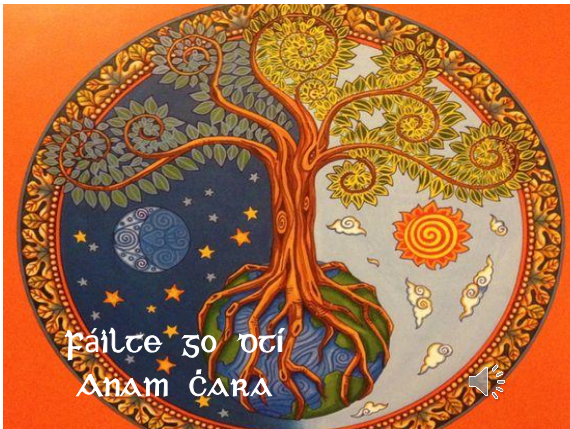
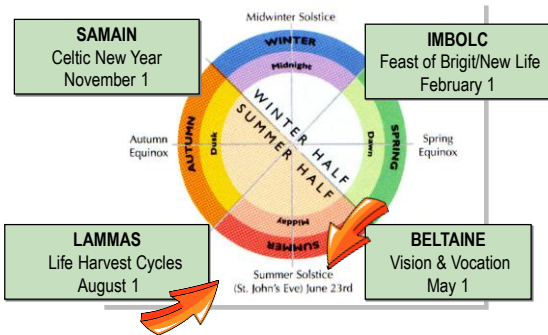


ANAMCARA YEAR 2 CLOSING RETREAT POWERPOINT SLIDES



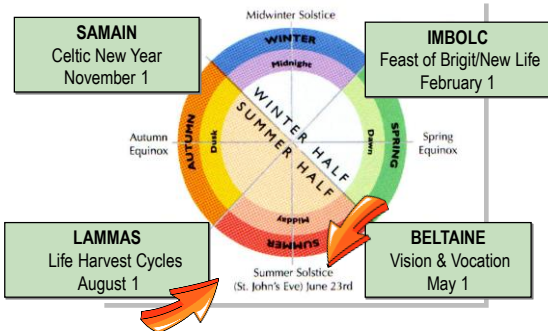
CELTIC WHEEL OF THE YEAR







CELTIC WHEEL OF THE YEAR









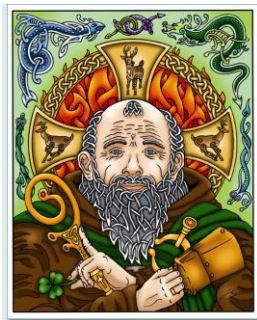




The Celtic Circle
CREATING A PERSONAL LORICA

Richard Groves

THE POWER OF
LORICA

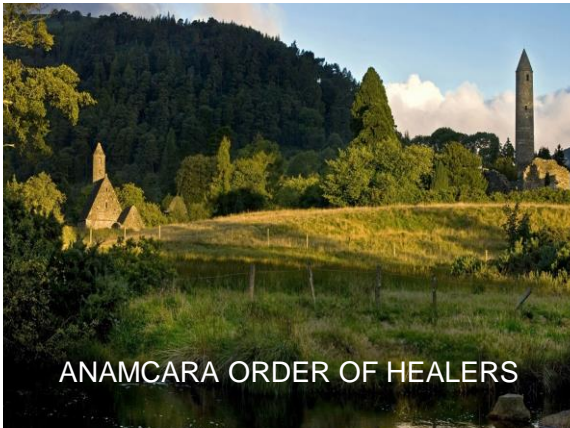




CREATING A LORICA FOR
blessing & protection

Celtic Lorica Renaissance





ANAMCARA ORDER OF HEALERS



CIRCLE OF BELONGING

Four Pillars of the Tradition

soulfulness

Skillfulness

Anamcara

Community

Mentorship



Four Pillars of the Tradition

soulfulness

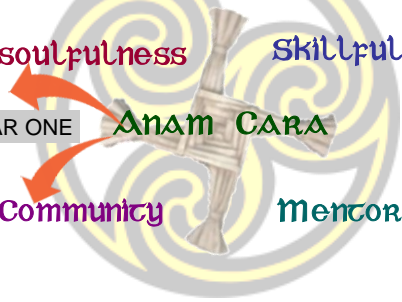
Skillfulness

Anam Cara

Community

Mentorship

YEAR ONE



INTER-SPIRITUALITY

“The real religion of humankind can be said to be mystical experience , because mystical spirituality is the origin of all the world religions...

