



ISM Autumn Newsletter 2016



Upcoming Programs

Shamanic Power Initiations Program & Information Night Dates

The Shamanic Power Initiations Program is 6 weekends over the course of a year. They 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

Happy Autumn Equinox!

Autumn is a time of change. Slowly, we lose the rich summer season of growth, warm days, and long nights and we move into the time of harvest. We put away the t-shirts and shorts and dig out the warm pullovers and jackets knowing that the cold and dark are coming.

This time of year we can really see that for life to grow and expand it has to give way and die. Some things are lost. Some are re-born.

In the autumn we can pick away the dried spent husk of a bean to discover the smooth new bean that grew within. This little bean is full of potential - ready to flourish in a new life. But as the circle turns, the loss and death come first and the re-engagement and re-birthing happens afterwards.

This newsletter and ceremony is about how to support ourselves through loss and how to find the ways to re-engage and re-birth ourselves afterwards.

When there is loss and death in our lives we have to find the way to move, adapt, and change. We need to learn how to leave behind ways of seeing ourselves, ways of being, and sometimes even loved ones who have passed. We need to learn how to develop flexibility and rediscover aliveness and passion. We must create new strategies and directions and expand outside of our comfort zones into new ways of living. The Wheel of Loss below shows the kinds of losses we go through in life and the Re-Engagement from Loss Wheel shows the path forward into more aliveness.

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 2016 in Toronto, Vancouver and Calgary.

Information Nights

ONLINE OPEN HOUSE

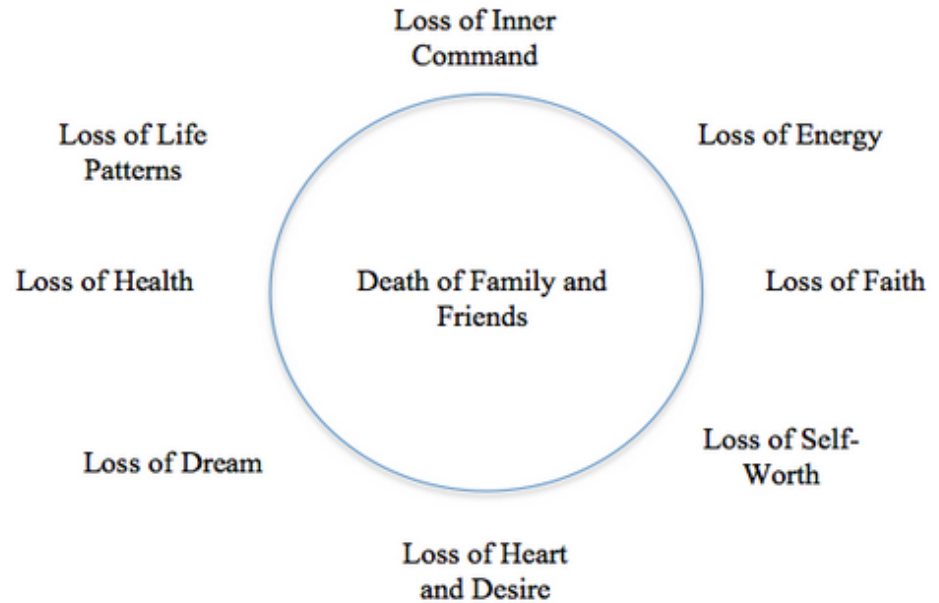
Wednesday October 12, 7 PM (PDT)

Join us online for an exciting introduction into our Shamanic Power Initiations program. The free evening features a shamanic teaching and an opportunity to meet the program facilitators and ask questions about the program.

