



## ISM 2014 Summer Newsletter



**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

### Summertime – Entering the Dream Stream of Great Spirit

This summer solstice, as we ready ourselves to enter the generous, warm, and fruitful months ahead, we can all relax into lighter clothing and lighter spirits. The sun is stronger and the days are longer. It reminds us that there is a whole generous stream of livingness stretching throughout the universe supporting all of life.

When you look up at the sky on a clear night (especially if you are away from the artificial lights of a city) you can see this stream of livingness running like a great river of stars across the skies. It is known by many names, the most common being the Milky Way Galaxy. But the ancient Mayans called it the Inner Galactic Wheel of Life and saw it as the source of all waves of energy in Life. In Shamanic terms it is known as the Dream Stream of Great Spirit. And

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**

**Blessing Initiation**  
June 24, 2014 7:30PM

**Power Initiation**  
July 10, 2014

**Journeying Initiation**  
August 5, 2014

**Dreaming Initiation**  
September 17, 2014

**Medicine Reading Initiation**  
September 23, 2014

## **Vancouver** **OPEN HOUSES**

**Power Initiation**  
July 9, 2014

**Journeying Initiation**  
August 20, 2014

what an incredible dream it is! Within it are: Open Unlimited Imagination; Intuitive Speed; The Absolute Sacredness in all of Life; The Breath of Life; Instantaneous Transformations; Wide Open Awareness; The Re-Connection with Awe; Intent, Intention, and Intending; and The Energy Matrix and The Reflective Mirrors, and The Dream of Great Spirit.

We humans sometimes suffer from the mistaken belief that we are alone and somehow separate from this Dream Stream. But this is only an illusion. We are as supported by this moving energy as are the stars and the planets and the rocks and the trees and the animals and all other forms of life. It's just that often we feel too busy to pay attention to it. But once we have a clear awareness of the feel of the Great Dream Stream, we can notice it again more readily and more often in our everyday lives. The ceremony for 'Entering the Dream Stream of Great Spirit' is an opportunity for you to freshen your awareness of the Dream Stream this summer solstice.

### **Ceremony for Entering the Dream Stream of Great Spirit**

#### **Intent:**

The intent for this ceremony is to enter the dream stream of Great Spirit, to feel the quality and essence of this energy, and to experience how it moves. Once you know the energy of Great Spirit's dream stream, you can experience it again at will and know that you are part of this greater energy, you are supported by it, and you are never really separate or all alone.

#### **Important Overview Information:**

**Dreaming Initiation**  
September 11, 2014

**Medicine Reading Initiation**  
October 22, 2014

**Toronto**

## **OPEN HOUSES**

**Power Initiation**  
July 10, 2014

**Journeying Initiation**  
August 7, 2014

**Dreaming Initiation**  
September 16, 2014

**Medicine Reading Initiation**  
October 2, 2014

### **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 reduces and often completely eliminates

There are two possible ways you can do this ceremony. Read the information below and decide which of the two ceremonies you will do.

### **Practical Information:**

You will need between 3 and 5 hours to complete this ceremony. You will be 'questing' (walking) out into nature an hour or two before sunset. Then at sunset, you will 'Enter the Dream Stream of Great Spirit' *using only one of the two versions of the ceremony below*. Wear outdoor clothing that works for the environment and weather. You will need smudge and a lighter and fan, a notebook and pen, and a flashlight.

### **Version A - Entering Great Spirit's Dream Stream through Drumming**

For this version, you will need either a hand drum or an ipod (or other portable music player) and earphones with a drumming track of a straight 4 beats per second (240 bpm). You can download this from the internet through this link:

[http://www.amazon.com/Ritual-Drumming-Shamanic-Journey Gregory/dp/B001UHFGGU](http://www.amazon.com/Ritual-Drumming-Shamanic-Journey-Gregory/dp/B001UHFGGU)

Choose the 'song' designated as #2 - Solo Drumming

An hour or two before sunset, smudge and then state your intent to Enter the Dream Stream of Great Spirit. Release any blocks or doubts you may have by stating the specific release aloud and pulling that energy out from wherever you feel it (for example, it may be in your head or your belly).

Begin your walking vision quest out into nature (bringing

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](mailto: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

your drum or ipod with you). As you walk, throw your energetic fibres of light out from your navel and ask to be guided to elements of nature that will speak to you of Great Spirit's Dream Stream. This may be a tree or a rock or a stream or even a bird; every part of the natural world is being dreamed into existence by Great Spirit. Each time you are led to a new part of nature, ask it to give you a word or an image to help you to feel the presence of the dream stream. Pat that word or image into your belly.

As you move into the time of sunset (the power time of the crack between the worlds), stop beside one of these elements of nature and sit down on the earth. Begin to drum a steady 4 beats per second beat (make sure you maintain this brisk beat) or turn on your ipod track. (You will be drumming for approximately 30 minutes.)

