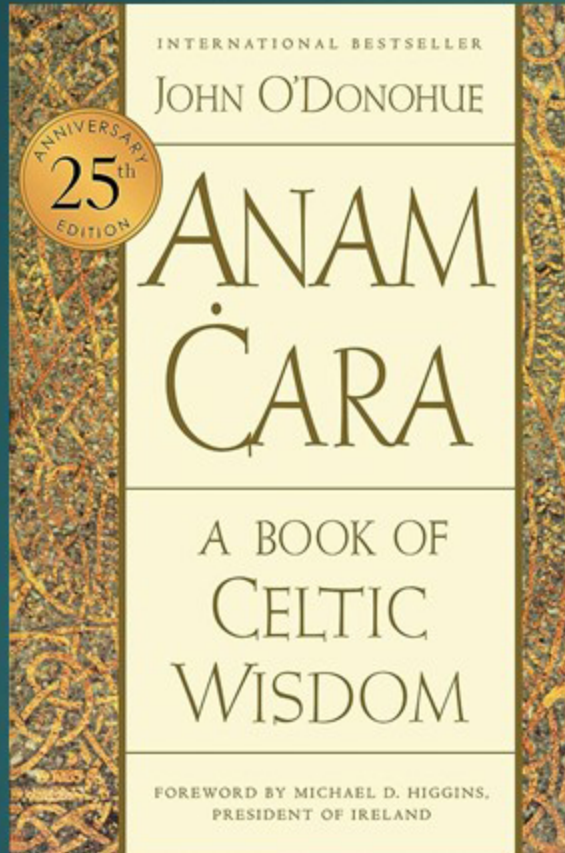


WISDOM OF THE CELTIC TRADITION

Key Principles, Mentors & References for BECOMING ANAMCARA



HEART CENTERED RELATIONSHIP

The Anamcara Tradition seeks to live a life focused on the heart of all relationships— which is love. In his book, *Anam Cara* John O'Donohue writes, “the greatest privilege of human life is to become a midwife to the birth of a soul.” A 4th century spiritual teacher goes so far as to say, “The bond between soul friends is indissoluble and is broken by no chances. No interval of time or space can sever or destroy this bond which even death itself cannot destroy.” St. John Cassian

Reference Text:

Anam Cara

Spiritual Wisdom from the Celtic World
–John O'Donohue