



ISM 2014 Spring Newsletter



Springtime - Increasing Inner and Outer Awareness

Sometimes its good medicine to turn everything upside down and get a different view of life! That's what we did in February when we took a group of 20 women down to Costa Rica.

Exchanging snow and cold for clear blue skies and hot sun is a no-brainer. We all know that it feels pretty good to walk along a quiet beach, to swim, and to relax with a gathering of like-minded spirits.

But on our medicine journey, we also exchanged our normal daily routines for new routines of doing ceremony and sifting through medicine wheels for more personal power. We worked with the waters, with the plant world, with the winds and trees and sands. And we talked with horses.

Begins Fall 2014!

Shamanic Power Initiations Program

These 6 powerful weekends of shamanic and spiritual discovery over a year are experiential encounters with the power of your inner world, the spirit world showing you 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
- Apply the shamanic healing techniques and shamanic pathways to transform your life and the lives of others

Open to Everyone - no prior experience in Shamanism is necessary!

The program begins Fall 2014 in Toronto, Calgary, and Vancouver.

Calgary

OPEN HOUSES

Animal Medicine Initiation

May 1, 2014 7:30PM

Energy Body Initiation

May 12, 2014 7:30PM

Blessing Initiation

June 24, 2014 7:30PM

Shamanic medicine is largely about this kind of re-joining of our connections with the natural world. It is about experiencing and learning from the innate power, balance, and wisdom of other forms of life. Spending time with the horses on our Costa Rican journey was a highlight for all of us.

Horses are forthright and honest. They are direct and clear communicators. Yet as large, vigorous, and spirited as they are, horses are not predators. They are actually prey animals. And they are master teachers of non-predatory power.

Spending time with horses on their own turf (so to speak) instead of on their back, demands that we meet their strong energy with our own. Not to dominate and control but to engage them.

There is much natural healing that occurs in working with horses. The engagement asks that we be forthright and honest in our energy as they are. It asks that we be assertive in our energy as they are, without being aggressive. It guides us towards more mind-body awareness: grounding, centering, breathing, and communicating with our heart, mind, spirit, and body integrated as one.

Ceremony Developing Pure Communication Awareness

This ceremony clears and heals our emotional/mental triggers by exploring physical movements and postures that elicit the thoughts and emotions that support them. The result is that our verbal and non-verbal communications, how we communicate them, what we do, and how we do it, all become one energy rather than producing conflicting communication within and without.

Items Needed

Full-length mirror

Room that can be darkened or do the ceremony at night

20 tea Candles and candleholders or make foil coasters

Smudge and Lighter

Chair

Ceremonial Notebook

This ceremony can be repeated and it is recommended that it be repeated.

Light 8 candles in a circle about 10 feet in diameter: east, southeast, south, southwest, west, northwest, north, and northeast.

Place the mirror against the west wall if possible just outside the circle.

Just in front of the mirror, place 12 candles to illuminate the mirror. When this is done the room should be dusky but with the ability to see yourself in the mirror.

Vancouver

OPEN HOUSES

Animal Medicine Initiation

April 10, 2014 7:30PM

Energy Body Initiation

May 13, 2014 7:30PM

Blessing Initiation

June 16, 2014 7:30PM

Toronto

OPEN HOUSES

Animal Medicine Initiation

April 24, 2014 7:30PM

Energy Body Initiation

May 22, 2014 7:30PM

Blessing Initiation

June 12, 2014 7:30PM

FREE E-BOOK:

[The Medicine Wheel: A Sacred Container for your Life](#)

This beautiful E-book is now being offered to you on the ISM website 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.

BODY POWER INTENSIVE

The Body Power Program is a form of intense breath work that allows progressive relaxation of your habitual physical holding patterns. It dramatically

Smudge yourself and the space and state your intent to Spirit to clearly see the non-verbal communication and conflicts that your body is communicating and to heal those places within.

Place your chair at the edge of your circle in the west, facing the mirror. The mirror should only be 3 – 4 feet away. Adjust your circle if needed.

Position 1

Sit down facing the mirror in a forward 'collapsed' position with your chest collapsed, shoulders forward and head forward (so you can still see the mirror). Look into the mirror for 3 minutes, just feeling the impact of this collapsed position. If thoughts, or memories come up allow them to pass though rather than thinking about them. When 3 minutes have passed ask yourself where you are collapsing or giving up on yourself and/or life.

