TRANSFORMATIONAL ARTS COLLEGE OF SPIRITUAL AND HOLISTIC TRAINING

JANUARY 2024 NEWSLETTER

The new year stands before us, like a chapter in a book, waiting to be written.

- Melody Beattie

Moving

Forward



AS WE SAY GOODBYE TO 2023,
TRANSFORMATIONAL ARTS COLLEGE OF SPIRITUAL AND HOLISTIC TRAINING
HOPE YOU EMBRACED THE SPIRIT OF
CHRISTMAS, HANUKKAH AND KWANZAA
CARRYING THEIR JOY, CONNECTEDNESS AND MEANING
WITH YOU:



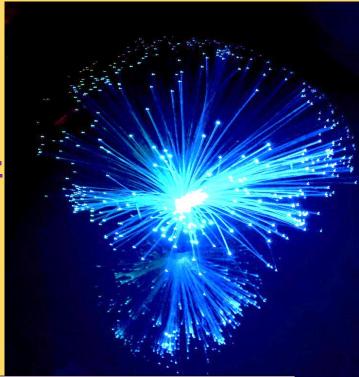








2024



MOVING FORWARD – 2024 WE WISH YOU A HAPPY, PROSPEROUS, LOVING AND KIND NEW YEAR

We have Courses and Programs, Diplomas and Certificates. We have in-class at 2 locations, Toronto and Orillia

We have on-line with an Instructor there to work with. We have daytime, evening and weekend class times.

We have ideas to help you move forward and shake off the stuck, tight and emotional energy of the last 4 years.

We are ready to move forward and we hope you are too.

Creating contacts, making friends, and building community. Going within yourself to bring the very best of you out into the world.

You don't have to see the whole staircase, just take the first step.

- Martin Luther King

Moving Forward A New Year Message for 2024 from Gord Riddell RP

As we say prepare to say goodbye to 2023 and move with anticipation, or is it trepidation, toward 2024, I would like to take this opportunity to share some reflections. The world is chaotic and has been through and continues to be, in a number of upheavals. Some things are brand new that we have never encountered, pandemics and lockdowns and other things we have been through, repeatedly, been here and done that. Things like economics: rapidly rising interest rates, rapidly rising housing costs and rapidly rising food costs for starters. War: Russia's invasion of Ukraine, the middle east – Israel and Hamas, Syria, Venezuela's threatening takeover of its neighbour Guyana. North Korea and South Korea and China's threat to invade Taiwan. This sounds closer to, and may in fact be, World War 3. Just because something looks different, doesn't necessarily make it different.

The effects on humanity are numerous, and the effects on each individual can seem insurmountable. People who believe they have not been affected by any of these events are now being affected by those who were and continue to be affected. We must consider how we can contribute to own well-being and our planet. We need to consider that neither politicians, legislators, authoritarians, war nor money will change a thing for us. Legislated peace is not peace, just a time out until the next situation arises.

Stating the intention that we must collectively move forward. Enough reading, talking, watching videos and demonstrating – it is time to do. **Action time.**

Where to start? These ideas are for each of us individually to consider and based on the KISS principle. **Keep It Simple!!!!**

Let the past go – and become your history and memories. Releasing all the emotions that keep those events circling around in your head and gut. You cannot go back and change a thing. That is the problem with Time it is present and forward moving – go in that direction. Lighten your load - de-clutter by releasing anything that no longer serves you. One person's trash is another's treasure.

Release anger and resentment – It happened, it may have been horrible, but replaying the event in our mind cripples us. Anger is 90 % about control. The way we wanted it to be, the way we would have done it and if only. Could've, should've, would've are mental traps. If you do feel immobilised, please speak with a safe person. Ask your self what payout there is to you for being forever angry.

Forgive yourself and others – Forgiveness is about releasing yourself from past events that still hold a strong emotional attachment. Importantly learning to forgive yourself does not provide approval of another person's bad or hurtful behaviour. AND it does not mean you need to re-engage with the other person in any way shape or form. Release Yourself!

Do not judge others – as you do not know what part of their life story they are in. Boundaries protect you from interaction that can be detrimental to you. We do not know why someone is on the planet and what their learning is, how can we judge? Let me judge no one until I have walked a mile in their shoes.

Do not judge yourself – as above, you do not have a complete picture as to why you are here living this Life.. Once you do know the complete picture, you would not judge yourself at all. All we do, unless intentionally destructive, is part of our journey and each experience builds and develops our spiritual awareness.

