

[Subscribe](#)[Share ▼](#)[Past Issues](#)[Translate](#)

Awaken Your Inner Shaman

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

Shamanic Connection's Newsletter

Spring 2012

FOLLOW US:

 [Friend us on Facebook](#)

 [Forward to a friend](#)

 [Read Shaman's Blog](#)

 [Read Nature Wise Blog](#)

 [Check Out Our YouTube Channel](#)

IN THIS ISSUE:

- [Shaman's News](#)
- [In The Marketplace](#)
- [Shamanism and Spring Cleaning](#)

UPCOMING PLAYSHOPS AND TRAVEL SCHEDULE:

[See Our Calendar](#)

SUBSCRIBE HERE:

Did someone forward you
Awaken Your Inner Shaman?

Don't depend on your friend for this
great information.

Shaman's News

Spring officially arrived last week ... Mother Nature, did you hear that??? We have enjoyed a few lovely spring days, just enough to make us scream for more. Living in the forest, we don't usually get to see the sunshine until mid-afternoon. Mornings are still pretty chilly. But, life is good.

We've been busy plotting, planning, planting and putting Debbie's vegetable beds in prison to keep out the local wild life. We currently have peas, beets and greens emerging from the beds. These appeased the gardener until the frost has past.

Debbie has been doing some additional technical overhauls to keep our websites on top of current technology. You won't notice many changes when we move our website, but it's been keeping her crossed eyed and addle brained. Sometimes it feels like the "Never Ending Story".

January brought the beginning of our drum circle here in Grant Pass, OR. We have had a great turn out each month and we've rattled the walls at the center where we facilitate the circle. March was a trip for Gary back to NJ for a three day Aspects of Self Retreat. In May, we are heading to So. Cal for our ceremonial sage harvest and to meet with our sage supplier and be involved in the spring blessing of the sage fields. We will also be shooting a video while we are there about the [California Sage Lands Turnaround Project](#). It should be great fun.

Now, for the next item on our plotting and planning...
Announcing our first retreat here at Shaman's Grove!



**Sign up for your own
free subscription to
*Awaken Your Inner***

Shaman today.

CONTACT US:

On the Web at:

www.shamanicconnection.com

Gary Gent - [602-439-5843](tel:602-439-5843)

[Email Gary](mailto:gary@shamanicconnection.com)

Debbie Gent - [602-896-0146](tel:602-896-0146)

[Email Debbie](mailto:debbie@shamanicconnection.com)

Shop Online at:

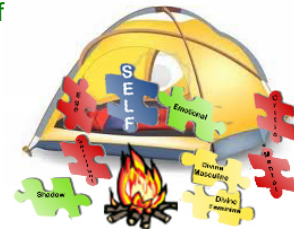
www.shamansmarketplace.com

Aspects of Self – A Shamanic Camping Retreat

facilitated by Gary Gent of
Shamanic Connection

Dates & Times: July 5-7, 2013
ending by 3pm Sunday

Location: Shaman's Grove –
Grants Pass, OR



We invite you to Shaman's Grove for a 3-Day camp out with of your inner self – exploring your Aspects. Join us at this all-inclusive camping retreat. The retreat includes tent camping at Shaman's Grove (showers available), community meals, exploring the Aspects of Self, fire ceremony, drumming and more. (airfare & transportation to/from Medford airport not included) [Click here for more information.](#)

In The Marketplace

We have some new smudge sticks in route. They should be in this week. They include rosemary and lavender smudge sticks, as well as a combination stick of desert sage and sweetgrass. Check in at [Shaman's Marketplace](#) to see when they arrive.

