



ISM SPRING NEWSLETTER 2016

HAPPY SPRING EQUINOX!

The seasons are turning once again and if it doesn't look like spring yet where you live, rest assured that spring is on its way!

Spring is a time of renewal. It's a time when nature sloughs off the old to make way for the creation of new life.

The best way for us to come into alignment with this great stream of creation is to do the same in our own lives. It is a great time for sloughing off the patterns that no longer serve us. It's a time for taking an inventory of our patterns and releasing anything that is no longer serving us emotionally, mentally, physically, spiritually and sexually - a different

kind of spring cleaning! And this clearing out of the old makes space for creating new and better patterns.

The Releasing and Rebirthing Ceremony below is a great way to align with the movement of the equinox and release the old while rebirthing the new!

Releasing and Rebirthing Ceremony

Intent: To release whatever is no longer serving you and to rebirth what you most desire in your life.

Materials Needed:

- 1 large sheet of paper (or tape several pieces of paper together) or use a sheet of poster board
- 1 regular sized piece of paper
- Pen, marker, or coloured felt pens
- Candle, candle holder, and lighter Smudge

Find a comfortable place indoors or a sheltered space outdoors to do this ceremony.

Gather all your ceremonial materials together. Begin by smudging yourself and your space. Light the candle and send some prayers to honour the return of the light and the rebirthing of new life. Then state your personal intent for this ceremony.

Draw an outline of your physical body on the large sheet of paper. It doesn't need to be perfect or even artistic but it does need to include your entire body.

Gaze into the light of the candle and ask yourself:

What emotional patterns are holding me back?

Draw a symbol (or write the words) with pen or coloured markers to represent every old emotional pattern you are ready to release. Make these markings over the part of your body where they most impact you.

Example: If you have been burying your feelings of anger instead of speaking up for yourself, you might draw a shovel and you might want to draw it on your mouth or throat or heart. Remember this is not a mental process. Ask your body for the symbol or word

and the colour to draw it in and the location on the drawing of your body to place it. Continue until all the old emotional patterns have been recorded on your drawing.

Then gaze into the light and ask yourself:

What mental patterns or negative thoughts are harming me?

Draw a symbol (or write the words) with pen or coloured markers to represent every old mental pattern you are ready to release. Make these markings over the part of your body where they most impact you and continue until all the old mental patterns have been recorded.

Repeat this method of looking into the light, asking the questions and recording all the old patterns you are ready to slough off, asking yourself: What physical patterns or personal destructive behaviours are harming me? What spiritual patterns or personal behaviours of isolating and separating are harming me?

What sexual (or Life Force) patterns are harming my energy or my sense of self?

When complete with all 5 directions, you should have many drawings and words on your paper. Look them over carefully. See the ones that have caused you the most harm.

Put your hand on your heart and speak any self-forgiveness you need to do. Speak it aloud and with kindness from your heart (not your brain!). Do this until you feel a sense of releasing within your body. If there is anything that needs to be cut away, pull it energetically out from your body, cut the energy with the knife edge of your other hand and throw it completely out of your energy field saying, "I cut that _____ away from me now, across all lifetimes."

When complete, gaze into the light of the candle again and find 3 things you desire to bring fully into the light over the next few months, creating a positive statement of your clear determination and commitment for each one (Write these three statements on your second piece of paper.)

Examples: I will speak whatever needs to be spoken in order to respect myself. I will notice the things that give me real pleasure and put more of them in my life.

Whenever I feel stressed I will stop and ask myself what I can do differently.

When you have all three statements written down to your satisfaction, find a safe place to burn your first paper. This could be outside in a large metal can, a fire pit or an indoor

fireplace or woodstove. Watch the light of the flames consume all this harm completely.

Find a place to put your paper with the 3 statements of commitment so that you will be able to see it frequently over the next 3 months (until the summer solstice). You might put it on your bedside table or on the fridge with a magnet. Or you might even want to create an altar with the 3 statements in the centre.

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.

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PO Box 384 Ganges,
Salt Spring Island, BC
V8K 2W1

1-877-329-8668

info@shamanicmedicine.ca