



Transformational Arts College

OF SPIRITUAL AND HOLISTIC TRAINING

Your journey starts now...



of Service

Fall 2026

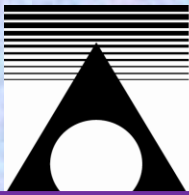
Programs and Courses

Awakened Human Program Coaching Certificate Program

Spiritual Director Program Mediumship Training

www.transformationalarts.ca

1988



Transformational Arts College

OF SPIRITUAL AND HOLISTIC TRAINING

2026

From Gord Riddell BSSc. RP - President

July 2026

On July 26th, Transformational Arts will be officially 38 years old, meaning we are starting our 39th year. I think of those years and just how much has changed. From government, monarchy, society, education, AI, Transformational Arts and even myself. Don't worry I am not going to list all the changes in the few categories I just listed. I do want to say Transformational Arts continues to change and transform and after 39 years, just like you and me, it is evolving.

However, what has not and will not change are the values Transformational Arts was founded upon. That is to provide spiritual education, to teach and to serve others, to honour the teachings of our ancestors and to incorporate modern evidence-based learning and techniques. Our approach is experiential. In other words while we want students to understand the theory of various elements, it is often not fully grasped until we experience things through safe and effectively supervised exercises.

Spirituality is not religion. We value diversity. We embrace individuals from all faith traditions whether Christian, Jewish, Buddhist, Muslim, Hindu or Pagan. You are welcome no matter how you self-identify be it male, female, non-binary, trans or 2-Spirited and whether identifying as Heteronormative, gay or any of the myriad of possibilities on the spectrum of sexuality.

As with many, many schools internationally and locally we have decided to go on-line for most programs. People are quite content when class is finished to already be at home, no drive ahead when you are already tired out. On-line creates possibilities for people from locales outside of Toronto to participate in such life enhancing education, and to connect with people from many places who all share the same interest. The education we offer is not found in many cities, towns or even countries and we are more than happy to have their experiences teach us what we may not know about. Our presence on-line has brought students from across Canada and other countries.

How can energy work and connection be taught on-line? During Covid we offered a Friday evening meditation and healing circle on-line. I was not so sure that what we had in live circles could be replicated. Then one evening we held an energy healing event on-line. There we all sat on Zoom and we all felt the energy build, it was powerful and not just me, but all who took part were blown away at how powerful the experience was. It is said: we are all connected, and it is true and it also doesn't say we all have to be in the same room, city or country to connect!

The following courses and programs are starting in September 2026. The following pages have a write-up for each and the website has even more information and you can register there as well.

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

- Emotional resilience
- Deeper self-understanding
- Intuitive awareness
- Embodied spirituality
- Practical tools to meet today's challenges.

Be what you want to be, not what others want to see. - Anaïs Nin

The Awakened Human Program™ is comprised of 4 levels. The Total Program hours are 250.

Level 1 – Awaken

Meditation, Self-awareness & Mindfulness
Understanding thoughts, emotions, and inner patterns.



Modules

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

This introductory course begins your journey into conscious self-awareness, meditation practice, and embodied spirituality.

Starting Monday September 14, 2026, Time: 7:00 to 9:30 pm

to November 9, Note: no class Monday October 12

Instructor: Linda Kuschmir

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

This course explores emotional awareness as an important part of personal well-being and conscious living.

Starting Thursday September 17, 2026, Time: 7:00 to 9:30 pm

to November 5

Instructor: Angela MacDonald

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



Modules

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

We explore the many inner aspects that shape our thoughts, emotions, and behaviours. Participants are introduced to the concept of “parts of self,” sometimes described as sub-personalities.

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

This module explores the process of personal growth through understanding both early life experiences and the development of mature self-awareness.

LEVEL 2 STARTS IN NOVEMBER 2026

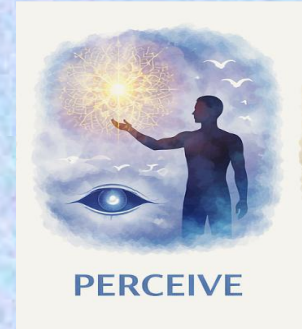
"Knowing others is intelligence; knowing yourself is true wisdom." - Lao Tzu

Level 3 – PERCEIVE

Developing Intuition and Conscious Insight

Students learn to:

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



MODULES

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

This course explores the many ways human beings understand consciousness, identity, and spiritual awareness. Participants are introduced to a variety of perspectives on the inner self, including the roles of the ego, subconscious patterns, the observing self.

AH-06 Developing Intuitive Awareness – 15 hours

This course introduces students to the ways people throughout history have explored experiences that extend beyond ordinary waking awareness. Drawing from contemplative traditions, psychology, and symbolic interpretation, participants learn how altered or expanded states of awareness.

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

This module explores intuition as a natural human capacity for insight, pattern recognition, and inner knowing.

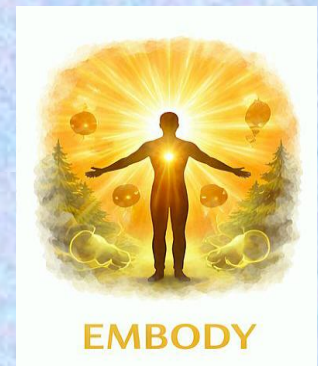
LEVEL 3 STARTS IN JANUARY 2027

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

Introducing participants to the principles of energy awareness and supportive healing practices from a psycho-spiritual perspective.

