



## ISM Autumn Newsletter 2017



### Upcoming Programs

#### Shamanic Power Initiations Program & Information Night Dates

These 6 weekends over the course of a year are "hands-on" shamanic experiential encounters with the power of your inner world, the power of the spirit world, and the power of being in the 'now'.

- Learn how to be guided by Spirit into the

### Happy Autumn Equinox to you All!

#### The Law of Return: The Ebb and Flow of Life

There's a natural ebb and flow in life. The plant world and the animal world are deeply interconnected to that movement. They give to life and are fed by it. They are in it and aware of it. They don't close themselves off from it.

We humans are often unaware of the ebb and flow of the universe. We sometimes even disconnect from it, especially when we are stressed or grouchy, when we have expectations or demands, when we isolate or disconnect, and in general when we are not taking care of ourselves.

When we are connected to the ebb and flow, there's a continuum. We give of our time or energy because we know it will make a difference for someone. To be connected with the ebb and flow of the universe is to have no attachment or expectation of a

light of your luminous  
body

- Discover your medicine  
helpers

- Experience shamanic  
journeying and travel to  
non-ordinary realities

- Reconnect your  
spiritual power to your  
personal power

Then learn how to apply  
the techniques and  
methods of shamanism  
to healing and  
transformation in your  
own life and the lives of  
others.

### **Open to everyone!**

No prior experience in  
shamanism is  
necessary!

Programs begin Fall  
2017 in Toronto,  
Vancouver, and Calgary.

## **UPCOMING INFORMATION NIGHTS**

### **VANCOUVER OPEN HOUSE**

October 11, 7:30 PM

### **CALGARY & EDMONTON OPEN HOUSES**

*See dates and times  
below for Online Open*

return coming back from the individual we  
just gave to (that's just a recipe for sadness).  
Instead it is to know that life and the  
universe will bring something back to us and  
to be open to it when it does.

What is it like when life and the universe give  
back? It can be finding unanticipated ease in  
your life, like when an onerous job becomes  
easy because someone else has just what  
you need. It can be a moment of listening to  
the laughter of a good friend you haven't  
seen for awhile. It can be watching a hawk  
spiral higher and higher in the sky giving you  
a new sense of perspective.

The *process* of gaining awareness of the ebb  
and flow is one of recognizing and  
identifying the return so you can take it in.  
The *outcome* of being aware of the ebb and  
flow is that you want to give more. You enjoy  
the feeling of interconnectedness and being  
inside the flow of life.

### **Ritual for Stepping into the Ebb and Flow of Life**

Every night before you go to sleep ask  
yourself, "Where did I give today?" Go back  
through your day and find the places where  
you did something that made a difference for  
someone else.

Then ask yourself, "Where did the universe  
bring something back to me today?" Go  
back through your day and find the places  
where the universe gave you something that  
made a difference for you. If you are not  
used to looking for these gifts, it may take a  
little hunting at first to expand your  
awareness. When you find the gifts, take  
them in and feel your interconnection with  
the movement of all life.

houses!

## TORONTO MEET & GREETINGS

October 11, 7:30 PM

## ONLINE OPEN HOUSES

Featuring a shamanic teaching

October 3, 7PM Pacific  
October 17, 7PM Pacific

Please email ISM for location and directions or call 1 877 329 8668

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## FREE E-BOOK:

*The Medicine Wheel: A Sacred Container for your Life.* This beautiful E-book is now being offered to you on the website at

[www.shamanicmedicine.ca](http://www.shamanicmedicine.ca) as a free gift! It

gives information on the workings of the Sacred Medicine Wheel and contains an exercise for re-balancing your emotions, your body, your mind, and your spirit. Download it at [www.shamanicmedicine.ca](http://www.shamanicmedicine.ca)

## BODY POWER PROGRAM

The BodyPower Program is a form of intensive breath work that allows for progressive relaxation of your habitual physical holding patterns that block your ability to be physically fluid, responsive and energetic. This also allows you more flexibility in how you live, take on challenges and meet new exciting opportunities. BodyPower uses breathing techniques, nervous system stimulation and vibration to open new pathways of energy and power and offers more pleasure and freedom in your physical body know as "the return of body joy". This kind of de-armouring process restores the body back to its original form before the habitual body patterns and body defences took hold. There are a total of 16 sessions done in a 1 to 1 format. Total cost is \$1760.00 including tax. Sessions may be booked one at a time or in blocks.

Email [info@shamanicmedicine.ca](mailto:info@shamanicmedicine.ca) for more info.

## SHAMANIC CONSULTATIONS

Gael Crystal Light Warrior is the co-founder of the Institute of Shamanic Medicine.

Throughout her 25 years experience as a shamanic teacher and worldwide speaker, she has developed and facilitated numerous

shamanic programs. In addition to currently teaching the Shamanic Coaching and Training Program, she also offers shamanic coaching sessions for individuals and couples. If you need a different perspective on your life and where your journey is guiding you email [info@shamanicmedicine.ca](mailto:info@shamanicmedicine.ca) for more information. These sessions can be done online or in person at the locations she travels to.

### **BOOK OF LIFE READINGS**

Book of Life Readings are done using the Mayan Tarot deck. These oracles provide an optimum medium for you to get a really comprehensive look at the coming year, what needs a little extra focus and attention, where you are headed, and how you can best get there. Book of Life Readings can be done in person whenever we are in Toronto, Calgary, or Vancouver and also at the retreat centre on Salt Spring Island or via SKYPE.