



## Shamanic Connection Newsletter

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

Winter 2009/2010

### In this issue:

[Greetings from Shamanic Connection](#)  
[Stepping into the Medicine Wheel -- The North Gate -- The Journey of Wisdom](#)  
[Our DVD](#)  
[Winter Give Away](#)

### Congratulations to Fabio Fina of Boulder, CO-- the winner of our Fall Harvest Give Away.

Fabio is the winner of the bear rattle from our December dawning. He was absolutely delighted and the rattle came at a time when he was ready for the wisdom that bear brings. He's looking forward to using his rattle for his journeys.



[back to top](#)

### The Winter Give Away

An underlying value of the give away is to keep one's belongings to a minimum, sharing abundance with all those around. So, we would like to share with you.

This winter's give away will share the wisdom of the Cherokee with Joyce Sequichie Hifler's book,

[A Cherokee Feast of Days: Daily Meditations](#)

To enter this drawing, simply reply to this newsletter with the word "drawing" in the subject line. On March 15, we'll pull a name from the basket!

Just a reminder... all our Facebook Fans are automatically entered in the drawings!

[back to top](#)

### [Playshops, Workshops and Travel Schedules](#)

### Greetings from Gary and Debbie at Shamanic Connection.

Well, we hope everyone is recovered from the holiday frenzie. We're glad it's over and we can get on with other things.

On our home front, all is well. Gary has had some home time and didn't travel during the holidays. We got to enjoy a wonderful Yule celebration with our kids and a couple of shaman friends. New Years came and went with a beautiful blue moon and quiet full moon ceremony right after midnight. It was a powerful time as the blue moon on New Year's Eve only comes once every 28 or 29 years. It gave Debbie a wonderful opportunity to empower some special moon water to use in her

[Shaman's Potions™](#).

The new year cleaning and putting away of the holiday decorations began the moving process. Everything got wrapped in bubble wrap and packed in boxes to be shipped to our new home. Debbie hasn't started counting the days out load YET :) We appreciate your intentions and prayers to help us manifest our dream. Keep the thoughts and prayers coming!

Debbie has become part of a circle for doing community shamanic healing. If you haven't already read it, check out her blog about the circle - "Stories from the Time of Magic" at <http://shamanicconnection.blogspot.com/>.

As we begin to wrap things up here, we are winding down our monthly drum circle that has been going since January 2001. This anniversary circle will be the "Grande Finale". It will be difficult to begin to say goodbye to our wonderful circle of friends here. Surely there will be the need for many kleenex at the circle night.

We are also offering the last group of playshops here in the Phoenix area. If you're interested in coming to Phoenix to play, check out the website calendar for the list of playshops coming through the end of March. Gary will be back on the travel schedule the end of January for an individual retreat, then off to New Jersey for a chakra playshop and private sessions.

You can keep up with our antics on our [Facebook Fan](#) page. Join us.

As always we welcome input from the members of our shamanic family. Items for our vision board about the retreat would be exciting. If you have ideas for new playshops, would like to plan a playshop 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 Gent. 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.

Mitakuye Oyasin, (a Lakota prayer as a reminder that we are all related)  
 Gary & Debbie

Please consider the environment before printing this newsletter.

[back to top](#)

### Stepping into the Medicine Wheel

This is our third quarter of walking the Medicine Wheel. We began our journey in the East Gate and have moved around now to the North. For those new to our mailing list, you can read the [introduction to the medicine wheel](#) and begin your explorations with us here in the North.

### The North Gate - The Journey of Wisdom

As we journey into the North quadrant of the medicine wheel, we find our self slowing down. North is often associated with the winter. This is a time when things seem to be sleeping. Yet, during this quiet time is when the deepest growth occurs. This is the time in the earth when the seeds take in the energy of Mother Earth that allows them to grow



**Check out our blog !!**



[SHAMAN'S BLOG](#)

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[back to top](#)

when spring approaches.

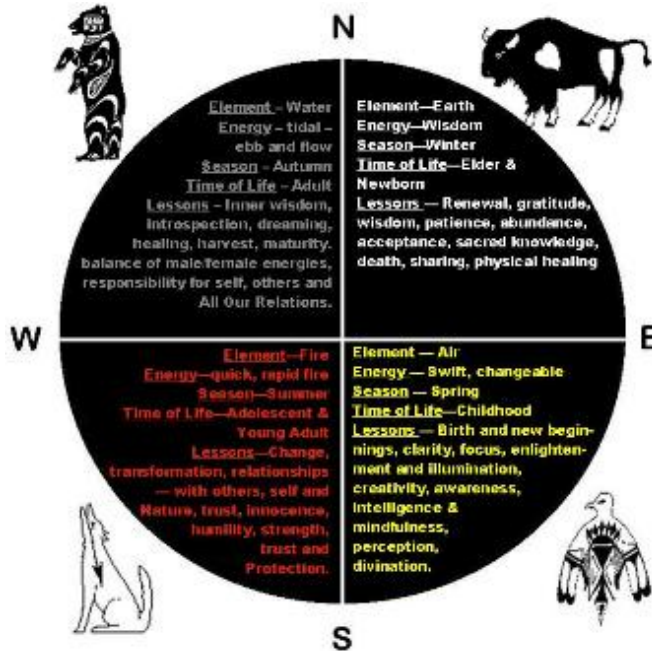
North is a time to contemplate your life and its paradoxes. This is where we come to an understanding of our own lives and an acceptance what we have or have not accomplished. Here we learn patience, peace.

This is where we prepare for the giveaway. The giveaway is a sharing of the wisdom and experience we have gained walking the medicine wheel. Sharing with the people all we have learned.

North is a place of physical healing. This is where we come to give thanks for healing that has occurred and/or to ask for healing for ourselves and others. The North allows us to let go of disease and accept health.

Winter or North in the Medicine Wheel is most often represented by the buffalo. Buffalo is a symbol of abundance and the embodiment of the giveaway. The buffalo gave up everything for the people... its meat fed the people, skins were used for clothing and covering, bones and sinew were crafted as survival tools. Buffalo signals a moment to reconnect with the meaning of life and the value of peace, to praise the gifts you already have, and to recognize and honor the sacredness in all paths.

We encourage you to explore and embrace the wisdom of the North and to share the wisdom of your journey with others. No matter how large or small, we all have something to give away.



[back to top](#)

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

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