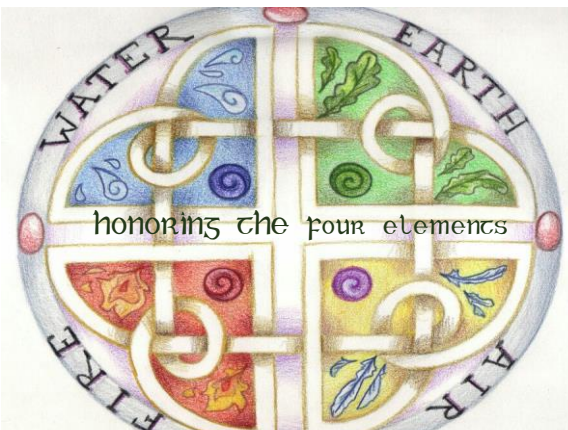
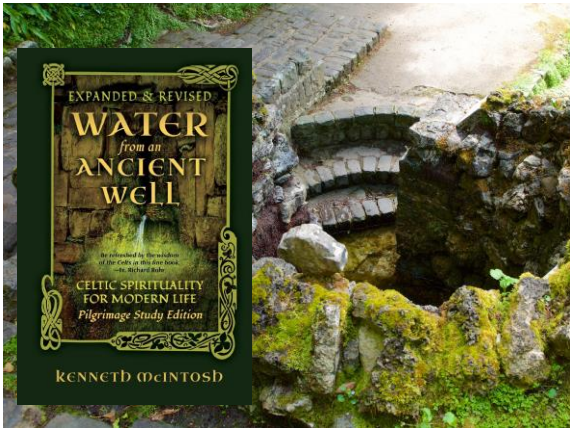



DAY TWO:
ANAMCARA CIRCLE
OF HEALING










Beannacht
De!

Sister-
Water,
Well of
Life and
deep
spirit

GRANT MERCY
FOR LIFE SUSTAINING WATERS

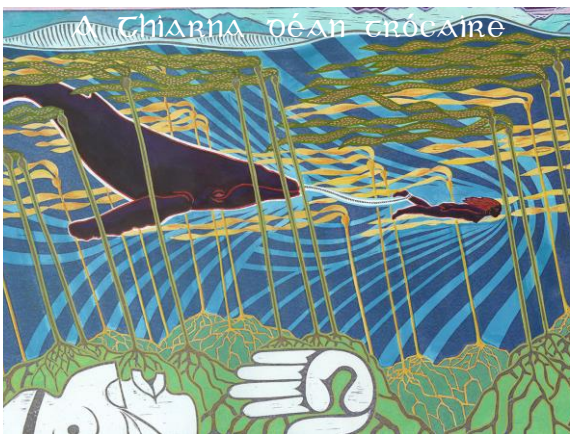


Α ΘΙΑΡΝΑ ΔΕΑΝ ΤΡΟΚΑΙΡΕ


Ah here na den tro kara











Devotional
Closing

in the name
of the Rain
and the
River and
the Ocean
beamacht
De!

completing the celtic circle



"FACING INTO THE WESTLANDS"





SOUL PROTECTORS = 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



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?

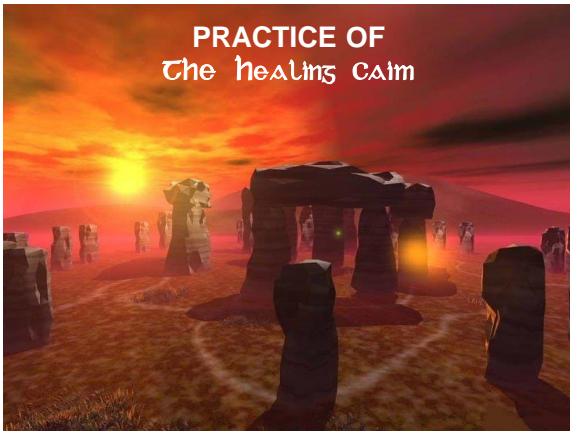
-What part of your personality do you find shameful or unacceptable and therefore try to hide from others and yourself? (Refer to the Enneagram Avoidances)

-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**







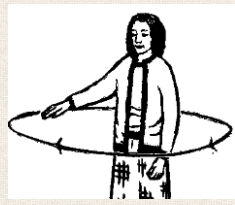
caim

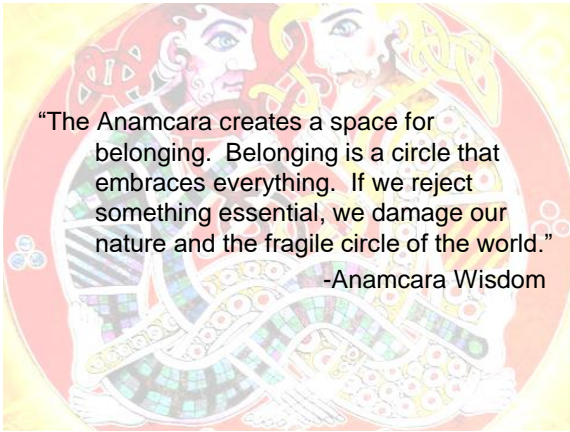
(cayem) n.
Sanctuary; an invisible circle of protection, drawn around the body with the hand, to remind one of being safe and loved, even in the darkest times.

Derived from the root word meaning 'circle', to bend, or turn.



