



ISM Winter Newsletter 2016



Upcoming Programs

Men's Seed Keeper

Shamanic Weekend: Calgary
January 20-22, 2017

[More Information Below](#)

Online Programs

Women's Power, Women's

Wombs: Begins January 2017

[More Information Below](#)

4 Gateways Program: Begins
January 2017

[More Information Below](#)

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

Back by popular demand again this year– the Ceremony for Creating Daily Energy Gains!!

Creating Daily Energy Gains

The winter solstice marks the time when the daylight hours are at their shortest and the natural world is less active and more rested. The trees in the forests are dormant. The bears are hibernating. The squirrels have gathered and stored all their nuts.

We humans keep fairly active though, even in the winter. We might be skiing or snowboarding, going to the gym, or hosting gatherings of friends and family. Still people sometimes feel low in energy during the winter months. We miss the long hours of sunlight and the easy pleasure of soft and comfortable evenings outdoors.

Added to this challenge, the holiday season can be a stressful time for many. And some of us are not as connected as we might be to a network of people who provide understanding,

**15% Off All Online Programs
Through Boxing Day!
Gift Someone or Gift
Yourself!**

4 Gateways Program

*"Discover Your Sacred
Medicine Within"*

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

This is a six-month program. There are seven online group classes. There will also be ceremonies for finding and enriching your own sacred medicine as well as three individual consultations with one of the facilitators.

[Visit Our Website for More Information](#)

Women's Power, Woman'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
- Develop your inner and outer authority

This is a six-month online program. There will be 12 group classes in a sacred circle of women. There will

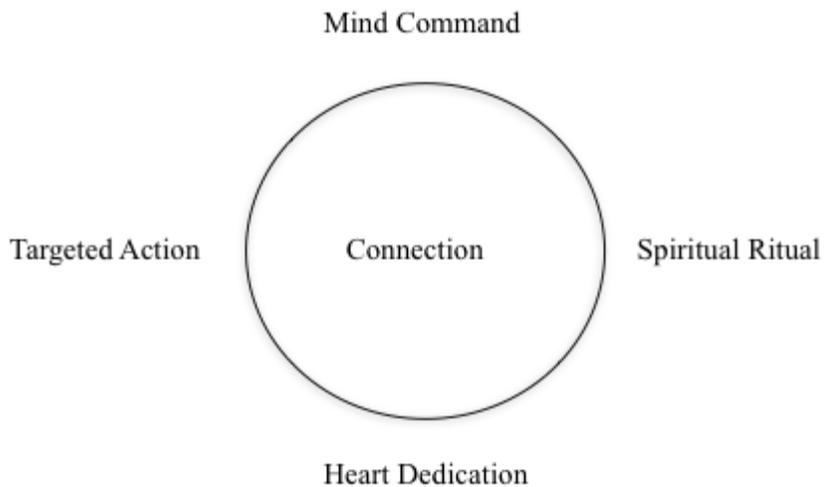
support, and a sense of belonging and attachment for one another.

So when your energy is a little low (at this or any other time of year) and you are feeling a little disconnected, what can you do? The shamanic answer to this question is to create more action, more self-command, and more connection as a daily discipline. This creates gains in energy that you achieve by 'doing' rather than by 'being' or 'dreaming' or even 'understanding'.

Your energy is so precious. It keeps you healthy and supports your feelings of hope and your desire for being creative and connected. Therefore your energy is not something to neglect or to disregard in the hope that it will somehow take care of itself.

The wheel below gives you a clear daily roadmap for things to do everyday to increase your energy. This type of medicine wheel is called a working wheel because rather than doing ceremony with it to gain insight, you 'work it' everyday to make valuable changes for yourself.

Daily Energy Gains Wheel



East - Spiritual Ritual

If you don't have a daily spiritual ritual create one and implement it today and every day.

Possible examples:

Speak aloud about 3 things that you are grateful for.

Make a prayer to spirit to align with the energies of Creation

Look into your eyes in the mirror and ask, "What does my spirit

also be women's power ceremonies as well as two individual consultations with one of the facilitators.

[Visit Our Website for More Information](#)

Men's Seed Keeper Shamanic Weekend

"Jumpstart your Healing and Transformation"

Calgary: January 20-22, 2017

- A powerful masculine healing ceremony
- Gather together to heal and reflect
- Reclaim your balanced, natural, masculine power.
- No shamanic experience necessary.
- Enrollment limited.
- Please book early.

Email: jonathanclemson@hotmail.com

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desire today?"

West - Targeted Action

Is there too little action (doing) in your life right now? Take an action today that you know will benefit you.

Is something in your life in need of fixing or changing? Take an action today towards making the change.

Are you creating a project or a dream or did you ask what your spirit desires today? Take an action today that will move it forward.

South – Heart Dedication

Do something today that makes your heart happy. It may be small or large but either way make sure you are mindful and present in the doing of it!

Not sure you can think of anything to make your heart feel happy? Here are some ideas:

Pick up the phone and call someone you care about.

Watch a silly animal video or comedy sketch for a laugh.

Spend 5 minutes dancing to a favourite song.

North - Mind Command

Put your attention on the good things you are creating/doing today.

If you're facing difficulties or problems, do not see them as threats! Hold them as challenges instead! Ask yourself what gains you would like to create out of today's challenges and design a step-by-step approach that supports you in meeting the challenges in bite-sized pieces and creating the gains.

Centre – Connection

Connect with someone you care about. Connect with nature, with beauty, with the plants, with an animal, and with yourself!

Connect with the check-out clerk when you're at the store.

Connect with the teller at the bank. Connect with the water when you're taking your morning shower!

Do it daily.

For best results, work all five directions every 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.