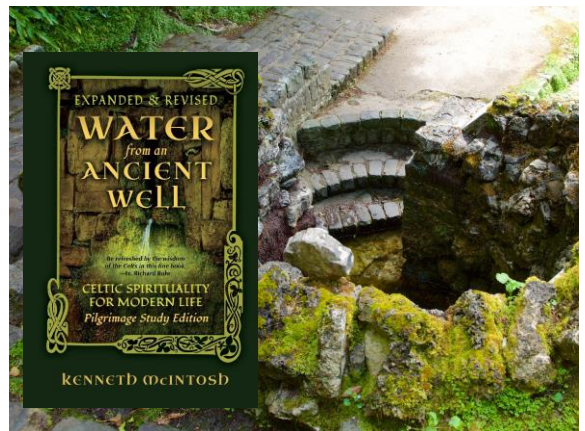
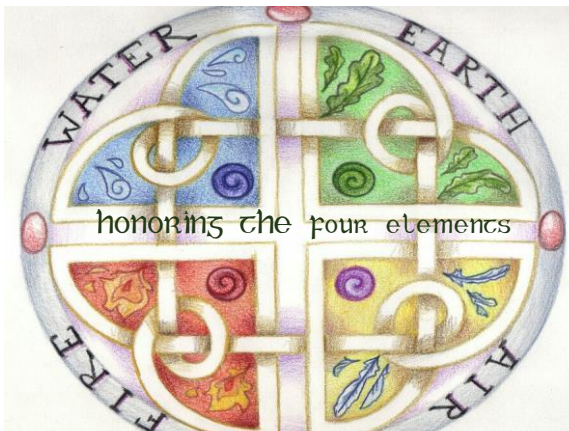


DAY TWO:
ANAMCARA CIRCLE
OF HEALING



beannacht
De!

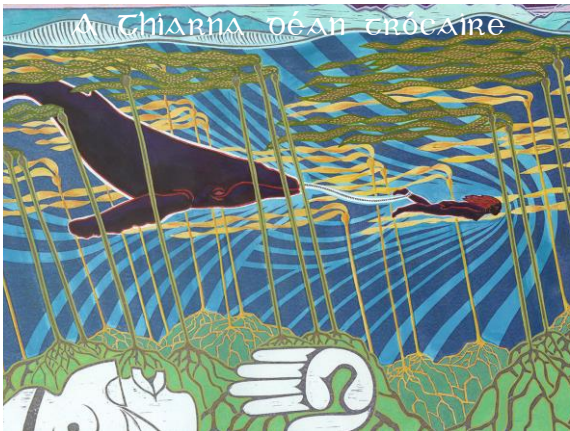
Sister-
Water,
Well of
Life and
deep
spirit


GRANT MERCY
FOR LIFE SUSTAINING WATERS



A Thiarra déan trócaire

Ah here na den tro kara





Devotional
Closing

In the name
of the Rain
and the
River and
the Ocean

beannacht
De!

completing the celtic circle



"FACING INTO THE WESTLANDS"



SOUL PROTECTERS = CHALLENGERS

Offering support... while naming our shadow



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.

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

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



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?