Entering the Dream Stream of Great Spirit: You will begin by allowing your dream body to gently move out of your body along the fibres of light coming from your navel (while maintaining the drum beat). Move your dream body slowly but purposefully upwards to the tops of the trees, into the sky, and upwards into the higher atmosphere where the air begins to thin. Then look further upwards with your dream eye at the stream of stars before you that is the Milky Way Galaxy. See or feel what a bright and strong presence this stream of creation is. Move your dream body upwards and over to a position in the centre of the stream of the galaxy.

Once you are in the centre of the galaxy, relax your dream body. You are now within the Dream Stream of Great Spirit. Feel the stream of energy. Allow the energy to fully support you. Feel the energy within your dream body and allow it to come into harmony with the great dream stream. Feel the peace and the strength of this energy. Ask Spirit how you can easily access this feeling again in your daily

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](mailto:info@shamanicmedicine.ca).

## **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,

life. Listen deeply for the response or the knowing that is sent to you.

Then gently bring your dream body into its own movement once again, re-tracing your path along your fibres, and moving back to the highest atmospheres of earth, back into the sky, down towards the treetops, and then gently back to your physical body. Move your dream body back into your physical body and pat your navel so the fibres come right back inside.

Stop the drum and take a moment to review the feelings and sensations of the journey and what you have learned about accessing this stream in daily life. Write what you have learned into your notebook.

When you feel stable in your body, gather your belongings together, bring your ceremonial space back to beauty, and using your flashlight, return back home.

When you go to bed, ask that you may re-enter the Dream Stream of Great Spirit during your dreaming that night. And for the next days and weeks and months, take a little time each day to re-connect with the energy of the Dream Stream of Great Spirit.

## **Version B for Entering Great Spirit's Dream Stream through a Tree**

An hour or two before sunset, smudge and then state your intent to Enter the Dream Stream of Great Spirit. Release any blocks or doubts you may have by stating the specific release aloud and pulling that energy out from wherever you feel it (it may be your head or your belly).

Begin your walking vision quest out into nature. As you walk, throw your energetic fibres of light out from your

Calgary, or Vancouver and also at the  
retreat centre on Gabriola Island or via  
SKYPE.



[Facebook](#)



[Website](#)



[Email](#)



[YouTube](#)

navel and ask to be guided to elements of nature that will speak to you of Great Spirit's Dream Stream. This may be a tree or a rock or a stream or even a bird; every part of the natural world is being dreamed into existence by Great Spirit. Each time you are led to a new part of nature, ask it to give you a word or an image to help you to feel the presence of the dream stream. Put that word or image into your belly.

As you move into the time of sunset (the power time of the crack between the worlds), use your fibres to help you to find a large tree you can dream with. Offer the tree your heartfelt thanks for being willing to work with you. (If it feels unwilling, find another tree.) Sit or lie down close to its trunk. Feel the roots beneath you. Feel the energy of the tree trunk. Now close your eyes and throw your fibres of light (coming out from your navel) into the trunk of the tree.

Allow your dream body to gently move out through your fibres and into the tree trunk. Feel the essence of the tree and the strong movement of energy flowing up the trunk and reaching into the sky. And now allow your dream body to flow along your fibres upwards with the energy movement within the tree. As you come to the top of the tree, continue upwards with the tree's upward flow of energy moving your dream body slowly but purposefully upwards along your fibres, into the sky, and upwards into the higher atmosphere where the air begins to thin. Then look further upwards with your dream eye at the stream of stars before you that is the Milky Way Galaxy. See or feel what a bright and strong presence this stream of creation is. Move your dream body upwards and over to a position in the centre of the stream of the galaxy.

Once you are in the centre of the galaxy, relax your dream body. You are now within the Dream Stream of Great

Spirit. Feel the stream of energy. Allow the energy to fully support you. Feel the energy within your dream body and allow it to come into harmony with the great dream stream. Feel the peace and the strength of this energy. Ask Spirit how you can easily access this feeling again in your daily life. Listen deeply for the response or the knowing that is sent to you.

Then gently bring your dream body into movement once again, re-tracing your path along your fibres, and moving back to the highest atmospheres of earth, back into the sky, down towards the top of your tree, down through the trunk, and then gently back to your physical body. Move your dream body back into your physical body and pat your navel so the fibres come right back inside.

Take a moment to review the feelings and sensations of the journey and what you have learned about accessing this stream in daily life. When you are ready, write what you have learned into your notebook.

When you feel stable in your body, gather your belongings together, bring your ceremonial space back to beauty, and using your flashlight, return back home.

When you go to bed, ask that you may re-enter the Dream Stream of Great Spirit during your dreaming that night. And for the next days and weeks and months, take a little time each day to re-connect with the energy of the Dream Stream of Great Spirit.