Another year draws to a close with the same monkey on our backs that we rode in with. The name changed from Delta to Omicron, but the last name stays the same, Covid-19. I think a few people, myself included, have nominated the word ‘unprecedented’ as the most over used word in English this year.

As we draw to the end of 2021, have you considered asking yourself, what have you learned from this experience thus far? While the summer did give some reprieve and being outdoors was very helpful and healing, we in true Canadian fashion find ourselves being forced indoors to stay warm and that is exacerbating the feeling of how out of control we are with our situation. The arrival of a very hardy variant whipping through our lives has us feeling that just when it looked like we were making headway a large brick wall just sprung up in front of us. We are still deciding what to do with this new wall because it seems to obstruct our view of moving forward.

So what have you learned in 2021, a historic year that will definitely go down in the history books? I learned that Mother Nature is formidable, and you can think all you want as to how you can get around her, but this really is not going to happen. As they love to say, we are all in this together. I had trouble with that idea, switching it around ever so slightly, we may be subject to the same storm, but we all have our own boats. In other words we all acted and reacted in our own way as we coped the best way we knew how. I learned that people who I thought were so solid, succumbed to their fear and really saw just how limiting fear is. I saw people who surprised me, as they rose to the occasion and showed amazing flexibility in their ability to change on a dime.

I discovered I am much more of an introvert than I suspected and being in lockdown was like a gift. It wasn’t always fun and puppy dogs, but it was calming somehow. As I reflected on the last two very low-key birthdays, I’ve decided aging isn’t such a bad thing.
It isn’t necessarily the worst thing nor the best thing, it just is. The attitudes we hold about aging, for such a natural progression, is where the harm lies. I would not want to go back to 21 or 31 even if it were possible but I am thankful for those years, for the love and learnings I was gifted.

My biggest nugget I leave 2021 with, is a whole lot of gratitude because I learned that the universe will always take care of us and give us what we need just when we need it, no matter how yucky it feels in the moment. By focusing with gratitude with what we have in the moment the Universe will supply more of it. But focus on what is missing, what you don’t have, but believe you must desperately have it, will ensure you will have more of I don’t have enough. I hope my sharing may help you answer, what is your learning through our ‘unprecedented ‘ time.

I hope you are considering joining us for the Compassion Circle this Friday Dec. 17th at 7 pm. The first live Circle in 19 months. It is our very special Holiday Ritual of Light and the Ancestors, plus there will be refreshments afterwards. If that is not possible we will be streaming live on YouTube. See further down for the link.

We have some great Holistic classes starting up in January. In February, the Holistic Health Practitioner program part-time is set to go. Although we are planning on-site, in person, the Public Health officials have the final say, in which case we will see you on zoom.

I wish you and your families the very best of the Holiday Season, a very Merry Christmas, filled with joy, prosperity and above all good Health as we prepare to welcome in 2022.

Warm Regards

Gord Riddell RP
President
Transformational Arts College

MERRY CHRISTMAS
We are excited to the Compassion Energy Circle to its Live In-Person format. Please join us for this very Special Holiday Season Ritual. The evening is hosted by Gord Riddell and we be the Meditation, Candle Ritual and Energy Healing. 

**NOTE:** Masks are Mandatory

Everyone is welcome. There is no charge for this event. But donations are always appreciated. Post Ritual, will be a social with refreshments.

**FRIDAY DECEMBER 17, 2021 @ 7 PM**

**3300 YONGE STREET  SUITE 302  TORONTO**

This evening will be LIVE Streamed on YouTube @ 7 pm

Please have a candle available to light as you join us on YouTube

Link to YouTube:  [https://youtu.be/8Kv_eAJOpxY](https://youtu.be/8Kv_eAJOpxY)
Mysticism holds a fascination worldwide. Every major religion has a tradition of mystical experiences and individuals who are ultimately viewed as Mystics in their own right. However, the institutionalization of the great religions has controlled just how much information would flow out regarding mysticism.

Christianity before 1,500 CE., in other words before the Reformation, was an immensely powerful institution. One cannot study European history without studying the Church which is the history of Europe. Yet hidden amongst the politics and the power struggles to control is a history of the mystical tradition that in many ways is secretive. Yet it can boast a long-held mystical tradition, men and women who experience deeply personal encounters with the “Living Presence” of their God.

However, such experiences have not always garnered positive responses. The heavily structured and patriarchal Church holds such personal mystical encounters suspect. Still, the wisdom gained through Christian mystical experience persists as offering valuable insights for the spiritual journey.

Join us Thursday at 8 PM for insights into the mystical traditions worth considering
Radio Show Link Below

Link: https://www.voiceamerica.com/episode/134863/mysticisms-rich-history

Thursday December 23 – Religion and Medicine – Medicine and science are not stand-alone entities, as some may portray, but are intricately connected to our religions and spirituality. As modern medicine was in its fledgling years, many people are unaware that the 1800’s experienced a very active spiritual renaissance. A number of religions were founded, many of which, in today’s world are not mainstream religions, but most held strong beliefs around health, medical practices and rituals.