If this is so... we might also say that interspirituality- the sharing of ultimate experiences across traditions- is the religion of the third millennium. Interspirituality is the foundation that can prepare the way for a planet-wide enlightened culture.”



Wayne Teasdale, *The Mystic Heart*

A TRADITION OF INTEGRATION



- If you have a trust in and an expectation of your own solitude, everything that you need to know will be revealed to you...

-Caitlin Matthews



An Anamcara never goes it alone...



Beware of the Anamcara who cannot live in community

Four Pillars of the Tradition







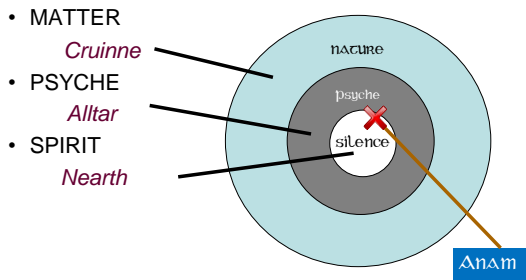
There is no map for the
spiritual journey.
But there is a way to tell
if you're on the right track.
-Thomas Keating



The Eternal
Wheel



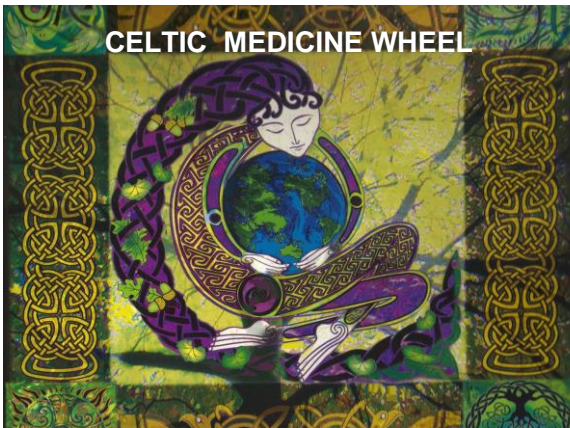
THE THREE WORLDS



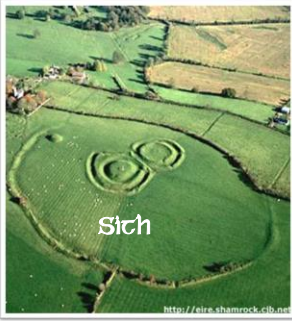
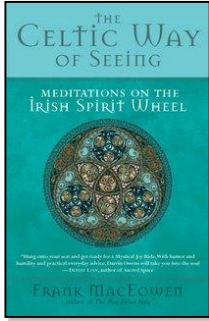
* With gratitude to the Teachings of the Ceile De