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

SOUL PROTECTORS & PRACTICES

EAST= EARTH



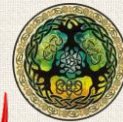
Leaders
Pátríonán

SOUTH= WATER



Encouragers
Fríoch

MEDICINE WHEEL



Anamcara
Lóricá

WEST= AIR



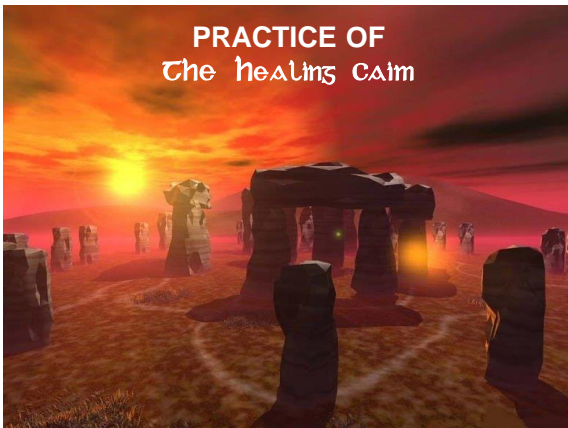
Challengers
Healing Caim

NORTH = FIRE



Ancestors
Seánamhach

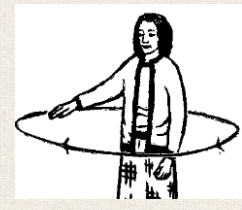
PRACTICE OF The healing caim

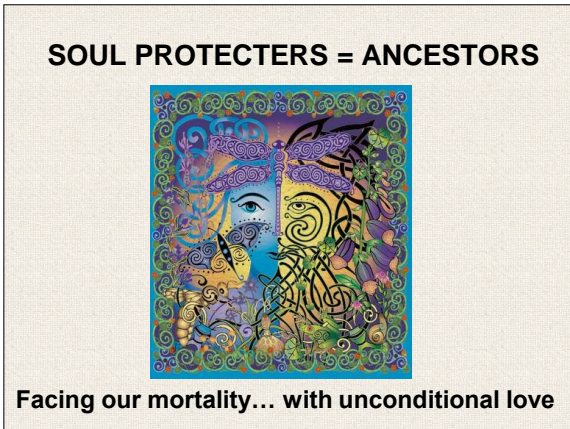
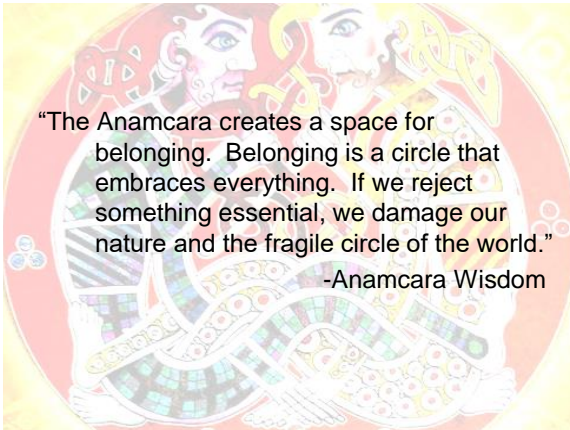


caim

(Kegan) n.
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.





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



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

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?

SOUL PROTECTORS & PRACTICES

EAST= EARTH



Leaders
patroirean

SOUTH= WATER



Encouragers
prich

MEDICINE WHEEL



Anamcara
Lorca

NORTH = FIRE



Ancestors
Seancannach

WEST= AIR



Challengers
healing calm

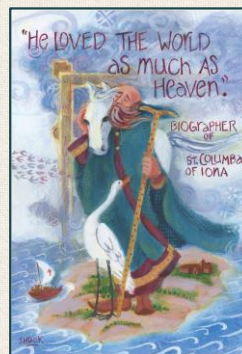
THE PRACTICE OF Seancannach



“Soul Flight” Meditation

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



beannacht De!

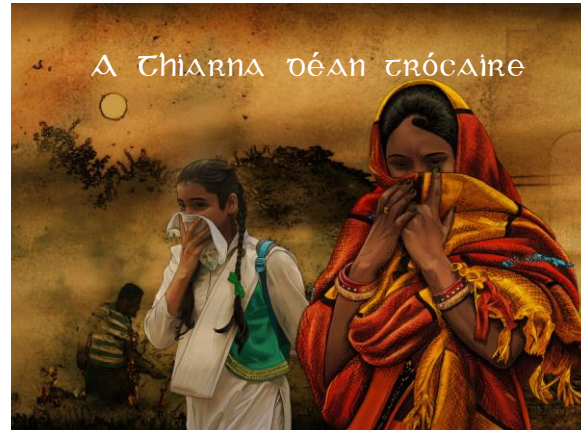
brother air
home of
breath and
imagination

GRANT MERCY
FOR THE AIR WE BREATHE

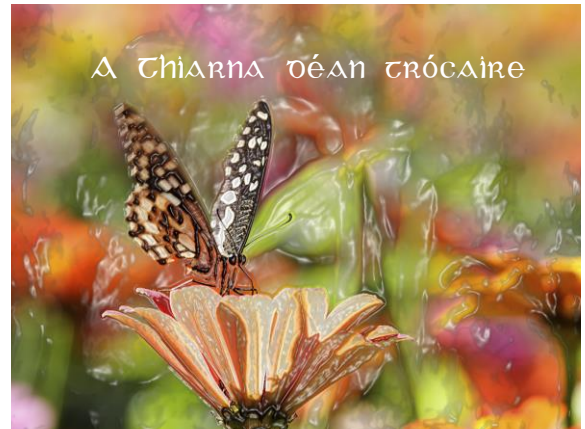


Δ ΘΙΑΡΝΑ ΔΕΑΝ ΤΡΟΚΑΙΡΕ

Ah here na den tro kara



Δ ΘΙΑΡΝΑ ΔΕΑΝ ΤΡΟΚΑΙΡΕ



Δ ΘΙΑΡΝΑ ΔΕΑΝ ΤΡΟΚΑΙΡΕ



in the name
of the air
the breeze
and the
wind

Deannacht De!



cloch leighis

cloch leighis
Stone of healing



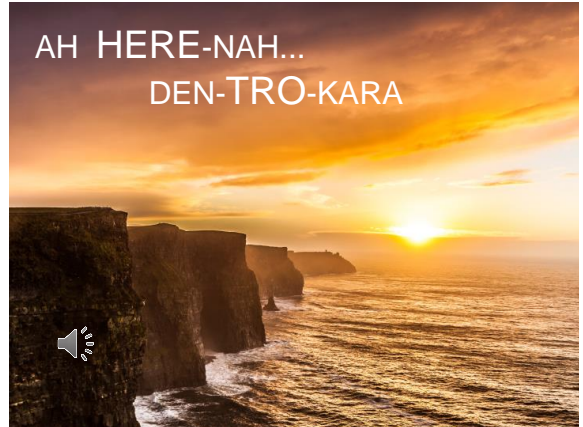
cloch leighis ceremony



A Thighearna...
De An Trocair Oirann



AH HERE-NAH...
DEN-TRO-KARA



immanaire

