ceili De Guides

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### YEAR TWO TRACKS

- Art of Spiritual Discernment
- Spirituality of Grief & Loss
- Art of Spiritual Eldering
- Healing Practices at the End of Life
- Soul of Wellness
- Seasons of our Lives
- The Spiritual Exercises* for Everyday Living
- Living Celtic Mythology

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### 2023-24 ANAMCARA TRACK MENTORS



- Art of Spiritual Discernment**  
Richard Groves  
Eileen Heaton
- Soul of Wellness**  
Dean Sharpe  
Marlis Beier
- End of Life Spirituality**  
Kevin Dieter  
Ann Jacob/Stan Tomandi
- Healing through Grief**  
Elizabeth Johnson  
Mary Klassen-Landis  
Wendy Howard
- Art of Spiritual Eldering**  
Nadya Gross & Victor Gross  
Maryhelen Zabas
- Seasons of our Lives**  
Michael Kearney  
Debbie Doornbos
- The Spiritual Exercises in Everyday Life**  
Martina Breen  
Elizabeth McCrory
- Living Celtic Mythology**  
Margaret Brady  
Phil Larkin

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**A 30 DAY VIRTUAL RETREAT EXPERIENCE**
  
 Based on the Spiritual Exercises of St. Ignatius
   
*Walking to the Presence of Mystery in All Things*
  
**OCTOBER 14 - NOVEMBER 10, 2023**




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**Weekly online teachings** in the Ignatian & Jungian Discernment Traditions
   
*Major themes: Freedom, Imagination, Discernment & Transformation*
- 
**Daily reflections and practices** for discernment in everyday life
   
*Learning the art of contemplation through the 'Examiner' practice*
- 
**Weekly one-on-one companionship** with an experienced spiritual director
   
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**Open to persons from all spiritual paths**
  
*Regardless of one's language for Mystery or spiritual tradition*
- 
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*Or desiring to deepen in spiritual awareness and intimacy*


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Richard Curran



Eileen Hinton



Jack Kennedy

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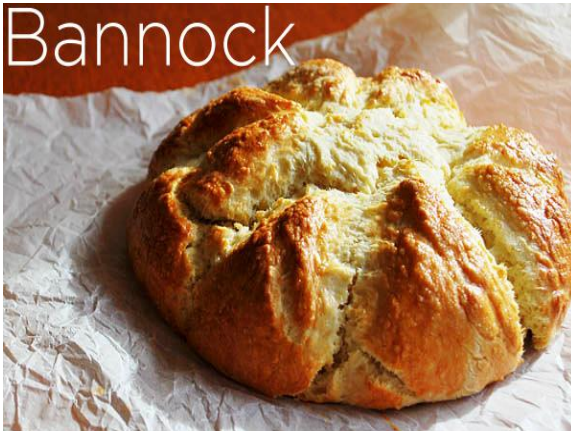
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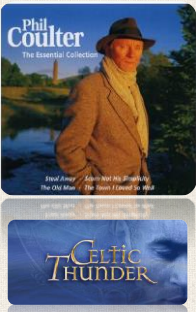
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My dear friend Richard,

Thank you indeed for your very kind words. I am more than happy to give Sacred Art of Living Centre a blessing and full permission to play my music and videos for your very worthwhile and sacred work in the Anamcara Project. It touches me deeply that your dear wife, Mary, found such delight in our Celtic Thunder production.

Dr. Phil Coulter

*Producer, Conductor, Song Writer*

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- A THIGHEARNA DEAN TROCHAIR AINN
- DEUS MEUS (PSALM 118)... DULAMAN
- ANNIE'S SONG
- COME TO THE LAND
- A SPECIAL CLOSING

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