RADICAL NON-DUALISM





CELTIC MEDICINE WHEEL



DEVELOPING OUR FIVE SPIRITUAL SENSES

EAST= HOSPITALITY



Intuition/
Synchronicity

SOUTH=POETRY



Dreams/
Imagination

IMBAS FOROSNAI



MYSTICAL KNOWING

WEST=KNOWLEDGE

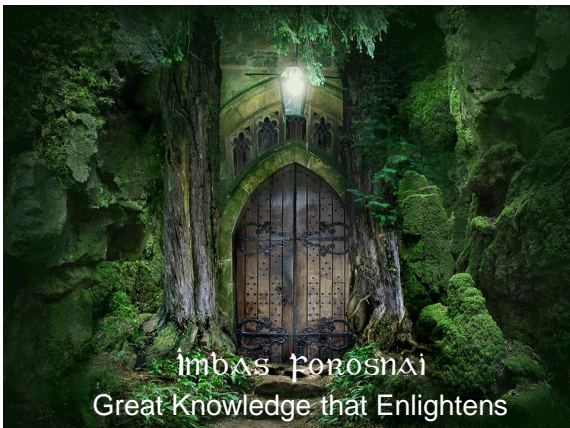


Suffering/
Healing

NORTH = BATTLE



Mortality/
Alchemy

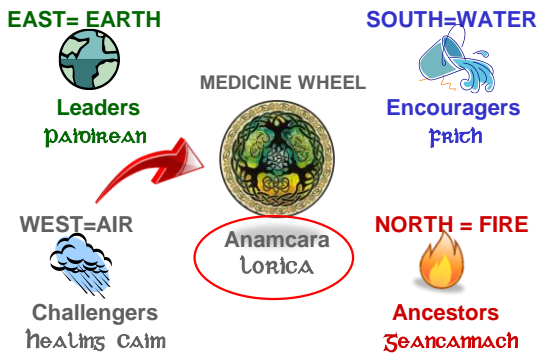


A COMPASS FOR THE SOUL

“Wisdom is in the Directions”



SOUL PROTECTORS & PRACTICES





Soul protectors

SPIRITUAL ALLIES



Anamcara Relationships

ANAMCARA RELATIONSHIP “Growing Anam”





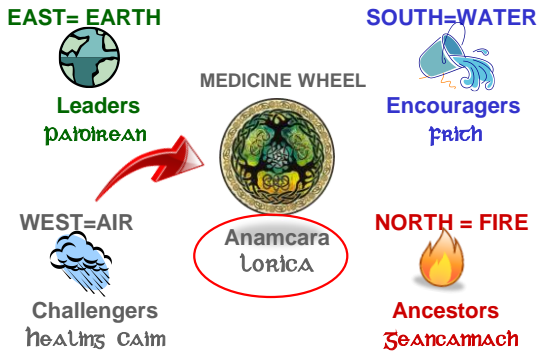
ANAMCARA PRACTICES

HOW TO PROTECT ONESELF

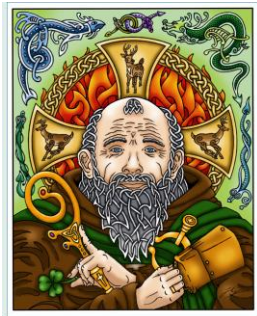
- From a harmful influence
- Or how to prevent it from taking hold
- Or how to prevent it from spreading further
- Of if the harm has already been done, how to drive it out



SOUL PROTECTORS & PRACTICES



THE POWER OF LORICÁ





Celtic Lorica Renaissance





HISTORICAL LORICA





Ancient Celtic LORICA TRADITION

The Dying Saul









SOUL PROTECTORS & PRACTICES

EAST= EARTH



Leaders
Dairean

SOUTH=WATER



Encouragers
Frith

MEDICINE WHEEL



Anamcara
Lorca

NORTH = FIRE

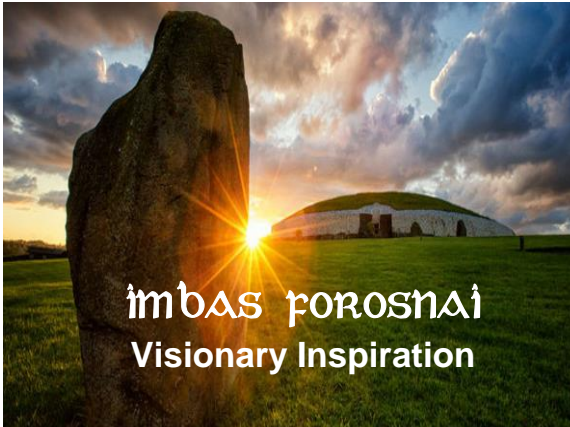


Ancestors
Seancamach

WEST=AIR



Challengers
healing Calm



imbas forosnai
Visionary Inspiration



The Celtic Circle
Saying YES to Change

Richard Groves

Celtic Perspective on Change







PERENNIAL WISDOM

“Whatever we have counted on in the past is slipping away. We are entering into the uncharted territory of a social change that our ancestors could never have imagined. It will take courage and a new understanding of everything, including our social and religious institutions, to survive this time.”

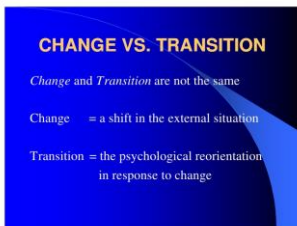
St. Maeruian of Tallaght, 9th c.

