



ISM SUMMER NEWSLETTER 2019

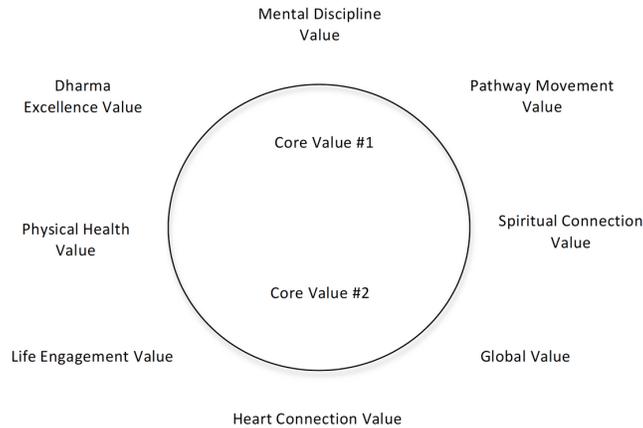
Happy Summer Everyone!

We hope this newsletter finds you well and happy and making plans for some summer relaxation and adventure.

In this issue, we continue the exploration of values - those distinct qualities of inner integrity and purpose with which you engage life and your personal way of being and living. They assist you in knowing what is important to you and guide you in making consistent life decisions.

In the spring, we gave some information and guidance for journeying within to find your #1 and #2 Core Values in the centre of the wheel. Now we journey through the cardinal values – those in the east, west, south, and north of the medicine wheel.

Core Values within Leadership, Life and Self



Spiritual Connection Value

This value helps you to find your way to connect with the spirit world, your spiritual path, and like-minded spiritual people. Recall your first powerful spiritual experience, the one you feel opened the door for your spiritual movement and evolution. Write it down. Then dream and write down the heart of your 9 most powerful spiritual connections with your dreamer and spirit. After you have finished this, what underlying value is sitting there that allows you to value your spiritual life and your relationship with Spirit. Write this down on your wheel.

Physical Health Value

This value helps you maintain and sustain the health of your physical body and underlies your desire to keep it healthy. You may not even be aware of this value, but now you will seek to identify it. Recall an important moment in your life when you needed to count on yourself to make a good decision for your physical health and physical body. Remember and write down the heart of 9 more stories where you took control and command of your health and brought it to a better state. After you have finished this, what underlying value is sitting there that allows you to value your spiritual life and your relationship with Spirit. Write this down on your wheel.

Heart Connection Value

This value helps keep your relationship with your own heart, and with others' hearts, open and in connection. It also helps you discern your true heart's desires and true needs, rather than something you "want." This value helps you hold a heart connection with others even when it is difficult, and if you lean into this value, it will support you and others you are in connection with.

Remember the 5 most significant heart moments when you were young, especially with family. Allow the memories and feelings to wash over you. Write them down and also write down what you valued from that moment. Now find the 5 most significant heart connection moments in your adult life. Write down the heart of those stories. Now remember 5 moments when you feel you added heart connection to another's life and it made a difference for them. Look at what you have written and find the value sitting underneath all these

stories and write it down.

Mental Discipline Value

This value keeps you present, aware, and focused on your dreams and what is important in your life. It assists you in getting refocused, when needed, on your direction and purpose in this journey of life. It also keeps you curious and hungry for knowledge and experience. Recall an important moment in your life when you held a belief and would not give up on that belief until you found it validated in life. In that moment, it became a life truth. Write it down. Recall 9 more stories that have kept you curious and hungry for knowledge and truth. These are the important stories where you just would not give up and give in. Again, write down the heart of them. What value sits underneath these stories that will foster your pursuit of knowledge, wisdom, curiosity and hunger throughout your whole life? Write it down.

Happy Summer!

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.



Upcoming Programs

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 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

UPCOMING INFORMATION NIGHTS

CALGARY

Wed August 7

Wed September 4

EDMONTON

Thurs July 25

Thurs August 29

VANCOUVER

Thurs August 8

Thurs September 19

ONLINE OPEN HOUSE

Featuring a shamanic teaching

TBD

Please email ISM for location and directions

or call 1 877 329 8668



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