



APRIL 2026



**“One mind can lift a people. One heart can soothe a nation.  
One soul can touch a continent. One deed can change mankind.”**

- Matshona Dhiwayo

**BRINGING BODY, MIND AND SPIRIT TOGETHER**



**April 2026**

Welcome Everyone. April kicked off with Easter, Passover, a full moon and the appearance of small plants pushing up through the thawing soil. They all are reminders of the cycle of Life, rebirth, of growth and rising up through the things that have been obstacles, not unlike the phoenix rising up through the ashes.

As winter has slowly been releasing us from its grip, I have been reflecting on what is transpiring in our world and basically not having great thoughts. In order not to offend anyone, I won't write what I am really thinking. In the digital world only 3 letters are required beginning with the letter W-. It captures my exasperation.

Way back in 1987 (yes that long ago) I was living in Vancouver. There was a major astrological event on August 16 (my birthday) called the Harmonic Convergence. I was told It was the opening of our entry into the Age of Aquarius. I was already involved in Spiritual education back then, knew nothing about astrology though. Next year it will be 40 years since that event and I have worked those 40 years in the spiritual field, still believing the message of that 1987 gathering. Peace is just around the corner. I want to add at this point that I met Joyanna Anthony – we both taught at the same spiritual Centre. Although I left Vancouver to come to Toronto and open Transformational Arts, I wanted Joyanna to come to Toronto a couple of times a year and teach. Joyanna would become a wonderful popular teacher at TAC. Sadly Joyanna transitioned to the next expression of Life after a lengthy illness last August. She is well missed but I have the memory of that time standing together at the Harmonic Conversion praying for a world of peace and joy.



**Vancouver welcomed  
'an age of peace' at  
1987 Harmonic  
Convergence | CBC News**

Lots has certainly happened in the last 40 years, personally, professionally and globally. I look around and wonder if we going in reverse. Globally, and all that that entails, looks like the last inning of a losing end of season ballgame and the spectators have mostly left the ballpark. I grasp for what is going on. Then the voice of my teachers, off in the distance, reminds me of a couple of things.

Well, maybe a few things. We know that when we try to make big changes that it can have a pendulum effect. We go from where we are, way over to the opposite side and then slowly evolve back into the centre. We have to accept that for the time being at least, this is a necessary period

as we adjust for the next evolutionary step of humanity. The wisdom of the ancient elders teaches that we are in exactly the right place at the right time that we are supposed to be in. This applies to the personal through to the global. The micro and the macro. Acceptance that the uncertainty and verging insanity with the global violence is happening exactly as it needs to at this time.

Acceptance doesn't mean that we walk away passively or sit and stare off into the distance. We can stay active by infusing our desire for peace and equality into the energy of the Planet. Like the biblical allegory of the mustard seed which is very tiny and when it is planted in the right place can become a massive tree. It brings me inner peace that I continue to be a gardener, planting seeds as I go and nurturing those seeds to become massive trees.

There is no intention here to be political. I write this as I see the violence all around, from the global stage of country against country, through to local street violence and with the staggering rise in Intimate Partner Violence. We, the human race, the most successful species from an evolutionary perspective, are co-habiting with very specific ego-centric groups that are preoccupied with beating the Hell out of each other. Are we really that smart of a species?

Fear not as there is another side energetically that supports the shift we are in the midst of. Feminine energy has been increasing in our world, especially visible through the rise of spirituality, as it holds the hope of our future. We are witnessing the last forceful push of the old world masculine energy. An energy fed through war, power, greed and acquisition, in short, our human history. The imbalance, agitation, emptiness and a sense of disconnection that many are experiencing can be helped by accessing the feminine energy. Both women and men can benefit by focusing on the feminine energy within, focusing on our heart and sending our energy out from our heart into the planetary energy.

**In line with the awakening energies, I am excited to present our new program - "The Awakened Human Program™** . This diploma program is set up in four levels representing the body, the emotional mind, the intuitive mind and the spirit. Awaken, Integrate, Perceive and Embody.

