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Awaken Your Inner Shaman

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

Shamanic Connection's Newsletter

Summer 2012

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UPCOMING PLAYSHOPS, WEBINARS AND TRAVEL SCHEDULE:

8/4 & 5 - [Your Chakras Are Talking - Communicating With Your Energy Centers](#)

8/6-9 - [Private Sessions with Gary](#)

Mt. Laurel, NJ

10/6 - [Creating the Sacred Drum](#)
Grants Pass, OR

Shaman's News

Welcome to summer at Shamanic Connection and Shaman's Grove. It's our first summer here on our new land. If you haven't seen or heard much from us lately (we've been horrible about posting to Facebook and behind on blog posts), it's because we've been busy getting settled. We have some projects we need to get done before the rainy season starts and have forgotten that we're not as young as we use to be. Our physical bodies doth protest too much for our 29 year old minds :-0 We just have to add a few extra days onto our project schedules.

Let's see where to begin... Oh, we've been given a name to call the land/home/retreat. It's "Shaman's Grove". So, if you hear us refer to Shaman's Grove, we haven't changed our name, it's just what the land wants to be called.

Gary is heading off to New Jersey in a couple of weeks to facilitate two playshops on August 4 & 5 – Your Chakras Are Talking – Communicating With Your Energy Centers and Communicating With Your Energy Centers – The Navel Chakra – Your Creative Source & The Solar Plexus – Your Personal Power. He will also be doing private soul recovery sessions the 6th – 9th. There are still a couple of openings for both the playshops and private sessions. [Click here for more information.](#)

October 6 will be our first event here at Shaman's Grove. We will be facilitating a drum making playshop, [Creating the Sacred Drum](#). We welcome all our Rogue Valley friends to join us and create your own drum. For those outside the Rogue Valley, we can offer up a tent and sleeping bags if

[See Our Calendar](#)

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Shop Online at:

www.shamansmarketplace.com

you'd like to join us.

And, our last big announcement... a new blog. [See the featured article below.](#)

In The Marketplace

The end of June brought the launch of the updated shopping cart at Shaman's Marketplace (<https://shamansmarketplace.com>). It was quite a project, but Debbie has finished and we have plenty of room for growth. Debbie has some new products on order, like some new smudge sticks and really cute crystal medicine bags, and a few new drum bags on the sewing machine that will be online soon. So, feel free to check out the new shop and join the [store mailing list](#) for special offers, product updates and valuable coupons.

Nature Wise

Returning to life in the forest has really reawakened Nature's call to us. Just the call to return to the forest has great significance for us. The forest is connected to creation and growth energy, free of controls and constrictions. We are visited daily by Crow ("The magic of creation is calling") and Deer ("Gentle luring to a new adventure") among others. Besides being awe struck by our daily nature adventures, the pot of creative juices has been well stirred. And, one of the fruits that bubbled to the top was a new blog, called [Nature Wise](#), offering information about the wisdom Mother Nature has to offer.

For thousands of years, people have connected with Nature to gain knowledge and spiritual fulfillment. Nature offers us healing, wisdom and an opportunity to connect with the sacred. We are blessed by nature. It touches each of us in personal and special ways. "From the elements to the animals, from the plants and trees to stones and minerals, the natural world is one of our most powerful sources of spirit, wonder and wisdom. Every tree has its own magical story. Every plant has healing and every animal has spirit. Every cycle brings opportunity for change and growth. Familiar and exotic fragrances that tease and delight fill the air. The songs of birds awaken and soothe. The colors of plants, flowers and trees stir emotions and resonate subtly with our body and mind. And the appearance of an animal causes our spirit to soar. Nowhere does the spirit of the Divine manifest more clearly than within the natural world." (*Animal Speak* by Ted Andrews)

In the past shamans, priests, and priestesses were the keepers of the sacred knowledge of life. These individuals were connected with the rhythms and forces of nature. They understood that everything was alive, and all life was connected to each other and to Spirit through the "Web of Life". They walked these threads that link the invisible and visible worlds. They performed rituals in animal costumes to symbolize a reawakening and infusing of oneself with their energies. Rituals and celebrations were held in accordance with the natural rhythms of the seasons to awaken greater fertility and life. To them, every species, every cycle, every element ... every aspect of their environment had the power to remind them of what they could manifest within their own life.

As modern shamans or those walking a shamanic path, we maintain this same sense of connectedness to all life. We journey to other realms, other dimensions and are able to learn from all life forms – plant and animal - by communicating with their spirits.

Over the years, we, as a people, have become disconnected from Nature, her life forms, her elements and her cycles, and the wisdom that they have to offer. Nature is the source of the most primal energies and inspirations. Within Nature are most of life's lessons and most of life's answers. There are teachings about life, death and rebirth. There are teachings of creativity and the development of survival skills, applicable to our modern world. Nature can reveal to us ideas for solving problems and accomplishing tasks that seem impossible. Through Nature we can learn respect, nurturing and trust in ourselves and our perceptions. Nature is a reminder of our greatest possibilities and our greatest potential.

Reconnecting with Nature begins with changing our perspective about Nature. It begins with recognizing that everything in Nature is alive and can communicate with us on all levels. Reconnecting requires us to open eyes and ears, our hearts and minds at all levels to experience the wisdom offered. It can be helpful to look at Nature through your "child eyes", being intrigued by the smallest things and experience the surprise and wonder at what unfolding before you.

When we pay attention to and acknowledge Nature and her elements, we are honoring their collective and individual essences, opening up and attuning to them. We can then use that essence to understand circumstances in our own lives more clearly. We can share in the power or "medicine" of that element. These Nature elements can be symbols of energies

that we are manifesting and aligning with in our lives. Their characteristics and activities can reveal information about our own innate powers and abilities.

It is our goal with this blog to offer some basic information about the characteristics of Nature's elements – Animal Guides, Tree & Plant Wisdom, Moon Messages, Seasonal Cycles and Stone People – to help you begin to decipher her teachings. Please note that these posts are guidelines and information and should NEVER supersede your own intuition and/or understanding. Nature's teachings are individual and touch each of us in different ways. Learning to follow your own intuition is one of Nature's teachings.

We invite you to follow along and [join in on our blog](#), and to experience the natural world around you, and re-discover Nature's wisdom and yourself.

Nature speaks to all of us – when we choose to listen.



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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