

Turas an Chroí

Journey of the Heart

Deirdre Ní Chinnéide

- Dealing with illness brings one in to a deep exploration of a challenging and personally reflective time.
- Music meditation and sound can take us closer to what language cannot reach.
- It is an invitation into Stillness and Mystery, opening possibilities of resting the heart during a difficult transition in sickness and health.

Celtic Spirituality becomes the Well Source, as we explore the healing potential of these disciplines in relation to the depth and beauty of the Hearts Journey, from Darkness into Light.

Healing

Includes the

1. Physical.
2. Emotional.
3. Spiritual.

Music is one of the few experiences that can touch a person on all levels.

It is a potent sensory stimulus that can work on the Body Mind and Soul.

Celtic World

Art of Living - reflecting on one's life, meaning and purpose.

Art of Dying -Death not an end but an opening to another state of awareness.

Opportunities for growth and healing towards the end of life.

ANAM CARA

Soul Friends
Compassionate companions in Living and Dying.

Not someone who fixes the other but provides a mirror to the soul.

Holistic model of support and care contributed to one of the worlds earliest healthcare and hospice movements .

Spiritual pain - *leaning in to it* rather than avoiding it .
Assisting the crossing of a threshold time .

We live on an unseen threshold.

The name of this threshold is Fragility.

"Our Body is our only home in the universe. When We become ill we have to become used to our body As a new dwelling. All of a sudden all is strange And vulnerable"

John O Donoghue

Experience of suffering often calls the heart to a new presence

To create a sound that speaks to your soul.

Listen to something that is worthy of the destiny to which you have been called.

Celtic Passage

A Journey Home

through the heart of the Celtic tradition.

Deirdre Ni Chinneide.