



ISM WINTER NEWSLETTER 2020

Happy New Year 2021!

2020 has been an extraordinary year in so many ways. We have been challenged in ways we may not have imagined before and we have found the ways to cope and to get through the difficulties. We have learned how to stay connected with one another even when we can't meet in person. And we have had many opportunities to learn how to be flexible, responsive, and resilient in the face of loss and death and change (even as we were sometimes worried, frightened, or grieving).

We have done a Mayan Oracle Reading for 2021 and attached it to this newsletter. It's a quick listen but a deep dive into some refreshing hope and guidance for the coming year. As part of that reading there is a recommendation to do a short ceremony to release any remaining burdens you



Upcoming Programs

WOMB COACHING CERTIFICATION PROGRAM

Womb Coaching focuses on and assists in the healing of the sacred feminine container; healing the womb space of birthing and power. It could be healing from a difficult birth experience, a sexual or physical

may be carrying from 2020 so you don't take them with you into the New Year.

Releasing the Burdens Ceremony

Items needed:

Smudge and bowl

Lighter

5 Candles with candle holders

Loose tobacco

6 squares of red or rainbow cloth

String to tie the prayer bundles

Paper cut into small squares (enough for 50-100 3"x3" squares)

A metal box or container for burning the papers safely outside (after the ceremony is completed)

Scissors

Pen

Compass

This ceremony will take 1-2 hours to do and can be done indoors (or outside if the weather is good!)

Create a medicine wheel with your 5 unlit candles in candle holders (in the east, west, south, north, and centre) making sure there is enough room for you to sit inside it. Use a backrest or whatever else will keep you comfortable. Bring all your items into your medicine wheel. Smudge yourself and your wheel. Call spirit and ask that all the energies of the light come to work with you.

1. Face the east candle and ask yourself what spiritual burdens you have carried from this difficult year. (East burdens might include things like disconnection, hopelessness, isolation, disillusion, desolation, depression)

Write each one as it comes to you on a square of paper. As soon as you have written one down, find everywhere in your body you are carrying that burden and pull it out of your body (giving the burden to the earth) until you feel it all fully removed. Then put that square of paper in your metal box. Continue in this way in the east, writing down each of the spiritual burdens you have been carrying, pulling them out of your body and placing the paper in your box.

When complete with removing all of your spiritual burdens light the east candle. Pick up a square of red cloth and a pinch of loose tobacco. Gazing into the flame, hold the tobacco up and speak your prayers for what you want to bring in for yourself spiritually in the new year. Place the tobacco in the red cloth and tie the top closed.

2. Turn and face the west candle and ask yourself what physical burdens you have carried from this

violation or just a deep desire to know the power of the feminine. Womb coaching gives you the knowledge, tools, techniques and resources to facilitate within yourself and within other women.

- Assist other women in healing their womb space
- Become a spiritual midwife
- Learn the ancient power of birthing
- Foster powerful feminine presence
- Encourage the return feminine sovereignty
- Re-imagine balanced feminine power and
- Empowerment
- Discover the true heart power of the feminine

DEATHWALKER PROGRAM

This Online Training is for Shamanic Coaches, Practitioners, and health professionals who desire to train in Deathwalker Medicine; the shamanic facilitation of the soul's journey back to Spirit

- Learn ceremonial processes for powerful life completion, death and dying
- Be a powerful resource and guide to those who are meeting the end of life
- Guide families through the

difficult year. (West burdens might include things like any illness, physical pains, disabilities, lack of strength or lack of fitness)

Write each one as it comes to you on a square of paper. As soon as you have written one down, find everywhere in your body you are carrying that burden and pull it out of your body (giving the burden to the earth) until you feel it all fully removed. Then put that square of paper in your metal box. Continue in this way in the west, writing down each of the physical burdens you have been carrying, pulling them out of your body and placing the paper in your box.

When complete with removing all of your physical burdens light the west candle. Pick up a square of red cloth and a pinch of loose tobacco. Gazing into the flame, hold the tobacco up and speak your prayers for what you want to bring in for yourself physically in the new year. Place the tobacco in the red cloth and tie the top closed.

3. Turn and face the south candle and ask yourself what emotional burdens you have carried from this difficult year. (South burdens might include things like fear, anxiety, anger, despair, a heavy heart, or even self-pity)

Write each one as it comes to you on a square of paper. As soon as you have written one down, find everywhere in your body you are carrying that burden and pull it out of your body (giving the burden to the earth to care for) until you feel it all fully removed. Then put that square of paper in your metal box. Continue in this way in the south, writing down all the emotional burdens you have been carrying, pulling them out of your body and placing the paper in your box.

When complete with removing all of your emotional burdens light the south candle. Pick up a square of red cloth and a pinch of loose tobacco. Gazing into the flame, hold the tobacco up and speak your prayers for what you want to bring in for yourself emotionally in the new year. Place the tobacco in the red cloth and tie the top closed.

