



ISM Winter Newsletter 2013 - [www.ShamanicMedicine.ca](http://www.ShamanicMedicine.ca)

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### FREE E-BOOK:

[The Medicine Wheel: A Sacred Container for your Life](#)

This beautiful E-book is now being offered to you on the ISM website 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.

### Happy Holidays from ISM

We send prayers and blessings to all of you and your families at this holiday time. We hope this season is one of connecting and reconnecting with family and friends. This is the season of dreaming. During this season of winter your dream body or spirit self has the deepest levels of communication with your unconscious mind about your next year's journey walk. If you take some time in awake dreaming (the ceremony for this season at the end of the newsletter) you can hear what your dreamer is guiding you to do for the greatest growth, maturation and impact. Your dreamer will not outline to you specific dates or events but the theme and personal growth journey that is specific to your spiritual growth and overall balance. We invite you to take time in awake dreaming to see and know your potential in the coming year.

## BODY POWER INTENSIVE

The Body Power Intensive is a form of intense breath work that allows progressive relaxation of your habitual physical holding patterns. It dramatically reduces and often completely eliminates the 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 and exciting opportunities. Body Power uses breathing techniques and nerve stimulation to open new pathways of energy and power and offers more pleasure, responsiveness, and freedom in your physical body. Participants work one-on-one with Gael Carter, co-founder of the Institute of Shamanic Medicine. There are a total of 16 sessions and the cost of the Body Power program is \$1,600 (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, have life challenges or need information or knowledge to guide your journey you can email ISM at [info@shamanicmedicine.ca](mailto:info@shamanicmedicine.ca).

## 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.

One of the greatest shifts in the 5th world of human evolution is the change in how we can grow. In the past, the focus for human evolution was on looking at our dark side and at the patterns that were not working and then making the necessary changes for the better. In the 5th world, the journey is focused on our potential and then making the needed changes to better move towards our potential and greatness. In many ways it requires more discipline, awareness, dedication to the light and also more awareness and care of our impact on others. As spoken by Nelson Mandela, a great human being:

*“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”*

*Marianne Williamson*

As the space between the light and dark has decreased in the 5<sup>th</sup> World, we are faced with hundreds of choices everyday to either reach for our greatness or not. Each time we take the high road and reach for benevolence, maturity, and evolution and inclusiveness we are guiding the movement of the 5th world in the direction of human balance. Each step of human balance we take, we lead others in the same direction. The ceremony at the end of this newsletter allows you to glimpse and take in the messages from your dreamer, your “Great Spirit Self”. Dream well everyone.

We honour the passing of a benevolent bright light, teacher, guide and leader Nelson Mandala, who changed a nation and the world.



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## Shamanic Power Initiations

The new Shamanic Power Initiations program began in September and October in Calgary, Toronto and Vancouver. The initiation experiences and ceremonies are at the heart of the program. The initiations deepen personal understanding and lay down trackways of change and transformation, moving people into their empowerment. And the ceremonies orient the people to their personal spiritual pathway - all based on the ancient knowledge of the medicine wheel and effecting positive change as we journey into the 5th World.



*Merry Christmas*

*Marilyn, Gael, Akeelah and Jade*

## Catching the Dream Stream of the Dreamer Ceremony

The intent of this ceremony is to step into the dream stream of your dreamer to see what journey is unfolding for you for the coming year. As you engage your dreamer you may hear words or see images from within. You can also ask questions of your dreamer to clarify and gain deeper understanding of your journey.

### Items needed:

Long tapered dripless candle and tin foil as a drip guard

Mirror that you can see your entire face in

Smudge, lighter

Ceremonial notebook and Pen

Quiet area to work

8 Medicine Wheel Stones and 8 tea candles

Flashlight

### **Ceremony**

This ceremony is about 2-3 hours in length.

Prepare your ceremonial space by smudge yourself, the candle, mirror, stones and the space.

Create an 8-stone Wheel of Life Ceremonial Space approximately 6 feet in diameter.

#### **East**

Pick up a stone and ask it to be a part of your ceremony in the east of your wheel. Check inside and discern if its response is a "Yes." (You can place it against your heart and get a heart sense of "Yes" or "No.") If it is "Yes," give thanks and if it is "no" pick up another.

Go to the east edge of your wheel and hold the stone up. Speak aloud, acknowledging and calling to the energies of the east: the rising sun, the fires of life and the place from which we gain our illuminations. Place the stone on the east edge of your wheel.

#### **West**

Pick up a stone and ask it to be a part of your ceremony in the west of your wheel. Check inside and discern if it is a "Yes" or a "No" as before. If it is "Yes," give thanks and if it is "No," pick up another one. Go to the west edge of your wheel and hold the stone up. Speak aloud, acknowledging and calling to the energies of the west: Mother Earth, the setting sun, and the place of going within to find your answers. Place it on the west edge of your wheel.

