



Shamanic Connection Newsletter

*Reconnect with Yourself, Spirit and Mother Earth
through Shamanic Practices and Other Healing Modalities*

Spring 2009

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HOT OFF THE PRESSES -

**The Healing Ways of the Shaman --
Shamanism and Soul Recovery**
Introductory Special - \$49.95



This DVD series was recorded during a live presentation on the ancient practice of shamanism, focusing on the healing techniques of soul recovery and extraction.

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[Playshops, Workshops and Travel Schedules](#)



Check out our blog !!



SHAMAN'S BLOG

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Hi everyone and welcome to **Shamanic Connection**.

Well, it's taken some time to get ourselves coordinated and all our ducks in a row to begin our newsletter. Some of you have been on our "list" for quite some time and I hope you forgive us for the lack of communication. Keeping up with the times and new communication methods can sometimes be a daunting task.

So, here we are, on our way. And what better time than now, with the stirrings of spring upon us, to launch our newsletter AND our new DVD!

Right now our plan is a quarterly update to all of you, with a short article or answer to a pressing question, new products and workshops.

We have grown here at Shamanic Connection, with the launch of Shaman's Blog a while back and our new store front, Shaman's Marketplace

www.shamansmarketplace.com) and the development of individualized personal retreats. Even the [website](#) has gotten a face lift! We have some exciting new CDs and webinars in the planning phases as well.

As always we welcome input from the members of our shamanic family. If you have ideas for new workshops, would like to plan a workshop in your area, or some fabulous new flower essences formula for us to create, or just some suggestions to add to our newsletter, please don't hesitate to email or call us.

You are on our list because you have signed up through our website or are a client of either Gary or Debbie. Should you choose to be removed from this email list, please use the link below to delete your email. We'll be sorry to see you go, but we understand.

Step into the Medicine Wheel

The term medicine wheel, originates from Native American traditions. It is also referred to as the Sacred Hoop or Circle of Life by other cultures.

A medicine wheel is simply a way of making sacred space more real and more visible. Ancient peoples believed that the medicine wheel in itself had great power and helped create change and healing. Medicine wheels were always a place of sacred ceremony and ritual. People go and have gone to medicine wheels to pray, meditate and find balance. It is a place to find your connection to the universe, Great Spirit, nature and yourself.

The medicine wheel is generally divided into four quadrants representing the four cardinal directions, joining in the center. Animal totems serve as guardians for each of these directions. Different cultures and traditions have different spirit animals and meanings for the directions.

You may choose to create a physical medicine wheel for your explorations or simply create a sacred circle by invoking the energies of the directions and sitting in a particular direction for your prayer or meditation. As we move around the wheel in our newsletter, we will discuss some of the more common meanings of the directions, but please don't limit yourself to this information. As you work your way around the wheel you will discover the totems and meanings of the directions that are correct for you at this time. Many different animal totems may present themselves in each direction over time.

The East Gate -- New Beginnings

We begin in the East as it is the place of the new day and spring -- the start of the new seasonal cycle. Winter is finally over and we are beginning to feel new life stirring within Mother Earth and ourselves. We feel ourselves ready to begin anew.

The spirit guardian of the east is Eagle. Eagle's medicine is freedom; freedom to fly above and see life from a different perspective. Eagle is about the ability to see the "big picture" and then to focus on specific area of our life with an "eagle's eye".

Like the beginning of the new seasonal cycle, east represents the beginning of our life cycle. East is the quadrant of the birth and childhood. It is the exciting time that we are free like the eagle and the place of innocence and enlightenment.

Shop Online at:
www.shamansmarketplace.com

Lessons of the east include birth and new beginnings, clarity, focus, enlightenment and illumination, creativity, awareness, intelligence & mindfulness, perception, divination. East is the place for healing of the mind. In the east we learn to seek the truths and banish any lies and fears that may be holding us back from new starts.

We encourage you to fly with Eagle and see what you can see.

Our Mission at Shamanic Connection is to help people to reconnect with themselves, Spirit and Mother Earth through Shamanic practices, soul retrieval, sacred ceremonies and other healing modalities. Our job is twofold— to assist our clients in reacquiring the tools for their growth and then to hold a safe space for them to do their work.

It is by using these new tools that growth and healing happen.

Mitakuye Oyasin,

(a Lakota prayer as a reminder that we are all related)

Gary & Debbie Gent
Shamanic Connection