Stop comparing yourself to others – yes, like judging but comparisons of height, weight, rich or poor, dark hair, light hair, colour of your eyes. Where I was born, or where they were born, my education, the colour of my skin, my gender, my orientation. You will always lose when you compare yourself to others. We are all created with the same stroke of perfect genius that every plant and animal on the planet is created with. Ever observe a

dog, a horse, a cat or a rosebush beating themselves up because they have a slightly different hue than the other creature they share a space on the planet with?

'You are PERFECT 'cause God don't make no Junk!'

Stop Blaming – as long as it is someone else's fault, you are held captive by the power you give to the other. We have become such a blaming society from politicians, to clergy, to neighbours with nobody taking responsibility for any errors or mistakes. Yet we are first off the mark to claim ownership when things have gone well. A powerful spiritual principle is that of personal responsibility. When we are ready to accept that powerful principle, then we are ready to move the world forward. We can be responsible not by what we have done but by what we have ignored, what we didn't do. When we declare - not my problem, and don't give a "sh*t", we become part of the problem and not the solution.

Watch and listen to less media including internet – The biggest media outlets rely on dramatizing the stories of the day or of the year. Of course it makes it more interesting for the listener but it is also taking us past a sensory experience and taking us into our world of emotions and feelings. The visuals, the music, the sounds and the words all elicit a movement into our baser emotions and especially moving us into our fear, and despair. Exaggeration, poetic or dramatic license take the truth and twist it once, then bump up the intensity and add another flourish to pull us in, hook, line and sinker. It is like a Pandorra's box at times, once we are triggered from whatever source on TV, radio or print, it leaves us wide open and raw. Without a way to know how to zip back up again, we can go through the experience of the walking wounded. Our need to be in the know is causing more damage than it is feeding us knowledge. Listen, view, read wisely.

Put down your cell phone and say hello to the person beside you. – I wonder if over time evolution will have us born with a smartphone already attached to our bodies? Smartphones are killing our ability and **need** to socialize. It can separate us in a way so we feel isolated and cut off. Social gatherings seem to have evolved where people are in one room, perhaps a drink in one hand and their smartphone in the other. Without belabouring the point, Smartphones have become the new cigarettes, always having one in hand when we socialize and feel awkward! We need each other, we have survived as a species due to our ability to come together as a group, to interact and protect each other. Could we pull of the same feat of survival today as we individually hover over our smartphone?

Develop a spiritual practise in alignment with your belief system. Humans are comprised of mind, body and spirit. It is our spirit that is globally behind the push toward greater awareness and consciousness. You can make the transition that the planet is going through so much easier on yourself by having a Spiritual Practice. An incomplete list here, such as - Meditation, Prayer, Yoga, Mindfulness, Working with Healing Energies, it doesn't matter what your practise is and it doesn't matter if you have a chosen religious path with spiritual practices to follow or not. What matters is the intention you set, that you feel connected to it and you benefit from the practise, all are acceptable and they invite you to take the next step.

The shift in our chaotic world is achievable – it will either eventually happen as it burns itself out from wars, hatred, greed, isolation and separation. Judging who are right and who are wrong. The waiting game where we just watch how this plays out. The other option is, we each take responsibility for ourselves, for all we do and think bringing forth our own human spirit. To collectively connect with kindness, empathy, and compassion based in the understanding that we are all here on the earth, at this time to learn and contribute in our own unique way to the advancement of human consciousness and an eventual end to human suffering. It is our choice how this happens!

You are light, so let your light shine!

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DISCOVERING THE TOTAL SELF SCHEDULE - 2024

Each module contains 8 classes. Evening classes run once per week, 7:00 to 9:30 pm unless otherwise noted. Daytime class schedules vary.

Fee: Each module is \$325 plus HST. \$100 non-refundable deposit required to reserve your space; the balance is collected one week prior to course start.

| TS-01 Meditation and the Chakras | | |
|----------------------------------|------------------|---------------------|
| 0 | Angela MacDonald | Tue., Jan. 16, 2024 |

