



## ISM SPRING NEWSLETTER 2019

### Happy Spring Everyone!

*With heartfelt prayers to people in Ontario, Quebec, New Brunswick and elsewhere being affected by spring flooding.*

Between extraordinary weather events, uncertain economic trends, intense politics, and all the bad news in the media these days, many people are feeling pressured. This is a good time to engage with the values that support and guide you and to remember the invaluable resource that they are!

Values are the core qualities you engage life with. They are a way of being and living. They assist you in knowing what is important to you and guide you in making consistent life decisions.

It can be a real advantage to become consciously aware of your values. Values tend to develop as people move through life. They are revealed by combing through the important decisions and challenged moments you have gone through.

Below is a medicine wheel of values for you to explore. In this and the next two newsletters you will find questions and suggestions for discovering your values. By engaging this journey you will create your own medicine wheel revealing the unique pattern of values that speak of what you stand for and what you hold dear.



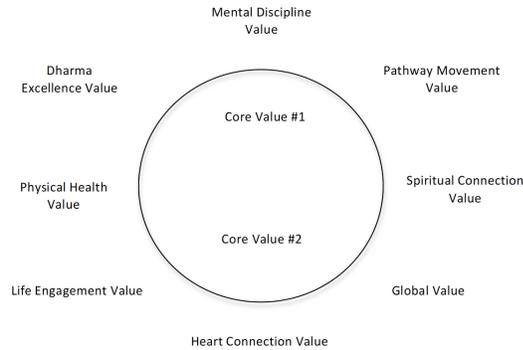
### Upcoming Programs

#### 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

## Core Values within Leadership, Life and Self



This spring newsletter offers an exploration of your 1st and 2nd Core Values! It is best done from the place of your spirit or dreamer. You might like to do it outside in nature. Allow yourself to work in the ways you feel most connected whether that's walking or sitting, or by water or under a tree.

### Core Value #1

Journey within and ask to know the most important value in your life - the most important value that you count on every day. This is the value that guides you in choosing your like-minded friends and partners whose own values are either similar to yours or also important to you. Ask your dreamer how many times you have leaned into this value to support your life and to make sense of your life. Write down *the heart* of these stories in your notebook. (Each story can be expressed in just a few sentences.) See how this value has sustained your life. Search for 10 stories and write down the heart of each one. Write down this #1 Core Value.

### Core Value #2

Repeat the same journey to find your core value #2. This value sustains you on the inside. You have counted on it no matter what was happening in your life. Write down *the heart* of your 10 most important life stories that contain the value that supported you from within and made you inwardly stronger by leaning on it? Write down this Core Value #2 as you see it within the 10 stories.

**Happy spring!**

### 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](http://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](http://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

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 2019 in Vancouver, Calgary, and Edmonton

### UPCOMING INFORMATION NIGHTS

#### VANCOUVER

Thur May 30  
7:30pm

Mon June 17,  
7:30pm

Thur August 8,  
7:30pm

#### CALGARY

Wed May  
29, 7:30pm

Wed June 19,  
7:30pm

Wed August 7,  
7:30pm

#### EDMONTON

Thur May 30,  
7:30pm

Thur June 20,  
7:30pm

#### ONLINE OPEN HOUSE

Featuring a  
shamanic  
teaching

Wed May 8, 7pm  
(PDT)

Please email

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](mailto:info@shamanicmedicine.ca) for more info.

ISM for location  
and directions

or call 1 877 329  
8668

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## **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](mailto: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.