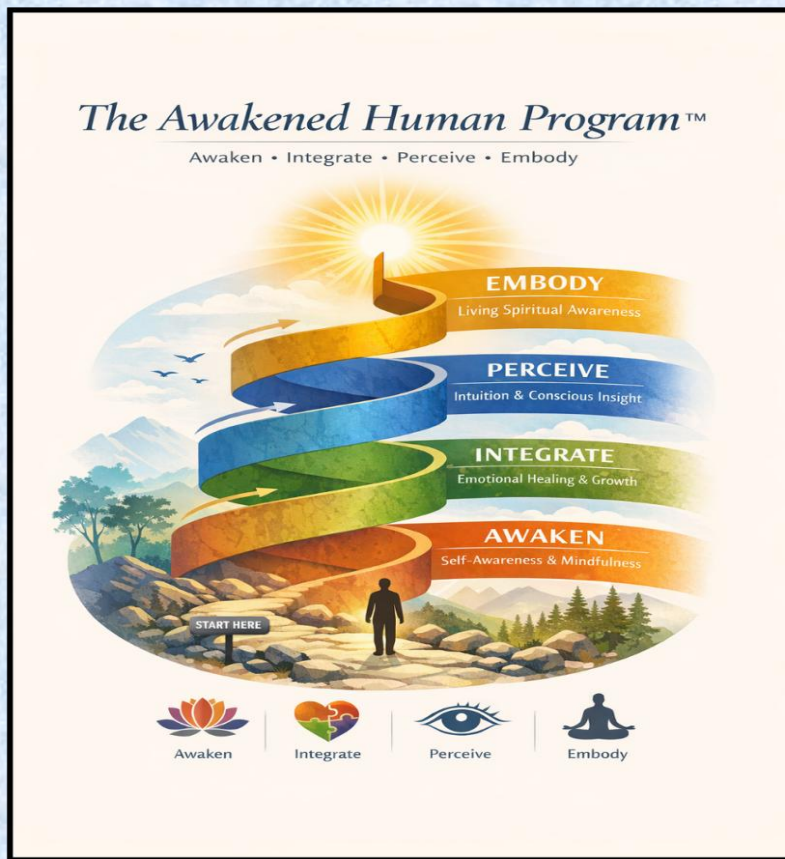
The program experientially takes the student through the realities and the myths of spiritual awakening, the role of our emotional self and how it experiences our spirituality and the conflict created by our feelings and beliefs. The third level steps into the higher vibrations of energies, the human abilities of intuition and how we can use energies to heal and create balance in ourself and others. The next and fourth step moves us to embodying our spiritual life in a grounded way and living consciously.

For more information, click here:

<https://www.transformationalarts.ca/awakened-human-program-2/>

**Program is on-line and Instructor-led. Total hours – 155 hours**

**Contact information is on last page.**



Upon successful completion of diploma requirements of The Awakened Human Program™, graduates may continue to study towards attaining the title of **'Certified Spiritual Practitioner'**.

Requirements are an additional 50 hours preparing you to assist others on their spiritual journey, including teaching the Awakened Human program, running workshops, addressing peoples' spiritual problems and existential crisis.

Also NEW, the **Spiritual Director Training Program** has been modified into **hybrid Independent Study Program**. Designed for those who prefer to study at their own pace. Set-up in 4 Units, the first two are independent studies, Unit 3 -On End of Life Care is set up to be on-line and instructor led for 10 weeks and returning to independent studies for Unit 4 completion.

Read more about Spiritual Director Program here:

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

Wishing you a Springtime of growth and renewal.

Gord Riddell RP BSSc.

President

Transformational Arts College

**Never forget that the most political thing you can ever do is follow your heart.**

- RuPaul



**AWAKEN**



**INTEGRATE**



**PERCEIVE**



**EMBODY**

**A NEW  
PROGRAM**

## The Awakened Human Program™

**A NEW  
PROGRAM**

An Evidence-based Path to Emotional Clarity, Intuition & Conscious Living

The Awakened Human Program™ is a transformational learning journey designed to help individuals deepen self-awareness, develop intuitive insight, and cultivate a grounded relationship with spirituality.

Using meditation practices, emotional awareness training, intuitive development exercises, and reflective learning, participants discover how to navigate life with greater clarity, compassion, and purpose.

Rooted in trauma-informed principles, the program emphasizes emotional safety, personal choice, and respectful self-exploration. Participants learn practical tools that support emotional regulation, strengthen intuitive awareness, and integrate spiritual understanding into everyday life. The program follows the Awakened Human Framework™, a four-level journey that guides participants from awareness to embodiment.

### Program Structure

The curriculum follows the **Awakened Human Framework™**.

Four levels of development:

- 1 Awareness
- 2 Integrate
- 3 Perceive
- 4 Embody

## The Awakened Human Program™

A four-level developmental model guiding students from self-awareness to embodied spiritual living.