Trust whatever arises and then forgive yourself for this. Then cut this energy away by grabbing the energy with one hand and cutting it with the other. Do this until the energy is gone. Forgive, then cut, and so on. When complete, again return to that position of collapse for 3 minutes. If an energy, thought, or memory appears forgive yourself and cut it away. Continue until you are able to hold the position for 3 minutes and the energy you experience feels neutral throughout the 3 minutes.

You may find one position stronger than others so take breaks as needed.

Position 2

Stand facing the mirror, stiff, upright, shoulders back and pinched and unyielding. Make sure there is tension between the shoulder blades and along the back.

Look into the mirror for 3 minutes just feeling the impact of this unyielding 'pulled back' position. If thoughts, or memories come up allow them to pass though rather than thinking about them. When 3 minutes have passed ask yourself where you are unyielding. Where do you pull back on life and observe rather than engage fully? Do you know others who do this and do you have judgments about them?

Trust whatever arises and then forgive yourself for this. Then cut this energy away by grabbing the energy with one hand and cutting it with the other. Do this until the energy is gone. Forgive, then cut, and so on. When complete, again return to that position of tense, 'unyielding uprightness', for 3 minutes and if an energy, thought or memory appears forgive yourself and cut it away. Continue until you are able to hold the position for 3 minutes and the energy you experience feels neutral throughout the 3 minutes.

You may find one position stronger than others, so take breaks as needed.

Position 3

Sit down facing the mirror in a downward and inward collapsed position, as if you were slouching. You have the correct position when you feel pressure on your abdomen and belly just below your sternum. Look into the mirror for 3 minutes just feeling the impact of this collapsed position and the pressure on your

reduces and often completely eliminates the 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 and exciting opportunities. Body Power uses breathing techniques and nerve stimulation to open new pathways of energy and power and offers more pleasure, responsiveness, and freedom in your physical body. Participants work one-on-one with Gael Carter, co-founder of the Institute of Shamanic Medicine. There are a total of 16 sessions and the cost of the Body Power program is \$1,600 (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

abdomen. If thoughts or memories come up, allow them to pass though rather than thinking about them. When 3 minutes have passed ask yourself, where you are collapsing inwardly and where are you pressuring yourself within. Are you allowing others to pressure you?

Trust whatever arises and then forgive yourself for this. Then cut this energy away by grabbing the energy with one hand and cutting it with the other. Do this until the energy is gone. Forgive, then cut, and so on. When complete, again return to that position of downward and inward collapse for 3 minutes and if an energy, thought or memory appears forgive yourself and cut it away. Continue until you are able to hold the energy for 3 minutes and the energy you experience feels neutral throughout the 3 minutes.

You may find one position stronger than others, so take breaks as needed.

Position 4

This position will not need a mirror. Stand up bend over and hang over your feet. Keep the chair close and grab onto it if you lose balance then release it once you are balanced again. Hold this position for at least 3 minutes just feeling the impact of this position and the weakness of this position. If thoughts, or memories come up, allow them to pass though rather than thinking about them. When 3 minutes have passed, ask yourself where you are unable to keep your life together and in a flow that is aligned with life. Ask yourself where things are falling apart inside you and in your life.

Trust whatever arises and then forgive yourself for this. Then cut this energy away by grabbing the energy with one hand and cutting it with the other. Do this until the energy is gone. Forgive, then cut, and so on. When complete, again return to that position of 'bent-over' collapse for 3 minutes and if an energy, thought, or memory appears forgive yourself and cut it away. Continue until you are able to hold the position for 3 minutes and the energy you experience feels neutral throughout the 3 minutes.

You may find one position stronger than others, so take breaks as needed.

Position 5

Stand in a martial arts 'horse stance' facing the mirror with your hands clenched in fists along the sides of your body. Bend your knees and look in the mirror and hold this position of power for 3 minutes just feeling the impact of this position and the power of this position. If thoughts, or memories come up, allow them to pass though rather than thinking about them. When 3 minutes have passed, ask yourself where you are unable to lead your life powerfully and where you give your power away.

Trust whatever arises and then forgive yourself for this. Then cut this energy away by grabbing the energy with one hand and cutting it with the other. Do this until the energy is gone. Forgive, then cut, and so on. When complete, again return to that position of power for 3 minutes and if an energy, thought, or memory appears forgive yourself and cut it away. Continue until you are able to hold the position for 3 minutes with power.

You may find one position stronger than others, so take breaks as needed.

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, have life challenges or need information or knowledge to guide your journey you can email ISM at info@shamanicmedicine.ca.

When complete with this ceremony observe on a regular basis your verbal communications and the non-verbal body language you are communicating until both are one.

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.

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