



ISM Winter Newsletter 2017

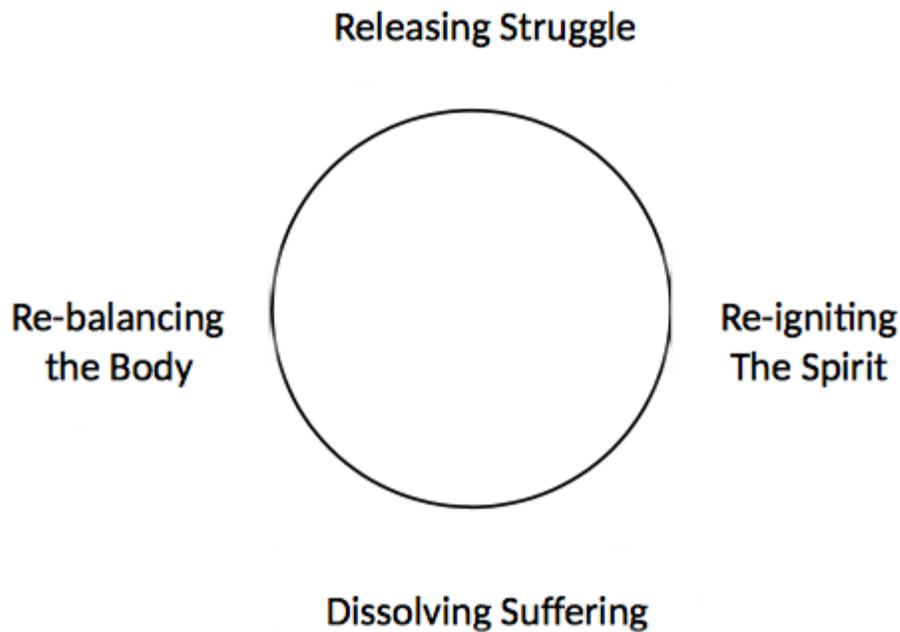
Happy Winter Solstice to you all and may you have a wonder-filled and prosperous New Year!

The Winter Solstice and the busy holiday season can be a good time put a little focus on reducing stress and re-balancing our lives.

When things get difficult or stressful, sometimes we just carry on with our lives and obligations without taking the time to clear away the distress. It can start adding up. Most suffering happens when we do not know how to heal what is painful and how to let it go and move on. Most struggling happens when our mind keeps turning a problem over and over trying unsuccessfully to resolve it or to defend our karmic ego.

The following ceremony is for dissolving the suffering and releasing the struggles and then re-balancing by caring for the body and re-igniting the spirit.

The Re-Balancing Ceremony



The Re-Balancing Ceremony

Items Needed:

- Smudge, lighter, and fan
- Hand drum or rattle
- 4 candles with candle holders
- Darkened room

Begin the ceremony by putting 4 unlit candles on the floor in the cardinal directions and a pillow to sit upon in the middle. (You could use a chair if it's more comfortable than sitting down low). Smudge yourself and your ceremonial space. Darken the room. Turn towards the south candle (don't light it yet) and pick up the drum, drumming (or rattling) an accented 2 beat (heartbeat) over your heart. Do this for a few minutes until you feel a softening and opening feeling in your heart. Then ask your heart what burdens or suffering it has been carrying around. Each time an answer arises move the drum (or rattle) in an outward motion (still doing the 2 beat) away from your heart moving the energy of that suffering out and away. Continue the outwards drumming until your heart feels lighter, then repeat: drumming over your heart, asking the question, and as the next answer arises moving that energy out with the drumming motion away from your heart. When you feel complete, do a little more soft drumming over your heart to fill it up with gentle, soothing energy. Then light the south candle.

Turn around to face the north and drum (or rattle) the 4 beats per second trance

drumming at your head. Do this for a few minutes until you feel that your mind has relaxed. Then ask yourself what struggles have been going on in your mind. Each time an answer arises move the drum (or rattle) in an outward motion (still doing the 4 beats per second) away from your head moving the energy of that struggle out and away. Continue the outwards drumming until your head feels calmer, then repeat: drumming at your head, asking the question, and as the next answer arises moving that energy out with the drumming motion away from your head. When you feel complete, do a little more soft drumming at your head to allow the calm and deep relaxation to fill your mind. Then light the north candle.

Turn around to face the west. Drum (or rattle) over your body at 4 beats per second asking to dream with your body. Then ask your body to tell you what extra care it needs. Do this until your body has communicated three kinds of extra care you can give it today and over the next few days. Make a commitment to follow through on these three acts of care. Then light the west candle.

Turn around to face the east. Put the drum or rattle down and light the east candle. Gaze into the candle for a few minutes allowing the light to touch your spirit. Still looking at the candle ask your spirit to tell you how to re-ignite it. Ask for 2 simple things that would really feed your spirit and then commit to doing them over the next few days.

When complete, look at all the light cast from your four burning candles. If there is any self-forgiveness needed, put your hand on your heart and speak your self-forgiveness in a voice of kindness. Take a few more moments to take in the light of your re-balancing.

When complete, blow out the candles and tidy your ceremonial space.

This ceremony can be done again anytime you feel in need of re-balancing.

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, Vancouver, Edmonton, and also at the retreat centre on Salt Spring Island or via SKYPE.