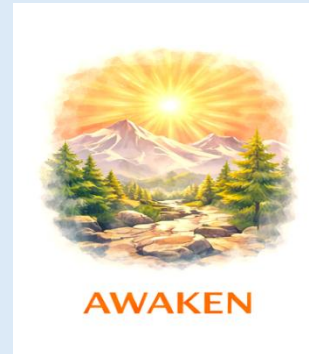
### Level 1 – Awaken

Self-awareness; Mindfulness

Understanding thoughts, emotions, and inner patterns.

Students learn to:

- Regulate emotions
- Practice meditation and mindfulness
- Observe internal patterns
- Develop self-awareness



#### Courses

**AH-01 Foundations of Meditation & Chakra Awareness - 20 hours**

**AH-02 Emotional Awareness & the Path of Inner Healing – 20 hours**

### Level 1 Awaken - On-line Instructor Led

#### Start Dates

**Monday May 11, 2026 – AH-01 Time: 7:00 to 9:30 PM ET**

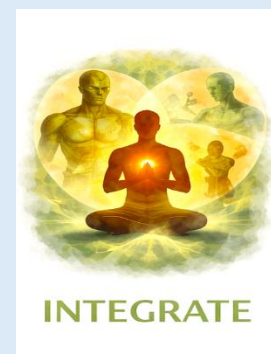
**Wednesday May 13, 2026 – AH-02 Time: 7:00 to 9:30 PM ET**

### Level 2 – Integrate

Healing emotional patterns and integrating personal history.

Students learn to:

- work with emotional triggers
- understand family patterns
- develop self-compassion
- integrate shadow aspects



#### Courses

**AH-03 Understanding the Inner Self & Parts of Identity – 15 hours**

**AH-04 Personal Growth: Integrating the Inner Child and the Adult Self – 15 hours**

**Start dates : Sept 2026 - Full date to be determined**

## Level 3 – PERCEIVE

Developing Intuition and Conscious Insight

Students learn to:

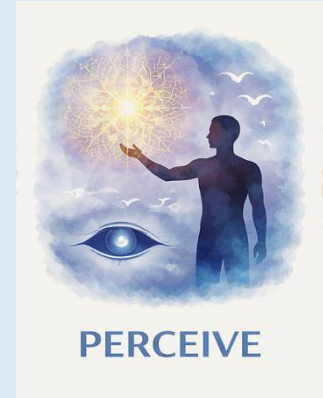
- trust intuitive awareness
- interpret symbolic insight
- explore consciousness safely
- develop intuitive perception

### Courses

**AH-05 Consciousness, Spiritual Awareness & Higher Self - 15 hours**

**AH-06 Developing Intuitive Awareness – 15 hours**

**AH-07 Exploring Subtle Awareness & Non-Ordinary Experience – 15 hours**



## Level 4 – Embody

Conscious Living with Spiritual Awareness in everyday life.

Students learn to:

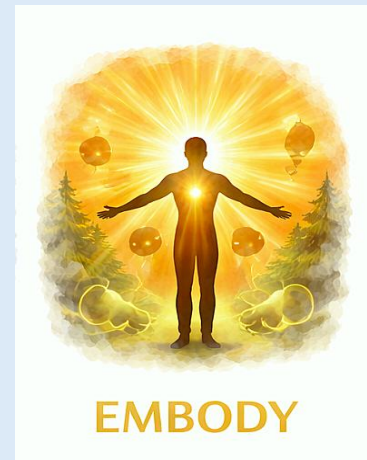
- embody spiritual values
- work with energy awareness
- integrate sound and vibration practices
- apply insight to daily life

### Courses

**AH-08 Foundations of Energy Awareness - 15 hours**

**AH-09 Sound, Vibration & Conscious Expression – 10 hours**

**AH-10 Embodying Your Higher Values & Conscious Living – 15 hours**



**The Awakened Human Program™ Total Hours – 155**

### FEES

**Awakened Human Program – Tuition - \$3,200**

**Administrative Fee + Material Fees - \$ 185**

**Awakened Human Program Diploma - included**

The Awakened Human Program™ replaces the former Discovering the Total Self Program. Students with completed Total Self credits but have not completed the Total Self Program may apply them to The Awakened Human Program™ no later than March 31, 2028.

To Explore The Awakened Human Program and read further about the four Levels go to:

<https://www.transformationalarts.ca/awakened-human-program-2/>

*Awareness • Integrate • Perceive • Embody*

## Certification Pathway

Students who have completed the full 'The Awakened Human Program™' and met all requirements may apply for entry into the Certification Pathway. Encompasses a minimum of 50 additional training hours.

