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Shamanic Connection's New sletter - Fall 2013

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Shamanic Connection

Awaken Your Inner Shaman™

*Reconnect With Self, Spirit
and Mother Earth
Through Shamanci Practices*

Shamanic Connection's Newsletter
Fall 2013

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UPCOMING PLAYSHOPS AND TRAVEL SCHEDULE:

9/21-10/30 Aspects of Self Playshop in Israel and The Netherlands

11/2 - Creating the Sacred Drum - Grants Pass, OR

12/26-12/29 - Private Sessions with Gary or Debbie in Phoenix, AZ

2/21-2/27/14 Playshop TBA - Mt. Laurel, NJ

[See Our Calendar for Details](#)

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Shaman's News

Fall is upon us again and like the squirrels here at Shaman's Grove, we're busy preparing for Winter's arrival. The summer was crazy hectic here with gardening, harvest, preserving, travel and fretting over the wildfires that were too close for comfort. As those who follow us on Facebook know, we were surrounded on three sides by forest fires. So we spent the end of July and August pretty smokey. But thanks to the wonderful firefighters, and all the Spirit Guides and Allies helping them, we were kept safe and sound.

It's been a year since Gary gave us the "big scare" with his heart attack. His health is improving and he's doing well. The past year has certainly been quite a ride though. We appreciate all the prayers and assistance over the last year.

In fact, Gary's feeling so good, he's off on an international adventure. He left for Israel last weekend and then is off to the Netherlands. I won't see him until the end of October, except for a couple of days. He'll be home long enough to do laundry and kiss me goodbye again 😞 He is facilitating individual intensive and Aspects of Self playshops in both countries.

As usual, we participated in the 10 Billion Beats Global Drumming project on the third Friday of September.

Gary Gent - [602-439-5843](tel:602-439-5843)
[Email Gary](mailto:gary@shamansmarketplace.com)

Debbie Gent - [602-896-0146](tel:602-896-0146)
[Email Debbie](mailto:debbie@shamansmarketplace.com)

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We've been doing this since the project started in 2008 or 2009. It's an hour of focused intentional drumming for unity and healing. Mark your calendars for next year and stay tuned to [Shaman's Blog](#) and [our Facebook page](#) for details when the time comes.

We have a drum making planned here at "The Grove" in November. It will be fun and some of those who attend our monthly drum circle are looking forward to birthing their own drum. We have a great circle on the second Friday of each month. Always lots of fun. So, if you're coming our way and want to play, you're always welcome.

For our Arizona friends, Gary and I will be coming to Phoenix in December for the holidays. We will be visiting our daughter and staying a few days between Christmas and New Years to do private sessions. If you'd like a session with either of us, contact us to schedule as soon as possible.

While Gary is off travelling, besides taking care of the homestead, I'm reviewing to make my final presentation for the completion of my Bardic year of study with the Order of Bards, Ovates and Druids. It's been an interesting journey and I'm looking forward to moving on to the Ovate study program with my circle sisters.

No gallivanting for me, but I am looking forward to enjoying the changes that Autumn brings. I'm already seeing the deer change colors for camouflage during hunting season. The trees are just beginning to turn and soon the leaves will be falling in our forest. Time to dig out the comfy blanket and warm up the teapot as the days become shorter.

Happy pumpkin carving and playing in the leaf piles everyone!

In The Marketplace

New Arrival - White Sage and Sweetgrass Smudge

Sticks!



You asked for these, so we asked our supplier and got a resounding "Yes, we can do that". So, we have our usual indigenous California White Sage blended with Sweetgrass in both a mini and large size stick. [Click here to order yours now!](#)

We are still running the special on our CD - [Mother Drum Journeys -- Rhythms for Shamanic Journey.](#) Regular \$16.95 on Sale for \$13.50 through the end of December.

Asking the Right Questions

How many times have we ask a question and the answer we get is no where close to what we wanted, or get no response at all? This happens all too often for most of us.

Learning the art of asking is a start, but more important is asking with correct intent and phrasing. This applies to all levels of life— personal, social, business, education, and spiritual. For example, simply asking 'Where is the bathroom?' can get you a range of responses, but not necessarily directions to the closest bathroom. But, if you ask for 'Directions to the nearest bathroom.', then you will receive the answer you need sooner. The basic intent of both questions is the same, but the phrasing of each question is different, resulting in different responses.

In assisting many people over the years to connect with Spirit and their guide group, two stumbling blocks occur repeatedly. One is learning to ask for guidance, assistance, information, protection, etc. Number two is learning to ask the question or make a request clear, as in the example above. Both asking, and asking the 'right' question in a clear, concise manner are important. What often happens is there is a lot of

asking of Spirit, with vague or no responses and a sense of frustration building in the questioner. This is normally a result of unclear or wordy phrasing of the question.

This is a process we all need to learn. My approach is to look at how I am asking a question or making a request and then adjusting how I phrase it. An example — I requested my guides to provide protection for me. This worked well, as I would ask each day. One day, I forgot to ask and then a foreign energy came into my space that very night. As a result, I consulted with my guides as to why they did not provide protection. Their response was that I did not ask that day. So my learning was to ask for protection for a different time frame, which is for the rest of my life. Understanding what is actually wanted from a question or request allows us to phrase it correctly so that we receive the assistance or guidance we are looking for.

Now that we are 'asking' and doing so correctly, we can refine our talent by becoming more specific in making a request or our asking, "Ask and Ye Shall Receive" is a saying most of us are familiar with. The problem is that this is a general request that could bring a 'receiving' to the requestor that they may not want. Take a moment or two to review in your mind exactly what it is you want or need before making your request. The more specific our question or request is, the better the results generally are. If you're not sure about how clear your request is, write it down and then think about how you would respond if someone asked you this question. One client's car was stuck on ice in their driveway. They requested their animal spirit guide to 'push' the car, which the guide did. The car then moved off the ice patch and the client went to work. This is an example of a specific request instead of a general request like "Get me unstuck".

For more information about how to 'work' with your animal spirit guides check out our blog ["Lions and](#)

[Tigers and Bears – Oh My ... Animal Guides](#)” at Shaman’s Blog.

Have fun adjusting how you ask and make request.
(This is effective with people too!)

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