TS-02 Spirituality and the Higher Self O Angela MacDonald May 2024 - TBC

| TS-03 Exploring the Non-Physical | | |
|----------------------------------|----------------|---------------------|
| 0 | Linda Kuschnir | Mon., Jan. 15, 2024 |

| TS. | TS-04 The Path of Emotional Healing* | | |
|-----|--------------------------------------|---------------------|--|
| 0 | Maria Gallé | Mon., Jan. 15, 2024 | |

| TS-05 Spiritual Healing and Energy Transfer* | | |
|--|-------------|----------------|
| 0 | Maria Gallé | May 2024 - TBC |

| TS-06 The Intuitive Arts* | | |
|---------------------------|-----------------|---------------------|
| 0 | Sabastian Glass | Wed., Jan. 18, 2024 |
| 0 | Sabastian Glass | Wed., Mar. 13, 2024 |

| TS-07 Meeting Your Inner Selves* | | |
|----------------------------------|-------------|----------------|
| 0 | Maria Gallé | May 2024 - TBC |

| TS | TS-08 From Child to Adult* | | |
|----|----------------------------|---------------------|--|
| 0 | Maria Gallé | Tue., Jan. 16, 2024 | |

| TS-09 Living Your Higher Self* | | |
|--------------------------------|----------------|---------------------|
| 0 | Linda Kuschnir | Thu., Mar. 14, 2024 |

| TS-10 The Healing Power of Sound** | | |
|------------------------------------|-------------------|-------------------|
| 0 | Maria Gallé | Mar. 9 & 10, 2024 |
| | Saturday & Sunday | 9:30 am – 5:00 pm |

In-Class Schedule for Toronto College Location

*Note: Pre-requisite course(s) or related experience required
**Note: Course #1 recommended prior but not required



REGISTRATION

Links to Register: Toronto

 $\underline{https://www.transformationalarts.ca/product-category/discovering-\\ \underline{the-total-self/}$

Register for: Orillia

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

Register for: On-line Total Self

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

"Life's not about expecting, hoping and wishing, it's about doing, being and becoming."
-Mike Dooley

TRANSFORMATIONAL ARTS COLLEGE

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Spiritual Director Program

(Unit 1 was completed in Dec. 2023, However due to the structure of the Program, it is possible for students to join in for Units 2 and/or Unit 3. Completion of Units 2 and 3 will be credited towards your Diploma. Unit 4 is running May and June 2024 with Unit One commencing in Sept and finishing in Dec 2024, allowing the student to receive full credit and upon completion of all requirements, their Diploma.)

The Spiritual Director Program is designed for those individuals who wish to provide formal spiritual guidance, mentoring and direction to others and to take a personal look at their own spiritual beliefs and practices.

https://www.transformationalarts.ca/spiritual-director-program/

Unit 2 - Divine Guidance, Ritual and Ceremony

Starts – Wednesday January 3, 2024

6:30 to 9:30 pm

Deepen your connection to the Divine and experience the role of ritual and ceremony. Develop your skills in creating your own rituals with personal relevance.

- Divine guidance, developing Spiritual abilities
- Demystifying channeling
- Spiritual guidance from higher realms
- History of the Great Oracles
- Consulting Oracles and Divination tools
- Creating rites of passage
- Sacred space and your personal altar
- Coming from Soul and Source not ego
- Emerging new concepts in spirituality, the Sacred Human qualities
- Introduction to mystery schools and esoterica

Unit Length: 7 weeks (21 hours)

https://www.transformationalarts.ca/product/toronto-divine-guidance-ritual-and-ceremony/

Unit 3 - Mindful Living and Conscious Dying - Certificate

Starts Wednesday February 21, 2024

6:30 to 9:30 pm

An opportunity to look at our greatest mystery, and as such, our greatest fear. Fear of death often co-relates to our fear of living life fully and consciously. Cultural traditions around death as well as such difficult areas as euthanasia, suicide and assisted suicide will be explored.

- From aging to sagehood
- Grieving our losses, cultural traditions at death
- End of life decision making and legalities
- Dignity, advocacy, and client involvement
- Transitioning to the non-physical and conscious dying
- The choices of celebration for the completion of life

Course Length: 10 weeks (30 hours)

Instructor: Gord Riddell, Registered Psychotherapist, Spiritual Director, End of Life Care Specialist and Coach

https://www.transformationalarts.ca/product/mindful-living-conscious-dying/

Holistic Health Practitioner Training Program

The Holistic Health Practitioner Training Program is a 910-hour professional training program in holistic and energetic studies. Created in 1994, it continues to be the most current, comprehensive and inclusive program in complementary and alternative healthcare in the country. The program offers you:

- A unique integration of physical, holistic, and energetic modalities
- A spiritual approach which forms the foundation for the program
- An opportunity for students to do their own inner healing and embark upon a spiritual journey while studying
- A practical, hands-on approach to learning
- Instructors who are professionals actively involved in their practices and communities
- To train students with professional skills in a variety of bodywork/energy work and holistic health care modalities.
- To provide students with practical and professional experiences in health care modalities.
- To support students in the exploration of the intimate connection between body, mind and spirit in respect to physical health or illness, while examining the psychospiritual influences behind illness.

