



ISM Spring Newsletter 2017



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

Happy Spring Equinox to you all!

Dreaming in Dream Teams

We are on an exciting new journey! We created several dream teams this year with interested students from some of our classes. The results have been fun, interesting, and at times even transformational.

A dream team is a group of people that agrees to share their dreams by email. We don't share the long, detailed, blow-by-blow description of our dreams. We share the dreaming intent, the heart of what the dream was about, the feeling of the dream, any insights we gained, and the kind of dream it was.

Creating an intent is an important part of dreaming because it gives the context or framework within which you can discern the meaning and messages from the dream. A dreaming intent should be reasonably simple and straight-forward like: "I intend to learn how to have more beauty and ease in my life." or "I intend to have good recall and more physical presence in the dream.

Then we will often share a daytime intent for the waking dream as well to create an infinity loop of dreaming. The more attention we give our dreams,

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 2017 in Toronto, Vancouver, and Calgary.

UPCOMING INFORMATION NIGHTS

VANCOUVER

Power Animal Drum Journey

Thursday May 11, 7:30
PM

Blessing Initiation

Thursday June 8, 7:30PM

CALGARY

Power Animal Journey

Wednesday April 19,

the more they are available as a source of wisdom from our spirit!

It has been fascinating. Everyone is having wins. People who are already strong dreamers are finding they can play with weaving their intents from the nighttime dream into the awake daytime dream and glean more information, more meaning, more healing and more self-development. People who are working on having better dream recall and more physical presence in the sleeping dream are remembering more of their dreams and exercising the dreaming techniques that will bring them towards lucid dreaming. And for all types of dreamers there has been some amazing healing!

Sometimes you get an answer to your intent from your dreamer that is entirely out-of-the-box! That is, you wouldn't have thought of such an idea if your dreamer hadn't offered it.

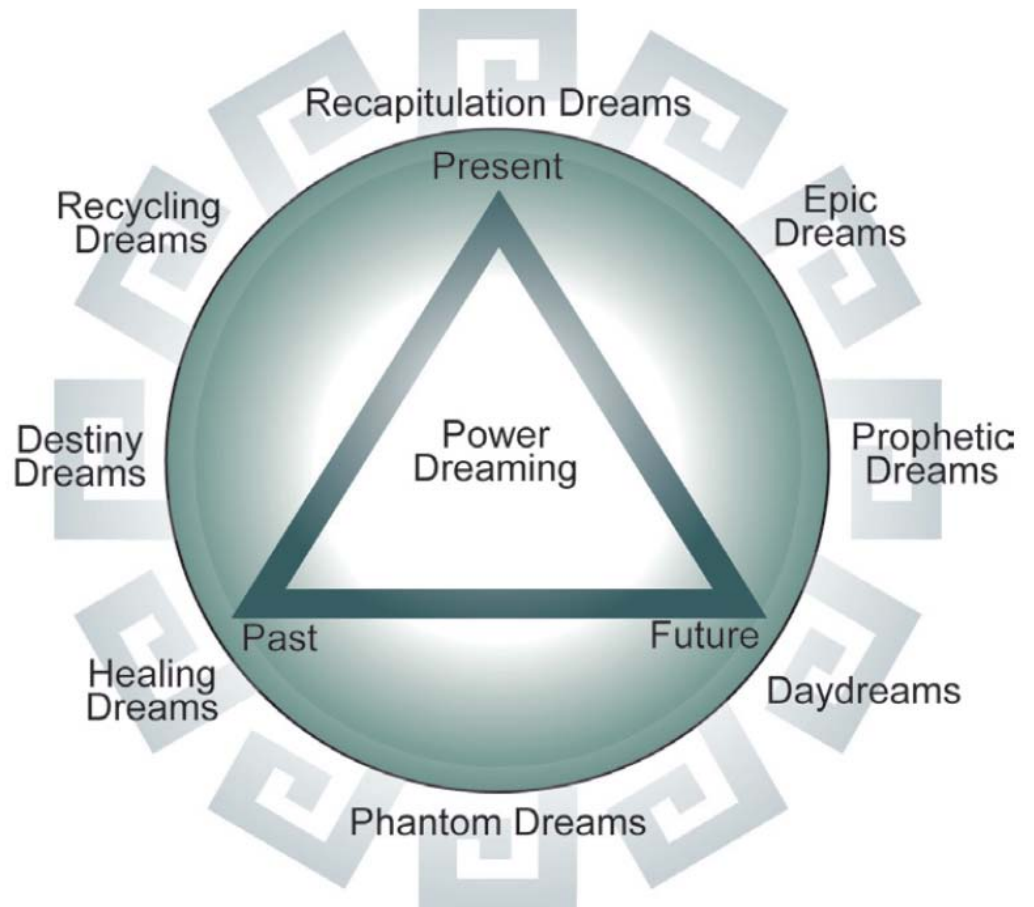
An out-of-the-box example from one participant is that she asked how to have less residual anger after confrontations and was told in the dream to 'soften' on the inside. Soften. Her first reaction was 'no – that's a bad idea'. But she decided to set a daytime intent for softening on the inside when things got intense. And sure enough, it worked. Even in a charged confrontation, while being assertive on the outside, she softened on the inside. The result? No 'anger-hangover' and less stress, anguish, and separation!!

