

## FALL EQUINOX 2025



TRANSFORM, TRANSCEND, IN THE NOW, WITH THE FLOW.  
BALANCE, GRATITUDE, RELEASE, REFLECT

**Inside:** Message from Gord Riddell RP – Equinox and Today's Energies

Upcoming Courses to Ground you, Connect you, Discover you.

Courses for Professional and Personal Growth

Diploma, Certificates, and just plain cool subjects

**SEPTEMBER 21, 2025**

**Thoughts from Gord Riddell**

As I write this, today is the Fall Equinox here in the Northern Hemisphere. Equinox is all about the equal length of both the day and the night: of the balance between light and dark. It is also about transformation. While the Equinox has pretty much guaranteed this balance, most people will attest that balance is one of the biggest struggles for them. Yet, verbalizing the feelings associated with this im-balance is not easy.

From times gone by to current day Mediums and Channelers, people from Nostradamus to Edward Cayce and many more who we may not know their names but their messages are all very similar. Humanity has evolved; is evolving and a very big shift is occurring underfoot.

What is 'a very big shift occurring underfoot'? This is where it gets trickier to write about because it is not the earth triggering a volcano or an earthquake and we feel the shaking or trembling. This is about 'energy'. We live in a world of energy, of atoms, electrons, protons and then even smaller. Confusing because when you read these parts we think we should be looking through transparencies. Yet when I hit that wall of bricks, that is truly not transparent, it is solid and it hurt like hell!

This is where we get into frequency and vibration. That brick wall is vibrating at a very low rate and hence it makes it appear and feel solid. The air we look out through is not nothing (oops double negative) it is specific atoms vibrating at a very high level. If you have seen a dog whistle, you can't hear it when you blow it but your dog sure does and comes running. Frequency. The whistle is at a frequency above what humans can hear but is in the frequency range of a dog.

What may be happening here on the planet? It really is a battle between light and dark but not in the mythological figures we like to conjure up. The evolution of human consciousness has always resulted in major changes when it reaches a certain vibration and frequency. From the earliest humans in the savannah of Africa through the middle east, the Reformation, the Renaissance, World War 1 and 2 are all examples of this evolutionary process. It is divisive, destructive and ego-centric. The last number of years are prime examples of the divisive, destructive and ego-centric traits we are all dealing with in society and perhaps personally.

This shift will continue to intensify and cause ripples of problems across the planet. We are watching, listening and trying to figure out, think about what is going on. Lots of time in our head. There are people who feel the oscillating energies. There are people who are

experiencing their bodies tremor, they feel on guard, waiting and distressed. In the same way as animals feel shifts in the earth long before we do. These sentient people are our on-guard persons, that can feel something is coming but cannot quite figure it out.

Here is where we can help ourselves, our communities and the planet. Looking around and hyper-listening is not going to be helpful. In fact it will rattle you more being in a heightened state vigilance. First get out of your head, it can't help you and spit out the answers to calm you. What you are looking for, we are all looking for, is not outside of us. Go inside and go to your heart, not your brain. This shift is coming from within so go there whenever possible. Don't let your brain take you to scary places. This is the collective evolving consciousness of humanity. It is not malevolent, nor actually is it benevolent. It just is. In the moment, our human consciousness is working to integrate the light and the dark. Not just of humanity but the planet.

We can help by integrating our light and dark inside and it all starts at the heart. Breathe in and out at your heart and stay focused in the heart and see where your heart leads you. A place of calm, higher vibration and greater awareness of self in relationship to others. Get support and join in with groups of people who are all working with their light and dark and raising the vibration of this planet.

When will we know it has shifted? We may not even be on the planet when a strong shift happens. It won't be a sitting on the sofa and it shifts like in an earthquake. It will change, and it will continue to evolve and grow. It is our collective consciousness, it doesn't just stop and it doesn't stay ego-centric. Our consciousness will always continue to move humanity forward but remember it is collective, not hiding in our room, not isolating but bringing together our consciousness with others from the heart is the best contribution we can make.

**“Consciousness does not evolve in a straight line, but in a winding pathway.”**



## DISCOVERING THE TOTAL SELF

**DISCOVERING THE TOTAL SELF PROGRAM** is Transformational Arts' original and core program. Combining ancient spiritual wisdom, esoteric principles, and contemporary psychology with emotional healing, you will have the opportunity to learn both the theoretical and experiential components of each module. **DISCOVERING THE TOTAL SELF** is a full Program of 10 modules, each 20 hours long and they are a pre- or co-requisite for many of our other programs.

***This program changes lives!***

The following are the Modules scheduled for October 2025 and January 2026. Watch the website for new additions to the schedule.