Join us Dec 23 at 8 pm for this stimulating episode of where medicine and religion intersect, and they are Things Worth Considering.

Link: https://www.voiceamerica.com/episode/134622/religion-and-medicine
UPCOMING – INDIVIDUAL COURSES
All Single Courses listed below are part of a Program, however they may also be taken individually as single courses,

**Diversity**
Wednesday January 5, 2022, 7:00-10:00 pm
Wednesday January 12, 2022, 7:00-10:00 pm  2 classes = 6 hours
This course takes us gently into our internal world of biases, privilege and racism. We all like to believe we are not racist, but it is so very difficult to escape what we heard and saw while growing up. Our language, our humour, our unconscious sense of privilege are all markers of how racism surfaces without awareness.

- Learn how racism cuts off our connections to others personally and in our communities.
- On top of connecting to others, how racism impacts our spiritual life.
- The complex issues and dynamics intersecting race, class, gender, and sexuality which challenge our democratic and humanitarian values and ideals, are explored with a focus on understanding the value of diversity, inclusion and equity while we better understand ourselves, our clients and communities.
- Learn the damage to others when people tell inappropriate jokes or may use language that points at racial groups, members of the LGBTQ+ community and women.
- Creating a safe, open and non-judgmental environment to allow such uncomfortable discussions to take place.

Course Code: HSC-DIV
Instructor: Jennifer Drummond, President/Founder of Racial Lens, Graduate York University in International Studies and Transformational Arts College in Spiritual Psychotherapy.
Fee: $125.00 each plus HST - available as a day or evening course

**Homeopathy**
Monday January 10, 2022, 9:30 am to 12:30 pm - 11 classes=33 hours
Homeopathic medicine is the fastest growing medicine in the world. It is based on the concept ‘like cures like.’ This means that a substance will cure symptoms in a sick person when given in infinitesimal doses, although when taken in overdose, it would cause symptoms in a healthy person. Homeopathy treats the whole person not just the symptom.

Areas covered in this 33-hour course:
- History & principles of homeopathy
- Terminology used in homeopathy
- Overview of the ‘Organon of Medicine’
- Stages of illness
- Finding the symptom picture
- Guidelines for recommending the response to a remedy
- Antidotes and when to refer

Course Code: HSC-HOM
Instructor: Alexia Georgousis, ND (Naturopathic Doctor)
Fee: $545+HST single course fee.
Note: Credit hours for this course can be applied towards the Professional Training Program to become a Homeopath at the Toronto School of Homeopathic Medicine.

https://www.transformationalarts.ca/product/homeopathy-basics/
**Medical Intuition**

**Wednesday January 26, 2022, 7:00-10:00 pm  10 weeks=30 hours**

Understand possible psychospiritual influences behind illness and disease.

This 30-hour course covers:
- Understanding the symbolism of the body's physical and energetic anatomy
- Looking at disease as energy blockages of the chakras
- Determining the possible psychospiritual influences behind illness, notwithstanding that genetic, environmental, lifestyle and congenital factors may be at play

**Guided Imagery:**
- A powerful mind/body tool that can help to heal disease
- Learn how to use guided imagery for specific ailments
- Types of imagery—active, receptive, end state, etc.

**Prayer:**
- Scientific, medical research on prayer
- Use of directed vs. non-directed prayer to promote health

**Course Code:** HSC-MED

**Pre-Requisite:** Course #1 and #5 from the Discovering the Total Self or comparable.

**Instructor:** Linda Kuschnir, Registered Psychotherapist, Reiki Master, Spiritual Director, Holistic Energy Practitioner and Life Coach

**Fee:** $475+HST single course fee


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**Anatomy & Physiology**

**Tuesday February 8, 2022, 7:00 to 10:00 pm  12 classes=33 hours**

This 36-hour course has been designed for individuals professionally or personally involved in holistic health care. It is a pre-requisite for most Holistic Studies courses. A system approach is taken in understanding the human body:

- Body systems—muscular, skeletal, nervous, circulatory, lymphatic, respiratory, digestive, urinary, endocrine, immune, reproductive and integumentary
- Stress—its impact on anatomy, physiology and the immune system

**Course Code:** HSC-ANA

**Instructor:** Joe Palumbo, R.M.T.

**Fee:** $590+HST single course fee

[https://www.transformationalarts.ca/product/anatomy-and-physiology/](https://www.transformationalarts.ca/product/anatomy-and-physiology/)
Aromatherapy Certification Course

Starting Saturday, February 12, 2021, & Sunday, February 13, 2021
Course is 120 hours
runs every 3rd weekend
Request schedule for Christmas break

Aromatherapy is the use of aromatic, botanical essential oils to balance and rejuvenate body, mind and spirit and to alleviate symptoms of illness. This 120-hour course is organized in 8 modules of 15 hours each and involves the in-depth study of 40 essential oils, history, safety, sustainability, sourcing, industry insight, holistic skin care and an in-depth exploration of a variety of application techniques for various ailments.