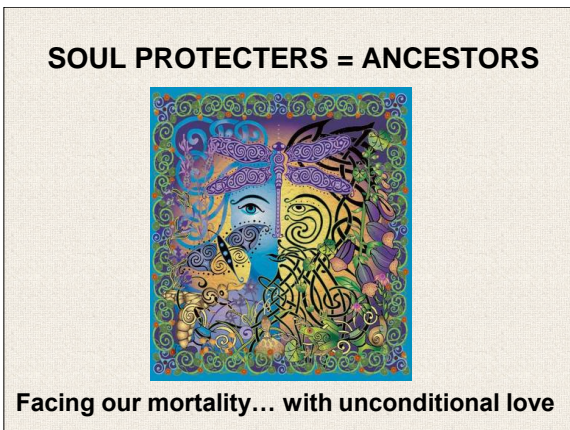
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“The Anamcara creates a space for belonging. Belonging is a circle that embraces everything. If we reject something essential, we damage our nature and the fragile circle of the world.”
 -Anamcara Wisdom











BEFRIENDING THE UNKNOWN
“Die before you die...”

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
páirtreán

SOUTH=WATER



Encouragers
páirtch

MEDICINE WHEEL



Anamcara
Loricá

NORTH = FIRE



Ancestors
Seancarmach

WEST=AIR



Challengers
healing calm

THE PRACTICE OF Seancamach

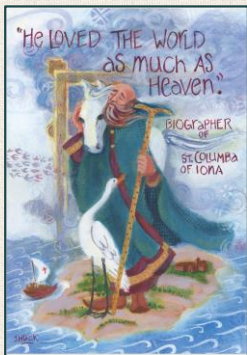


“Soul Flight” Meditation

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





Deannacht De!

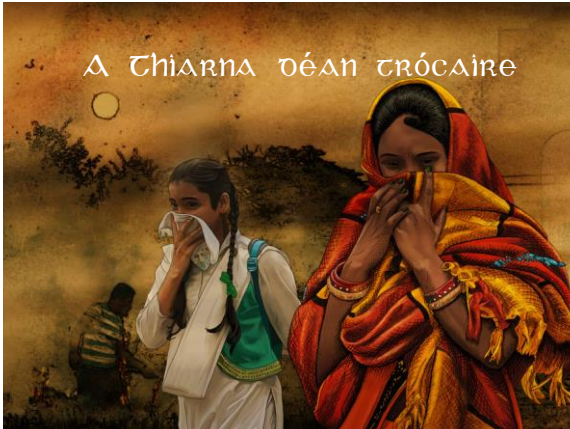
Brother Air
home of
breath and
imagination

GRANT MERCY
FOR THE AIR WE BREATHE



Α ΘΙΑΡΝΑ ΘΕΑΝ ΤΡΟΧΑΙΡΕ

Ah here na den tro kara

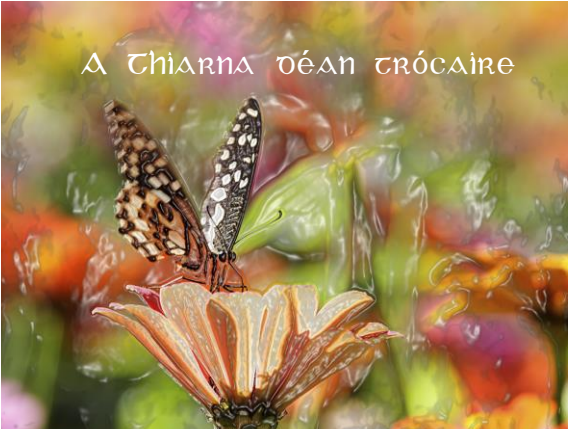


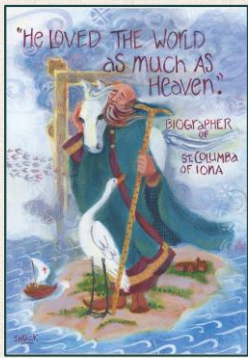
Α ΘΙΑΡΝΑ ΘΕΑΝ ΤΡΟΧΑΙΡΕ



Α ΘΙΑΡΝΑ ΘΕΑΝ ΤΡΟΧΑΙΡΕ

Α ΤΙΑΡΝΑ ΟΕΔΗ ΤΡΟΧΑΙΡΕ





in the name
of the air
the breeze
and the
wind

Beannacht De!

cloch leighis



cloch leighis
Stone of healing

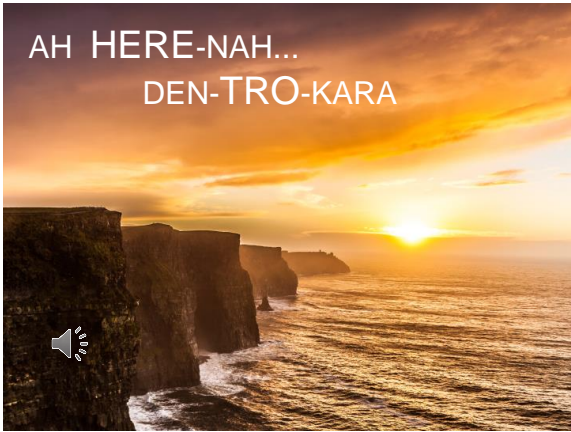


cloch leighis ceremony



A Thighearna...
Dean Trocair Oirann





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



immanaire
