

KATY INGERSOLL-SHAMANIC TEACHINGS AND PRACTICES

AUGUST 2017 NEWSLETTER

MEDICINE WHEEL

The Month of August sits in the South Direction of the Medicine Wheel. The South is the place of the heart, generosity, sensitivity toward feelings of others, loyalty, passion and love. The South Direction is a place of testing and disciplining our physical body. It is here we learn to pursue our goals through discipline and determination, realizing our feelings and emotions do not define us.

In the South we learn to balance the Masculine and Feminine sides of our body – the right side being the masculine, the “take action” side; the left side being the feminine side, the “thought process” side - emotions, feelings, intuition.

Meditate or Journey to the Masculine and/or Feminine side of your body. Scan your body. What do you see? Which side do most of your ailments exist? Is there more tension in one side or the other? Become aware of your body’s rhythm!

EIGHTH MOON CYCLE - CLAN MOTHER SHE WHO HEALS

She Who Heals is the Clan Mother in August, the Eighth Moon Cycle. She embodies the feminine representing emotions, feelings and intuition. She is The Medicine Woman, Shaman, Healer, and Herbalist. Her color connection is Blue; Her Truth Cycle is serving the truth. She is the Mother of Mysteries of Life and Death - present from the time of our gestation to our birth, through our growth, our death and our rebirth. Journey: Ask her: What is it that I need to know at this time, or during this time?

FACEBOOK – “Katy4Shamanism” Group

I have created a “Secret Facebook Group”. It is a community environment where we can keep in touch, share, post pictures, comments, questions, thoughts, introduce other shamanic traditions, et cetera, as we walk our sacred path together. Please respect and honor by not sharing pictures or comments with outside groups unless you have permission.

I post daily Meditations/Journeys from Native American Elders. These meditations and journeys have been designed to help us grow in harmony with the seasons. One way to create positive change in our life is by daily identifying and focusing on an intention.

Send me a “Friend Request”, or, if you have like-minded friends who are interested, share the group with them!

AUGUST SCHEDULED EVENTS

Journey Circle - RSVP

Wednesday, August 2, 2017 7:00 PM

Full Moon Fire Ceremony - RSVP

Monday, August 7, 2017 7:00 PM –10:00 PM

Donation: \$10 - \$20 (sliding scale)

Advanced Journey Class - RSVP

Saturday, August 12, 2017 10:00 AM –12:30 PM

Tuition: \$20 (pay at door)

INTRODUCTION TO SHAMANIC JOURNEY CLASS

Sunday, August 27, 2017 1:00 PM –3:30 PM

Tuition: \$25 Must prepay. See website! www.katyingersoll.com

Learn to journey! This is a fun-filled experiential class that lifts your veil to the unseen world. Did you know that each of us have at least one designated power animal protector at the time of our birth? Meet that Power Animal Experience the Shamanic Journey! Begin the road of empowerment!

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