



ISM Autumn Newsletter 2018



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 2018 in

Happy Autumn Equinox to you All!

What am I Harvesting Today?

The Overflowing Gifts of Life Altar

Last spring, we talked about the Walking with Abundance Wheel and as autumn brings in the energy of harvest it's a great time to focus on what we are receiving and how we are taking it in. Taking in the gifts (the southeast energy of the wheel) is crucial for abundance – it expands our ability to increase our abundance because we notice and savour all the gifts that life is offering us! A feeling of abundant receptivity completes the cycle of giving and receiving and leads to more possible abundance.

Sometimes in our busy lives, we forget to pay close attention to all the gifts that come our way. Some of the most delicious and heart-warming things can be taken for granted. In fact, sometimes we only notice when these gifts are missing (and we feel a little grumpy about it!). In the spirit of noticing and taking to heart, all the gifts that come our way every day, we offer this Overflowing Gifts of Life Altar.

Create a small altar that can go on a table in your home. Use a cloth or altar scarf that speaks to you of beauty. Put a bowl in the centre and calling in the powers, place stones in the 8 directions to create a medicine wheel container. Look for some inspiring items or photos to add to the altar to remind you of the gifts of your life. Gather a couple of hundred very small stones and place them in another bowl beside (not on) your altar. Leave a smudge bowl and fan beside it as well. Then smudge your altar and bless it.

Choose a time each day to sit at your altar. Often using the same time each day makes it easier to remember. Smudge. Gaze into your altar and reflect on the gifts that came to you that day. Put your hand on your heart as you take each one in and for each gift place a small

Vancouver, Calgary, and
Edmonton.

**UPCOMING
INFORMATION
NIGHTS**

VANCOUVER

Monday September 24
Wednesday October 24

CALGARY

Wednesday October 10

EDMONTON

Thursday October 11

**ONLINE OPEN
HOUSES**

**Featuring a shamanic
teaching**

Monday Oct 15, 7PM Pacific

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

stone in the bowl in the centre of the altar.

If you get stuck, look at the energetics of the directions to help you and ask yourself questions like:

What happened that excited my spirit?

What gift did my body enjoy today?

What made my heart happy?

When did I take time to appreciate something that caught my attention?

What made me feel good about myself?

How did the dream feed me today?

Where did I engage in patterns that support me?

Where did I catch the right timing for something?

How did others and life contribute to me today?

If the centre bowl overflows with stones that's a good thing. Sit at your altar for a few minutes every day, taking in the gifts and marking them by putting a stone for each in the centre bowl.

You can just keep making space on the altar for the overflow!

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 Vancouver, Calgary, Edmonton, and also at the retreat centre on Salt Spring Island or via SKYPE.