



## **INSTITUTE OF SHAMANIC MEDICINE**

### **AUTUMN NEWSLETTER 2015**



Awaken Your Medicine Power  
Within

### **Shamanic Power Initiations Program Information Night**

#### **Dates**

These 6 weekends over the course of a year are "hands-on" shamanic experiential encounters with the power of your inner world, the power of the spirit world, and the power of being in the 'now'.

- Learn how to be guided by

### **Awakening your Will Power**

Since 2012, we are living in an era in which the demand on humans is to experience more of the brilliance of our spirits. We are being asked to expand, not contract. But sometimes the challenges that bring opportunities for expansion seem big and maybe even overwhelming. When that happens, it takes will power to make yourself and your life bigger instead of making yourself and your life smaller.

With the arrival of the fall equinox comes a great perspective from nature on how to meet life's challenges by getting bigger, releasing what is not needed and continuing to build power, strength, and flexibility.

The trees have the natural natural drive to meet the challenges of life and grow bigger. But for human beings it is different. One of the challenges we have in building power, strength, and flexibility is the challenge of harnessing the power it takes to do this: Will Power.

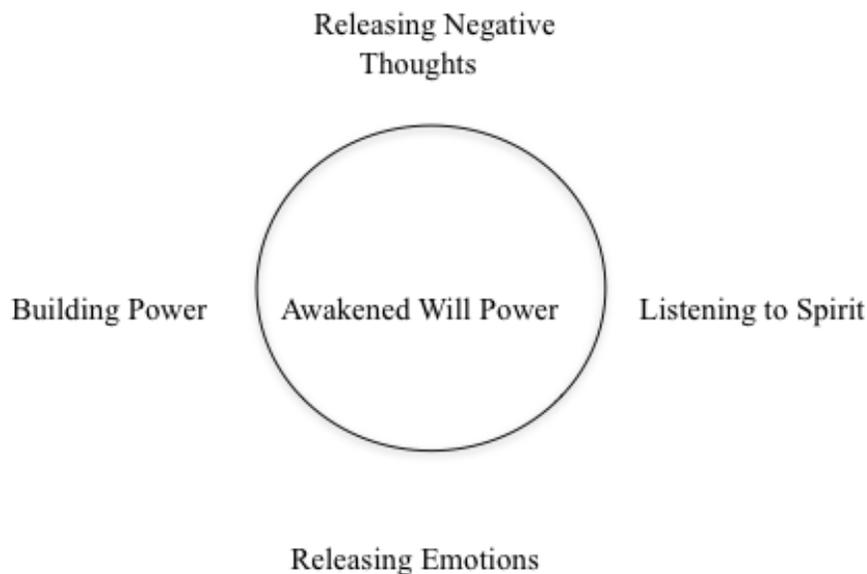
Will power takes energy and when that energy is well used it makes more energy from it. Sounds simple enough. But we don't always use our energy well.

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

The Will Power Awakening Wheel below illustrates how to use your energy better so you can develop more will power!

## The Will Power Awakening Wheel



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 2015 in Toronto, Vancouver, and Calgary. Information Nights**

### Toronto

**October 4, 2015, 7:30 PM**

RSVP to [michaela.shamaniccoach@gmail.com](mailto:michaela.shamaniccoach@gmail.com)

### Calgary

**Medicine Naming Initiation**

September 24, 2015, 7:30 PM

### Vancouver

**Medicine Pipe Initiation**

October 20, 2015, 7:30 PM

### Other offerings

[Get your free e-book](#)

[Book of Life Readings](#)

[Body Power Program](#)

[Shamanic Consultations](#)

Online programming: look for upcoming fall dates on the ISM website

### Releasing Emotions

Whenever you hold or repress your emotions or let emotionality control you, you lose energy. Emotions are meant to arise, be felt, and then move out of the body like a wave. The process is repeated when the next emotion arises. Some waves move quickly and some move more slowly but if allowed to, they will always move out and away. However when you repress or over-emotionalize your anger, fear, grief, sadness, etc., you are actually using your energy to alter this natural process.

You may not be consciously aware that you are depleting your energy by altering the flow of emotions. But you will probably notice that you often feel low or empty afterwards. This is because it takes energy to repress emotions, to hold them in place, to numb them out, or to let them run wild.

Releasing stuck, repressed, or over-expressed emotions is energy well used. Release them. Cut them away, out of your energy field. It stops the inner drama. It stops you from leaking energy. It also frees up more energy for using your will power.

### Releasing Negative Thoughts

You lose energy running negative thoughts through your inner dialogue, too. Your mind is meant to be quiet and aware. Negative self-talk about

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yourself, your abilities, or your potential creates another energy leak. So does the re-telling of old stories of pain and the projecting of future failure and discouragement.

If you change these negative thoughts to positive ones whenever they arise this is good energy use. It will interrupt the energy leak. If you release the negative thoughts and stories and stop giving them your attention and your energy it's even better. The leak is stopped and you are supporting yourself with positive thoughts and creating space and awareness through a quieter mind. And it also frees up energy for using your will power.

