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Awaken Your Inner Shaman

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

Shamanic Connection's Newsletter

Winter 2012/2013

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UPCOMING PLAYSHOPS, WEBINARS AND TRAVEL SCHEDULE:

Jan 11, 2013 - [Drum Circle | Grants Pass, OR](#)

Feb 8, 2013 - [Drum Circle | Grants Pass, OR](#)

Mar 1-3, 2013 - [Aspects of Self | Mt. Laurel, NJ](#)

Mar 4-6, 2013 - [Private Sessions with Gary in Mt. Laurel](#)

News From Shaman's Grove

We are happy to report no big excitement in this news letter (other than the weather issues). The winter storm brought our attention homeward. It's amazing how much longer life's daily basics (like cooking and bathing) take when you don't have the modern conveniences like electricity and running water. Oh how spoiled we have become ☺ We are working at getting better lines of communication set up. We were without internet for over a week, which meant no phones as our phones are VOIP. And of course, cell signal out here in the boonies is iffy. So we are currently trying to get all the technology stuff taken care of, as well as cutting up trees that came down in the storm. We had several large trees just tip over from the heavy snow. Ah, next winter's fire wood...

Gary is doing better. He is improving energy and strength wise. It's a slow process. I will be filling in for him with some of his journeys while he rests. So, if you don't hear from him, just give me a call (602-896-0146) or pop me an email at debbie@shamanicconnection.com, and I'll assist you with your needs.

We are beginning our monthly [drum circle](#) here in Grants Pass beginning on January 11. It will be good to get back into the routine of drumming again. Then in March we have the Enlightened Living Faire here. We always enjoy being there and meeting new people and sharing with everyone. Also, Gary is heading for NJ again in March to facilitate the [Aspects of Self playshop](#).

If you haven't had the opportunity to check out our new blog... [Nature Wise](#), you can also follow the link in the left column.

Mar 8, 2012 - [Drum Circle | Grants Pass, OR](#)

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www.shamansmarketplace.com

This blog focuses on the messages Nature provides for us. We feature info about animal spirit guides, as well as about plants, trees and the stones. And of course, we still do our [Shaman's Blog](#) as well. You can subscribe to the RSS feed for either or both of our blogs. Of course, we're running a little behind as we tend to cleaning up the Grove, but should be back on the regular schedule soon.

In The Marketplace

Not much is new in the Marketplace recently. We received a new shipment of large white sage sticks just before the holidays, so we are fully stocked on the large sticks again. There are several new drum bags in process, waiting for finishing touches, and some new fabric has arrived for making custom sized bags if you have a larger drum.

This newsletter's special is a **free** download of the [Smudging Herb Quick Reference Guide by Debbie Gent](#) with a \$15 order from Shaman's Marketplace. Enter the code **CHART** in the coupon area to receive your download link. This offer is good through the first day of Spring (March 20, 2013).

Winter Gardening

T'was the nights after Solstice and all through the house, no one was stirring, not even the mouse.

And in the quiet I sat in my warm winter wrap with the seed catalogs open all over my lap.

Gary still snuggled all warm in his bed, while visions of tomatoes and herbs danced in my head...



The new seed catalogs are arriving and I'm like a kid in a candy store. But just what does my garden planning have to do with shamanism, you might ask. And my answer is that we are all gardeners...gardeners of our own life. We all know the old saying "You reap what you sow." What are you going to sow in the upcoming year?

It's no coincidence that we gardeners take the winter months

when the earth seemingly lies dormant to assess the previous year's harvest and plan for the new year's planting. It is this time of "dreaming" and planning that gives us the beautiful gardens and bountiful harvests. Without this assessment time, we would repeat the same mistakes and/or not see the new varieties and options available to us.

Last winter I wrote about [taking the time to enter the Void and dream](#). But, what do we do with that dream? How do we make it into reality? This is where winter gardening comes about.

In my journeys, I have worked with the idea of a Sacred Garden. This has come from the work of anthropologist and shamanic practitioner, Hank Wesselman. The idea is that we all remember places we have been, places where we have felt complete, at peace, and at ease. In our meditations or in our daydreams, we visit these places by remembering them and by recalling what it was like to be there. These are our places of power and healing. Shamanic journeywork allows us to travel to these places so that we may utilize them as "sacred gardens" where we can accomplish many tasks. Your garden might be a place you already know and love, a place you like to go camping or walking, or even your own backyard. It can also be a purely imaginary place that you create.

There are several important things to know about your sacred garden. First, it is YOUR garden. It can be whatever you want it to be. And, no one/nothing can enter your garden without permission. This is a place of safety, healing and growth. It's also a great place to go and just hang out and gather our strength. And as Wesselman states, it operates by four primary rules:

1. Everything in your sacred garden is symbolic of some aspect of you or your life experience.
2. Everything in your garden can be communicated with, enhancing your understanding of both yourself and your life experiences.
3. Everything in the garden can be changed.
4. When you change your garden, some aspect of you or your life experience will shift in response.

All the primary rules are important, but #3 & #4 – how cool is that? Knowing that we can do "gardening", changing or altering our sacred garden to suit ourselves, has life-changing implications! This puts the power to shift and grow the life you desire right in your own hands! An add on to the law of attraction if you will.

And for your guys and gals out there that don't have green thumbs, don't get hung up on the "garden". Your sacred

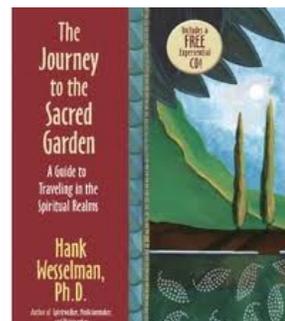
garden doesn't have to be an English garden with trellises and tea roses. It can be whatever you desire...a forest, a meadow, or whatever you choose. It's your place and represents aspects of you, so create whatever makes you feel safe, comfortable, strong and happy.

For more info on the sacred garden here are a couple of articles by Hank Wesselman and you can order his book with drumming CD, [The Journey to the Sacred Garden: A Guide to Traveling in the Spiritual Realms](#), on Amazon.

[The Sacred Garden-- Your personal place of Power and Healing](#)

[The Sacred Garden as a Place of Healing](#)

We invite you to spend time this winter dreaming, visiting and tending your sacred garden.



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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