



Transformational Arts College
of Spiritual and Holistic Training

MAY 2024
NEWSLETTER

"Spring: A lovely reminder of how beautiful
change can truly be." -Unknown

MAY 2024

As winter wore on, even if it was the winter that forgot to come, we were still without leaves, shrubs and flowers and living with gray skies. Though it arrives at the same time each year, it shouldn't be a surprise really, but along comes the month of May. The ground springs to life, with plants and flowers pushing upwards, trees sprouting new leaves and blossoms fill the air. It is the springboard that each year refuels our hope of warmer weather, of less clothes and an environment brimming with life, given to us freely as a gift from the earth. Our own hope for better things ahead is also energized and a renewed sense of being alive pushes us to get out and experience the beauty that is all around us.

This past winter was particularly difficult on us all, as TAC had to make the decision to vacate our home of the last 25 years due to an untenable landlord. Over the last couple of months, with files, desks and the library locked away in a secure storage facility, we have been acclimatizing to our new decentralized administrative set-up. Each of us working from our homes. The pandemic seems to have been a rehearsal for this year!

Many of our classes have been moved to an on-line format, via zoom. Those that are being held live for the experiential parts of specific courses are held in locales where we can rent space to run the class.

We would like to extend our sincere gratitude to Alex Perekhita, of the TAO-N HEALING CENTRE for his kindness in offering use of the Healing Centre for our on-site classes. It is located at 375 Jane St, Toronto, just above Bloor Street. Alex teaches and is a therapist in the Shiatsu tradition of healing, additionally he teaches Shiatsu Basics in the Holistic Practitioner Training Program. He is much loved by his students. Again Alex thank you for your kindness.

In spite of this glitch in the matrix, our leaving 3300 Yonge Street has not deterred our mission statement of creating and offering a level of education that brings Body, Mind and Spirit together. We are synchronistically in line with being able to utilize the latest technology to continue with our classes on-line.

There are advantages to on-line – One – you save a lot of time travelling to and from the school. If you were driving then finding a parking space can be a challenge. The TTC subway comes with its own challenges. Two – If you miss a class, you can request a recording of the class so you stay on top the course. All classes are recorded and to protect your and your classmates privacy, only the class you registered in and attending will be sent to you. You will not receive a recording of another class in progress. Three – you can be living in any part of our planet and still participate and give the yourself the gift of self-exploration. The only caveat is proficiency in English. Four – you have the chance to meet people from all over who share the same interests and values you do.

As we move forward, rest assured we are looking to find a new location which has the facilities we want to have able. A clean open space, with washrooms not located on stairwells, accessible to people with mobility or any other disability. Rent that is reasonable for the space and location. The location is transit friendly and the neighbourhood is safe and well light. Remember at least 80% of TAC students are women and a safe environment inside and out is crucial and non-negotiable.

If you know of any space which may be available or may be becoming available please let us know. Email us at: info@transformationalarts.com

As a reminder, May is World Mental Health Month, and its byline this year is :

“A Call to be Kind: Compassion Connects us all”

I doubt anybody would disagree with me that the world is pretty off balance and in plain English, a lot screwed up. The increase in individuals developing anxiety and /or depressive disorders isn't really surprising. The number of conflicts/wars across our planet fuels our anxiety and almost creates an existential crisis for people. Yes be kind and compassionate to the planet, your co-workers, your neighbours, and your family.

Importantly though self-compassion must be practised in your own life. Are we kind to our self? Are we as compassionate to our self as we are to others? Probably not. We can be very unkind, judgmental and austere to our self. Many people just do not take care of themselves, for some, until it is too late. We are all here on the planet to learn. We all make mistakes. Some act as though they were handed the rule book for life on Planet Earth. I did not receive one, perhaps it is in the mail. Self-compassion becomes important without the imaginary rule book to cut our self some slack and treat yourself as well as you treat other people in your life.

May you treat yourself kindly and may the universe bestow all the blessings you deserve. Live well, Love well and Be well! Happy May!.

Warm regards

Gord Riddell RP BSSc President – Transformational Arts College



Reiki I Certificate

Monday May 6 & Tuesday May 7, 2024

9:30 am to 5 pm

Reiki is a laying-on of hands technique thought to be of Tibetan Buddhist origin that was rediscovered in Japan in the 1800s. Reiki is a Japanese word meaning ‘spiritually guided life force energy’. It is a non-invasive healing technique in which the client participates in their own healing.

This 15-hour course covers:

- History of Reiki
- Each student experiences a Reiki attunement to connect to the Reiki source
- Energy scanning
- Basic hand positions

This course is offered onsite at Tao-n Healing Centre, situated at 375 Jane St., near Jane-Bloor subway station

Course Code: HSC-REI1

Instructor: Michel Ziskind, Reiki Master

Fee: \$250 if taken as part of program, \$320+HST if taken as single course.