4. Turn and face the north candle and ask yourself what mental burdens you have carried from this difficult year. (North burdens might include things like relentless inner dialogue, thoughts of doom, being hard on yourself, being judgmental of others)

Write each one as it comes to you on a square of paper. As soon as you have written one down, find everywhere in your body you are carrying that burden and pull it out of your body (giving the burden to the earth) until you feel it all fully removed. Then put that square of paper in your metal box. Continue in this way in the north, writing down each of the mental burdens you have been carrying, pulling them out of your body and placing the paper in your box.

When complete with removing all of your mental

dying and death journey

- Strengthen your own relationship to change, dying and death
- Facilitate a person's crossing at death
- Promote powerful and conscious dying
- Change society's views on dying and death
- Reduce fears of death and dying and facilitate dreaming across

ELDERS GATHERING

Coming soon!

**All ISM courses can be done in an online format if needed during these challenging times*

Please email ISM at info@shamanicmedicine.ca to join us online!

Visit our website for more information

or call 1 877 329 8668

 Share  Tweet

 Share

burdens light the north candle. Pick up a square of red cloth and a pinch of loose tobacco. Gazing into the flame, hold the tobacco up and speak your prayers for what you want to bring in for yourself mentally in the new year. Place the tobacco in the red cloth and tie the top closed.

5. Turn and face the centre candle and ask yourself what life-force burdens you have carried from this difficult year. (Centre burdens might include things like energy loss, fatigue, wildly spiking energy, lack of interest in sexuality or intimacy)

Write each one as it comes to you on a square of paper. As soon as you have written one down, find everywhere in your body you are carrying that burden and pull it out of your body (giving the burden to the earth) until you feel it all fully removed. Then put that square of paper in your metal box. Continue in this way in the centre, writing down each of the life-force burdens you have been carrying, pulling them out of your body and placing the paper in your box.

When complete with removing all of your life-force burdens light the centre candle. Pick up a square of red cloth and a pinch of loose tobacco. Gazing into the flame, hold the tobacco up and speak your prayers for what you want to bring in for your life-force energy in the new year. Place the tobacco in the red cloth and tie the top closed.

Pick up your final square of red cloth and a pinch of loose tobacco. Gazing into the flame, hold the tobacco up and speak your prayers for all the people who have passed during this pandemic and for their loved ones left behind. Place the tobacco in the red cloth and tie the top closed.

When you are complete look around you to all the light you have created.

Thank spirit for working with you.

Take the paper squares with all the writing on them in the metal box or container outside and burn them safely and completely.

Then you can either create an altar with the 5 candles and prayer bundles for the new year or you could hang the prayer bundles on tree branches outside for the wind to take the prayers.

Clean your ceremonial space and leave it in beauty!

MAYAN ORACLE READING FOR 2021

Happy New Year everyone!

2020 was certainly a year we will never forget - a year of huge change, challenges and learning on many levels.

We are pleased to offer you the Mayan Oracle Reading for 2021. The reading was done by Gael Carter, co-founder of the Institute of Shamanic Medicine.

These annual readings offer insights about the year ahead and guidance about how we can all move forward, even in the midst of challenges. We are all ready for new beginnings and the opportunity to move in new directions.

We hope you enjoy the reading.

Part 1: <https://youtu.be/3MWTdx22IIA>

Part 2: <https://youtu.be/M31hSKAcBPY>



Upcoming Programs

WOMB COACHING CERTIFICATION PROGRAM

Womb Coaching focuses on and assists in the healing of the sacred feminine container; healing the womb space of birthing and power. It could be healing from a difficult birth experience, a sexual or physical violation or just a deep desire to know the power of the feminine. Womb coaching gives you the knowledge, tools, techniques and resources to facilitate within yourself and within other women.

- Assist other women in healing their womb space
- Become a spiritual midwife
- Learn the ancient power of birthing
- Foster powerful feminine presence
- Encourage the return feminine sovereignty
- Re-imagine balanced feminine power and
- Empowerment
- Discover the true heart power of the feminine

DEATHWALKER PROGRAM

This Online Training is for Shamanic Coaches, Practitioners, and health professionals who desire to train in Deathwalker Medicine; the shamanic facilitation of the soul's journey back to Spirit

- Learn ceremonial processes for powerful life completion, death and dying
- Be a powerful resource and guide to those who are meeting the end of life

- Guide families through the dying and death journey
- Strengthen your own relationship to change, dying and death
 - Facilitate a person's crossing at death
 - Promote powerful and conscious dying
 - Change society's views on dying and death
 - Reduce fears of death and dying and facilitate dreaming across

ELDERS GATHERING

Coming soon!

**All ISM courses can be done in an online format if needed during these challenging times*

Please email ISM at info@shamanicmedicine.ca to join us online!

Visit our website for more information

or call 1 877 329 8668

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.

The Institute of Shamanic Medicine

215 Shepherd Hills Road V8K2H8 Salt Spring Island CA