The program offers a variety of courses in both Holistic and Energetic Studies: Aromatherapy, Herbal Studies, Homeopathy, Chakra Studies, Reiki, Reflexology, Colour Therapy, and Medical Intuition to name a few.

https://www.transformationalarts.ca/product/full-diploma-holistic-health-practitionertraining-program/

Professional Title: Holistic Health Practitioner Professional Designations

- C.N.H.P. Certified Natural Health Practitioner
- C.A.H.T. Certified Aromatherapy Health Therapist
- C.R.H.P. Certified Reflexologist Healthcare Practitioner



CAREER OUTLOOK

Practitioners of natural healing; Massage therapists & Other technical occupations in therapy and assessment (**NOC 3232**)

Occupational Outlook projected by ESDC Canada

SHORTAGE: This occupational group is expected to face labour shortage conditions over **the period of 2022-2031** at the national level. The link below contains more detailed information regarding the outlook for this occupational group.

https://occupations.esdc.gc.ca/sppc-cops/occupationsummarydetail.jsp?tid=120

2023 -2024 FULL-TIME HOLISTIC PROGRAM

Homeopathy 11 classes 33 hours

Monday January 8, 2024

9:30 am to 12:30 pm

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: \$430 if taken as part of program, \$545+HST if taken as single course.

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/

Chakra Studies II

10 classes

30 hours

Monday January 29, 2024

2:30 to 5:30 pm

This course builds on Meditation and the Chakras (TS-01), exploring chakras and the human energy field in context of physical disease and energetic healing.

This 30-hour course covers:

- Energy anatomy & the 7 major chakras
- Principles of energy medicine—towards a vision for a new medicine
- The physical illnesses and energetic blocks of the chakras. How illness occurs in the human energy field
- Energetic healing as part of treating illness and disease. Possible psychospiritual influences behind illness
- Dialoguing with a body part or ailment

- Exercises to develop auric vision, internal vision and symbolic sight. Introduction to intuition
- Techniques to assess the functioning/ blocks of the chakras—scanning, pendulum, intuition

• Chakra energy release/intermediate spiritual healing techniques

Course Code: HSC-CHA

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

experience is recommended.

Instructor: Krys Jawlosewciz, BAA, CNHP, RIHR

Fee: \$395 if taken as part of program, \$495+HST if taken as single course.

https://www.transformationalarts.ca/product/chakra-studies-ii/

Counselling Skills

3 weeks

22 hours

Tuesday February 6,

9:30 to 5:00 pm

The mark of a good holistic practitioner is their ability to support the client in setting and reaching goals for physical well-being; to discern when clients need a sympathetic ear, emotional support to deal with their ailments; and to offer a safe and comfortable environment for clients which allows for honest exploration of the emotional connections to ailments.

This 22-hour course covers:

- The art of listening and empathy
- Focusing as a tool to let the body talk
- Setting appropriate professional boundaries and professional communication tools
- Referring a client for psychological/ psychotherapeutic support
- An overview on common psychospiritual issues
- Dealing with emotional release as it may occur during body or energy work
- 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: \$300 if taken as part of program, \$475+HST if taken as single course.

https://www.transformationalarts.ca/product/basic-counselling-skills-and-holistic-coaching/









PART-TIME HOLISTIC HEALTH PROGRAM STARTS FEBRUARY 2024, RUNS TO JANUARY 2026

Anatomy & Physiology

12 weeks

36 hours

Tuesday February 6, 2024

7:00 to 10:00 pm

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: \$450 if taken as part of program, \$590+HST if taken as single course.

https://www.transformationalarts.ca/product/anatomy-and-physiology/

Aromatherapy Certification Course 16 classes

120 hours

February 10-11, 2024

1-2 weekends per month

10:00 am to 5:30 pm

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 into 8 modules and involves the 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.

Upon completion of this course and the required 10 case studies to verify your understanding, you will have the knowledge to effectively and safely integrate aromatherapy into your holistic modalities. For those wishing to pursue additional aromatherapy studies towards a certification please speak with your teacher to arrange registration and transfer of your 120 hour credits.