To achieve Certification students will be required to complete any two (2) of the list below:

- Reflective journal
- Practical exercises
- A four day Retreat (being considered)
- Final integration project
- Case Studies
- Practicum
- Co-teaching – teacher training
- Ethics
- Training in Mediumship, Astrology and/or Tarot.

Upon successful completion you will be granted the opportunity to use the title of

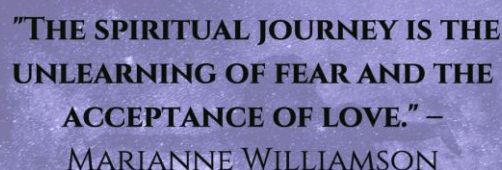
**Certified Spiritual Practitioner.**

**Fee for Certification Program - \$1,000 + HST**

**Not included (if offered) is the 4-day Retreat**

**Refer to the link below for further information**

<https://www.transformationalarts.ca/awakened-human-program-2/>



**"THE SPIRITUAL JOURNEY IS THE  
UNLEARNING OF FEAR AND THE  
ACCEPTANCE OF LOVE." –  
MARIANNE WILLIAMSON**



## **Life Coaching Certificate Training Program**

**Do you enjoy helping people?**

**You are a naturally supportive person who loves to see people succeed.**

**Do you have a knack for strategic thinking? You easily help people stay on track.**

**You are a positive, energetic person, a good motivator and seize opportunities when they present themselves.**

If you relate to the above statements, Coaching may be just the career that will give you the fulfillment you are seeking. Whether working as a Coach Full-time, Part-time or discovering the advantages of Coaching for yourself personally, the benefits are substantial as you would be joining a **\$6 billion a year industry**.

**Coaching** is a rapidly growing industry that is dynamic and transformative. Its processes and techniques empower individuals, enhancing their personal and professional lives by developing essential skills and overcoming challenges. As a **Life Coach**, you play a crucial role in guiding clients toward achieving their goals, gaining clarity, and cultivating a fulfilling life. Our training goes beyond traditional coaching by focusing on practical, actionable steps that help clients build resilience, improve decision-making, and navigate life's complexities with confidence. The positive impact of **Life Coaching** is profound, as it equips individuals with the tools they need to thrive in all areas of their lives, from relationships and career to personal growth and well-being.

Training to become a **Life Coach** offers significant advantages for those pursuing this rewarding career. During training you will:

- ✚ gain a deep understanding of the core competencies required to coach effectively.
- ✚ develop communication, empathy, and problem-solving skills.
- ✚ have the opportunity to develop your own life skills, enhancing your ability to connect with clients and guide them through their personal journeys.
- ✚ learn to create tailored strategies that address each client's unique needs, empowering them to overcome obstacles and achieve their full potential.
- ✚ the skills you acquire during your coaching training will enrich your own life, enabling you to lead with greater self-awareness and purpose.



# Transformational Arts College of Spiritual and Holistic Training

Since  
1988

Transformational Arts presents an evidence-based psycho-spiritual approach to **Life Coaching** using experiential participation, dyad work and role plays. A definite bonus is participants will be able to identify an area of their own life, be it personal, professional or business that they would like to change and will be coached by other participants in the program. Students will also be required to do 2 case studies with non-student clients that will be evaluated through progress reports.

**Life Coaching** empowers clients to take control of their lives, make informed choices, and achieve lasting success and fulfillment.

This 36-hour **ON-LINE** course covers:

- ✚ Coaching vs. Psychotherapy
- ✚ Developing a vision and setting goals
- ✚ Passions and motivators
- ✚ Fear of failure/fear of success.
- ✚ Moving from the comfort zone to fear, to change and success
- ✚ Listening and communication skills
- ✚ Addressing client resistance to growth
- ✚ Spiritual Coaching
- ✚ Importance of the Coaching Relationship
- ✚ Ethics and Professional Coaching
- ✚ Skills, traits & tools of an effective coach

**"Coaching is unlocking people's potential to maximize their own performance. It is more often helping them to learn rather than teaching them."**

- John

**Course Code: COA-CER**

**Starting Date: Tuesday, April 28, 2026**

**Time: Tuesdays 6:30 to 9:30 PM**

**Instructor: Gord Riddell RP**, Registered Psychotherapist, Life Coach, Spiritual Director, and President of Transformational Arts College. He is also the creator of the Coaching Program.

