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# Awaken Your Inner Shaman

*Reconnect with Yourself, Spirit and Mother Earth  
Through Shamanic Practices*

Shamanic Connection's Newsletter

Summer 2011

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## UPCOMING PLAYSHOPS, WEBINARS AND TRAVEL SCHEDULE:

### Psychic & Holistic Faire

Saturday, July 16, 2011 | 10am-5pm  
Josephine County Fairgrounds,  
Grants Pass, OR

[More](#)

### Meet Your Animal Spirit Guide Webinar

With Debbie Gent

July 25, 2011 | 6-8 pm Pacific

or

September 1, 2011 | 6-8 pm Pacific

[More](#)

### The Healing Ways of the Shaman -- Shamanism and Soul Recovery Webinar

with Gary and Debbie Gent

Wednesday, August 10, 2011 | 6-  
8pm Pacific

[More](#)

### Aspects of Self - A Shamanic Journey

Webinar with Gary and/or Debbie  
Gent

September 15 - November 3, 2011

## Shaman's News

Summer has finally arrived here in the Pacific Northwest and like our summer season, your newsletter is a few days late. We had some technical difficulties throwing us awry. We changed our newsletter service provider and in the process we duplicated our whole mailing list (not just our email list - all 2000+ names). This meant manually sorting through the names and deleting each one individually. Then we had to re-create the wheel and program our template. This all took longer than expected. But since it's only 70° and raining here right now, it doesn't really feel like summer yet... how's that for excuses?

Should you receive this newsletter when you have previously unsubscribed, we apologize. Some things didn't transition well to the new email program. Simply use the "Unsubscribe" link at the bottom of the newsletter to unsubscribe again. Again, we apologize (but it does give you a chance to change your mind once you see how we've grown.)

As for the new newsletter format, we now have a Facebook Like button at the top right. You can just click and forward this to all your Facebook friends. Or you can forward this newsletter to a friend directly from the sidebar. And, if you haven't become a friend of our [Shamanic Connection Facebook page](#), you can friend us from the sidebar as well. Also, you can change your email address from the link at the bottom of the page.

Gary has been on the road quite a bit facilitating Five Day Shamanic Intensive Retreats so Debbie has been holding down the fort in Oregon. She has been busy working on a new

[More](#)**ONGOING EVENTS:****Drum Circle**

Second Friday

7:30 PM until ???

Location: Shamanic Connection --

Central Point, OR

[More](#)**Shamanic Journey Web Circle**

Fourth Monday

5:30 PM until 7:30 PM Pacific

[More](#)[See Our Calendar](#)**SUBSCRIBE HERE:**

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**CONTACT US:**

On the Web at:

[www.shamanicconnection.com](http://www.shamanicconnection.com)Gary Gent - [602-439-5843](tel:602-439-5843)[Email Gary](#)Debbie Gent - [602-896-0146](tel:602-896-0146)[Email Debbie](#)

Shop Online at:

[www.shamansmarketplace.com](http://www.shamansmarketplace.com)

website design the should be unveiled soon. And as promised we unveil a new Shaman's Potions™ formula 'Feet in the Soil' in the [Shaman's Marketplace](#). We'll keep you updated on the website changes.

Our first webinar, '[The Healing Ways of The Shaman - Shamanism and Soul Recovery](#)', was a hit so we're on a roll and ready to add more webinars to our list. Be sure to check out the list of upcoming events in our sidebar. We are excited about all of them, but are really excited about the '[Aspects of Self - A Shamanic Journey webinar](#)' (see the article below). Our webinars will be conducted either through webinar software that you can just join the webinar by a link or by Skype and webcam for some group webinars like the Aspects webinar. We have some ideas rolling around in our heads for new webinars to add to our schedule for the fall.

For many years in Arizona we held a 'Shamanic Journey Circle' each month. This was a time we held space and helped people focus their intentions for a personal journey. It is through the power of your intention that you can receive answers to your most pressing questions, gain clarity along your path, remove blocks, and receive and/or develop your tools and abilities. This circle was attended by both beginning journeyers and seasoned practitioners. With your foray into webinars, we thought, why not open this circle to anyone? And Spirit asked us, "Why not?". So, beginning in July, we are hosting a '[Shamanic Journey Web Circle](#)' each month, on the fourth Monday. This circle will be open to all who are trained in shamanic journeying (no matter where you received your training). This is a gentle poke for all who have trained with us and have been lapse in their journeying. Join us as we create and hold a sacred container for you to connect with your guides and Spirit.

Remember, to stay on top of what's happening here at Shamanic Connection, join us on [Facebook](#) and check out the [Shaman's Blog](#).

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 manage your subscription and 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

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newsletter.

