

Shamanic Connection's Newsletter - Winter 2014/2015

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Shamanic Connection

Awaken Your Inner Shaman™

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

Shamanic Connection's Newsletter
Winter 2014/2015

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Blessings for the Winter Solstice from Shaman's Grove



*Ages ago, our ancestors,
cold and fearful for their
very survival,
watched the winter
skies for signs of the
sun's return.*

*Each winter, we are still
reminded that
even in dark times,
hope is waiting to be
reborn inside each of us.*

Happy Winter Solstice!

Wishing you a blessed holiday season filled with love, light,
inspiration, joy, laughter and childlike wonder.

Gary & Debbie

Shaman's News

We can't quite figure out where this year has gone. It was
Spring when we last sent a newsletter. We frequently wonder
what we've done this past year, and when we sit down and go
over "the list", we're exhausted just reviewing it.



On the Web



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[Read Nature Wise Blog](#)

A good part of our focus this year has been health and homestead. We've had some big projects that took a lot of time and effort, like an 8' fence around the garden (it's about 60'x80' so no small feat) and rebuilding the woodshed to house the 4 cord of wood we cut and split to keep us warm this winter.

We've had company from the Netherlands, and Gary has been galavanting about including the Netherlands and Italy. Debbie's been busy with homestead projects, gardening and food preservation, and Shaman's Marketplace store and website (more on that below). And we've both been occupied taking care of our health . Seems like our bodies are beginning to say hello a little louder and we have to pay attention more than we use to 😊

And with all these things keeping us busy, we've realized we need to make some changes in how we keep in touch with you ... our friends, clients and "family of choice". Debbie's been going crazy trying to keep up with the newsletters (which she says she's failed miserably with this year), two blogs, two websites, Facebook (another ball dropped) and life. So for 2015, we've decided to stop our quarterly newsletters. Don't worry, we're not going away. We're going to make it easy for us to stay in contact, just no newsletters.

One of the blogs Debbie writes, [Shaman's Blog](#), will become our main format for informational posts. This is where we will post articles, playshop announcements, the occasional "miscellaneous musing", etc. She has the blog set up to send out an email on Fridays. If there aren't any new posts, you won't receive an email. Debbie will move the newsletter email list over to our blog in January. So, in many ways, you'll hear from us more, since she "tries" to post every couple of weeks to Shaman's Blog. You can even leave us comments in the blog. If you don't want to receive the blog automatically in your email box, please use the [unsubscribe link here](#) or at the bottom of this email to unsubscribe. Of course, then you'll have to go to [Shaman's Blog](#) yourself to see what's happenin' here at Shaman's Grove. And you can always subscribe to the blog later. And you can unsubscribe from the blog list at any time (not that you'll want to) using the unsubscribe button at the

bottom of the email.

For our local Rogue Valley friends and family, we will still keep an email list to send you monthly reminders of the drum circle and other local events.

The other avenue for keeping up with us is Facebook. We'll be using [Shamanic Connection's Facebook page](#) for the more "chatty stuff", so if you haven't liked us on Facebook, now's the time. Hopefully Facebook will see fit to show our posts in your news feed. (This is why we pretty much stopped posting, but the more we post, the more likely we'll show up.) Our blog posts and playshop announcements, also automatically post to our Facebook page. So, go ahead and [like our page](#). And no, we don't TWEET 🐦 unless we're talking to our feathered ones.

As always, we will post upcoming playshops and activities on our calendars at [Shamanic Connection](#).

We mentioned writing two blogs. The other blog Debbie writes is [Nature Wise](#) and contains information about Animal Spirit Guides, plant and stone associations and other information about connecting with Nature. It also has an option to have the blog arrive in your email box. If you wish to receive this, just [go to the blog](#) and sign up in the box in the right column.

These changes will help Debbie's poor little brain, and make it easier to come up with interesting content for you and keep you on top of life here in Oregon.

On to a simpler life and new adventures for all! We look forward to hearing from you in 2015.

In The Marketplace

It seems like just yesterday that we moved Shaman's Marketplace to a new, "updated" platform. Well, that "updated platform" is now out of date, and I've been spending a good share of my time updating AGAIN. It's kept me from crafting, so our supply of drums, rattles and drum bags is a little low right now. But with this project done, I can get back on board again.

The exciting piece is that Shaman's Marketplace is now mobile friendly (barring a few bugs I'm working out)!

We have re-formatted some, and have made navigation a little easier. Now you'll be able to see what we have to offer no matter what type of device you are using ... computer, tablet or smartphone.

[Check out our new look](#) and [email me](#) your comments (and even product suggestions). I'll send you a free pdf of our Smudging Herbs Quick Reference Guide in exchange for your input. And please **let me know** if you run across any errors or bug I haven't found.

Debbie

What's Currently On Our Blogs

A couple of months ago we began a series on [Shaman's Blog](#) called Chakras 101. Over the next several blogs, we discuss each chakra individually, how it affects the mind, body and spirit, and suggestions for balancing and keeping each chakra healthy. This may be old hat to many of you, but it's one of the things we find we explain most when working with clients that are beginning their healing/growth journey. And we can always learn something, even if we know all about our chakras.

So far we have covered:

- [Understanding Your Chakras](#)
- [The First or Root Chakra](#)
- [The Second or Navel Chakra](#)

To keep with the chakra theme, [Nature Wise's blog](#) posts will be covering the healing stones and crystals that relate to each of the chakras.

- [Root Chakra Stones](#)
- Navel Chakra Stones (*Coming Soon*)

Once this series is done, who knows what we'll blog about. We're always open to ideas and suggestions on subjects you want to hear about. Or if you find an article or blog on shamanism or shamanic healing you think our readers would

enjoy, send us the link. If we decide to repost it, we'll check in with the author for permission. Feel free to [send your suggestions to Debbie](#).

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