

## ISM Winter Newsletter 2019

Hello and Best Wishes to everyone for a Happy Holiday Season and a beautiful New Year!!

This year we are moving into the doubling of Great Spirit - 2020!

We thought it would be fitting to start 2020 with a Book of Life reading to see the dynamic possibilities and evolutionary challenges of what this New Year may bring to us all.



Here is the link to the video: <https://shaw-d9kr1md.vids.io/videos/d49cd7b81617e9ce5c/2020bookoflifereading-mp4>

Enter password: happynewyear

### 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)

### 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 Salt Spring Island or via SKYPE.



## **Upcoming Programs**

### **4 Gateways Program**

*"Discover Your Sacred Medicine Within"*

- 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!**

No prior experience in shamanism is necessary!

Programs begin Fall 2019 in Vancouver, Calgary, and Edmonton

### **Sisters Power Gathering**

Be part of powerful women gathering together:

- Learn the ways that women can gather in power and stay in their power
- Discover ceremony that fosters women's empowerment
- Release your part of the generations of women that have been dis-empowered
- Share this knowledge and wisdom with other women.

This online journey of women gathering together will meet 12 times over 6 months, sharing, discovering, and remembering the power of what happens when women share their journey with other women. Join us and be a catalyst for positive women's empowerment in 2020!

**Begins February 2020**

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

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