Modules:
2. Absorption of oils through skin and lungs, olfaction and blood brain barrier. Safety data and contraindications.
4. Client assessment and case study form. Contraindications to massage and basic safety.
5. Blending for specific conditions such as pain, cellulite, arthritis, digestion, etc.
6. Aromatherapy Applications.
8. Complete 10 case studies for the program.

Course Code: HSC-ARO
Instructors: Andrea Ashley
Fee: $2,200 + HST single course fee plus $400 material/oils fee

Link - https://www.transformationalarts.ca/product/aromatherapy-certification-course-c-a-h-t/
Basic Counselling Skills
3 classes = 22 hours
Tuesdays February 8, 15 & 22, 2022, 9:30 AM to 5:00 PM

The mark of a good practitioner, or even a spouse, a parent, and a friend is the ability to just listen, to support the person in setting and reaching goals for physical and emotional well-being; to discern when a person needs a compassionate ear, to provide emotional support to help them deal with their life events; and to offer a safe and comfortable environment for people which allows for an honest exploration of their emotional connections.

Everyone could use one listening course at some point in early life.

This 22-hour course covers:
- The art of listening and empathy
- Focusing as a tool to let the body talk
- Referring a client for psychological/psychotherapeutic support
- Overview of common psychospiritual issues
- Dealing with emotional release as it may occur during body or energy work
- Setting appropriate professional boundaries and professional communication tools
- Tools for setting realistic goals
- Follow-up and motivating your client

Course Code: HSC-COU
Instructors: Maria Gallé, Registered Psychotherapist, Spiritual Director, Reiki Master and Life Coach.
Fee: $475+HST single course fee.
https://www.transformationalarts.ca/product/basic-counselling-skills-and-holistic-coaching/

Sound Energetics
Sat. March 5, 2022, 9:00 am -5:00 pm & Sun. March 6, 2022, 10:00 am -5:00 pm

The latest scientific research on sound indicates that this vibrational art helps to synchronize the hemispheres of the brain, induce relaxing brainwave states, such as alpha, and produce the relaxation response: lower heart rate, blood pressure and deeper breathing. Sound is a powerful modality to clear and balance the human energy field and chakras connecting us deeply to our soul and spirit.

This 15-hour course covers:
- Research on sound and how it affects the mind/body/spirit continuum
- Voice, toning & bija mantras to balance the chakras
- Exploring the healing sounds of many ancient and easy-to-play instruments such as
- Tibetan and crystal singing bowls, tingshas, tuning forks, rattles, rainsticks, ocean drums and more.
- Connecting to the 5 elements (earth, water, fire, air and ether) translating them into sound.

Course Code: HSC-SOU
Pre-Requisite: No previous musical, vocal or sound experience is necessary. Course #1 and#5 from the Discovering the Total Self Program or comparable experience is recommended.
Pre-Requisite: No previous musical, vocal or sound experience is necessary. Course #1 and#5 from the Discovering the Total Self Program or comparable experience is recommended.
Instructor: Maria Gallé, Registered Psychotherapist, Spiritual Director, Reiki Master, and Life Coach
Fee: $380+HST - single course fee
https://www.transformationalarts.ca/product/sound-energetics/
Discovering the Total Self Program – Day-Time Hours

**TS-05 – SPIRITUAL HEALING AND ENERGY TRANSFER**
Starting Monday November 22
8 classes = 20 hours
Mondays, 9:30 AM to 12:00 PM & 1:00 to 3:30 PM ET
Tuition Fee $325 + HST
Course Code TS-05 4 weeks

**TS-06 THE INTUITIVE ARTS**
Tuesday December 7, 2021, 1:30-4:00 PM
8 classes = 20 Hours
runs weekly on Tuesday with some Monday afternoon classes until January 25, 2022
Tuition Fee $325 + HST
Course Code TS-06
Discovering the Total Self Program – Evening Classes

All modules are 8 Classes 20 Hours

**TS-01 – MEDITATION & CHAKRAS**
Starting Tuesday January 18
Thursdays, 7:00 to 9:30 pm
Tuition Fee $325 + HST
Course code TS-01

**TS-03 – EXPLORING THE NON-PHYSICAL**
Starting Thursday January 20
Mondays, 7:00 to 9:30 pm
Tuition Fee $325 + HST
Course code TS-03

**TS-04 – EMOTIONAL HEALING**
Starting Monday January 17
Mondays, 7:00 to 9:30 PM
Tuition Fee $325 + HST
Course Code TS-04

