



3000 flowers of gratitude Arizona Science Centre

ISM Summer Newsletter 2017

Happy Summer Solstice to you All!

The Gratitude of Now

Gratitude is such a rich energy! It brings us into the present moment and reminds us of life's many blessings.

In contrast to that, have you ever noticed that when you feel down or driven by unsettling or dark thoughts, your mind is either in the past (reviewing old stories or past events) or in the future (anticipating problems)?

These relentless thoughts don't happen when you're in the now. In the now, you're either too involved in what is occurring in the moment or you are too present in the state of 'being' to allow your inner dialogue

to hijack you into negativity.

It is in the now that we can bring our attention to the beauty of nature or the spirit of another person. In the now we 'feel' rather than think. We 'let in' the moment in all its fullness.

No matter what is going on in your life, it is always possible to benefit from taking a moment to be present in the now, attending to the things you are grateful for, and feeling them in your body. Be with the gratitude. Let it be your entire awareness for a few breaths. The more you do it, the more you will want to do it!

The following is a ritual for the Gratitude of Now.

It can be done anywhere, anytime.

It is most effective if you do it several times each day!

Take a moment to become aware of what is going on in your mind. Release any thoughts that are running through it. If you notice specific stories from the past or worries about the future, pull them out and cut them away using the knife-edge of your hand.

Bring your energy down to your centre of gravity, two inches below your navel and two inches inside your body. Breathe into this place allowing a quieting in your mind and full feeling in your body, and full awareness (from your navel) of your surroundings.

Ask yourself, "What is the gift of this moment?" and listen deeply for the answer to arise.

Ask yourself, "What am I grateful for right now?" Listen deeply once again for the answer. Make the answer a statement and feel the resonance of the statement run through you, feeling the gratitude of Now deeply and fully. Take a moment to tap the feeling into your belly.

Ask yourself, "What new awareness do I have?" And then re-engage in your day.

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.