New Beginnings, Richard Rohr: The Universal Wisdom Pattern

The word change normally refers to new beginnings. But the mystery of transformation more often happens not when something new begins, but when something old falls part. The pain and chaos of something old falling apart invite the soul to listen at a deeper level, and sometimes force the soul to go to a new place. Most of us would never go to new places in any other way. The mystics use many words to describe this chaos: fire, dark night, death, emptiness, abandonment, trial, the Evil One. Whatever it is called, it does not feel good, and it does certainly does not feel like "God."

We will normally do anything to keep the old thing from falling apart, yet this is when we need patience and guidance, and the freedom to let go instead of tightening our controls and certitudes... Spiritual transformation always includes a disconcerting reorientation. It can either help people to find new meaning or it can cause people to close down and slowly turn bitter. The difference is determined precisely by the quality of our inner life, our practices, and our spirituality. Change happens, but transformation is always a process of letting go, and living in the confusing, shadowy, transitional space for a while. Eventually, we are spit up on a new and unexpected shore. We can see why Jonah in the belly of the whale is such an important figure for Jews, Christians, and Muslims.

It is sad that we settle for short-term effectiveness of surface changes instead of the long-term life benefits of true transformation. But then, we are a culture of productivity and efficiency, not terribly patient or even open to growth. God is clearly much more patient—and, finally, much more effective, patiently supporting our inner transformation through all of life's transitions.

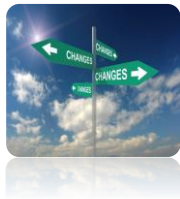


CHANGE VS TRANSITION

- | | |
|--------------------|--------------------|
| • External | • Internal |
| • Organisational | • Personal |
| • Quicker | • Slower |
| • More visible | • Less visible |
| • More predictable | • Less predictable |
| • Physical | • Psychological |
| • Tangible | • Intangible |

Nobody wants to do it - not real change, not soul change, not the painful molecular change required to truly become who you need to be. Nobody ever does real transformation for fun. Nobody ever does it on a dare. You do it only when your back is so far against the wall that you have no choice anymore.

-Elizabeth Gilbert



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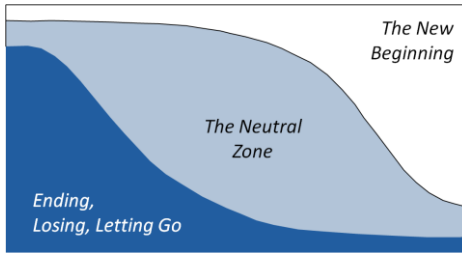


STAGES

- The Unsettling
- The Opening
- The Unravelling
- The Stilling
- The Releasing



Sacred Art of Living Center



Sacred Art of Living Center
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ANAMCARA SOUL PROTECTORS "Courageous Questions"



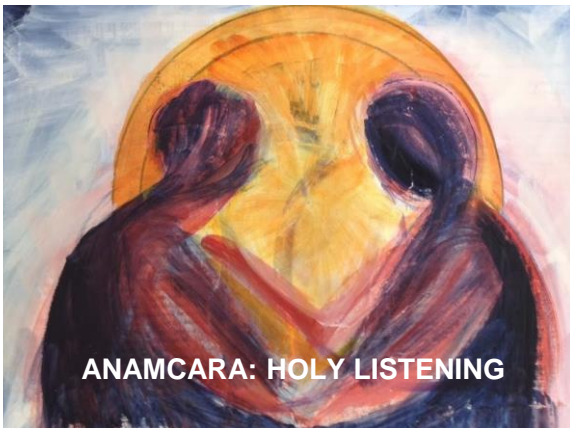
-Which of the three 'zones' do you sense your life is in at the present?

-What change may be on the horizon of your life? What excitement and/or dread does the change evoke?

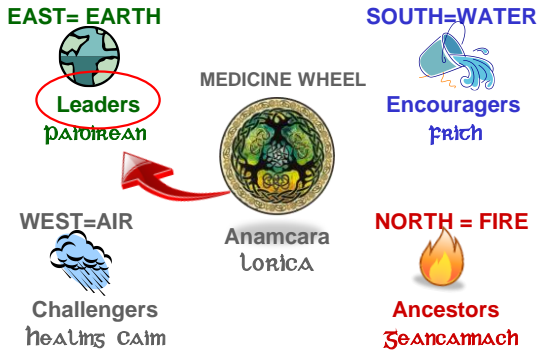
-In the past what/who have helped you cope with big changes?

