



CELTIC SOUL GARDEN



Discover the key to your Creative Destiny

01. SETTLING IN



I always give people a week to settle into a learning experience before we begin with live classes. This week is all about settling into your private learning portal, which is hosted on Pathwright, a beautiful indie platform. I am a qualified adult educator with a background in third-level education, so I'm intentional about how we learn. This platform has been designed to maximise the learning experience for you.

DATES:

Portal opens Monday, 11th August. You will receive a notification to log in.

FIELDWORK:

Time to start your 'Cranebag Journal'!



02.

CELTIC CALENDAR

DATES:

Module Released: Monday, 18th August.

Live Class: 18th August 3-4:30PM Irish Time

FIELDWORK:

- ◆ Overview of the Celtic Calendar: Seasons, Land and Archetypes.
- ◆ Your 'Dán-Desire North Star' (how to tap into your soul's calling).
- ◆ 'Dán-Desire Star Flow' movement practice to metabolise and radiate your soul's calling through your body.
- ◆ 'Dán-Desire Introductions': practice introducing yourself through the vibration of your soul's calling.
- ◆ 'Spirit of Your Business or Craft': building on your Dán-Desire, you will now engage in a creative journey to meet the spirit of your business or craft to guide your dán.
- ◆ 'Oneness in Irish Mythology': understand how our ancestors were attuned to the mysterious force of all creation (the Universe).



03.

CREATIVE SAMHAIN

DATES:

Module Released: Monday, 25th August

Live Class: 25th August 3-4:30PM Irish Time

FIELDWORK:

- ◆ Samhain on the land, in creative practice, and the alchemical process (Nigredo).
- ◆ 'Celtic Soul Garden Project Planter' to navigate multiple creative ideas and know when to give them life.
- ◆ 'Empathy Mantle Map' to identify latent needs for your creative offerings. These are deep, often hidden needs that, when recognised and addressed, create transformative value for those we seek to serve through our creative work.
- ◆ 'Alchemical Rooms Activation': In this guided visualisation, you will be brought through the four stages of alchemy in the form of four rooms. The purpose here is to get a felt sense of the archetypal alchemical process AND to burn away the parts of yourself that you want to leave behind in Samhain.



04.

CELTIC DREAMING

DATES:

Module Released: Thursday, 28th August

Live Class: 28th August 3-4:30PM Irish Time

FIELDWORK:

- ◆ Celtic Dreaming and the Indigenous Soul.
- ◆ 'Dream Flow eBook': comprehensive guide to working with your dreams.
- ◆ 'Dream Flow Movement Practice': This is a short movement method to help bring your dream to life and access deeper wisdom through your body—psyche and soma, anam agus corp, soul and body—working in harmony.

This will be followed by an integration week as I will be travelling, it will be perfect timing!

05.

CREATIVE IMBOLC

DATES:

Module Released: Monday, 8th September

Live Class: 8th September 3-4:30PM Irish Time

FIELDWORK:

- ◆ Imbolc on the land, in creative practice, and the alchemical process (Albedo).
- ◆ 'Ecosystem Tree for Project Management': This tool is a living guide. Like a tree, it is generative and organic in nature, supporting you to project plan from a place of richness and depth of connection.





06.

CREATIVE BEALTAINÉ

DATES:

Module Released: Monday, 15th September

Live Class: 15th September 3-4:30PM Irish Time

FIELDWORK:

- ◆ Bealtaine on the land, in creative practice, and the alchemical process (Citrinitas).
- ◆ 'Blessing for Being Seen': Fear of being seen is not always about a fear of others. It may be disguised as this, but often it's fear of seeing ourselves. Of witnessing the truth of who we are: Soul.
- ◆ 'Dán-Desire Boundaries': To support you in stepping forth into your dán-desire, you'll generate boundaries that feel genuinely empowering to hold.
- ◆ 'Saoirse To-Do List': This to-do list is about freeing yourself daily to live into your dán-desire.



07.

CREATIVE LUGHNASA

DATES:

Module Released: Monday, 22nd September

Live Class: 22nd September 3-4:30PM Irish Time

FIELDWORK:

- ◆ Lughnasa on the land, in creative practice, and the alchemical process (Rubedo).
- ◆ ‘Walking into Worthiness’: This is a short but potent walking meditation—or rather, walking activation. Here you will walk and receive a series of energetic activations into your body as you walk into worthiness.
- ◆ ‘Moving with Money’: This is a non-linear movement practice designed for you to explore money in your body as an energetic currency. To remember that you are not it, it is not you, despite all that you, we, the collective project onto money. Time to liberate!
- ◆ ‘Honouring Your Harvest Basket’: In this ritual, you will create a Lughnasa harvest to honour all that you have harnessed in your cycle from Creative Samhain to Creative Lughnasa.

08.

FEIS, FEAST



DATES:

Live Class: Monday, 29th September
3-4:30PM Irish Time

CELEBRATION!

Time for our end-of-course feis/feast and celebration!

There will be a number of spaces on our final live call for anyone who feels the pulse to share the fruits of their Celtic Soul Garden experience with fellow soul gardeners. For example, a vision for your dán-desire, story, poem, song, music, art, and so forth.

Bring nourishing food and drink to our feast (even though we're online).

Ultimately, this is about being in reverence to and celebrating this period of soul-tending.

Art (left): 'The Lordly Ones' by Irish mystic, Æ



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