To register: <https://www.transformationalarts.ca/product/toronto-reiki-course/>



We are not just physical bodies, made up of parts – we are energy creatures. And when we work on balancing our subtle energy system, we can find greater balance in all areas of our lives.”

- Jim Rohn

Coaching Certificate Program

Tuesday, May 7, 2024
Saturday, May 11, 2024

One Saturday Class

Time: 7:00 to 10:00 PM
10 am to 1pm & 2 to 5 pm

The Coaching Program is designed for individuals who are interested in motivating others and themselves towards manifesting their own vision, dreams and goals. 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. An effective coach will examine what is going on in a client's life right now, discovering what obstacles or challenges they face, and choosing a course of action to make their life be what they want it to be.

A Psychospiritual Approach

Transformational Arts teaches and provides coaching from a psychospiritual approach. Through experiential participation, dyad work and role plays, students will be expected to identify an area of their life, be it personal, professional or business that they would like to be coached through. They will be coached by other students in the program and do case studies with clients that will be evaluated through progress reports.

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: Maria Gallé, Registered Psychotherapist, Reiki Master and Coach

Fee: \$985 + HST

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

Administrative Fee: \$150, includes Coaching Manual

This course is offered onsite at Tao-n Healing Centre, situated at 375 Jane St., near Jane-Bloor subway station

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



Medical Intuition, Guided Imagery and Prayer

Tuesday, May 14, 2024,
Classes 9 & 10

8 Weeks
1 week

Time: 1:30 pm to 4:30 pm
10 am to 1 pm & 2 pm to 5 pm

NOTE: Classes 1 through 8 are on-line. Classes 9 & 10 will be live and held at ~~Tao-n Healing Centre~~, situated at 375 Jane St., near Jane-Bloor subway station. 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

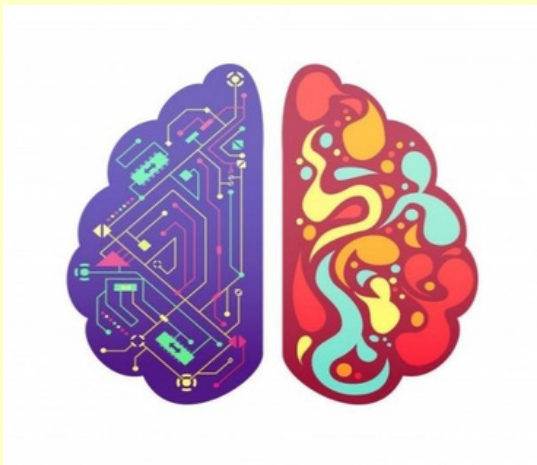
Pre-Requisite: Course #1 and #5 from the Discovering the Total Self Program or comparable experience is recommended.

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

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

To Register:

<https://www.transformationalarts.ca/product/medical-intuition-guided-imagery-and-prayer/>



Discovering Total Self Program

STARTS WEEK OF May 13, 2024

A unique series of courses balancing Body, Mind, and Spirit for personal and career empowerment.



[A Journey Like No Other!](#)

“The spiritual journey is the unlearning of fear and prejudices and the acceptance of love back in our hearts. Love is the essential reality and our purpose on earth. To be consciously aware of it, to experience love in ourselves and others, is the meaning of life.”

- Marianne Williamson

MAY DISCOVERING THE TOTAL SELF CLASSES

TS-01 Meditation and the Chakras

Thursday May 16

Instructor: Pauline O'Hanlon

(Online / Instructor Led)

11:00 AM to 1:30 PM

TS-01 Meditation and the

Wednesday May 15

Instructor: Karen Jay Moore

(Online / Instructor Led)

7:00 to 9:30 PM

TS-02 Spirituality and the Higher Self

Tuesday May 14

Instructor: Angela MacDonald

(Online / Instructor Led)

7:00 to 9:30 PM

TS-03 Exploring the Non-Physical

Monday May 13

Instructor: Linda Kuschnir

(Online / Instructor Led)

7:00 to 9:30 PM

TS-06 - The Intuitive Arts

Thursday May 16,

Instructor: Sabastian Glass

(Online / Instructor Led)

7:00 to 9:30 pm

You can call or email Maria Gallé or Linda Kuschnir directly to register.

Contact: Linda Kuschnir at 416-484-0454 lindak@transformationalarts.com

OR Maria Galle at 416-484-0454 mariag@transformationalarts.com

OR - Register on-line

Visit our website to see more details about Discovering the Total Self Programs



Click Here

Discovering the Total Self Program

Discovering the Total Self Program is Transformational Arts' original and core program.