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

This course explores the role of sound, vibration, and rhythm as tools for meditation, creativity, and personal well-being

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

This course explores how personal insight, self-awareness, and spiritual reflection can be integrated into everyday life.

LEVEL 4 STARTS IN MARCH 2027

Level 1, 2 and 3 will be rotated throughout the year, please refer to the website for rotation dates.

We encourage you to visit our website where much more information is available for each of the modules in each level.

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

READY TO REGISTER? FOLLOW THIS LINK

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

Registration can be done on-line via PayPal or Visa or Mastercard.

Contact :

Linda Kuschnir phone: 416-484-0454 ext 1

Email : lindak@transformationalarts.com



Where can The Awakened Human Program™ lead?

Importantly you will now have the skills and knowledge to move from **Survive to Thrive** in all areas of your Life. Also there is the **Certification Pathway**

Students who complete the full 'The Awakened Human Program™' may apply for entry into the Certification Pathway. **

Certification requirements may include:

- Attendance Requirements
- Reflective journal
- Practical exercises

A course in Spiritual Counselling & Ethics

- Case Studies with Supervision
- Final integration project
- Practicum



- Teacher Training – How to teach The Awakened Human Program™ – Learn by doing as teaching assistant
Total Certification Hours = 50 + hours Fee - \$ 1,200.00 includes materials and Diploma.

Certification Designation : Certified Spiritual Practitioner

****** If you are a graduate of the Discovering the Total Self Program, all 10 modules and received a diploma, then you may qualify to enter into the Certification Program. As the program is on-line you can live anywhere to apply and an interview may be necessary. Please contact the College.

SPIRITUAL DIRECTOR TRAINING DIPLOMA PROGRAM

September 2026 to June 2027 4 Units 120 hours
ON – LINE – INSTRUCTOR LED

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.

Unit 1 – Our Mystical Search – Various Instructors Sept to Dec 2026

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 –

On-line - Instructor led

**Wednesday September 16, 2026
to December 6, 2026**

**13 weeks
39 hours**

**Time: 6:30 pm to 9:30 pm
Unit #2 starts Jan. 2027**

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: International 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 more about the Spiritual Director Program at following link:
<https://www.transformationalarts.ca/spiritual-director-program/>

Register for this Program at the link below:
<https://www.transformationalarts.ca/product/tuition-spiritual-director-program/>

COACHING CERTIFICATE PROGRAM

You could be adding a new income stream by January 2027. Nice New Year Present for yourself and family.

**Tuesday September 15, 2026,
Weekly to December 8, 2026**

**36 hours
12 weeks**

**Time: 6:30 to 9:30 pm
On-Line – Instructor-led**

Coaching is a profession and a process that addresses specific personal projects, business successes, general conditions and transitions in one's personal life, relationships or profession. The Coaching Program is designed for individuals who are interested in motivating others and themselves towards manifesting their own vision, dreams and goals. Transformational Arts teaches and provides coaching from a psychospiritual approach and through experiential participation.

This 36-hour course covers:

- Coaching vs. Psychotherapy
- Developing a vision and setting goals
- Fear of failure/fear of success.
- Moving from fear, to change and success
- Listening and communication skills
- Addressing client resistance to growth
- Spiritual Coaching, Relationship Coaching
- Ethics and Professional Coaching
- 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/>

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

We may be working to help others in their lives but if you are running a practise, it is also a **business**. This is for people who are starting their own practise, Gord Riddell offers one on one business training to assist you in designing a plan for where you want to go with your vision. What are you offering? Who are your clients? How will you find them? Where do they come from? Why are they coming to you? Marketing, insurance, client records, ethics etc. Whether you are starting a **Coaching** practise, setting out as a **Spiritual Director**, or **Spiritual Practitioner** or **Counsellor**, they all require the same work to help you thrive in your practise.

For info - Contact **Gord Riddell BSSc. RP** via email at tacgjr88@gmail.com.

MEDIUMSHIP TRAINING

10 weeks

20 hours

Thursday September 17, 2026

On-Site in Person

7 PM to 9 PM

This course is experiential. It is about energies, vibration and frequency. 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 Sept. 17, 2026 through to Nov. 19, 2026

Time: 7 pm to 9 pm EST

Fee: \$600 + HST first 10-week cycle. Talk to us about payment options.

Note: At the end of the 10 weeks, those who wish to carry-on will be able to do so at a reduced rate.

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 Street area of Toronto. 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

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

You can Register here:

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

Transformational Arts College

For info or your questions

Linda Kuschnir 416-484-0454 ext 1

Email - lindak@transformationalarts.com

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

BRINGING BODY, MIND AND SPIRIT TOGETHER



The beauty of life is while we
cannot undo what is done,
we can see it, understand it,
learn from it, and change.
So that every new moment
is spent not in regret, guilt,
fear, or anger, but in wisdom,
understanding, and love.

Jennifer Edwards

*A Life with
Gratitude, Grace
and God*