## **Building Power**

You lose energy if you don't give the body what it needs: nutritious food, 7-8 hours of sleep, and regular exercise. You may be able to ignore these physical needs for a time but eventually the body will no longer be able to compensate for the lack of care and your energy will lessen and your immune system will be less strong.

This is where the phrase "it takes energy to make energy" comes into play. Even though you are tired you must move – walk, stretch, lift some weights. Use your energy through exercise and your energy reserves will start to build again as long as you also get the nutrition and rest your body needs.

You may think that you don't have the will power to do this. If this is your story go back to the south and the north of the wheel – stop the leaks of energy and you will have enough energy to supply your will power.

There are two important messages about will power. 1) It takes energy to have will power. 2) Change uses energy so change only one thing at a time and make it do-able (any more than that and you will not have enough energy to maintain your will power). Then when a new change has become routine and it doesn't take much energy to maintain, you can add another change.

## **Listening to Spirit**

Your spirit is always trying to communicate to you about what is exciting, appealing, engaging, and inspiring! Don't ignore it or tell yourself you don't have the time, or money, stamina, (or whatever) to act on its communications.

Engaging in the experiences that your spirit nudges you towards, gives

you a thrill of excitement and nervousness and gives you big energy gains. Peak experiences (like hiking a difficult trail, starting a new business, having a baby, or whatever your spirit might come up with) give you tons of energy, brighten your outlook, and give you a reason to celebrate.

As you work towards your goals there will be challenges and victories both. Keep listening to your spirit. If you're losing energy, go back to the south, north, and west of this wheel and work them. You will re-gain the energy you need to meet it all. Go after only one big thing at a time. If it's really big, divide it into smaller step-by-step parts so you can build successes. Then when you have met your goal, celebrate! And once you have that success working and the challenge levels drop back down you can ask your spirit what's next!

## **Awakened Will Power**

When you have all the outer directions of this wheel working for you, your will power is awakened.

Will power is a living, breathing thing! You need to keep working all the directions to keep it alive. The good news is that the whole wheel is a collection of patterns that take very little effort to maintain once you get them into a pattern in your life. And it's a pattern that will increase your happiness and your freedom.

So the Will Power Awakening Wheel is a working wheel. You can put it on your fridge and refer to it as you strengthen your Will Power.

You can also do the ceremony below! It's a great one to do at the fall equinox. And you can repeat it as often as you desire.

## **The Will Power Awakening Ceremony**

The intent of this ceremony is to support and care for your Will Power and the dreams of your Spirit. It is done out in nature in a location with trees and really doesn't take very long to do.

Walk in nature, letting your spirit guide you to find a tree that will work with you.

Stand under the tree, touching it with your hands or your body and aligning your energy with its energy. Feel the tree's energy and your energy come together as one.

Put one hand on your heart and look up into the branches, into the light.

Make prayers for more lightness in your heart and tap the prayers into your heart, feeling them go deeply inside you.

Notice if there is anything in your heart/your emotions that is heavy. If you find something, name it and release it by pulling it out and away from your heart and using the knife-edge of your other hand cut it away in a downward motion and throw it out of your energy field. Do this until you feel complete and your heart feels lighter.

See if there is any self-forgiveness you need to do and if so forgive yourself aloud in a kind voice keeping your hand on your heart.

Bring your hand back down to the tree and ask the tree to show you what your inner negative voice has been telling you. Release the negative story or statement by pulling it out of your head and cutting it away with the knife-edge of your hand and throw it out and away from your head. Keep doing this until all the negativity is released.

Ask the tree to tell you the wisdom story of who you are and where you are going.

Tap this wisdom story into your belly and feel it go in.

Now throw your energy down into the roots of the tree. Feel the tree roots and wrap your energy around them. Ask the tree to show you how to pull more energy up from the earth.

Pull the energy up and put your hand on your belly at your one point (2 inches below the navel). See the energy coiling into your one-point. Feel the power there beneath your hand.

Ask the tree for ONE CHANGE you can make in your everyday life that is achievable and that will help you to increase your physical energy. Make a prayer to spirit for any help you need in making this change and pat the prayer into your heart.

Speak aloud your commitment to make this change.

Now, see your luminosity and the luminosity of the tree come together. This is your spirit inter-related with the spirit of life. See the luminosity build into a big ball of light. Ask what makes your spirit happy and tap each of the images or words that come, into your heart and your belly. Ask spirit what is the most important dream for you to be following right now. Take that dream into your heart and speak your commitment to it. Tap it in and feel it light up your heart.

Thank the tree for working with you and walk away keeping the power of its gifts in your heart and belly and leaving the tree in beauty.

## **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.

## **ADVANCED SHAMANIC COACHING PROGRAM**

After successful completion of the Shamanic Power Initiations Program you will be eligible to take the new one year Advanced Shamanic Coaching Program. Both programs are offered in Toronto, Calgary and Vancouver. If your medicine is to assist others in their Earth Walk this program is for you!

Please visit our website [www.shamanicmedicine.ca](http://www.shamanicmedicine.ca) to learn about the program.

For more information email: [info@shamanicmedicine.ca](mailto:info@shamanicmedicine.ca)

## **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 Gabriola Island or via SKYPE.