



INSTITUTE OF SHAMANIC MEDICINE

SPRING NEWSLETTER 2015



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

Spring Rebirth and Evolution

Happy Spring!

The Spring Equinox has arrived and it's time for all living things to start growing!

The Four Gateways Program:

Our ISM Online Programs have grown to include the Four Gateways Program and there is still time to join in the class!!

Our first class was recorded on March 10th (so its still possible to catch-up) and future online gatherings will be running once a month through August 18th. The Four Gateways Program offers a classroom format online that is designed to assist you in mapping out your own individual pathway (and giveaway) in life and to find your own personal medicine.

Learn more about the Four Gateways Online program at the ISM website <http://www.shamanicmedicine.ca/programs-courses/the-four-gateways-program-online/>

And email Sonya at info@shamanicmedicine.ca to find out how you can join in!

Evolutionary Attraction Wheel: A Teaching and Ceremony for Spring-ing into increased Growth, Spiritual Evolution, and Attraction!

While the plants and trees are sprouting new growth and the birds and

- 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 2015 in Toronto, Vancouver, and Calgary.

Information Nights

Toronto

Power Animal Journey

May 5, 2015 7:30PM

Blessing Initiation

June 4, 2015 7:30PM

Energy Body Initiation

July 6, 2013 7:30PM

Calgary

Power Animal Journey

April 15, 2015 7:30PM

Blessing Initiation

May 25, 2015 7:30PM

Energy Body Initiation

June 18, 2015 7:30PM

Calgary Welcome

Open House

June 1, 2015

Vancouver

Power Animal Journey

May 11, 2015 7:30PM

Blessing Initiation

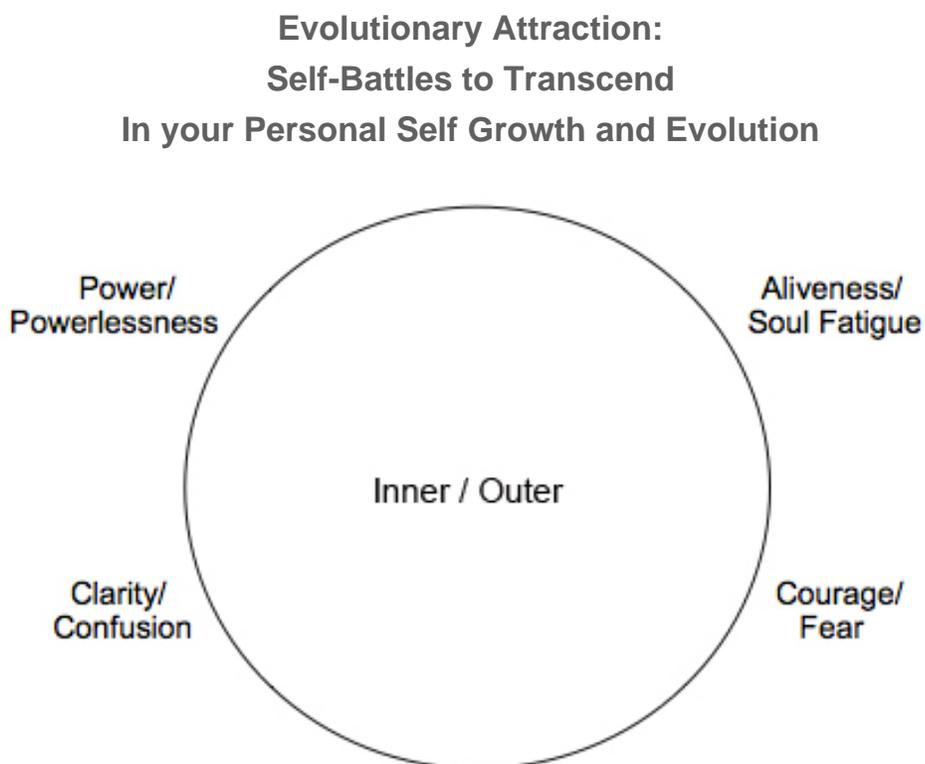
June 15, 2015 7:30PM

animals are frisking their way through ancient rituals of courtship display, right now is a great time to look to your own continued growth and evolution and to increase your powers of attraction!