**Fee: \$1080. + HST**

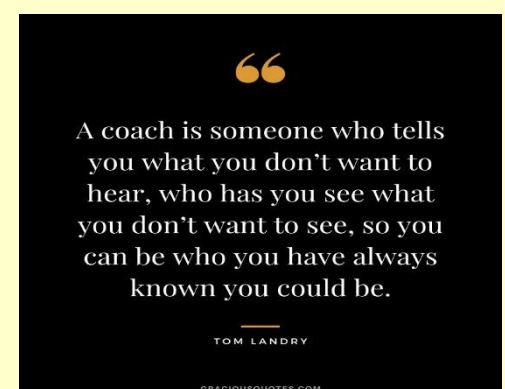
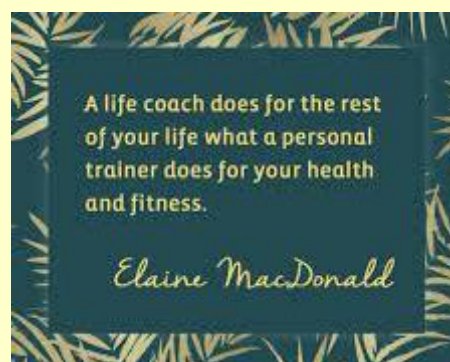
**Deposit Fee: A \$300 non-refundable deposit** is required to reserve your space.

**Administrative Fee: \$150, plus Material Fees of \$35.**

**Note:** Upon successful completion of all assignments a certificate will be awarded.  
In addition to assignments – 90% class attendance is required.

**Register Here: <https://www.transformationalarts.ca/product-category/coaching-certificate/>**

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



## **SPIRITUAL DIRECTOR TRAINING DIPLOMA PROGRAM**

**NEW – Spiritual Director is now established as a combined independent study hybrid program. Unit 1 and Unit 2 may now be taken as independent studies.  
Asynchronous - your time – your way.**

**Start Anytime – Just register and you are good to start. 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**

**Start Date: Your Timing – Check your Calendar**

**Register and Relish the Journey!**

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/>**

## MEDIUMSHIP TRAINING

10 weeks

20 hours

**Thursday April 23 , 2026**

**On-Site in Person**

**7 PM to 9 PM**

**This course is FULL for the April 2026 class.  
Next class will be offered in mid-September 2026**

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, 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.

**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 April 23, 2026 **CLASS FULL** Next Class is mid-September 2026

**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/>



## Testimonials

### What people are saying:

"I continue to reflect on just what a truly profound impact the weekly sessions have had on my development as a person.

If I reflect at the level of growth that these several weeks offered versus the many years of "passive" education I have endured through traditional education paths or the traditional career path, I am astounded by what this course could bring out and I am so grateful ....

It has been one of the most profound learning experiences in my life so far.

*(Mediumship Training Course)*

- Maria S

Thank you for such a great class. I appreciate the detailed information shared with us, and the clear desire for us to succeed, but also your calm, compassionate and positive nature. There was always a nice vibe going in class.

*(Coaching Certificate Course)*

Manuella C.

***"The day the power of love overrules the love of power, the world will know peace."***

- Mahatma Gandhi

***"The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart".***

- Helen Keller



# Transformational Arts College of Spiritual and Holistic Training

## Contact Page

### Transformational Arts College of Spiritual and Holistic Training

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

**Phone :** [416-484-0454 ext 1](tel:416-484-0454)

**Direct contact** – Linda Kuschnir e-mail : [lindak@transformationalarts.com](mailto:lindak@transformationalarts.com)

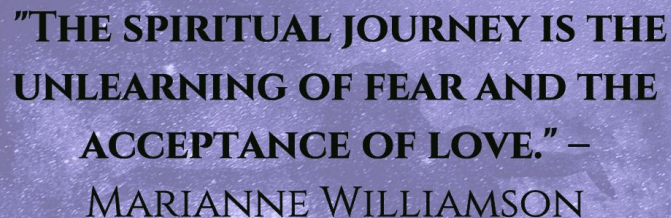
Phone : 416-484-0454 ext 1

We are located in Toronto, Ontario, Canada

Open to all students on a spiritual journey from anywhere  
on our gorgeous planet Earth.

Registration and Payment for courses and programs can be done on line using  
PayPal or by Visa or MasterCard OR

Via e-transfer please send to : [prigby@transformationalarts.com](mailto:prigby@transformationalarts.com)



**"THE SPIRITUAL JOURNEY IS THE  
UNLEARNING OF FEAR AND THE  
ACCEPTANCE OF LOVE." –  
MARIANNE WILLIAMSON**

Awaken Awareness • Trust Your Intuition • Live with Purpose