



## ISM SUMMER NEWSLETTER 2016

### Happy Summer Solstice!

The full moon of June, called the Strawberry Moon for the harvesting time of strawberries, arrives at the same time as the Summer Solstice this year. It is the fullness of light and the delight of sweet berries all rolled into one!

This makes it a good time to mark the quality and the sweetness of life.

Often shamanic work focuses on both the dark and the light sides of life for the purposes of knowing the dark and learning how to bring it into the light. The ceremony we offer for this summer solstice is a little different. It is a celebration of the light. It is an opportunity to look at all



## **Upcoming Programs Shamanic Power Initiations Program & Information Night Dates**

The Shamanic Power Initiations Program is 6 weekends over the course of a year. They 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 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!**

that we value and love and all that increases the quality of our lives.

## **Celebration of the Light Ceremony**

Intent: To re-member, record, and celebrate the quality of your life.

Materials Needed:

- Smudge
- Pen and paper or notebook
- Loose tobacco
- A small bag or sack for collecting some small pieces of nature
- Cloth for mesa (altar)
- Candle and candle holder (optional)

Smudge yourself and begin a walk outdoors in nature. As you walk call to the light of the sun and the moon in their dance of pure active and receptive energy, together as one. Call to the green and growing things, the plants, the trees, and the flowering shrubs. And call to the world of the animals and all your animal allies. Ask that all the energies of life, full of the strength and beauty of summer come into your heart and your mind, your body and your spirit to help you to see the quality of your life.

See what part of nature draws your attention and walk up close to it. (It could be anything from a stream to a tree to a spider web.) Sprinkle a small offering of tobacco beside it on the ground. Ask it to tell you something about the quality of your life – something you value. Write down this thing of value and spend a few minutes writing about what makes it valuable to you and how you enjoy it. Take the time to do this writing so that you can take the quality of it

No prior experience in shamanism is necessary!

Programs begin Fall 2016 in Toronto, Vancouver and Calgary.

## Information Nights

### ONLINE OPEN HOUSES

Tuesday, June 21, 2016 7:00PM  
PDT

Thursday, August 11, 2016  
7:00PM PDT

### CALGARY

Wednesday, July 6, 2016 7:30PM

### VANCOUVER

Wednesday, June 22, 2016  
7:30PM

Wednesday, July 13, 2016 7:30PM

Wednesday, August 10, 2016  
7:30PM

### TORONTO

Thursday June 23, 2016 7:30PM

Tuesday, July 12, 2016 7:30PM

Wednesday, August 17, 2016  
7:30PM

Thursday, September 15, 2016  
7:30PM

Please email

into your heart.

When complete, give your thanks. Pick up some small natural token of the gift you have been given, and take it with you on your walk. (It might be a pebble, a twig, a pinecone or a piece of moss – something that reminds you of this value you have found.)

Begin your walk again seeing what part of nature draws your attention next and repeat the process of offering tobacco, asking it for a piece of wisdom about the quality of your life, writing about it, and picking up a small token of the value you have found. Do this six times in all – six for creativity, for all spirits, for all our ancestors, and for gaining knowledge from the waves and cycles of life.

When you have completed all six, return home and create a small mesa or altar on which you will arrange the six small tokens from nature and the writings of the quality and value of your life. You may want to add a small candle to the mesa as well, and to light the candle and read and celebrate what you have found of the sweetness and gift of your life from time to time.

We suggest that you keep the mesa up for six weeks. At the conclusion of this ceremony, return all the items back to nature with your thanks.

### 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)

[info@shamanicmedicine.ca](mailto:info@shamanicmedicine.ca) for  
location and directions or call 1  
877 329 8668



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## **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](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 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 Gabriola Island or via SKYPE.