

KATY INGERSOLL
Shamanic Teachings and Practices
DECEMBER 2017 NEWSLETTER



THE NORTH DIRECTION - THE SEASON OF WINTER - ELEMENT EARTH

Winter officially begins on Winter Solstice and ends on Spring Equinox; however, the transition from the West to the North Direction has begun. Those of us who wish to acquire gifts of the North may feel the responsibility is too great, or "*I do not possess the capacity to learn*". These gifts do not come automatically or easily. Sometimes a committed effort is required over a long period of time. Symbolic teachers of the North are the great mountain and the sacred lake. Spiritually the higher we climb, the steeper and more difficult the way; yet the higher we go, the more we can see and the stronger we become.

The North is seen as the direction of completion and fulfillment - completing those visions, those projects and goals with a sense of fulfillment. Detachment is another gift. The ability to see the past, the present and the future - when the time is right for us to complete the vision, the project, the goal and to move on.

Detachment is freedom from something - hate, jealousy, desire, anger, fear and those things we love. It is a complete "letting go". By "letting go" of something I do not mean to throw it away. When we detach ourselves from something, we stand apart from it. We are able to perceive it in a different light when we separate our feelings, emotions and thoughts surrounding it.

INNER MEDICINE WHEEL

When working on your Inner Medicine Wheel, imagine yourself as the hub of the wheel sitting in the center of your inner Medicine Wheel. When we are at Center, we are in balance, we are aligned with our true self stripped away from illusion and ego, not controlled by feelings, thoughts or emotions. We are tapping into our Eternal Flame of Love or Spiritual Essence.

Journey: Identify an intention, a subject or something you want to gain more understanding with, or to solve a problem, or to remember, or to receive different points of view on. Imagine yourself as the “hub” sitting in the center of your inner Medicine Wheel facing the North. Journey to meet your true Self, tapping into your Eternal Flame of Love or Spiritual Essence. Engage your sensory perceptions. And don’t forget to breathe. See what information you receive. Turn facing the South and continue Journeying, repeating your intention, the same in the East and the West, returning to the North. Give yourself a good twenty - thirty minutes for this journey. You may want to have your journal near you for this one!

CLAN MOTHER GIVES PRAISE – TWELFTH CLAN MOTHER OF DECEMBER

Clan Mother Gives Praise is the Mother of Gratitude and Praise. She is connected to the color purple. Her Cycle of Truth is grateful for the truth. Clan Mother Gives Praise reminds us of the power and value of “attitude of gratitude”. Gratitude creates space for abundance!

DAILY GRATITUDE PRACTICE

Sit in a quiet place. Begin to use your breath, breathing in and letting go; breathing in and letting go several times. Become aware of any areas in your body which are blocked, stiff, resistance or painful. Continue to breathe into those areas several times.

Begin thinking of 5 things you are grateful for. Take each one separately, stating it out loud, to yourself, or writing it down, and continue breathing through any blockage, stiffness, resistance or pain in your body.

Identify a person that “triggers” you, someone who is in your life and is not going anywhere. Think of 5 things they have taught you which you are grateful for - even if it is “I don’t ever want to be that way” or “treat another person that way”. (*This is not easy but “fake it until you make it”*) Take each one separately stating it out loud, to yourself or writing it down, and continue breathing through any blockage, stiffness, resistance or pain in your body. Keep a journal. You will be amazed at the outcome of this practice! The energy shift surrounding you and others is nothing less than miraculous!

WINTER SOLSTICE

The Winter Solstice brings a shift in energy as we reach the shortest day and longest night of the year. This is a great time to look back on our inner journey since the Summer Solstice, honoring and acknowledging all the insights, knowledge and wisdom we have gained. It is also a time to celebrate the return of the Sun giving birth to the seeds we have planted through our Solstice resolutions and aspirations as they lie dormant but will begin to grow with increasing light.

Life is becoming dormant and perhaps you feel like “hibernating” - going to bed earlier, waking up later - taking naps during the day. The Winter Solstice is an opportunity to come out of that “hibernation”, and reconnect, celebrating friendship, family and Community.