<p><b>TS-01 Meditation and the Chakras</b></p> <p>TS-01 – Start Date: Thurs. Oct 9, 2025 Time : 7:00 to 9:30 PM EST Instructor: Linda Kuschnir RP (Online / Instructor Led)</p> <p><i>Great place to start</i></p>	<p><b>TS-05 Spiritual Healing and Energy Transfer - HYBRID</b></p> <p>Start – Sat. October 18 – On-line <u>10 am to 1 pm &amp; 2 pm to 5 pm</u> Sat And Sun Classes - LIVE TS-05 -Date: Sat. Oct. 25, and Sun. Oct 26, 2025 - LIVE 9:30 AM to 5 PM EST Daily with Angela MacDonald (Online / Instructor Led) and LIVE</p>
<p><b>TS-03 Exploring the Non-Physical</b></p> <p>TS-03 – Start Date: Tuesday Sept.9 ,2025 Time: 7:00 to 9:30 PM EST Instructor: Angela MacDonald (Online / Instructor Led)</p>	<p><b>TS-06 The Intuitive Arts</b></p> <p>TS-06 Start Monday Oct 6, 2025 Time: 7:00 to 9:30 PM Instructor: Gord Riddell RP (Online / Instructor Led)</p>
<p><b>TS-04 The Path of Emotional Healing</b></p> <p>TS-04 -Start Date: Monday Jan. 5, 2026 7:00 to 9:30 PM EST Instructor: Angela MacDonald (Online / Instructor Led)</p>	<p><b><u>Additional Modules in the Program</u></b></p> <p>TS-02 Spirituality and Higher Self TS-07 Meeting Your Inner Selves TS-08 From Child to Adult TS-09 Living Your Higher Self TS-10 The Healing Power of Sound</p>

READ ABOUT IT: <https://www.transformationalarts.ca/discovering-the-total-self-diploma-program/>

TO REGISTER: <https://www.transformationalarts.ca/product-category/discovering-the-total-self/discovering-total-self-online/>

# SPIRITUAL DIRECTOR TRAINING DIPLOMA PROGRAM

**OCTOBER 2025 to JULY 2026**

**4 Units**

**120 hours**

This program is ideal for individuals who want to guide and support others on their spiritual journey and who wish to take a look at their own personal spiritual beliefs and practices. This area of study is very useful for Psychotherapists and Counsellors since many clients seek direction on their spiritual issues as well.

**Unit 1 - Our Mystical Search** – Various Instructors Sept to Dec 2025

**Unit 2 - Divine Guidance, Ritual and Ceremony** – Kuschnir, Litvinova, Riddell

**Unit 3 - Mindful Living: Conscious Dying – Certificate** - Riddell

**Unit 4 - Working with the Soul** – Kuschnir, Riddell

## UNIT 1 - OUR MYSTICAL SEARCH - 39 hours

**Wednesday OCTOBER, 8 2025,  
to December 17, 2025**

**13 weeks**

**6:30 pm to 9:30 pm  
Unit #2 starts Jan.7, 2026**

Explore our spiritual history and traditions, leading us to examine the commonalities of spiritual experience globally. We must understand our Client's birth religion to work with them effectively as Spiritual Directors.

**In Unit 1 you will experience:**

**Spiritual Journeys:**

- ✚ On becoming a Spiritual Director
- ✚ Buddhism
- ✚ Hinduism
- ✚ Islam- Sufism
- ✚ Christianity – Early Mystics and Saints
- ✚ Judaism – Kabbalah
- ✚ Diversity and Spirituality
- ✚ Indigenous – Native Spirituality
- ✚ Wicca/Pagan/Goddess religions
- ✚ Shamanism



**Instructors all have lived-experience in the Spiritual or Faith Traditions they are teaching.**

**Read about the Spiritual Director Program at following link:**

**<https://www.transformationalarts.ca/spiritual-director-program/>**

**Register for Program at link below:**

**<https://www.transformationalarts.ca/product/tuition-spiritual-director-program/>**



## Holistic Health Practitioner Training Diploma Program

### Holistic Health Practitioner Training Certificates

**Starts Tuesday October 6, 2025 (other entry points possible)**

**REDESIGNED PROGRAM** - The Holistic Health Practitioner Training Program is a 844 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 has been re-designed to bring Certificates and the Diploma program into better alignment. 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
- ✚ Instructors who are professionals actively involved in their practices and communities
- ✚ An integrated learning model with most theory being taught on-line as well as ON-SITE in person practical, hands-on approach to modalities.
- ✚ On-line learning courses are recorded so that any student who misses a class may request a copy and stay up to date. To protect students' and, where applicable 'clients', privacy, copies will only be from the class you are enrolled in.
- ✚ It provides training to students developing professional skills in a variety of bodywork/energy work and holistic health care modalities.
- ✚ The program provides students with practical and professional experiences in health care modalities.
- ✚ It supports students in their 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 Holistic and Energetic Studies: Aromatherapy, Herbal Studies, Homeopathy, Chakra Studies, Reiki, Reflexology, and Medical Intuition. See list of courses link is below.

**THE RE-DESIGN** – The full **Holistic Diploma Program** integrates on-line theoretical with live on-site practicums for applicable courses. The **Diploma Program** is also complimented by **4 Certificate Programs**. The **Diploma and Certificates** all have a requisite number of courses, then you can follow the schedule you are registered in. The new benefit here is – say you are in the full diploma program and have successfully passed all the courses for the **Bodywork Certificate**, you can apply for the **Certificate** and go off and practice Bodywork. Then when you decide to resume the full **Diploma Program**, you can just plug back in and carry on with the next courses. You can attain your full **Diploma** plus the **Certificates** all in your course of study here at Transformational Arts.