Our sale this quarter is our CD - [Mother Drum Journeys -- Rhythms for Shamanic Journey](#). Reg \$16.95 on **Sale for \$13.50** (a savings of 20%) thru 6/20/13

Shamanism and Spring Cleaning

Hmm... Shamanic House Cleaning ... Maybe it's time to start a new business 😊 ,, All kidding aside, Spring is a great time for smudging your home to remove any negative energy that has accumulated over the winter. It's the time when the air is fresh from the spring rains and we can pop the windows open and feel the warmth of Father Sun flow in. Yes, I know, for some of us the spring cleaning has to wait another month or so. I understand. Spring cleaning here has to wait until we can remove the insulating film from the window (although I did move a few spiders that were sharing our space) .This gives you time to gather your supplies and be ready for your cleaning frenzie.

Negative energies get left over just like the germs from the "winter crud". They're like dust bunnies. Left to their own devices they attract each other and huddle together into one

giant fuzz ball (or negative energy ball) and emerge from under the bed or behind the door when least expected. The air in the house feels thick with fuzz and it can sometimes even feel hard to breathe. With the "heavy" air comes headaches and a general feeling of crankiness that we often attribute to "cabin fever" from being inside all winter. When we smudge and banish the bunnies, the air is lighter and it almost feels like a weight has been lifted off your chest. You can breathe better and everyone just seems to feel happier!

So, after you've done all the decluttering and a good general house cleaning on the physical plane, gather up your favorite smudge stick or incense and smudge bowl and do your "shamanic spring cleaning".



I think the easiest way to smudge is to use a smudge stick. They can be found in most metaphysical stores and in some health food stores and of course, a nice variety at [Shaman's Marketplace](#). A smudge stick is a wand made of the leaves of a plant(s) tied together and dried. You simply light the end of the wand and extinguish the flame by waving it around once it has a smoldering end. It is best to have some kind of pottery bowl or an abalone shell under the smudge stick to keep from dropping ash. Even a tin pie pan can work. The ash can leave ugly burns in the carpet... believe me! Loose herbs can also be placed on self-igniting or incense charcoal or simply lit together in the bowl to produce smoke. Either way is effective.

For cleaning and purifying we like White Sage or Cedar best. But, each herb has a different smell and energy, so find the one that works best for you. Not sure which herbs to use? [Get a FREE download our Smudging Herbs Quick Reference Guide at Shaman's Marketplace](#) (Enter Code **Spring Clean** at checkout. Valid thru 4/30/13).

Begin by opening up your windows and disconnecting your smoke alarms. Smudge yourself first with the smoke from your smudge stick. Ground and center yourself. Now, starting at your front door light your smudge stick or incense and slowly work your way around your house counter clockwise wafting the smoke up and down the walls and in the corners. While doing this you may want to say something like "Let this space be cleared of any and all negative energies. Let only peace, love and prosperity reside within these walls."

Make sure you do all levels of your house (including the basement and attached garage) moving in that counter

clockwise motion. Get right into the corners and don't forget to get inside the closets. Also, don't forget under the kitchen and bathroom sink and behind the toilets, as negative energy tends to collect around drains.

Once you have completed the process with the cleansing herbs such as sage or cedar, it's time to attract positive energy. Change to a different smudge stick, such as sweetgrass or lavender to draw in these energies. Now, reverse directions with your smudging, moving clockwise. Envision sunshine, the smell of fresh spring air, laughter, relaxation and prosperity flowing into your space.

When you've completed smudging, thank the sacred herb spirits and simply leave your smudge stick or herbs in the bowl and let them go out naturally. These sacred plant spirits work as long as they need to clean the space. Allow them to work until the smudge goes out. Putting out the smudge, in my opinion, is like interrupting someone's conversation. It's not an open flame so it won't catch fire, but don't leave it next to the newspaper or curtains, as there are ashes. If you must, place it on the balcony or on the patio until it's out. If for some reason you must put out the smudge stick, thank the herbs and simply break it off just the ash or tamp it on the earth to put out the smoldering.

Now you're good to go and the your house or office are Spring Clean.

Happy Cleaning!

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

Please consider the environment before printing this newsletter.

Copyright © 2013 Shamanic Connection/Shaman's Marketplace, All rights reserved.



[Unsubscribe from this list](#) | [Update subscription preferences](#)