-Who would you consider to be an 'eternal Anamcara relationship'?





SOUL PROTECTORS & PRACTICES



SOUL PROTECTERS = LEADERS

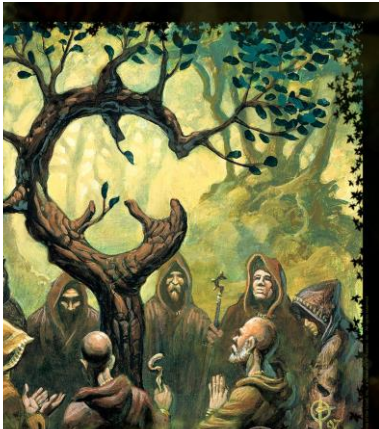


Engaging life ... with grace and courage



Nature is the face of God





There are fewer anamcara today because in the old days Healers lived for long periods of time close to the earth, conversing with the trees and listening to the silent wisdom of salmon and deer... 8th century

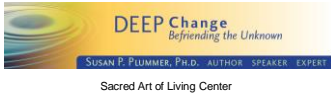
Modern people have made our world so familiar that we do not see it anymore. The Anamcara vocation calls us back into regular solitude...

-Caitlin Matthews



STAGES

- ➔ The Unsettling
- The Opening
- The Unravelling
- The Stilling
- The Releasing





THE UNSETTLING STAGE

What is healthy is usually at first unsettling.
It is necessary not to immediately reject the disturbance
but to proceed as if a whole new world may be emerging.

- ✓ A sense that the status quo is no longer acceptable
- ✓ A yearning for change along with some dread to leave the familiar behind
- ✓ This stage is always uncomfortable
- ✓ You do not know the answers
- ✓ You cannot predict the outcome
- ✓ Not knowing is the key
- ✓ What will get you through will probably be a surprise
- ✓ Before naming it depression (and numbing it) realize that your exhaustion may be coming from the energy spent trying to repress or avoid Deep Change

When a door opens, it let's in the future... -Albert Einstein

LEADER SOUL PROTECTORS "Courageous Questions"



-Describe the aspects of 'unsettling' that your soul-self may be sensing at this time?

-Name/describe a quality or aspect of nature that represents the ability to face great challenge with grace and courage?

-Who/what would you invite as 'leader' energy during an unsettling time?