By combining ancient spiritual wisdom, esoteric principles, contemporary psychology with emotional healing, you will have the opportunity to learn both the theoretical and experiential components of each module. The Total Self Program is a series of 10 modules, each 20 hours long, totaling 200 hours. All 10 modules are a pre-requisite/co-requisite for Spiritual Director, Modules #1, #4, #5, and #6 are required for Holistic Health Practitioner Program, Holistic Certificate Programs and Coaching.

Taking this program will develop skills and competencies that are usually described as soft skills but very necessary and sought after in today's employment markets. Dartmouth University President Philip Hanlon calls them 'Power Skills' You will have the opportunity to develop your creativity, Adaptability to change, prioritize your self-awareness, and value your self-esteem. By improving your listening skills, you will be able to explain and set healthy boundaries, build upon your conflict resolution skills, and develop team building skills. You will be able to discuss the importance of emotional regulation and explain emotional intelligence. You can choose how to develop using your own voice and your intuition or gut-feelings. Be able to explain how Body, Mind and Spirit interconnect to establish real Health and Wellness. You will develop the theoretical base upon which all TAC programs build.

You are supported throughout your learning by a faculty of trained instructors who have graduated from the Discovering the Total Self Program and Transformational Arts Professional Training Programs. A 75% attendance is required for program completion. This program is open to everyone and can be completed at your own pace, one module at a time, accelerated or take only the modules that interest you. Mostly evening classes, however, some daytime classes are offered.

May is World Mental Health Awareness Month

“A call to be kind, compassion connects us all”

This year's Mental Health Month is centered on the healing power of compassion. In a world plagued by suffering, we emphasize that kindness is equally intrinsic to our humanity. - CAMH

MODULE BREAKDOWN AND DESCRIPTION

TS-01 Meditation and The Chakras

Module 1 introduces the start of your spiritual journey: The Path of the Contemporary Mystic and The Path of Emotional Healing. Explore fundamental meditation theory and its various building blocks. Learn the Chakra system and how to use it as a basis for meditation. Develop the ability to meditate effectively.

TS-02 Spirituality and Higher Self

Explore the levels of consciousness, including the ego, subconscious, higher self, higher power, observer self, shadow, essence and soul. Learn how to stay centered in your body and connect with Source or your higher self.

TS-03 Exploring the Non-Physical

Module 3 explores the theories of life after death, auras, reincarnation and other spiritual realms of the non-physical. At the end of this module, you will develop a sense of higher purpose and soul evolution.

TS-04 The Path of Emotional Healing

Mental health means striving to balance all aspects of our life: social, physical, spiritual, economic and mental. Module 4 introduces the psychospiritual approach—embracing light and dark, on the road to emotional healing and wellness.

TS-05 Spiritual Healing and Energy Transfer

There is a natural healing force within you. In this module you will discover the principles of spiritual healing and energy transfer. Learn how to open and balance another's chakras. Use body mapping and a healing technique created by Transformational Arts.

TS-06 The Intuitive Arts

This module explores Intuition theories and students participate in exercises to develop their intuition.

Learning outcomes include ability to explain gifts from our higher self, developing clairvoyance, clairaudience, clairvoyance and claircognition.

TS-07 Meeting Your Inner Selves

The transformational process propels us consciously through change introducing us to our sub personalities including our inner critic. One of the many benefits in this module is the integration of our 'committee' of selves.

TS-08 From Child to Adult

The benefits of module 8 are multi-faceted giving rise to further experience our inner child who connects us to many riches and gifts within ourselves. The learning outcomes begin through the child within as we reclaim our creativity, spontaneity, love, joy, happiness, intimacy, playfulness, and spirituality.

TS-09 Living Your Higher Self

Benefits and learning outcomes of Module 9 include: reinforcing empowerment and spiritual maturity, reframe prosperity, manifesting and creating miracles, research from Neuroscience and paranormal phenomena, and assess guidance from higher realms of consciousness.

TS-10 The Healing Power of Sound

The latest scientific research on sound indicates that this vibrational art helps to synchronize the hemispheres of the brain, induce relaxing brainwave states. This module promotes wellness, and creativity, connecting us deeply to our soul and spirit.

Did you know - **DISCOVERING THE TOTAL SELF** is a full Program consisting of 10 modules, each 20 hours long for a Total of 200 hours. It is a pre- or co-requisite for most of our programs. If you register for the entire Total Self Program, you benefit by not having to pay HST and you will receive a T2022 Tuition Tax credit which may be applied to your personal tax return. Individual modules do not qualify for these benefits.

If you withdraw from the full Program, the HST will become payable on the modules you did attend.

Financial plans are available



There is no health without mental health, mental health is too important to be left to the professionals alone, and mental health is everyone's business."

