



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: In lieu of participating in the **Art of Living & Dying** series, Anamcara Apprentice applicants may complete a self-study of similar material through the **Sacred Art of Living** online series: **Soul & Science: Lessons for Caregivers**. Each series consists of five lessons with a video teaching, reflection questions and best practices for each lesson. In addition, applicants must complete one of the **Foundations for the Courage and Renewal** programs offered through the **Center for Courage & Renewal**. This online program serves as an orientation to the principles that are foundational for the **Circles of Trust©** process—which are an essential aspect of the *Becoming Anamcara Apprenticeship*. Following the completion of all **OPTION THREE** requirements, apprentice applicants would complete a short reflection paper/report.

HOW TO SUBSCRIBE TO SOUL & SCIENCE

- The self-study option for the **Art of Living & Dying** material requires a year's subscription to the online **Soul & Science** website.
- Click on the following link and complete information for creating a new account including the creation of a personal PASSWORD: <https://soulandscience.org/my-subscriptions/>
- Under **CHOOSE YOUR MEMBERSHIP LEVEL**, click on the option: **INDIVIDUAL FULL ACCESS for 12 MONTHS**.
- Submit required **CREDIT CARD** information and click to register.
- If you have questions or problems, email: info@sacredartofliving.org or call: **541 383 4179**.

HOW TO PARTICIPATE IN THE ON-LINE OPTION

- **Begin your self-study learning by selecting the TRANSFORMING SUFFERING series.**
- **Select the INDIVIDUAL STUDY TRACK option.**
- **Soul & Science website lessons direct participants through a three-part process: VIDEO TEACHING, REFLECTION QUESTIONS and BEST PRACTICES.**
- **Anamcara Applicants are expected to engage with each lesson, keeping a personal journal and best practices log.**
- **In addition to the required TRANSFORMING SUFFERING series, applicants will choose a total of four additional Soul & Science series—selecting one series from each of the following combinations:**
 - BEFRIENDING COMPASSION FATIGUE or**
 - BEING WITH PAIN**

 - POWER OF PRESENCE or**
 - HEALING EMOTIONS FOR CAREGIVERS**

 - LIFE TRANSITIONS or**
 - ALTERED STATES OF CONSCIOUSNESS**

 - THE FEMININE SIDE OF GRIEF or**
 - THE MASCULINE SIDE OF GRIEF**

Applicants are on the honor system to complete the requirements for Soul & Science series at least one month prior to the beginning of the formal BECOMING ANAMCARA Apprenticeship Year (Fall, 2025). A short Reflection Paper is required at the completion of one's self-study.

HOW TO REGISTER FOR A "FOUNDATIONS" TRAINING PROGRAM

- **Applicants can register for one of the FOUNDATIONS of the COURAGE and RENEWAL principles directly through the Center for Courage & Renewal website:
<https://couragerenewal.org/foundations-of-the-courage-renewal-approach/>**
- **Several program series are scheduled prior to the start of the BECOMING ANAMCARA Apprenticeship in Autumn 2025. However, application should be made in advance realizing that each program series has a firm deadline and these programs book quickly!**
- **5 x 2 hour on-line sessions cost US\$250 and training series begin: 12 November (2024), 8 January, 22 February, 10 April and 21 May (2025); payments are made directly to the Center for Courage & Renewal and NOT to Sacred Art of Living.**
- **It is essential that applicants who access OPTION THREE complete a Courage & Renewal FOUNDATIONS program before the formal apprenticeship begins in September 2025.**

**CONTACT HOURS for OPTION THREE: 48 hours self-study through SOUL & SCIENCE online series plus 10 hours FOUNDATION PROGRAM training through the Center for Courage & Renewal
= TOTAL: 58 contact hours**

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) 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