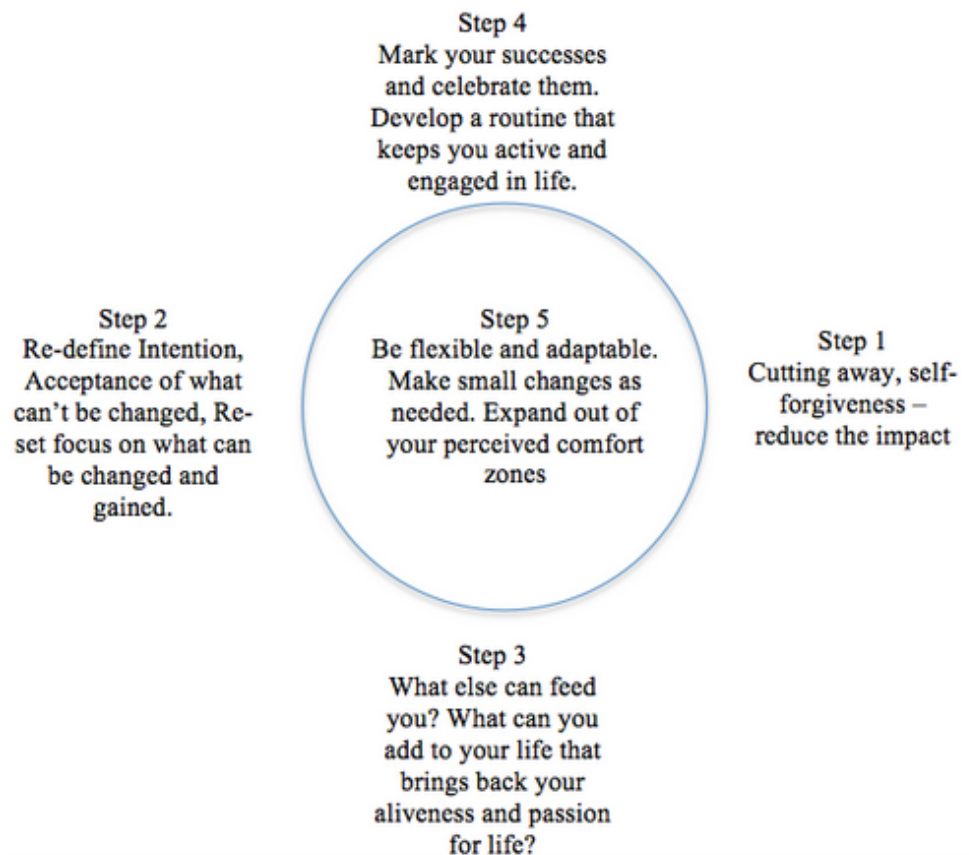
Please RSVP to info@shamanicmedicine.ca

VANCOUVER OPEN HOUSE

Wheel of Loss



Re-Engagement from Loss



We invite you to join us for an experiential evening at our upcoming free Open House. Participants will experience a Shamanic Power Initiation, which offers a glimpse into the richness of the Shamanic Power Initiations Program. Following the hands-on experience, participants may choose to stay and learn more about the program.

Thursday October 13, 7:30 PM

Please RSVP to info@shamanicmedicine.ca

FREE ONLINE MEDICINE WHEEL TEACHINGS FOR STUDENTS REGISTERED IN THE SHAMANIC POWER INITIATIONS PROGRAM

Register for the Shamanic Power Initiations Program in Vancouver or Calgary by October 11th and join us online for a free medicine wheel teaching with the program facilitators.

Tuesday October 11, 7:00 PM PDT

Please RSVP to info@shamanicmedicine.ca

TORONTO MEET & GREETINGS

The Toronto Meet & Greet evenings offer participants the opportunity to meet the program facilitator and learn about shamanism and our Shamanic Power Initiations Program, which begins in Toronto in January of 2017. The free evenings will also feature a Shamanic experience.

Thursday October 20, 7:30 PM

Wednesday November 9,

The Re-engagement from Loss Ceremony

Intent: To look at the nature of any losses you have experienced recently and to identify the path forward to rediscover aliveness and passion in your life.

Materials Needed:

Blanket

Smudge

9 candles with candle holders

Lighter

Pen and several sheets of paper (you will be cutting 2 inch squares to record your losses on and leaving some sheets of paper whole for recording your insights about re-engaging from loss)

Scissors

Saucer or small plate

This ceremony can be done either indoors or outdoors in a quiet space where you will be undisturbed.