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## **New At [Shaman's Marketplace](#)**

### **Shaman's Potions™ - Feet in the Soil**

[Feet in the Soil](#) helps us to ground and anchor deep into the energy of Mother Earth. Great for those times when you're feeling spacey, ungrounded or simply disconnected. It helps to send your roots from your feet deep into the earth and connect with the earth energies. Ceremonially hand-crafted with organic and wild-crafted essential oils of Rosewood, Sandalwood, and Cedar with flower and gem essences in potentized moon water with a small amount of organic vodka as a preservative. (Drops are for internal use and do not contain essential oils.) - **Drops - 1fl oz - \$7.50 or Spray - 2fl oz - \$9.50**

### **Cedar Smudge Sticks**

Cedar is well known for its ability to purify, especially for purifying negative emotions. In the Pacific Northwest, the people burn cedar for purification in much the same way as sage - it drives out negative energy; but it also brings in good influences. Cedar is used for protection and banishing bad dreams. These [smudge sticks](#) are 8-10" long and about 2" in diameter. - **\$6.35**

### **Red Willow Bark**

[Red Willow bark](#) is an important herb used in sacred smudging ceremonies (and again within the Inipi Ceremony). Its woody aroma surrounds you with a sense of soothing calm, like being "surrounded by a huge Medicine Blanket". Red willow an ideal herb for use with clearing purposes and during quiet sessions of meditation. The Red Willow is a tall tree that can grow to fifty feet, mainly along streams in western North America. - **\$4.75/0.5oz**

### **New Copal, Frankincense & Myrrh**

Our Copal, Frankincense and Myrrh is now available in bulk. We have a new supplier and great quality resins. See our [website](#) for by the ounce pricing.

### **Drum Bags**

Our [hand crafted drum bags](#) are now available in two sizes - Medium holds a 15" drum or smaller and our Large holds a 16-18" drum.

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## **Aspects of the Self – Who's Driving Your Bus Today?**

How many times have we done something totally marvelous, or dumb, rude, mean or off the wall and then looked back and said "Did I REALLY do that? It's not like me to behave or do..."

We treat these actions like someone else is responsible for them, and to be truthful, there is, but that “someone else” a part of you, a personality aspects or archetype. But in these cases, just one aspect is acting (or acting out) in a manner that is not representative of you as a whole.

Through our work assisting others with shamanic journeys and retrieving soul pieces, we have found a group of aspects or archetypes each person carries that have been ignored, stuffed or abandoned along the way. And like a child that is being ignored, they tend to struggle for control so that they can be seen or heard. This is sometimes not in our best interest.

Picture this situation... You're in a meeting with your boss reviewing a report that you have prepared. The boss is asking questions, courteously, but asking questions about your train of thought or information source. How are you responding or reacting?

That's really going to depend on “who's driving the bus”. If you are coming from a position of balance, your place of center and empowerment, you will respond courteously and logically to his or her questions. But... if your Emotional Self is in charge, you could react with anger or feel tears welling in your eyes. Your Critic could kick in and you then begin the old self-talk patterns of “not being good enough”, “can't do anything right”. Or maybe your Ego may take over with the “Who does he/she think he is? Who is he/she to question my work?” Oh, and what about the Shadow? I can picture papers flying around the room as well as some unpleasant words as you stomp out the door. The outcome of that meeting totally depends on “who's driving your bus today”.

Wouldn't it be nice to have all your aspects working together in a cohesive group, so you can respond to life from a position of balance and empowerment?

These aspects are similar to Jung's archetypes. Psychologist Carl Jung described several archetypes based in repeating patterns of thought and action that re-appear time and again across people, countries and continents. Jung believed that we each have all four main forms of archetypes within us, the Shadow, the Anima, the Animus, and the Self. Jung also considered other archetypes, including family archetypes such as father, mother, child and story archetypes like the hero, the witch, the magician, the wise old man and the earth mother.

Medical intuitive and author, Carolyn Myss, identified over 70 common archetypes in her book, Sacred Contracts. She believes we were encoded prior to birth with 12 of these

archetypes to fulfill contracts for experiences in this lifetime.

As we work with clients we are finding that there are about 12 or 13 aspects that each of us has hidden somewhere in our energy body. They have been hidden, abandoned or simply ignored. They include the Divine Masculine, Divine Feminine, Mental Self, Wounded Child, The Ego, The Shadow, and The Critic. Each person may have other personalized aspects hidden away as well. By retrieving and integrating these aspects, we become more balanced and whole.

We like to look at this group of aspects as a corporate board of directors working together for the good of the company (the Conscious Self). They are brought together as a cohesive group with the Heart Self operating as Chairman of the Board. But, in this board, each Aspect has a voice in how the "company" is run, with the Heart making the best choices for the conscious Self. Everyone is heard and no one is acting independently or "going rogue". Now you begin to respond to life from a place of balance and empowerment.

Sound good? Are you ready to retrieve your Aspects and build your board of directors? We offer this work as part of our Five Day Shamanic Intensive Retreat, as weekend playshops or you can join us for our upcoming webinar "[Aspects of Self- A Shamanic Journey](#)" beginning in September. Just click on the links to find out more about the playshops and webinar.

So, back to our original question... "Who's driving your bus today?"

Our Mission at Shamanic Connection is to help people to reconnect with themselves, Spirit and Mother Earth through Shamanic practices, soul recovery, 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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