

# Singing My Soul: Four-day Online Retreats with singer/songwriter and spiritual guide **Carmel Boyle** Title: **A Celtic Heart**

*Begins June 23<sup>rd</sup>, 24<sup>th</sup>, 25<sup>th</sup> & 26<sup>th</sup>*

**Limited to a maximum of 20 participants**



## **Some information for retreat participants**

Register by emailing [ancroiwisdominstitute@gmail.com](mailto:ancroiwisdominstitute@gmail.com) or [carmelboylecroi@gmail.com](mailto:carmelboylecroi@gmail.com)

This four-day online retreat is an experiential contemplative retreat that includes video presentations, guided learning and reading, guided reflective and contemplative practices and an optional live video conference group spiritual guidance/ integration session with Carmel on each day.

- It is hoped that you as a retreatant will engage with the presentation on the theme each day and the online resources posted on the learning platform. You will need to arrange your schedule in such a way that there is as few interruptions or distractions during your retreat time as possible within the practicalities of your life.
- The focus of the live online group session will be on the daily theme, with reflection and questions based upon your experience of engaging with the theme of the day. Although you are encouraged to share from your own personal spiritual experience, it is up to you to decide what to share.
- This retreat will be facilitated largely in a contemplative and **experiential** way, which means that you will be personally responsible for creating space for yourself to reflect, to engage in contemplative and creative practices and to help foster contemplative reflection.
- You are strongly encouraged to keep a **creative prayer journal** in which you capture your own experiences and learning during the retreat. Such a journal will be invaluable in tracking interior movements, the touches of the Divine and also as a way of noting changes in your ways of being and praying which you may like to follow up on at a later stage with an 'Anamchara' / Spiritual Guide.
- Enrolling in this retreat carries with it a commitment to create a sacred space for yourself and due to the sacred nature of the retreat process, confidentiality, pertaining to sharing, is of the utmost importance.

### **A few reflective questions to help you to prepare:**

- Where are you in your journey of spiritual unfolding?
  - Are there any recent significant turning points?
- What do you desire as you commit to this retreat time?

*Trust that the Creative Spirit will guide you to where you need to go during these days of retreat*

### **In your own time, in your own space**

- ❖ This retreat is flexible and you can engage with the materials in your own time and pace.
- ❖ Materials will remain available from June 23<sup>rd</sup> – July 23<sup>rd</sup>
- ❖ However, below is a suggested schedule to help with your planning.
- ❖ The only fixed time is the optional group spiritual guidance /integrations session at 8pm/3pm

### **Suggested Daily Schedule**

#### **Morning: 9.30 start**

Orientation Video Session 10-15mins  
Video presentation on a theme (30min)  
Song- Singing My Soul (10-15mins)  
Contemplative practices (60mins)  
Contemplative/ Prayer space (30mins)

#### **Afternoon:**

Video presentation on a theme (30min)  
Song- Singing My Soul (10-15mins)  
Contemplative practices (60mins)  
**Online live group session with C. Boyle**  
**(90 mins approx. 8pm GMT / 3pm EST.)**  
Contemplative/ Prayer space (30mins)

*Times are approximate*