Modules:

- 1. History and introduction to essential oils. Study of 10 essential oils.
- 2. Absorption of oils through skin and lungs, olfaction and blood brain barrier. Safety data and contraindications.
- 3. Extraction, quality and basic chemistry of oils. Complex and multi-condition blending. Compresses, ointments, vegetable butters and clay.
- 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.
- 7. Practicum for treatment. Case study supervision.
- 8. Complete 10 case studies for the program.

Course Code: HSC-ARO

Instructors: Andrea Ashley, CCMA Pre-Requisite: Anatomy and Physiology

Fee: \$1715 if taken as part of program**, \$2200+HST if taken as single course*. *Material fee of \$400 applies if taken as a single course.

Aromatherapy course is a combination of in-class and online classes.

Note: Aromatherapy Modules 1, 2, 3 and 8 can be taken as a unit for those who are only interested in the basic knowledge and applications without massage training. All modules required to receive a Diploma in the Holistic Health Practitioner Program (C.N.H.P.), and as basis for separate certification (C.A.H.T.).

https://www.transformationalarts.ca/product/toronto-aromatherapy/



All of the above Holistic Courses may be take as Single Courses.

"Life is like riding a bicycle. To keep your balance, you must keep moving."

- Albert Einstein

CHECK THESE AREAS OUT

ARTICLES, BLOGS and reflections are posted here for you to read, share and reflect upon. Have any comments or feedback? A topic you would like to see written about? Please email us at tac@transformationalarts.com and see if we can help.

As we build this section we will be posting responses and queries. Please be kind!

Are you a writer and like to submit your writings, poetry to be considered for here? Your copyright ownership will remain with you.

http://www.transformationalarts.ca/wp-content/uploads/2023/11/blog-post-1-12-articles.pdf

PODCAST – 'THINGS WORTH CONSIDERING'

With Gord Riddell RP with Co-Hosts Dr. Jan Hill PhD. (yr.1) and Dr Alexia Georgousis ND (yrs. 2 & 3)

Three years of live to air broadcasts – archived 148 hrs of listening to fascinating guests and great subjects. Originally on Voice America Radio. Today you can find us on any major Podcast Channel like Apple, Spotify and many more.

https://www.voiceamerica.com/show/3824/things-worth-considering

Thursday January 11, 2024

7 PM to 9 PM

This course is experiential and will lift the participants up from a place of hiding their abilities to owning and embracing those abilities. Mediumship expressed through healing, clairvoyance, clairaudience, clairsentience, psychometry, inspirational speaking, writing and art will all be worked with. Overcoming fears that may be present and moving through any blockages that may be holding your mediumship abilities back.

This course is for anyone with a committed interest in developing their mediumship skills. Best for those who have already had experiences but find them hit and miss and/or have trouble regulating the flow of energy and information. Anyone with experiences that were frightening and may be holding you back. A commitment to the group (class) and to Spirit is important. While things can happen in our lives, being present in class is honouring to all and results can be supported through the group energies.

Course length: 10 weeks

When: Next Start Date: Thursday January 11, 2024 Time: 7 pm to 9 pm

Dates: Thursdays for 10 Weeks

Note: At the end of the 10 weeks, those that wish to continue will have first right of refusal, if all is in

balance, and if there are vacancies, new people will be invited to join. . Fee: \$600 + HST per 10-week cycle. Talk to us about payment options.

Instructor: Gord Riddell RP, BSSc. - is President and Co-Founder of Transformational Arts College. He is a Registered Psychotherapist, Spiritual Director, End of Life Care Specialist and Coach. Raised in a Spiritualist family, he began working with energies at age 8. Under the mentorship of his Grandmother, an ordained Church Pastor, he assisted in healing circles, lecturing and then giving messages from Spirit in various Church services. He was ordained in 1982. Gord has travelled internationally as a lecturer as well as a medium, from Toronto to Vancouver, Buffalo, Lilydale NY, New York City and over to the UK and Egypt. Humourous and astute, he can assist you in your development.

To Apply please contact:

Linda Kuschnir at 416-484-0454 ext 23 lindak@transformationalarts.com or Maria Galle at 416-484-0454 ext 25 mariag@transformationalarts.com Talk to us about payment options.

Note: A short chat with Gord Riddell may be required before registering for this course

https://www.transformationalarts.ca/product/new-mediumship-course/





TRANSFORMATIONAL ARTS COLLEGE OF SPIRITUAL AND HOLISTIC TRAINING

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