SOUL PROTECTORS & PRACTICES

EAST= EARTH



Leaders

paidirean

SOUTH=WATER



Encouragers

healing calm

MEDICINE WHEEL



Anamcara
LoricA

NORTH = FIRE

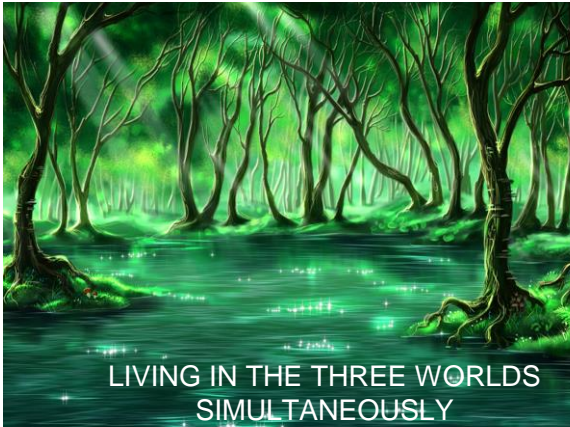


Ancestors
Seancannach

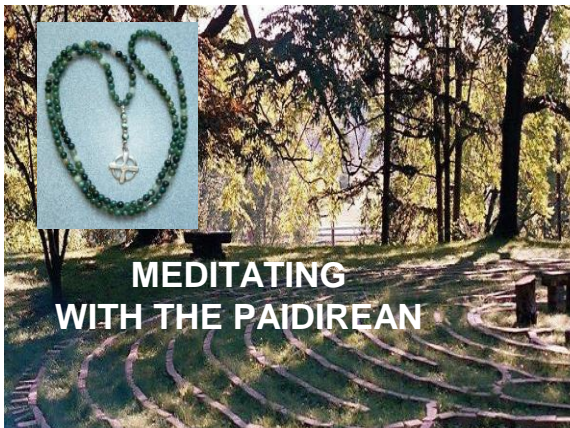
WEST=AIR



Challengers
priching



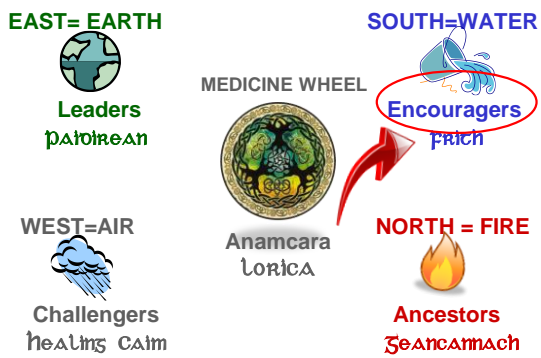
LIVING IN THE THREE WORLDS
SIMULTANEOUSLY



MEDITATING
WITH THE PAIDIREAN

BREAK

SOUL PROTECTORS & PRACTICES



SOUL PROTECTORS = ENCOURAGERS



Remaining faithful... lest we lose our way

THE PATHLESS WAY



Remember, this is a trip into the Unknown.
If you think you know where you're going,
Then you're on the wrong road.

-Father Thomas Keating





STAGES

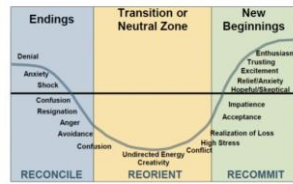
- The Unsettling
- The Opening
- The Unravelling
- The Stilling
- The Releasing



Sacred Art of Living Center



Transitions during Change



Adapted from "Managing Transitions" William Bridges

Sacred Art of Living Center
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TRUSTING DOUBT

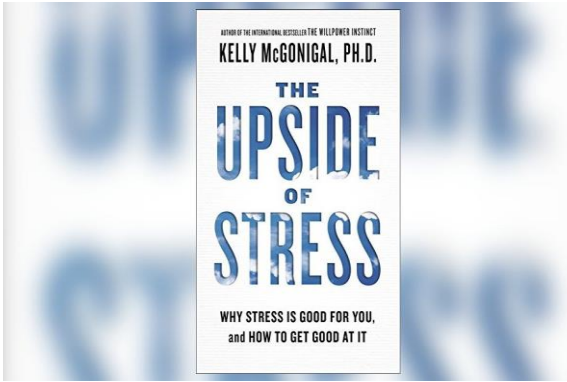
"If the sun or moon should ever doubt they'd immediately go out." William Blake

In asking a courageous question, distinguish between two kinds of doubt

– **Negative Doubt** is self-doubt or doubt in a beneficent universe. It's fear-based.

– **Positive Doubt** invites inquiry, experimentation, and love of the truth. It is curiosity based.





ENCOURAGER SOUL PROTECTORS
“Courageous Questions”



- What are the things/circumstances that typically cause me to become discouraged?
- What supports you in moving from negative to positive doubt?
- Name someone who might have been an ‘encourager’ for you in the past but is not anymore... Why the change?
- Who/what energy should be on my current list of ‘encouragers’?



SOUL PROTECTORS & PRACTICES

EAST= EARTH



Leaders
 ḡaḡoḡean

SOUTH=WATER



Encouragers
 ḡriḡh

MEDICINE WHEEL



Anamcara
 ḡoḡica

NORTH = FIRE



Ancestors
 ḡeAncaḡmach

WEST=AIR



Challengers
 ḡeaḡing Caḡm





Frith (disambiguation)



Frith is an obsolete English word of probable Celtic origins

Historically a Frith may also refer to:

- Frithing (Scots Gaelic: "divinatory incantation"),
- A Celtic divination practice addressed in the [Carmina Gadelica](#) 19th c
- A frither is one who practice the art of intense meditation in order to consider the deeper meaning in an object, person or situation

