



ISM AUTUMN NEWSLETTER 2019

Happy Autumn Everyone!

The temperatures are dropping and the winds are rising! We send greetings to everyone for this time of change, of harvest, and of inner reflection.

In this issue, we continue the exploration of values - those distinct qualities of inner integrity and purpose with which you engage life and your personal way of being and living. They assist you in knowing what is important to you and guide you in making consistent life decisions.

In the summer, we gave some information and guidance for journeying within to find your values in the cardinal directions on the Core Values Within Leadership, Life, and Self Wheel.



Global Value

This value helps to create your philosophy and visions about how you hold the world and the “lens” you choose to see the world through. It is your worldview and causes you to care beyond just yourself, your family, and your path. It helps you to see the world without blinders and helps you to maintain hope even when it feels hopeless. Recall the most significant world event that made you pay attention; some national or international event that made you feel deeply about it. If it’s negative, cut away any pain or discomfort about it and then also recall a positive world event that caused you hope. Write both of these down. Recall 8 more events in the same way. Encourage yourself to find at least 4 positives of the 8 memories and cut away any residual pain or discomfort. Comb through these stories and find the underlying value that helps you stay true to your worldview. Write this down on your wheel.

Life Engagement Value

This value creates the way you fully engage in life and shows what you value about this full-on experience called life. It is the value where you won’t give up and where you find a way to dust yourself off and get on with it. Recall the most awesome experience in your life and relive it with body passion and vision. Write it down. Recall 4 more awesome life experiences and do the same. Now recall 5 life experiences when they were challenging and you hung in there and ultimately succeeded and it became a foundation for the way you live your life. Comb through these stories and find the underlying value that helps you stay engaged in life. Write it down on your wheel.

Dharma Excellence Value

This value creates the journey into dharma with the ability to explore what dharma means and to make the most of your opportunities. There are 5 dharma destinies.



These dharma destinies are a choice within you and you have a natural way you prioritize them. See them as interconnected yet prioritized. For example, while your priority presently in this lifetime might be the Spiritual Pathway Dharma Destiny you will still draw on the others. You may also put these energies in different directions depending on how you work with them in your life. The drawing below illustrates how this example would look with your first priority (being your Spiritual Pathway Dharma Destiny) placed in the centre. It also shows an example of how you might call on the other dharma destinies to assist in the actualization of that #1 destiny. They also can change sizes and positions throughout your lifetime.



Spiritual Pathway Life Destiny – This dharmic destiny is about walking your spiritual path, developing spiritually, and evolving to the greatest possibility in this lifetime. The key here is that you continue to learn and grow and use what you have learned in your life. It is the way you walk in your life as your dreamer guides you. You are a “lifer” so to speak.

Skill Actualization Dharma Destiny – This dharmic destiny is about focusing on the physical manifestation of skill sets and bringing those skill sets into excellence. You are devoted to physical creative pursuits and their manifestation.

Personal Development Dharma Destiny – This dharmic destiny is about a personal pursuit of what interests you, knowing you have many interests. Like the spiritual journeyer who knows that life has much to offer, you want to engage it all.

Pursuit of Excellence Dharma Destiny – This dharmic destiny is about knowledge, knowledge and knowledge. It is the full hunger and curiosity for what knowledge brings. There is a strong desire to savor that knowledge and use it and share it.

Legacy Dharma Destiny – This dharmic destiny is about what you will leave behind in this lifetime that will be of benefit to others: friends, families, spiritually, globally. It is about making a difference. The key word here is benefit.

Ask to see what your prioritization of dharma destinies is and create your dharmic destiny map (drawing). Trust your intuition and place the dharma destiny circles in the directions that are a fit for you. The size of the circle shows the importance of how you draw off that dharmic destiny to feed the dharmic destiny in the middle. Use your womb (or spirit womb) and dreamer to help with this. Draw it in your notebook.

Recall 5 stories of when you felt you were fully engaged in your dharmic destiny (the one currently in the center) and write those stories in your notebook. Find 5 others stories when the other directions might have been in the center of the wheel. (An example from Gael: As an athlete, skill actualization was the most important thing at a particular point in my life. As a massage therapist it was pursuit of excellence. I would find stories that speak to this.)

Look at those stories and find the underlying value that sits underneath the center dharmic destiny. Write it down in your notebook.

Pathway Movement Value

This value benefits two aspects. 1) It keeps you walking your particular personal pathway in this lifetime and 2) It assists you in walking a spiritual pathway that feeds you personally and spiritually. Taken together, both aspects lead to the greatest dreamer actualization in any given lifetime and assists you in dharma patterns of excellence.

Ask to see in the lightest of the light, what your personal pathway movement has always been about. Recall 5 core stories that identify the personal pathway movement you have chosen. See it and feel in your womb (or spirit womb). Write the stories down in your notebook and see that movement and write a power statement about that movement. (For example, "I have always known life offered incredible opportunities and I need to engage them".)

Now find within you, 5 more life stories that guided you to deep personal connection to your spiritual path and continue to do so.

Look at those stories and find the underlying value that sits underneath the Pathway Movement and captures the value of your evolution in this lifetime. Write it down on your wheel.

Happy Autumn!

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 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

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 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 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.



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 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 2019 in Vancouver, Calgary, and Edmonton

UPCOMING INFORMATION NIGHTS

THERE IS STILL TIME TO ATTEND AN OPEN HOUSE FOR THIS YEAR'S SHAMANIC POWER INITIATION PROGRAMS!

CALGARY

WED OCT 16, 7:30 PM

EDMONTON

WED OCT 23, 7PM

VANCOUVER

THURS OCT 17, 7:30PM

ONLINE OPEN HOUSE

Featuring a shamanic teaching

TBD

Please email ISM for location and directions

or call 1 877 329 8668

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