



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: Applicants complete 48 hours on-line self-study of the *Art of Living & Dying* material and completion of a 5 x 2 hour Courage & Renewal Foundations Training which serves as an orientation for the Circles of Trust© process.

HOW: Completion of an online self-study from Sacred Art of Living's **Soul & Science: *Lessons for Caregivers*** and completion of the Center for Courage & Renewal's Foundations Training. The Soul & Science self-study requires a year's subscription and completion of reflective journaling based on assigned lessons. A two-page reflection paper summarizing what you are applying from these lessons in your daily life should be submitted upon completion of the required lessons to maryhelen@sacredartofliving.org.

CONTACT HOURS: 48 hours self-study plus 10 hours Courage & Renewal Foundation training = **TOTAL: 58 hours**

FEE: Full year's subscription to Soul & Science resources= \$100 US
Foundations for Courage & Renewal Foundation Course = \$350 US
Total cost for Option Three = **\$450**

**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 & 11-12 July 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