THE PRACTICE OF
fírich



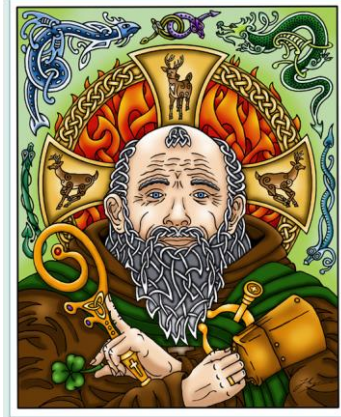




Merlin



Patrick







A pierce prich





CREATING A LORICA FOR
blessing & protection

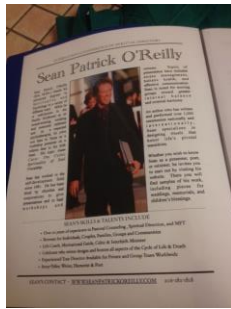


LUNCH BREAK



The four Airts

Sean Patrick O'Reilly 1959-2009





Spin! Dance-Boogie-Spirit into ourselves...



Spin! Dance-Boogie-Spirit into the Earth...The Earth needs healing...



Spirit Dance - Bringing Spirit to what's "to all bringers"...



Spirit Dance - bringing Spirit into our hearts...



Spirit Dance - Taking Spirit with the motion...



Spirit Dance - Bringing Spirit into ourselves...

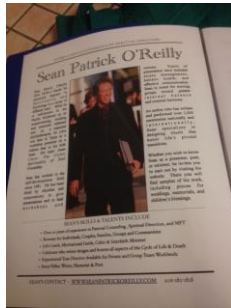


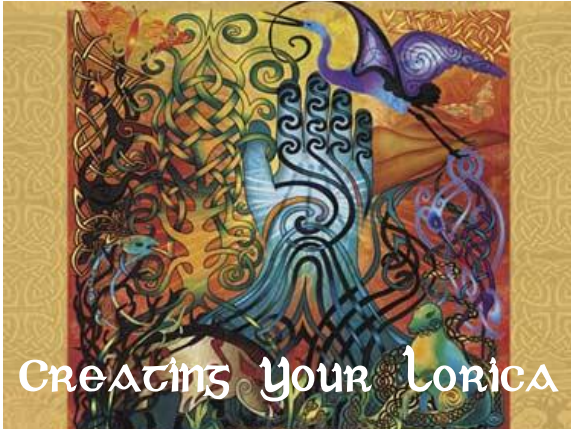
Spirit Dance - Bringing Spirit into the Earth... The Earth needs holding...



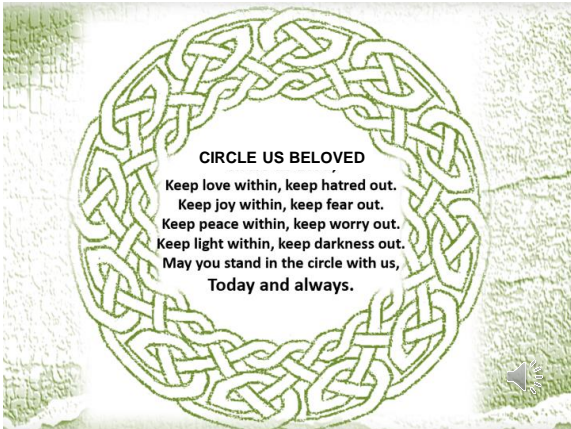


Sean Patrick O'Reilly 1959-2009





CREATING YOUR LORICA



CIRCLE US BELOVED

Keep love within, keep hatred out.
Keep joy within, keep fear out.
Keep peace within, keep worry out.
Keep light within, keep darkness out.
May you stand in the circle with us,
Today and always.



DEUS MEUS ADIUVA ME Psalm 108
Cabhain dom go dian a shrian shlan shlé
Maol Iosa O Brochain, Donegal, 11th c.





ANAMCARA SHARING



- What surprised you about your Vision Quest experience?
- What new insights did you gain?
- Who are emerging as your Lorica Soul Protectors?
- What images are emerging for you as you consider creating your Lorica?



LOOKING INTO THE SACRED WELL
OUR LADY OF THE LAKE



A Thighearna...
DEAN TROCAIR OIRANN



Immanaire
