



ISM Winter Newsletter 2018



Upcoming Programs

Online Programs

Women's Power, Women's Wombs: Begins March 2019
[More Information Below](#)

4 Gateways Program: Begins February 2019
[More Information Below](#)

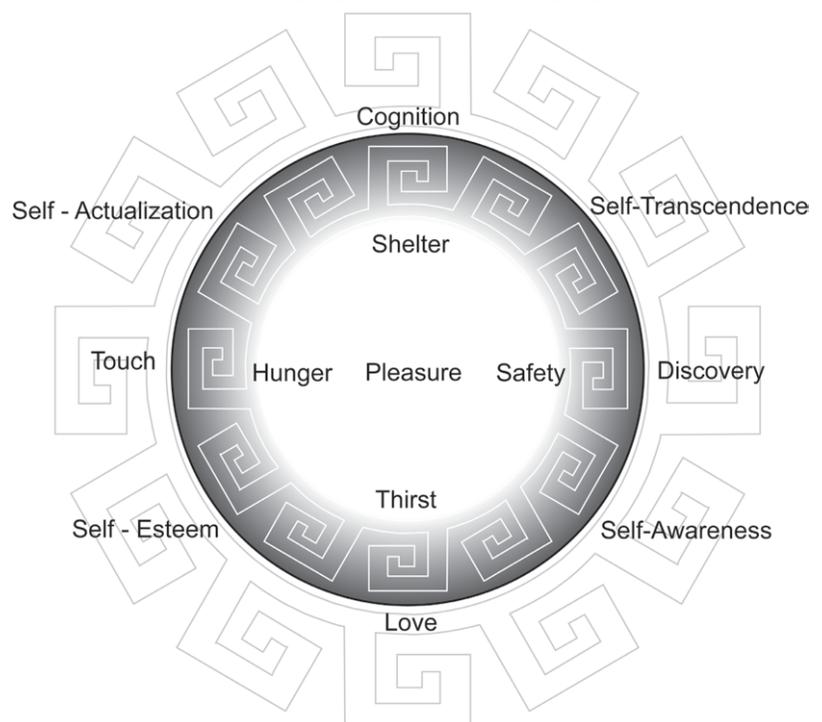
4 Gateways Program

"Discover Your Sacred Medicine Within"

- Discover your sacred medicine

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

Wheel of Human Needs



From a shamanistic perspective, knowing our needs and caring for them fosters a firm foundation of self-healing and self-growth leading to more autonomy and evolution. At this time of the

pathway

- Explore the gifts that help you to walk your pathway
- Find your giveaways to life and others

There will also be ceremonies for finding and enriching your own sacred medicine as well as three individual consultations with one of the facilitators.

Begins February 2019

[Visit our website](#) for more information & email info@shamanicmedicine.ca for dates & info.

See our [Facebook page](#) for discounts on our online programs.

Women's Power, Women's Wombs

"Explore the Inexplicable Power of the Feminine"

- Access the keys to the sacred feminine
- Find the proper use of your own inner power and life force
- Develop your inner & outer authority

There will be 12 group classes in a sacred circle of women. There will also be women's power ceremonies as well as two individual consultations with one of the facilitators.

Begins March 2019

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holidays many perspectives, opinions, expectations and traditions come into the forefront as we celebrate and gather together with friends, colleagues and family. We also may choose not to celebrate at all. The wheel above is a tool to ensure that you are aware of your own needs and that you are caring for them during the holiday season. Ideally it is also a tool for having awareness of other people's needs.

Ultimately if you are caring for your own internal needs it is easier to deal with the needs and "wants" of others so you don't betray yourself or let yourself down. Making boundaries and decisions that have care for you is necessary. Family, friends and colleagues may not be happy with your decisions but if you communicate your truth with compassion you give others a chance to see your truth and hold space for it. The key is know what your needs are! This wheel can assist you in doing this.

