

Wisdom Within Workshops & Retreats Newsletter

"Silence is Golden"

August 2008

Greetings!

Ladies: I just got back from a **6 day Silent Retreat with Gangaji** (www.gangaji.org) in Vancouver at UBC and I am glad I took time out just for me - which is what I always recommend for each women I connect with, we owe it to ourselves, our families and community to nurture ourselves as women so we can nurture those around us. At each of the retreats I encourage women to take time out for themselves - that is why we have options time on Saturday afternoon - women can go for a **walk along the beach, meditate in nature, access their creativity, or share themselves with another woman over a cup of tea** or enjoy any of the extra healing options available (ex:

massage, reiki, tarot, one on one coaching sessions) whatever it is for you - it is key at this busy time in our lives to **nurture our souls**. Given the silent retreat was at UBC - instead of Sooke on the ocean - we had several challenges to reach the **"silence within"** lots of students around - construction - we did have a few times a day to sit together in silence and as a group that was very powerful. So I would love to create a silent retreat in Sooke on the ocean to support each of us in **"being in silence" and connecting with "Source" as it is the most important thing we can do for ourselves.** (see below)

UPCOMING EVENTS: October/November/December **Goddess Playdays** and **Mother/Daughter Goddess Playdays pre-teen and teenage girls** (see below)
PLEASE SHARE THIS NEWSLETTER with the women in your life as you never know who is ready for this amazing opportunity of connecting with **SELF** as well as other **WOMEN** at this time - reach out to other women and **"Be the Love that you Are"**

Namaste - Gail/Layla

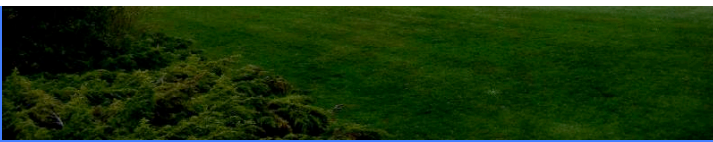
"Women Inspiring Women/Goddess Retreat" - September 12-14

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September 12-14 "Women Inspiring Women/Goddess Retreat" \$275.00 Includes: Meals, accommodations, workshops - healing modalities etc, extra fee You will not want to miss this weekend - I have a really great weekend planned for us - **Letting Go Ceremony at the firepit on the beach, with drumming circle and sharing** getting to know each other on the Friday night, Saturday



morning **Lantern Making** and **"Shaman's Journey"** followed by Options time - then our **Goddess Gala Dinner and Goddess Gift Exchange,**

Chocolate Fondue and Fun Evening and Sunday morning Angelika and Completion Circle. We have the privilege of having the below speakers as well as plenty of other fun things to do.

"White Eagle Feather" - "Shamanic Journey - "Claim your Freedom Now" -

Eileen is a Shaman Healer, Life Coach, Reiki Master, Certified Trainer in the **Secret and Law of Attraction** as well as a Registered Trainer in the **Sedona Method - Releasing and Letting Go of Past Burdens**", an **Expert in Mayan Prophecy**, clairvoyant, healer, author, she is also a very successful Entrepreneur for the past 21 years and empowers women in prosperity consciousness as she has really beaten the odds through her personal life's journey and owns 3 registered corporations as well.

We had the privilege of connecting in silence at the Gangaji silent retreat and as soon as we spoke we knew we were meant to work together - especially when she mentioned she lived in Sedona for years and did a lot of work there as my vision was to create a female shaman to guide a group of us on a shaman's journey in Sedona - so it felt so perfect - then she decided to come to the island and participate in the Sooke retreat - you will not want to miss this weekend as I know it will be very powerful and magical. If you are also interested in the **Sedona group - Shaman's Journey - please let me know so we can create dates, prices etc as she does have a place their already.**

Angelika Kolb from Germany, will be offering a "Phyllis Crystal" workshop - this is a very simple method and easy to use for everyone - it cuts ties that bind us. Ties that have control over us. Having worked with it for about 5 years Angelika will lead us through exercises that make a difference - we are delighted she will be in BC for a few weeks and I am honoured she chose this retreat to participate in as well as share her passion with us.

