

# **The Art of Spiritual Guidance**

With Thomas Atum O’Kane

**January 2014 to sometime in 2015**  
in Ann Arbor, Michigan



## **THE ART OF SPIRITUAL GUIDANCE**

Spiritual Guidance is an art, a gift, and a calling. It has been practiced in contemplative traditions throughout the ages as a means of encouraging and supporting spiritual development and personal transformation. In our society there is a deeply yearning to return to the essential self, the innate spiritual nature of each of us. The one-on-one intimacy and sharing which is part of spiritual guidance, fosters and encourages the growth of that same relationship with the Divine.

This union is what is longed for at the heart of the human experience. Spiritual Guidance is a process that connects the soul with its longing for expression and authenticity.

## **ABOUT THE PROGRAM**

This foundation course is a 2-year training program for people in a mature place on their path - spiritually or psychologically or both - and who are committed to further learning and exploration. The training comes from an interfaith perspective, integrating the wisdom and insights of Transpersonal and Jungian Psychology. The training is for those called to spiritual guidance and will also benefit those working in medical, religious, teaching and helping professions by broadening their understanding of spiritual development. This is an opportunity for 20 or so people to journey together creating a sense of spiritual community and support.

## WHERE WILL THE PROGRAM BE HELD

The Spiritual Guidance Program will be held at the Anthroposophical Society in Ann Arbor, Michigan. With the exception of the retreat weekend, the times will be:

Friday evening: 7 to 9 or 9:30PM  
Saturday: 9 to 12 and 2 to 5-6PM  
Sunday: 9 to 2PM

There may be some Saturday evening programs and events scheduled.

The retreat weekend will start on Thursday at 7PM and end on Sunday at 2PM. The retreat takes place during the second year.

## SCHEDULE OF THE FIRST YEAR OF THE PROGRAM:

<b>Date</b>	<b>Theme</b>
1. Jan 24 to 26, 2014	The Call
2. Mar 28 to 30, 2014	Myth
	Additional 2 hr Sunday meeting for additional work on Myth led by Barb Boyk Rust
3. May 9 to 11, 2014	God Image
4. Aug 29 to 31, 2014	Prayer
	Additional 2 hr Sunday meeting for additional work on Prayer led by Barb Boyk Rust
5. Oct 17 to 19, 2014	Shadow
6. Nov 14 to 16, 2014	Typology

SCHEDULE OF THE SECOND YEAR OF THE PROGRAM: (The dates for the second year will be announced early in the first year.)

1. Dreams  
Additional 2 hr Sunday meeting for additional work on Dreams led by Barb Boyk Rust
2. Soul: stages and states
3. The Seeker
4. The Guide
5. The retreat
6. Completion

# The Anthroposophical Society

The Anthroposophical Society in America is a nonsectarian, nonpolitical organization open to everyone regardless of religion, race, nationality, social standing, scientific or artistic conviction. It is located just east of downtown, next to the University of Michigan Arboretum, in Ann Arbor, Michigan.

([www.anthroposophy.org](http://www.anthroposophy.org))

## Registration

### **COSTS**

The best, estimated guess of the cost, at this time, is that it will be approximately \$2000 for the two years. There are some huge unknowns that make either a refund or an additional payment possible. The cost of the retreat weekend, and trying to guess the cost of Atum's airline tickets for 2014 & 2015.

The first payment, of \$1000 will be due by December 1, 2013 and the second payment will be due December 1, 2014.

### **REGISTRATION**

Write a letter (see letter of application) to Atum and mail it to:

LB Hilbert  
18424 West Austin Road  
Manchester, MI 48158

or email it to: [SpiritualGuidanceProgram2014@gmail.com](mailto:SpiritualGuidanceProgram2014@gmail.com)

The maximum number is 24. You need to make a commitment for both years.

## Lodging Arrangements

**Meals:** Light snacks on Saturday and Sunday are included in the program fee. There are many great local restaurants that are close by for other meals.

**Rooms at the Anthroposophical Society:** Single \$40 Double \$60 (for two)  
(all have shared baths. Linens and towels are provided.)

***Rooms are on hold for the Program Weekends. To reserve a room, contact:***

The Anthroposophical Society  
1923 Geddes Ave  
Ann Arbor, MI 48104-1797  
(734) 662-9355  
Email: [information@anthroposophy.org](mailto:information@anthroposophy.org)

Several hotels are also available in the Ann Arbor area.

## LETTER OF APPLICATION

Please answer following questions for your application to The Art of Spiritual Guidance Program.

1. Name, address, telephone/fax/e-mail and date of birth (month/year)
2. What is your experience with meditation?
3. With which spiritual direction are you familiar?
4. What is your professional training?
5. Describe your work-situation.
6. Why do you want to participate in the program, what is your motivation, and what are your expectations?
7. How do you want to integrate the themes of this program into your life?

You may also attach a Letter of Recommendation from previous graduate of Atum's Art of Spiritual Guidance Program, if you wish. It is not a requirement.

If you have any questions concerning the application, content or cost of the Program please call LB Hilbert at (734) 428-8509 evenings or email LB at:

[SpiritualGuidanceProgram2014@gmail.com](mailto:SpiritualGuidanceProgram2014@gmail.com)