The center of the wheel is the key to the self-care. Safety creates your ability to be comfortable and secure in a particular environment. Inner safety allows you to decide if the environment or situation you enter into will support you or if you need to create some additional support. Outer safety allows you to look objectively at the people and environment you might enter and decide whether it is good for you on a particular day rather than just doing it because you "should".

Hunger is such a great word. As a primal need it is about eating food that nurtures you and makes you hum and feel alive on the inside before during and after eating it. It is also about having access to nurturing food. Hunger can also be understood as having a strong desire for something that would make you feel good on the inside and then making sure you are able to engage it, receive it, and take in that good feeling.

Thirst is about making sure you take in the amount of water that fosters good health. Most people don't drink enough fluids in a day and water is an important component of aliveness and balance since we are 60 percent water. Thirst can also be understood as what happens when we salivate in anticipation of something - whether it is something like food or something that we have a deep heart's desire for and can physically imagine happening.

Shelter is having protection from the elements and a safe and consistent place to be. Shelter is also about having an inner

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sanctuary and a place to be OK within yourself. It is about knowing you are your own best friend and that you will be alright in the event of any storms – either internal or external.

Pleasure is not generally considered in our world to be a basic need, but in shamanism it is extremely important to know what gives you pleasure. It is important to regularly choose what gives you pleasure and “feed” yourself by engaging the pleasure and allow the feeling of heightened positivity from your engagement with it. You know something is a pleasure for you because it feels good when you think about it, when you do it, and when you engage the memories of it. Pleasure needs to be cultivated on a daily basis and become a daily practice.

If these 5 aspects have a good balance (not a perfect one!) then it is easier to engage the outside of the wheel and have success. When you are not meeting these centre needs, the result is pain and suffering and feeling uncomfortable in your body, your mind, and your spirit connection. The outer wheel leads you into the energies of discovery, touch, love (as in self-love first), cognition (as learning), self-awareness, self-esteem, self-actualization and self-transcendence. They will strengthen as you re-balance the inner wheel.

The Assignment

Safety

What parts of your life are in a constant state of safety and really don't need your attention? Make a list of those things and thank yourself lovingly that these parts of your life are handled. What parts of your outer life or your inner life don't feel safe? Acknowledge these issues by writing them down on separate small pieces of paper and thank yourself for your honesty.

Hunger

What parts of your life are in a state of care where you are “feeding” yourself with what you need including food and self-care. Lovingly thank yourself for each way you are doing your self-care. Acknowledge the places where you are not giving yourself the things you hunger for food-wise and life-wise and write each one down on separate small pieces of paper and thank yourself for your honesty.

Thirst

What parts of your life do you ensure you engage in things that you thirst for whether it be fluids or the deep hearts desire for what nurtures you? Do you drink enough fluids that support your body? Do you give your heart space deep replenishment? Lovingly thank yourself for each way you are doing your replenishment. Acknowledge the places where you are not giving yourself the things you thirst for and desire deeply in your heart and write each one down on separate small pieces of paper and thank yourself for your honesty.

Shelter

What parts of your life provide you with shelter physically as well as internally? Do you belong to groups or clubs or hang out with like minded people? How is your inner sanctuary? Lovingly thank yourself for each way you are doing this sheltering aspect. Acknowledge the places where you are not giving yourself the things you consistently need whether it is people or family you could gather together with or even caring for your inner needs and inner support. Write each one down on separate small pieces of paper and thank yourself for your honesty.

Pleasure

What actions give you pleasure? Do you give yourself daily pleasures and let yourself feel it? Lovingly thank yourself for each way you are doing or engaging in pleasure. Acknowledge the places where you are not taking the time to do the pleasurable actions. Write each one down on separate small pieces of paper and thank yourself for your honesty.

Put whatever you have written down in a bowl and place it on a simple altar or add it to an altar you have already created. On a daily basis pick one out of the bowl and live your day through that energy giving and providing yourself with that energy.

Over the holidays be a kind friend to yourself saying yes when it truly works for you and when you have the willingness to negotiate the arrangements and agreements so you can participate in the holidays in a good way.

Happy Solstice!

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.

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