**TS-06 THE INTUITIVE ARTS**
Starting Wednesday January 19
Monday, 7:00 pm to 9:30 pm
Tuition Fee $325 + HST
Course Code TS-06

**TS-07 FROM CHILD TO ADULT**
Starting Thursday January 20
Mondays, 7:00 to 9:30 pm
Tuition Fee $325 + HST
Course Code TS-07

https://www.transformationalarts.ca/product-category/discovering-the-total-self/

I MUST BE WELL,  
I SHALL BE WELL,  
I AM WELL  

REV. E. MACLENNAN
UPCOMING - PROGRAMS

THESE PROGRAMS ARE NOW REGISTERING WITH UPCOMING DATES
As class sizes may be restricted, registration now will ensure you won’t be disappointed.

HOLISTIC HEALTH PRACTITIONER TRAINING PROGRAM
A Part-Time Studies Diploma Program in a very in-demand profession.
Check it out here via this link:
Starts: February 8, 2022
https://www.transformationalarts.ca/holistic-health-practitioner-training-program/

HOLISTIC HEALTH CERTIFICATE PROGRAMS
Starts: We are ready when you are. Multiple entry dates
Certificate programs include Energy Work, Body Work, Natural Remedies, Reiki Master
https://www.transformationalarts.ca/holistic-health-practitioner-certificate-programs/

SPIRITUAL DIRECTORS TRAINING PROGRAM
Starts: September 2022 – It is never too early to apply for this dynamic program
A Part-Time One Year Diploma Program
Check it out here
https://www.transformationalarts.ca/spiritual-director-program/

COACHING PROGRAM
Next Start date: Tuesday, May 10, 2022
A Part-Time 36 Hour Certificate Program.
An in demand course for an in-demand profession.
Check it out here:
https://www.transformationalarts.ca/coaching-certificate-program-2/
Check out the write up on the website, schedules are posted and registration can begin
on-line or Call 416-484-0454 ext. 23 or ext. 25 or 1-888-822-7335 Toll-Fre
SPACE RENTALS

Transformational Arts College of Spiritual and Holistic Training

Stage 3 - Re-Opening of Ontario Workplaces

Individual Counselling and Psychotherapy face-to-face client sessions with some restrictions.

You’re ready to work but not into long-term space leasing?
Currently with lots of uncertainty, you like the idea of pay as you go.

Good News, our 4 new therapy rooms are scrubbed, ready to go and you pay only when you go!

Contact: 416-484-0454 ext 23 or ext 25 or tac@transformationalarts.com

Location: 3300 Yonge St.
North of Lawrence (Subway)
Available: Monday-Saturday
Hours: 9 am to 7 pm
4 private counselling rooms
Set-up for 2-meter distance.
Cost: $20/hr. + HST, price reduction for multiple bookings
Disinfected daily

Classroom Space Available 2022

Classrooms vary in size and capacity as per Toronto Public Health (Temporary)

Clean and spacious rooms located on subway line.
3300 Yonge St Just south of Highway 401
Class Sizes perfect for small classes and workshops.
Classroom/Meeting Spaces
Suite 302

Suite 302 – 1,015 sq. FT. Large open space, east wall of windows:
- attached library for small group breakout
- accessibility – elevator, large accessible washroom 2nd floor
  (there is a small step up from street level into building)
- building washrooms on landings between floors for abled-body.
- white-boards, screen, projector, chairs, tables, massage tables
- plus Wi-Fi internet

Suite 204

Suite 204 - 870 Sq. FT. Classroom
- 2 ensuite restrooms
- 170 sq ft – lounge with windows
- adjoining 135 sq ft Kitchen-no oven
- Rm 203 can be added on.
- plus all amenities as 302 above
COVID-19 PROTOCOLS at TAC

We are happy to be able to offer courses on-site again as well as welcoming students and their energies to fill the College.

IN EFFECT: Masks remain mandatory

What you can expect on-site at Transformational Arts:
1) reduced room capacity to 50%
2) extra-cleaning of high-touch surfaces
3) masks required by everyone
4) hand-sanitizing stations
5) physical distancing of 2-metres between people
6) Sign-in with name and phone number for Public Health Contact Tracing only
7) An awesome experience being with fellow humans in the same place!

IMPORTANT NOTE: At this time, Transformational Arts will not be making vaccinations for Covid-19 mandatory to attend classes. We respect an individual's right to choose their own approach to wellness. We ask all people in classes to exhibit the same basic respect and acceptance of a person's individual rights. Unless there is a mandated order to be vaccinated, this policy will stay in place until full clarification is handed down by the Ontario Medical Officer of Health – Dr. Kieran Moore

Your part – wear a mask, wash your hands and if you feel unwell, please do not come to class.