Spread out your blanket and place the candles in candle holders in the 8 directions calling in the energies as you do so. (East - Sun, West - Earth, South - Plants and Waters, North - Animals and Winds, Southeast - Spirit and Ancestors, Southwest - the Dream, Northwest - Natural Law and the Cycles of Life, and Northeast - Energy Movement and the Moon, Centre - Life Force and Soul Force Energy)

Smudge yourself and your medicine wheel and light the candles. The candles represent life and hope in every direction of the wheel of life. (If you will be uncomfortable sitting on the floor use cushions or a chair.)

Look at the Wheel of Loss in the east and sitting in front of the east candle.

On the small squares of paper write down any losses you have had recently with Loss of Faith (including faith in spirit, faith in friends or family, faith in relationships, faith that things will get better!). (Note that in all directions you may have many losses or only one or none at all. Simply move around the wheel following the steps below wherever you see loss.)

When complete look at the losses you have written down.

Now look at Step 1 from the Re-Engagement from Loss

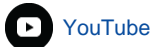
7:30 PM

Tuesday December 6,
7:30 PM

Tuesday January 10, 7:30
PM

Please RSVP to
info@shamanicmedicine.ca

Please email
info@shamanicmedicine.ca
for location and directions
or call 1 877 329 8668



Wheel.

Cut away from the first loss in the east. Do this by saying "I cut away from the loss of _____ now" and pulling the energy out from your body at your navel or at your heart (or wherever you feel it) with one hand while slicing down with the knife-edge of your other hand. Throw the energy away from you.

Do any self-forgiveness that is needed.

Then gaze into the candle and ask how you can reduce the impact of this loss. Record the answer you receive.

Still looking into the east candle, look at Step 2 in the west of the Re-Engagement from Loss Wheel.

For this loss in the east, re-define your intention. What is there within this loss that cannot be changed? Put your hand over your heart and make a statement of acceptance for what cannot be changed. Then gazing into the candle again, re-set your focus on what CAN be changed and gained. Write these insights down on a full piece of paper (or in a notebook).

Looking into the east candle again, look at Step 3 of the Re-Engagement from Loss Wheel.

For this loss in the east, ask what else can feed you? What can you add to your life that brings back your aliveness and passion for life? Gaze into the candle and allow the answers to come. Write these insights down on a full piece of paper (or in a notebook).

Looking into the east candle again, look at Step 4 of the Re-Engagement from Loss Wheel.

For this loss in the east, ask where you have already had successes with re-engaging and pat these successes into your heart. Then write these successes on your paper or notebook. Commit to noticing and celebrating your successes as you move forward. Commit to developing a routine that keeps you active and engaged in life.

Looking into the east candle once more, look at Step 5 of the Re-Engagement from Loss Wheel.

For this loss in the east ask where you have already found some flexibility and adaptability? Where have you made small

changes as needed and expanded out of your perceived comfort zones? Pat these successes into our heart. Then write these successes on your paper or notebook. Commit to continue finding more flexibility more changes and more expansion as you move forward in your life.

Then rip the 2-inch paper(s) with this east loss on it into tiny little pieces and place it in the saucer.

If there is more than one loss in the east, repeat all the above steps for each one. Then move to the next direction on the wheel.

Repeat all the above steps for each direction of the Wheel of Loss, moving around to gaze into the corresponding candle as you go. If this is a long ceremony for you, take breaks as needed and then re-engage until you are complete.

When you are complete you will have some torn papers representing your losses. Either burn these in a safely contained fire or bury them.

You will also have some writings that support your re-engagement into life. Keep these by you in the coming months and add to them as you gain more successes.

Finish by thanking the energies of the directions, blowing out the candles and clearing your ceremonial space.

Use this wheel of Re-engagement into Life to support you anytime you feel loss in the future.

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 Gabriola Island or via SKYPE.