

Anam Cara Year 2: Living Myth Track Outline

Monthly Sessions

Part One: Deepening Roots

1. Connecting to our ancestors - where have we come from (tribe)
Story: Merlin. **Archetype:** The Magician.
Themes: Transforming consciousness, beginning a journey of transformation.
Dreamwork: Overview and background.
Nature Connection: Connecting with ancestral wisdom – what’s under your feet?
Dyad: Where are we now, how do we connect to ancestral wisdom, what is the transformation we seek?
2. Healing the ancestral path (family or those we love)
Story: The Children of Lir. **Archetype:** The Innocent
Themes: The power and challenge of innocence. Where in our own family lineages is healing needed?
Dreamwork: Association and the Dream Interview.
Nature Connection: Finding a sit spot.
Dyad: Strengths and challenges of our families – bringing healing to the past.
3. Our spiritual ancestors - where do we place ourselves within a lineage? Who are our mentors?
Story: Arthur and Merlin. **Archetypes:** The Apprentice / The Sage
Themes: Wisdom and knowledge, mentorship and beginner’s mind.
Dreamwork: Archetypal dreams, Jungian dreamwork.
Nature Connection: Nature mandalas, connecting to the transience.
Dyad: Reflecting on our significant mentors and spiritual teachers. Where could a mentor help at this point in our spiritual path?

Part Two: Strengthening trunk

4. The power of story in shaping our lives.
Story: Midir and Etain. **Archetype:** The Lovers
Themes: The soul’s journey and the union of opposites.
Dreamwork: Connecting to the body, focusing and Gestalt approaches to dreams.
Nature connection: Somatic awareness – moving with trees.
Dyad: A larger view - what are the stories or themes that have played out in your life so far? What have you learned from them?
5. Connecting with place and nature - what does it mean to be a healer in the world? What is our personal healing task?
Story: Airmid and the Healing Herbs / Blodeuwdd. **Archetype:** The Caregiver /

Healer

Themes: The importance of balance with the earth and what it means to be a healer. Grief as a path to new growth and healing. Learning from nature.

Dreamwork: Healing dreams, visitation and guidance in dreams.

Nature Connection: Plant medicine – connecting to a healing herb.

Dyad: What does it mean to you to be a healer? Has grief brought you on an unexpected growth journey?

6. Where have we been led in our lives and how is this different from what we had planned? Where have we failed to appreciate abundance in our lives?

Story: The Curse of Macha. **Archetype:** The Destroyer

Themes: Taking the miraculous for granted. Where have we been guided or helped? Where have we ignored our guidance – and where has this led to painful consequences for us?

Dreamwork: Dreamtending – discovering the living image in the dream.

Nature connection: Facing climate anxiety and grief.

Dyad: What is your relationship with abundance? Where has life led you down unexpected paths? What happens for you when you contemplate the destruction of our environment?

Part Three: Spreading Branches

7. Myths are stories ‘so full of truth that the real world can’t hold them’. How can story or symbol help us engage with mystery and the ‘big truths’?

Story: Cormac MacAirt **Archetype:** The Seeker

Themes: Learning wisdom and discernment as a result of loss. The importance of truth – the power of true stories.

Dreamwork: Conscious engagement – working with nightmares, lucid dreams and dream incubation.

Nature connection: Listening to nature – mindful awareness and symbolic awareness.

Dyad: Are there truths in your life that are too big to face head on? How have symbol and story helped you to engage with them?

8. The act of storytelling is deeply creative - how does your creativity express itself?

Story: Cerridwen’s Cauldron **Archetype:** The artist / creator

Themes: The importance of inspiration and creative expression as a spiritual path.

Dreamwork: Learning to work in a dream group – Jeremy Taylor’s method.

Nature connection: How does nature inspire you? Creative expression inspired by nature connection.

Dyad: How do you (or would you like to) express your creativity and unique vision in your life?

9. **Dreaming into the future** - How can myth help us live as an Anam Cara in an evolving world? Final meeting, summary of themes, questions, discussion and apprentice presentations.