

The Anamcara Covenant



As an Anamcara Apprentice, I promise sincere commitment to the art, science and practice of sacred relationship with self, others and the Great Mystery, whose invisible presence is everywhere.

Soulfulness

- 1. Striving to bring my soul to everyday activity through daily contemplative practice and the process of self-reflection ☐**

Connecting our 'soul & role,' we are the medicine to self and others

Community

- 2. Participating fully with fellow apprentices in monthly Ceilí Dé group meetings ☐**

The mystery of our interconnectedness is our healing

Skillfulness

- 3. Deepening my learning and practice in the traditional healing tools of the sacred art of living and dying ☐**

For the transformation of suffering in myself and others

Mentorship

- 4. Seeking mentors who can offer wisdom in integrating spirituality with everyday life ☐**

A person without an anamcara is like a body without a head.