– Vikram Patel

Pathology

On-line – Instructor lead

May 21, 2024,

7 weeks

6:30 PM to 9:30 PM

In this 21-hour holistically-focused course, discover the structural and functional changes in cells, tissue and organs that underlie 'dis-ease'. Local, systemic and symptoms of disease, with an emphasis on exploring the physical, emotional and spiritual interconnectedness of disease, as well as clinical relevance, will also be covered.

Course Code: HSC-PAT

Instructor: Dr. Alexia Georgousis, ND (Naturopathic Doctor)

Pre-Requisite: Anatomy and Physiology or permission of instructor

Fee: \$290 if taken as part of program, \$380+HST if taken as single course.

Starting Date: May 21, 2024, 7 weeks

Time: 6:30 pm to 9:30 pm



Our various and important aspects which need our on-going attention ensuring a healthy and immensely satisfying Life.

Sound Energetics

Saturday May 25 & Sunday May 26, 2024

Time: 9:30 am - 5:00 pm

This course is offered onsite at Tao-n Healing Centre, situated at 375 Jane St., near Jane-Bloor subway station

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 for clearing and balancing the human energy field and the 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 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.

Instructor: Maria Gallé, Registered Psychotherapist, Spiritual Director, Reiki Master, and Life Coach & Sebastian Glass, Reiki Master

Fee: \$300 if taken as part of program, \$400+HST if taken as single course.

To Register: <https://www.transformationalarts.ca/product/sound-energetics/>



Basic Counselling Skills and Holistic Coaching

Monday May 13, Monday May 27 & Monday June 3, 2024

Time: 9:30 am to 5:00 pm

This course is offered onsite at Tao-n Healing Centre, situated at 375 Jane St., near Jane-Bloor subway station

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.

To Register

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



Mediumship Training Course

Starts Tuesday May 28, 2024

10 weeks

7 pm to 9 pm

This course is experiential and will help participants to own and embrace their abilities. Mediumship can be expressed through healing, clairvoyance, clairaudience, clairsentience, psychometry, inspirational speaking, writing and art and will be explored. Learning to work with your spirit teachers, guides and universal energies. Overcoming fears that may be present and moving through any blockages that may be holding your mediumship abilities back. Everyone has intuitive abilities that, with patience, can be developed to grow into mediumship abilities. Our expectations that these abilities should happen faster than may be the case is one of our greatest obstacles. Who is this course for? – Anyone with a committed interest in developing their mediumship skills. Meditation experience and knowledge of the chakras is helpful but not a requirement. If you find your abilities are hit and miss and/or you have trouble regulating the flow of energy and information or have had a frightening experience then this course will be beneficial.

Course length: 10 weeks

When: Start Date: Tuesday, May 28, 2024

Time: 7 pm to 9 pm

Dates: Tuesdays – until July 30, 2024

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

Note: At the end of the 10 weeks, those who wish to continue will have first right of refusal for the next group start-up. If there are vacancies, new people will be invited to join the group. Instructor: Gord Riddell - is President and Co-Founder of Transformational Arts College. Raised in a Spiritualist family he began working with energies at age 8. Under the mentorship of his Grandmother, a Church Pastor, he learned in the churches, healing, lecturing and then giving messages from Spirit. At age 21 he was running development classes. At age 25, he was ordained. He has travelled extensively as a lecturer and as a medium, from coast to coast in Canada, Buffalo to Lilydale and Bermuda to the UK. Humorous and astute, he can assist you in your development. Gord believes that our Spiritual abilities can help instill hope in others who are experiencing loss and grief.

Location – This class is being held in the instructor's home. The actual address will be given once a student has completed the registration process. It is in downtown Toronto, in the Bloor St and Church St. neighbourhood. It is equal steps from the Wellesley St subway or the Bloor/Yonge St. subway stations. There is free visitor parking.

Class size is limited as it is in a private residence.

To Apply please contact : Linda Kuschnir at 416-484-0454

lindak@transformationalarts.com **Note:** A short chat with Gord Riddell may be required before registering for this class.

“The Medium is a conduit for healing, offering comfort and closure to those left behind.”

- CJ Archer - 'The Medium'

Gratitude and Appreciation Program

1. You refer a friend to the school.
2. Your friend registers for a course/program and tells us who referred them, Upon your friends full enrolment you receive:
 - \$25 Credit for a Total Self module or weekend or short course referral
 - \$75 Credit for courses or programs from \$900 to \$4500
 - \$150 Credit for a Holistic Health Practitioner Program or Spiritual Director Program referral

This is our way to say "Thank you! We truly appreciate your support and value your endorsement of our work."

So, keep spreading the word and encourage your friends to tell us who sent them.

[Click Here to See Details](#)



Our Head Office address is:
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Toronto, ON. M9L 1C4

**Note: In-person appointments are made through Linda Kuschnir.
The above addresses are not set-up for drop-ins.**

Bringing Body, Mind and Spirit Together