#### **South**

Pick up a stone and ask it to be a part of your ceremony in the south of your wheel. Check inside and discern if it is a "Yes" or a "No". If it is "Yes," give thanks and if it is "No," pick up another one. Go to the south edge of your wheel and hold the stone up. Speak aloud, acknowledging and calling to the energies of the south: the waters of life, the place of the heart, and the place of inner trust for what you know. Place it on the south edge of your wheel.

#### North

Find a stone and ask it to be a part of your ceremony in the north of your wheel. Check inside and discern if it is a “Yes” or a “No”. If it is “Yes,” give thanks and if it is “No,” pick up another one. Go to the north edge of your wheel and hold the stone up. Speak aloud, acknowledging and calling to the energies of the north: the air, the winds, the place of the mind, and the place of wisdom and knowledge. Place it on the north edge of your wheel.

#### Southeast

Find a stone and ask it to be a part of your ceremony in the southeast of your wheel. Check inside and discern if it is a “Yes” or a “No”. If it is “Yes,” give thanks and if it is “No,” return the rock to where you found it and find another. Go to the southeast edge of your wheel and hold the stone up. Speak aloud acknowledging and calling to the energies of the southeast: the place of experiencing the presence of life, and the place of Spirit from which all things are born. Place it on the southeast edge of your wheel.

#### Southwest

Find a stone and ask it to be a part of your ceremony in the southwest of your wheel. Check inside and discern if it is a “Yes” or a “No”. If it is “Yes,” give thanks and if it is “No,” return the rock to where you found it and find another. Go to the southwest edge of your wheel and hold the stone up. Speak aloud acknowledging and calling to the energies of the southwest: the place of the dream of life, the power of the symbols, dreams, and images we create in our lives and in the dreamtime. Place it on the southwest edge of your wheel.

#### Northwest

Find a stone and ask it to be a part of your ceremony in the northwest of your wheel. Check inside and discern if it is a “Yes” or a “No”. If it is “Yes,” give thanks and if it is “No,” return the rock to where you found it and find another. Go to the northwest edge of your wheel and hold the stone up. Speak aloud acknowledging and calling to the energies of the northwest: the place of the balance of existence and all of the natural laws of life, and of the Circle of Law that forms our inner balance, inner self-governance, and inner sense of right and wrong. Place it on the northwest edge of your wheel.

#### Northeast

Find a stone and ask it to be a part of your ceremony in the northeast of

your wheel. Check inside and discern if it is a “Yes” or a “No”. If it is “Yes,” give thanks and if it is “No,” return the rock to where you found it and find another. Go to the northeast edge of your wheel and hold the stone up. Speak aloud acknowledging and calling to the energies of the northeast: the place of the movement of energy, of the moon that moves the tides of life, and of the wondrous design of all existence. Place it on the northeast edge of your wheel.

When complete, place tobacco on each rock and feel the energy inside your wheel.

Place the tea candles in each of the 8 directions just inside the medicine wheel rocks and light them.

Sit in the center of your medicine wheel and hold up the mirror or prop it up so you can see your full face. Make a drip guard with your tin foil and put the candle into it. Light the candle and hold it in front of you so the flame lines up at your 3rd eye as you look into the mirror. Look into the mirror for a few minutes and then make prayers to see and hear the messages from your dreamer regarding the most important aspects of your journey in the coming year.

Begin to soften your focus as you look into the mirror and relax your physical body so it begins to feel as if it is losing form. Do this with your eyes open, holding the flame even with your 3rd eye and looking into the mirror. Continue to deepen the relaxation so your body feels like energy rather than a solid object.

Begin to ask your dreamer questions. These are example of questions to ask of your dreamer. “What is my journey in the coming year? What am I to learn? How will you support my journey this year? What changes do I need to make? What am I dreaming? How can I take more steps towards my vision and sacred dream? How can I be more in the light? What needs to heal in order to accomplish what my dreamer is guiding me to do? Show me an image of what my potential is this year.

Take time to write down and record the answers. You may need to blow out the candle as you write and then rewrite.

When you are complete, ask your dreamer for a body-feeling experience of your journey this year. Blow out your candle and lie down and begin to dream these images. Quicken your breath as you dream so they will come without the need to interpret them.

When complete, again light your tapered candle and put it in front of you with the flame at the level of your 3rd eye and repeat back to your dreamer what you heard, felt and saw about your journey this year. Speak this aloud.

Thank your dreamer and the energies that were present with you. Complete the ceremony by blowing out the candles.

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