DECEMBER 2017/EARLY JANUARY 2018 SCHEDULED EVENTS

Advanced Shamanic Journey Class Saturday, 12/09/17 10am - 12:30pm
Cost: \$20

Fire Ceremony-Winter Solstice Ritual and Ceremony - Thursday, December 21, 2017 7pm - 10pm Cost: \$10-\$20 (*sliding scale*)

Fire Ceremony-Full Moon Ceremony and Ritual-Monday, January 1st, 2018 7pm-10pm Cost: \$10-\$20 (*sliding scale*)

Wishing all of you glorious, magical, safe and Happy Holidays!

Wishing all of you a special, magical time on the Winter Solstice-hope to see many of you at our special celebration and ritual!

I send multitude of blessings to all of you for a happy, joyous, abundance-filled 2018!

KATY INGERSOLL-2018 SHAMANIC TEACHING & EVENTS SCHEDULE GLEN DORA, CALIFORNIA

For more complete information regarding the below-scheduled events and workshops: visit Katy's website www.katy4shamanism.com or www.katyingersoll.com; or call/text 626-483-8920; email katyingersoll@gmail.com

2018 FIRE CEREMONY AND RITUAL SCHEDULE

2018 - FIRE CEREMONY - Full Moon, Equinox and Solstice
Cost: \$10-\$20 (*sliding scale*) 7pm - 10pm Dates: 01/01; 01/31; 03/19;
04/29; 05/29; 06/21; 07/27; 08/26; 09/22; 10/24; 11/23 and 12/21

2018 BEGINNING SHAMANIC CLASSES AND WORKSHOPS

2018 - Introduction - Shamanic Journeying Class

Sunday - 1pm to 4pm

Cost \$30 Dates: 01/14; 02/11; 03/11; 08/12 and 10/14

2018 - Beginning Shamanic Journey Workshop

2-day weekend workshop Tuition: \$225

March 17 and 18 10am – 5:30pm

November 3 and November 4 10am – 5:30 pm

2018 ADVANCED SHAMANIC CLASSES AND WORKSHOPS

2018 – Advanced Shamanic Journeying Class

2nd Saturday of month 10am to 12:30pm

Cost: \$20 Dates: 01/13; 02/10; 03/10; 04/14; (no May class); 06/09; 07/14; 08/11; (no Sept class); 10/13; 11/10 and 12/08 Prerequisite: *Must know how to journey!*

Extraction – Spiritual Intrusion 2-Day Weekend Workshop

Tuition: \$325, includes lunch/snacks February 24 and 25, 2018 10am to 5:30pm

Prerequisite: *Must have taken Beginning Shamanic Journey from Katy or a qualified shamanic teacher!*

Medicine For the Earth – Healing With Spiritual Light

Tuition: \$375, includes lunch/snacks 3-Day Workshop - May 26, 27 and 28 10am – 5:30pm (May 27th – evening 7pm – 9pm) Prerequisite: *Must know how to Journey!*

Soul Retrieval Workshop – 2-day – 2 weekend Workshop

Tuition: \$650, includes lunch/snacks

Part 1: July 21 and 22 10am – 5:30pm (7/21 – 7pm – 9pm)

Part 2: August 18 and August 19 10am – 5:30pm (8/18 – 7pm – 9pm)

Prerequisite: *Must have taken Beginning Shamanic Journey from Katy or a qualified shamanic teacher!*

Psychopomp – Death and Dying Workshop

Tuition: \$325, includes lunch/snacks

September 29 and September 30 10am – 5:30pm

Prerequisite: *Must know how to journey!*

2018 – 2019 WALKING YOUR SACRED PATH – Four-Part Course

10am – 5:30pm Each class stands alone; may take all four or choose.

Spring/East Direction Sunday, April 18, 2018 \$150, includes lunch/snacks

Summer/South Direction Sunday, July 8, 2018 \$150, includes lunch/snacks

Autumn/West Direction Sunday, October 7, 2018 \$150, includes lunch/snacks

Winter/North Direction Sunday, January 13, 2019 \$150, includes lunch/snacks

Discounted tuition if registered for complete Course: \$500

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