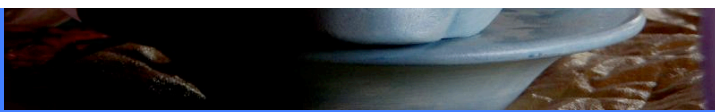
Dori - from Nanaimo - is a very creative woman - and natural born healer who I also met at the Gangaji retreat - she has been an ESL teacher for years and is taking time out for herself at the moment and has generously offered to assist us in **accessing our creativity through making beautiful paper mache lanterns - this will bring a beautiful atmosphere and ambiance to our "Goddess Gala" dinner** on Saturday night - which will be followed by our traditional **"Goddess Gift Exchange" Chocolate fondue and fun night.**

[Read on...](#)

"Goddess Gathering - Sacred Circle" - September 19 - 7:00 pm



"Goddess Gathering" Connection/Networking - Paul's Motor Inn - 1900 Douglas St. downstairs - September 19, -7:00 pm - arrive around 6:30 for mingling and putting information out on the **networking table minimum donation \$10 Join us for an amazing evening of **connection, networking, meditation, drumming and sharing.** As creator of **"Wisdom Within"** and "Women**



Inspiring Women/Goddess" workshops & retreats - I am honoured to facilitate a **"sacred circle"** where women can come

and connect for support when they need it, share their purpose and passion with others as well as take time out for themselves even for an evening if they can't make it to a full weekend retreat. The last few we have had have been very intimate and several connections have been made. Please **RSVP** - as you won't want to miss this great evening - gailhull@shaw.ca or 250-479-2801

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"Men and Women Silent Retreat" - Glenairley - October - 10-12



Men & Women Silent Retreat -Glenairley - \$275 Oct 10-12

-includes meals accommodations, Gangaji Videos and group activities. As I mentioned I enjoyed being at the Gangaji Silent Retreat - my husband has said he has noticed a huge difference in me and I have really enjoyed the silence and going "within" as my business is "wisdom within" I knew I had all my answers within - but **"silence within"** is great - for me it mostly happens when I **connect to "source" by being in Nature** - that is why I

have decided to host a silent retreat at Glenairley - the nun's property out in East Sooke - my husband and I had the privilege of spending 2 nights there for our 5th anniversary and Kayaking on Canada day out on the peaceful waters of the bay - Myself and a friend will be bringing our kayaks so **hopefully at least 4 kayaks will be available - (at own risk)** to use on the Saturday of the retreat. We will start by arriving between 4:00 -6:00 pm and checking into our cabin - then dinner together in silence - as I found it extraordinary to make connections with people in silence and then meet them at the end of the retreat - then we will have a group meeting - and watch one of the **"Gangaji" videos** - (with their permission) as some of us are working on bringing Gangaji to the Island next year and would like to introduce her to as many people as possible - we will have exercises and group meetings together during a few parts of the weekend - as well as **plenty of time alone in "silence" (the objective is to get the noise to stop - even if it is for a brief moment)** just to **"Be the Love that you are"** as my mentor "Sasha Star quoted Gangaji (on my video on my website) that is how I ended up at Gangaji - it is about Being Present in each moment. I always mention it is a **Gift to Ourselves** and very important at this time in life to go within and listen to our higher selves - Source - for me this is a very exciting time and I really appreciate that I live in a very peaceful, nurturing oceanfront condo - on an estuary with plenty of birds - where I can sit in silence on my deck each day. The Sunday morning we will have a group meeting in Silence and then we will get to **meet each other, network, share ourselves and share what we got out of the weekend etc and enjoy lunch together before we depart.** A true opportunity you won't want to miss.

[Read on...](#)

"Goddess Playdays" and "Mother/Daughter Goddess Playdays"



picture (Tanya & I at the Australia Retreat - Mar 1, 2008) **UPCOMING**

EVENTS:

October/November/December - Dates TBD (If interested please send me your email and phone number so I can co- ordinate dates, etc) **Goddess Playdays** - A day of fun, pampering, Goddess Photo Booth, mini workshops, sharing circles and connections including lunch. **Mother/Daughter Goddess Playdays - pre- teen and teenage girls - a fun day to spend with mom.** (If you are interested in participating by offering any services, spa, play stuff, creativity, jewelry, mini workshops, please let me know ASAP - as this is also about supporting other women in playing and sharing their passions), **I feel it is really important right now to connect with our young women in the world** - their future

will be amazing when we can lead them on this journey as well as learn from them - as I am clear the young girls are very wise souls today. Sometimes I feel they have more wisdom than us elders - they are definately great teachers - and of course as we all know **"being present, playful, and in the moment"** are lessons we can all learn from them - I know when I got to spend a month with my daughter Tanya in Australia and we really played it was a very magical time together - and would really love to create a day for moms and daughters to connect on an intimate fun level. As my daughter is now 33 I would love some support and more ideas in this area - so far we have some great ideas - **spa pampering, jewelry making, crafts, crystals, photo booth - dress up in our boas and goddess gowns, sharing exercises, reminding ourselves we can still have fun like the kids**, I know I forget sometimes - I had my 2 pretend grandchildren at Willows Beach today and it was a treat watching them play in the sand. **So let me know who wants to PLAY?**

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