We don't interpret each other's dreams. We just take them in. Then we write down our own intent, nutshell description, overall feeling, any insights, the kind of dream-stream (see the wheel below), and maybe also the intent we're taking into the (daytime) waking dream and hit reply-all!

If you're interested in forming your own dream team group, find some interested friends and start one up! We highly recommend it!

Dream Streams Wheel

Dream Streams



7:30PM

Blessing Initiation

Monday May 1, 7:30PM

EDMONTON

Power Animal Drum Journey

Thursday April 20,
7:30PM

ONLINE OPEN HOUSE

Featuring a shamanic teaching

Wednesday May 24,
7:00PM PDT

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

 Facebook

 Website

 Email

 YouTube

South Phantom Dreams

Light – Phantom dreams bring in the unexpected and the unusual. They can be the kinds of dreams that move you in a completely new direction than otherwise you would have “thought” of. They are considered “outside the box” dreams.

Dark – These can be nightmares, dreams of violence, death dreams, ghost dreams, evil dreams, unending dreams, dreams of being pursued, etc.

North Recapitulation Dreams

Is there too little action (doing) in your life right now? Take an action today that you know will benefit you.

Is something in your life in need of fixing or changing? Take an action today towards making the change.

Are you creating a project or a dream or did you ask what your spirit desires today? Take an action today that will move it forward.

West Destiny Dreams

Light – Destiny dreams are dreams from your higher-self, “wake-up” dreams,

life-purpose dreams, teaching dreams, vision dreams, and dharmic dreams.
Dark – These can be destructive dreams, recycled dreams (experienced over and over), impossible dreams, veiled dreams, lower self dreams, dreams lacking in intent.

East Prophetic Dreams

Light – Prophetic dreams are visionary dreams, pre-cognition dreams, future dreams, dreams about others' futures, revelations.

Dark – These can be fantasy dreams, delusions, hallucinations, and imposter dreams.

Southeast Daydreams/Trance Dreams

Light – Daydreams are “between-the-dimensions” dreams experienced while awake. They take place in a state between wakefulness and sleep using imagination as a doorway to second attention.

Dark – These can be negative or unsettling images, and images of violence, of control of others, of self-pity or of self-importance.

Southwest Healing Dreams

Light – In healing dreams, actual healing occurs in the body. Healing dreams may also bring messages about how to heal or illuminate illness before it manifests.

Dark – These can be about manifesting sickness in the dream, being attacked in the dream, or harming others in the dream. They could also be dreams of death and dying.

Northwest Recycling Dreams

Light – Recycling dreams are communications from your unconscious or subconscious mind trying to get your attention to take charge or change direction. They can be an opportunity to change a pattern in your life.

Dark – These can be dreams of being a victim, of ignoring something, of ongoing conflict without solution.

Northeast Epic Dreams

Light – Epic dreams are dreams that border on the unreal, even the otherworldly. They can be lightning bolt dreams, dreams of awakening, life changing dreams, or magickal dreams.

Dark – These can be dreams of death, violence, or evil, or nightmares of cruelty.

Centre Power Dreams

These are lucid dreams where you are aware that you are asleep and dreaming.

1. Become aware that you are asleep and dreaming and take control of the

dream by making yourself physically present in the dream by seeing your eyes in a reflective surface or picking up an object.

2. Ask for a teacher of the light to teach and share with you.

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.