The on-line classes are week night evenings and are instructor-led. All classes are taught by skilled practitioners in the subject(s) they are teaching. Practicum classes are held on weekends.

Should you miss a class, you can request a recorded copy of the class, as all classes are recorded. To maintain your privacy, you will receive the recording of the class you are registered in. Same teacher and same classmates. Practicum classes will not be recorded. Given this information, attendance does play a role in your grades and if your attendance is lagging then a chat with administration can hopefully work things out.

If you stay up to date with assignments and case studies, you can attain your **Diploma** in 16 months.

**Holistic Health Diploma Training Program – 844 hours includes all case studies**

**Natural Remedies Training Certificate – 466 hours inclusive**

**Body Work Training Certificate - 428 hours inclusive**

**Energy Work Training Certificate – 245 hours inclusive**

**Reiki Master Training Certificate - 222 hours inclusive**

To discover more about this dynamic program, please **follow the link below to read** about the possibilities both professionally and personally + schedules.

<https://www.transformationalarts.ca/holistic-health-practitioner-training-program-2/>

**Ready to register?** Click this link below.

<https://www.transformationalarts.ca/product/full-diploma-holistic-health-practitioner-training-program/>



## COACHING CERTIFICATE PROGRAM 36 hours

**There are only 3 spots left.**

**Tuesday September 23, 2025, Time: 7:00 to 10:00 pm, 12 weeks**  
**Weekly to December 16, 2025 NO class on Nov. 3, 2025**

**Coaching** is an interpersonal profession supporting the growth and development of the client seeking clarity and self-direction in achieving their goals, dreams and vision.

**"Coaching is about creating the future, not fixing the past." -Unknown**

If you are empathic, enjoy helping people, naturally supportive of others, and appreciate collaborative problem solving, then Coaching may be a good fit for you.

### **This 36-hour course covers**

- ✚ The difference between Coaching vs. Psychotherapy
- ✚ How to Develop a vision and set goals
- ✚ The roles of Fear of failure/fear of success.
- ✚ Moving from fear, to creating change and managing success
- ✚ Develop Listening and communication skills
- ✚ How to address a client's resistance to growth
- ✚ Coaching Specialties like Spiritual Coaching, Relationship Coaching
- ✚ Importance of Ethics and being a Professional Coach
- ✚ Skills, traits & tools of an effective Coach

**Course Code:** COA-CER

**Instructor:** Gord Riddell BSSc. RP, Registered Psychotherapist, Coach, Spiritual Director

**Fee:** \$1085.00 + HST

**Deposit Fee:** A \$300 non-refundable deposit is required to reserve your space.

**Administrative Fee:** \$150, includes Coaching Manual and Certificate

**Read more about the Coaching Program, the link below:**

**<https://www.transformationalarts.ca/coaching-certificate-program-2/>**

**To Register, link below:**

**<https://www.transformationalarts.ca/product/coa-cer-course-fee/>**

**"The coach's main job is not to tell clients what to do but to help them figure out the best approaches to their challenges and discover new opportunities."**



## MEDIUMSHIP TRAINING

10 weeks                      20 hours

**THIS COURSE IS SOLD OUT- next date is Jan. 9, 2026**

**Thursday September 25, 2025**

**On-Site in Person**

**7 PM to 9 PM**

This course is experiential. It is about energies and vibration. It is intended to lift participants up from a place of hiding their abilities to owning and embracing those abilities. Mediumship expressed through healing, clairvoyance, 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.

**Who is this course for?** Anyone with a committed interest in developing their mediumship skills. Best for those who have had some experience but find them hit and miss and/or have trouble regulating the flow of energy and information. Anyone with experiences that were frightening that 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.

**Course length:** 10 weeks

**Class size is limited to 8 people**

**When:** Start Date: Thursday Sept. 25, 2025 through to Dec.4, 2025 **No class on Nov. 6, 2025**

**Time:** 7 pm to 9 pm EST

**Note:** At the end of the 10 weeks, those who wish to carry-on will be able to do so at a reduced rate. **Fee:** \$600 + HST first 10-week cycle. Talk to us about payment options.

**Returning students Fee:** \$350.00 + HST

**Deposit:** A deposit of \$150.00 is required for registration

The course is in person and held at a private residence in the Yonge and Bloor area. Close to the TTC subway and free visitor parking is available. South of Bloor off of Church St.

**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 Life 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, Egypt and Spain. Humorous and astute, he can assist you in your spiritual development.

**To Apply please contact :**

Linda Kuschnir at 416-484-0454 ext 1 or email: [lindak@transformationalarts.com](mailto:lindak@transformationalarts.com)

**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**

**For info or your questions**

**Linda Kuschnir 416-484-0454 ext 1**

Email - [lindak@transformationalarts.com](mailto:lindak@transformationalarts.com)

**Website: <https://www.transformationalarts.ca/>**

**BRINGING BODY, MIND AND SPIRIT TOGETHER**

# DAY OF TRUTH AND RECONCILIATION

SEPTEMBER 30, 2025

