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Awaken Your Inner Shaman

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

Shamanic Connection's Newsletter

Fall 2012

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Shaman's News

Autumn has arrived here at Shaman's Grove and it has been quite a journey so far. Actually more like an E ticket ride at Disneyland. Do they have a G ticket ride???

We rang in Fall with a 10 Billion Beats drum circle here in Grants Pass. A friend here has a spiritual center in town and hosted the event. We had a nice group and they decided they want more. So a drum circle was born. We're looking forward to getting back to routine drumming. Gary and I have hosted a circle for this event since it began back in 2009. For more info you can see the post on [Shaman's Blog](#) and the [10 Billion Beats website](#) and decide if you want to host an event next year.

As many of you know, Gary was on the East Coast and in Germany for most of the month of September. He arrived home on the 28th and within 24 hours proceeded to have a small heart attack. He is doing well now. They put a stent in an artery and kept him a few days at the hospital in CCU. What a surprise from the man who hasn't been sick (other than flu) in the 36 years we've been married! This experience has been a definite wake up call, and a giant roller coaster ride for us. We are both very thankful for the wonderful medical personnel here that took care of both of us. And timing was everything. Besides waiting to get home from Germany, our son, Brian, just moved here the week before and is staying with us until he finds an apartment. So, I had the support here at home while driving back and forth the Medford to the hospital and we have help with some of the heavier things that need to be done before winter sets in. We are making a few small changes in our lifestyle, fortunately not much



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needed changing. Seems this is mostly a genetic issue and result of not taking care of himself during those young, 6'9" and bulletproof days. Seems the armor gets a little thin as our knights age. He's had some R&R time and is ready to return to work. Our thanks to all who sent Guides/Allies and healing energy to help. I must admit the hospital was pretty crowded and filled with bright energy.

We've made some changes online this summer. Back in July, we added another blog called [Nature Wise](#). This blog features Nature's messengers, the animals, trees, plants, stones, etc., and the messages they offer us. Check it out and you can subscribe by RSS feed to stay updated. I try to update every two weeks. [Shaman's Blog](#) also got a face lift and moved to a new platform. If you were reading us at the old blog, I've put a notice there of the new web address so you don't miss anything.

In The Marketplace

[Shaman's Marketplace](#) continues to grow and add new products. We've added some new smudging herbs and blends as well as a line of hand crafted [mini crystal medicine bags](#) for grounding, chakra balancing etc. In fact, we're offering our newsletter subscribers 10% off these [crystal medicine bags](#) from now until December 15, 2012 (use code CMB at check out).

Grounding

One of the most common issues Gary and I find when working with clients is that many times, they are not grounded. We frequently see their energy bodies floating away or above from their physical bodies, and/or the chakras at the base of their feet are closed.

The foot chakras, found on the sole of each foot, work in combination with the base or root chakra, to create a stable foundation for our physical existence. When they are open, the foot chakras provide a constant connection with the energy grids of Mother Earth to the rest of the chakras in our physical and energy bodies.

Many people see this energetic connection as their "roots". Like a root system of a tree, these "roots" stabilize you so you aren't carried away by what's happening in the world around you. When you are grounded, you remain solidly in your body, you are able to respond appropriate way, staying in the now, letting the past be and trusting that the future will be even better. [\(Note the word respond... not react. See our 1/2010](#)

[Shaman's Blog for more on this](#)

How do you know if you're grounded or not? Here's a little chart to give you some ideas.

Grounded	VS	Ungrounded
Appropriate amount of energy		Too much or too little energy
Able to focus		Easily distracted
Feel whole and connected		Feel scattered and spacy
Relaxed and alert		Tense, fidgety, off balance
Can easily let go		Holds on to problems, emotions

Okay, so you're not grounded. It's not a big deal. You can fix it pretty easily. If it's a short term thing that has you stressed out or you've done some energy work that has left you feeling a little "spacey", taking a shower or bath, or walking around bare footed on the earth will also help you ground. Sitting outside on the ground with your back up against a tree and feeling the energy of the tree going to the roots is also helpful. But don't forget to ask permission of the tree first and make an offering. Eating some "grounding food" will also help you ground. You will find a particular food that is really grounding for you. Gary's is meat, especially a nice big steak. My grounding food is a bowl of beans and rice.

Most often with friends and clients we recommend a simple visualization of connecting through your feet into Mother Earth. I am including links to an audio version of this visualization as well as a print copy. It's really short and shouldn't take more than a few quick minutes.



For many people, this needs to be part of their daily routine. In fact, I often suggest they put a sticky note on the bathroom mirror to remind them to ground. And, as the saying goes, "Practice Makes Perfect", the more you do this visualization the easier and more automatic it becomes.

We invite you to try this visualization as often as necessary and begin to feel more grounded and balanced.

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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