Spiritual growth and evolution happens when you challenge yourself on the inside to understand the true nature of a personal problem or life problem and how to deal with it. You need to make an honest discernment of how much of the problem is outside yourself and how much is actually inside yourself. And you need to engage your inner battles around fear and courage, clarity and confusion, power and powerlessness, and aliveness and soul fatigue.

Evolutionary movement has to do with pulling more out of yourself than you thought you were capable of and picking yourself up again after mistakes or failures so that you can re-engage with what you have learned.

The following wheel is a 'working wheel' to guide you through this process. And the ceremony afterwards can be used over and over again to make the changes in your actions, behaviours, and thoughts that will help you to transcend some of the difficult situations in your life and bring about real evolutionary movement.



Centre – Inner or Outer Battle?

The state of your life, relationships, dreams, accomplishments, and even the state of your happiness, are all a measure of where you are at right now in your evolutionary journey. It is all determined by the choices you make within yourself and between yourself and other people and situations. If you're not doing well, ask yourself, "Is this problem an inner or an outer battle?"

Energy Body Initiation

July 16, 2015 7:30PM

Please email ISM for location and directions
or call 1 877 329 8668



Facebook



Website



Email



YouTube

If it's an outer battle you may need to make some changes in what you're doing on the 'outside' (who your friends or bosses are, what kind of work are you doing, how much challenge is in your life, and so on...) But also look at the inner battles that may be lurking within the problem (Have I kept my own boundaries? Am I being true to myself? Am I causing some of the problem? Am I over-stressed or under-challenged?)

If you make changes and leave outer problems behind just to find them arising in the next situation, you'll know that there is also an inner problem to transcend.

Inner battles really matter a lot. When you have control over nothing else, you always have control over your own attitude! Every spiritual leader has illustrated this. But outer battles are also of great importance – every outer battle has the potential to show you what needs to be transcended for the next step in your evolutionary journey. And if you engage it well you will grow.

Southeast – Courage or Fear

Sometimes fear is showing you that there is a real threat coming at you. Your hormonal systems are geared to making you pay attention to threats to your survival, and to act to stay safe! But fear itself can stop rational evaluations of the threat at hand and many of the things that elicit fear are not at all life-threatening.

The key in having courage is to learn to live your life from your center of gravity (your one point or tantien) so that you are not swept away by the strong emotional currents of fear. It is also to learn to discern how threats can be reduced so you can continue to meet some of the juicier challenges in life – the challenges that give us hope and inspiration!

The dance between courage and fear is in finding the balance between the two. Ultimately, courage is strengthened by coming to terms with the impermanent nature of all the things we love and valuing and finding trust and acceptance in the spiritual nature of it all.

Southwest - Clarity and Confusion

Believe it or not, a lot of confusion in life is caused by using the brain too much!

Sometimes you can cut through confusion and gain clarity by accessing more of your body-knowing. For example - walk in nature viewing everything from your center of gravity, and ask yourself, "What do I know about _____?" You may be surprised at the amount of clarity you have access to.

But often you can't have all the clarity and all the answers about something unless you take an action on it! You could say that staying stuck in a state of confusion keeps you safe. It keeps you from making mistakes but it also can keep you from making real movement and change in your life. Every time you

take decisive action you gain clarity because something changes and in dealing with that you will learn. Sometimes you'll like the results of your actions and sometimes you won't but this is one of the prime sources of growth and evolution.

But if confusion can be an enemy of growth and change, clarity (or thinking we know it all) can as well. Knowing all the answers already is like being a 'full cup' that cannot hold anything new. It prevents you from learning from life.

The way of engaging your personal battle between clarity and confusion is to find the way of accessing your inner wisdom for the important questions and taking actions to challenge yourself so you can continue to learn.

Northwest – Power and Powerlessness

Developing your inner power is one of the objectives of self-growth and spiritual evolution. But it can also stop your growth if your personal power serves the needs and desires of your ego.

For power to work towards your evolution you need to be willing to be self-honest, have some humility, and be hungry for learning. In relations with others, power must go hand in hand with respect for the rights of the other as well as those of yourself.

With personal power, your will becomes a formidable force and you are capable of the kind of growth and evolution that makes a person a great soul. That is attraction energy!

