



The Art, Science & Practice of Sacred Relationship

## **PRE-REQUISITES FOR *BECOMING ANAMCARA***

Two pre-requisites must be completed before starting the *BECOMING ANAMCARA* Apprenticeship in the Autumn/Fall 2025

### **PRE-REQUISITE: #1**

#### **ART OF LIVING & DYING SERIES/CIRCLES OF TRUST© PROCESS**

*The world's oldest health care and hospice system, known as the Ars Moriendi, was profoundly influenced by early Celtic healers. The skills of that tradition, as well as a grounding in the wisdom and practice of the small group process as developed by Parker Palmer and the Center for Courage & Renewal are foundational to the *BECOMING ANAMCARA* apprenticeship.*

**The following are three options which satisfy this pre-requisite:**

**OPTION ONE:** Prior completion of the four part *Art of Living & Dying (Healing the Healers)* which included participation in a Circle of Trust© between workshop modules.

**OPTION TWO:** Participation in the on-line *Art of Living & Dying* series beginning in Oct 2024.

**HOW:** Attend four (day and a half) virtual workshops which will include participation in a Circle of Trust© group with fellow participants.\*

Friday-Saturday 4-5 October 2024

Friday-Saturday 17-18 January 2025

Friday-Saturday 25-26 April 2025

Friday-Saturday 6-7 June 2025

\*All workshops are scheduled as zoom meetings on Fridays(12-3pm) and Saturdays (9am-4pm) Pacific Times.

**CONTACT HOURS:** 9 hours per module workshop + 3 Circle of Trust© meetings @ 2 hours each = 18 hours per module or **TOTAL: 72 hours**

**FEE:** US \$150 per module; *BECOMING ANAMCARA* apprentice applicants can participate in all four modules at a discount fee of **\$500 US**

**OPTION THREE:** Applicants complete 48 hours on-line self-study of the *Art of Living & Dying* material and completion of a 5 x 2 hour Courage & Renewal Foundations Training which serves as an orientation for the Circles of Trust© process.

**HOW:** Completion of an online self-study from Sacred Art of Living's **Soul & Science: *Lessons for Caregivers*** and completion of the Center for Courage & Renewal's Foundations Training. The Soul & Science self-study requires a year's subscription and completion of reflective journaling based on assigned lessons.

**CONTACT HOURS:** 48 hours self-study plus 10 hours Courage & Renewal Foundation training = **TOTAL: 58 hours**

**FEE:** Full year's subscription to Soul & Science resources= \$100 US  
Foundations for Courage & Renewal Foundation Course = \$350 US  
Total cost for Option Three = **\$450**

**PRE-REQUISITE: #2**  
**KNOWLEDGE OF THE ENNEAGRAM**

*Central in the formation for **BECOMING ANAMCARA** is a working knowledge of the Enneagram. This tool provides common ground psychological and spiritual language for self- knowledge and healthy community dynamics. Any one of the following three options will satisfy this requirement.*

**OPTION ONE:** Prior completion of a *Spirit of the Enneagram* workshop offered through *Sacred Art of Living*.

**OPTION TWO:** Completion of one of the scheduled online *Spirit of the Enneagram* workshops in 2025. This must be completed before the start of the **BECOMING ANAMCARA** apprenticeship.

**DATES:** 24-25 January 2025 & 20-21 June 2025. Consult the SALC website for workshop flyers and details ([sacredartofliving.org](http://sacredartofliving.org)) Under PROGRAMS, click on the Enneagram workshops/Spirit of the Enneagram section.

**FEE:** Usual fee = \$300 US/Reduced fee for apprentice applicants = **\$200 US**

**OPTION THREE:** Completion of a SALC approved Enneagram training with a confidence in the language and principles of the Enneagram. A number of Enneagram studies meet this criteria but evidence of completion and understanding must be submitted to determine if acceptable.

**For Questions about Pre-requisites for **BECOMING ANAMCARA****  
please contact: [anamcara@sacredartofliving.org](mailto:anamcara@sacredartofliving.org)