And while powerlessness may seem to be only a negative experience it is an unavoidable part of life and learning. We cannot control all that much in life (although we may influence many things) and so there will always be losses. The question is, can you find the way to yield to those things you cannot control? And in yielding can you learn more deeply about yourself and life and others finding opportunities for transcendence even in loss?

Northeast – Aliveness and Soul Fatigue

How alive are you in your life? Do you create challenges that require you to move into the unknown or do you stay in known and predictable routines? It takes energy, an adventurous spirit, curiosity and active engagement (in things where you don't already know all the outcomes) to have real aliveness. This is what creates energy, hope, and creativity. Aliveness makes you start the morning with an appetite for the day. You don't have to take up skydiving to have aliveness but you do have to engage in lively and novel situations and actively create meaning and purpose in your life to have it. It doesn't just happen; you have to create it.

Soul fatigue on the other hand is a state of having low energy and low interest and enthusiasm. With aliveness, you gain energy but with soul fatigue you lose energy and the appreciation for life. Soul fatigue can happen at any age. The way out of soul fatigue is to expend the energy you think you don't have and start creating a dream for yourself and moving towards it. Be determined and persistent about it.

Soul fatigue can be a particularly difficult energy as you get old. It's easy to focus on the losses and on what you can't do, but one needs to engage the battle with self to keep creating juicy dreams worth living for. Do this not to deny death but to affirm life while you are alive. The one thing you have total control over is your own attitude and your choice and determination of what to focus on. And the more challenging the task the more you grow by engaging it!

The Evolutionary Attraction Ceremony

This ceremony will take a couple of hours to do and afterwards a few minutes each day to take it all the way through to completion. Dress for the outdoors and bring a pen and notebook with you.

Go for a walk out in nature. Speak your intent aloud: "I intend to move into the next step in my spiritual growth and evolution and transcend any self-battles that may be in my way."

As you walk, bring all your energy down to your one point (2 inches below your navel), quiet your mind, and let your pace become natural. Let yourself be guided by your spirit and by your intent.

Notice the things around you (the grass, the earth, the shrubs, trees, birds, animals, other humans, clouds, sunshine, and so on) that are in balance and harmony and the things that are just beginning to move into their growth cycle. Let your attention be drawn to whichever of these is of the greatest attraction to you right now.

Ask yourself:

"What is not working in my life right now and needs to be transcended so I can continue to grow?"

Keeping your mind quiet, listen carefully for the answer. It might be a voice or a word or a picture or just a sense of knowing. Write it down when it comes

Now find a location that speaks to you of flow and movement: It might be a tree that is getting ready to move into spring, or a flowing creek or river, or just a place that has some breezes or wind blowing.

Sit in this spot, or continue slowly walking around the spot (whatever is strongest for you) and ask the tree or water or breezes the following questions, making a quiet and still place within to hear the answers and writing them down:

In what way is this _____ (thing that is not working in my life)

an outer battle?

What is asking to be changed on the outside?

In what way is it an inner battle?

What is asking to be changed on the inside?

Is there something I'm afraid of about this situation?

If so, how can I support myself through this fear?

Look at the situation from your center of gravity and ask yourself,

What do I truly know about this situation and my way of transcending it?
What do I truly know about myself?
What weaknesses need to be strengthened?
What gains are available to me by moving through it?

Look at the situation from your true inner power and ask,
Am I in my power in this situation?
If not, what can I develop in my personal power to meet it?

Then ask

What thoughts or actions of powerlessness have been keeping me stuck that I need to cut away from now?

Identify and state each one aloud pull it out of your navel with your left hand and cut it away with the knife edge of your right hand, releasing that energy fully before repeating the procedure with the next thought or action you need to release.

Then ask,

What is it about this situation that is costing me energy?

What actions can I take that will increase my energy and aliveness?

Make a commitment to yourself to stop the energy losses and create more energy gains. Be specific about how you will do this.

When you are complete you will have several answers recorded.
Thank nature for working with you and return home leaving the ceremonial space in beauty.

Back at home, look at the wisdom you have recorded for transcending the life situation you are working with.

Every night take a few minutes to check in with your progress in transcending this situation and look at the wheel of Evolutionary Attraction to see in what directions you are having successes (and congratulate yourself for them) and what directions need more work (and write down a plan for strengthening them). Continue this until you have transcended the situation.

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

defenses 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.

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 to learn about the program. For more information, email 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 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.