

# Wisdom Within Workshops & Retreats Newsletter

Summer - Growth

July 2010

## Greetings!

Ladies: I am so excited about summer being here finally - all the fresh fruits and vegetables, especially since I am on a 21 Day Raw Cleanse ([www.gardendiet.com](http://www.gardendiet.com)) I put on 10lb since my birthday in February and decided it was time to take better care of myself, so now I am feeling better - almost down the 10lb and have way more energy. I am still going to my hot yoga almost 2 years now and I know it is a great workout for me - Mind, Body and Spirit.

I invite each of you to look in your lives at what area you would like to take on to make your life more healthy, enjoyable or prosperous. Also look and see which of the amazing women in your life you would like to share this amazing weekend with - one of the women from the last retreat is bringing her daughter this time as she enjoyed it so much with her sister last time... it was also the most powerful birthday she had... this is an opportunity to share something unique together... that is why I would love to have you join us for our next

**"Women Inspiring Women/Goddess Retreat - Sept 10-12 - Sooke, BC Includes: Meals, accommodations, all activities, mini workshops and plenty of fun. ONLY \$350 or Early Bird Special \$299 (three weeks prior) More details on the website [www.wisdomwithin.ca](http://www.wisdomwithin.ca)**

If you are interested in the Mother/Daughter Playday or Goddess Gatherings please let me know and I will be happy to update you on the dates...

Namaste Gail/Layla

## Connecting with Your Plant Ally and CLACKING Sue Peters

The Plant Spirits ... "Every tree, every plant, has a spirit. People say that a plant has no mind. I tell them that a plant is alive and conscious. ... there is a spirit in it that is conscious, that sees everything, which is the soul of the plant, its essence, what makes it alive."~ Pablo Cesar Amaringo, Painter, Peru.

In this class we will go into Nature ... and begin our journey of connecting with the Spirits of the Forests. Once the connection is made, we then make a deeper connection with an individual plant, tree or flower. We make that connection through drawing the language and essence of the plant spirit, journeying and by creating a Seguros.

A Seguro or Plant Ally can help you maintain and deepen your link to the sacred because, of course, it contains your plant ally. If there are other plants you have journeyed to or would like to learn from, these can be added to the seguro as well and, when you know the language of your ally, this plant spirit will communicate your desire to the other plants, which will also offer their healing and support. You therefore gain access to the natural world and its powers more widely.

You don't want to miss this opportunity with Sue Peters - check out her blog and website <http://workshopsvanisland.blogspot.com/>

## Clacking \* Connecting with the Ancestors (around the beachfire)

*"We are traveling together,  
the path is long  
It is strewn with  
bones and precious stones."*

Since ancient times, stones have been believed to have psychic powers. These exert a great influence upon all aspects of our lives. The stones are alive entities pulsating, radiating, vibrating at different rates. They create ...strong energy fields which enable us to be charged with their energies; they activate our abilities, soothe and comfort, heal and balance through the purity and directness of their beams. They express through their facets our infinite variety of aspects. Stones are our oldest living relatives. They were here long before people and the Native Americans refer to these as "Tunkashina" or as "grandfathers". They can absorb illness, impurities and negativity in the same way that they can absorb heat. They carry ancient earth-records and release these memories through steam when water (medicine) is poured upon them."

<http://www.gkindia.com/therapies/vastu1.htm>

In this class we will use the tool or medicine of the stones to Journey into the Forest Energies to connect with the Ancestors and Spirit Guides. We go with a set intention and adjust our vibrations to match those who we seek. This is a Spirit Journey.

## IN THIS ISSUE

- "Women Inspiring Women /Goddess " Retreat Sept 10-12 - Sooke, BC
- Presenters:  
Sharon Alder, Sue Peters, Kyla Plaxton, Wendy Mewhort, Mary Electra, Lourdes Elardo-Gant
- Goddess Gathering - TBD
- Mother/Daughter Playday TBD

### *13 Grandmothers - Sharon Alder*

Sharon is a mystic, healer, ceremonialist and channel for the feminine divine. Sharon has also received on the inner planes and outer planes, many teachings and visions of native spirituality and has been given the name "Grandmother Golden Eagle" because she completed the Journey to the Home of the Creator. Her Hawaiian name, "Hahni-nu-aka-pilia" means, "Messenger of Godde in body form". She was shown the formation of the 'Command of the Dove' to bring the divine feminine, the Dove of Peace and Her Heavenly Hosts back to the planet. Sharon has been on this journey for years and has so much to contribute to women everywhere - We are honored to have her share her wisdom at this retreat. She will be speaking about the 13 Grandmothers - the Inner and Outer Council - as well as offering healing sessions at "Options Time" - she will lead us in drumming, calling in the 4 directions and creating a sacred alter and space to go within ourselves.

### *Inner Goddess - Kyla Plaxton*

Kyla Plaxton published her first book "Little Women's Guide to Personal Power" How to turn your monthly Menstruation into the Biggest Blessing of your life. Kyla says " Your power is found deep in your gut and in your blood. Trusting your inner voice during your period will give you access to finding what you're truly longing for in life and to have your dreams full filled once you take action."

A truly long awaited book for our young women, I highly recommend it - I am passing it along to my "adopted granddaughter - 14 as I was at her birth." I got to be with Kyla on this journey when I was creating my "Wisdom Within Oracle Cards" - Kyla is my INSPIRATION and a powerful young Goddess - She will work with us to access our Goddess Within ...

[www.ilovemyperiod.com](http://www.ilovemyperiod.com)

### *Spiritual Parenting - Wendy Mewhort*

"Children are Mother Earth's greatest gift, at this time, during our personal and planetary ascension process." I am a mother, healer, internationally published channeler, and oracle for Today's Children, who specializes in helping adults understand and support Today's Children, during this time of monumental change. I will be giving a one-hour interactive presentation during the retreat, and will also be available to do energy healings, and to receive oracle wisdom during "Options Time".

Everyone will benefit from this, as everyone has children in their lives.

<http://helpingchildrenshine.com>

### *Law of Attraction - "Relationships" Lourdes Elardo-Gant*

Magical Manifesting Mentor, Lourdes Elardo-Gant, is an award-winning, sought after International Law of Attraction Coach. Lourdes delivers simple ways women can manifest the man of their dreams, and design their relationships so they can turn their life into that of an amazing Goddess and powerful feminine Divine Being. Lourdes' ground-breaking programs and products have helped women create more time, happiness, and freedom both in their personal lives AND in their business. Lourdes lovingly delivers her "magical manifesting mentorship" message which says that every woman deserves to have a man who will support her spiritually, emotionally, financially, as well as help her to make her life the best that she can be.

Lourdes is the author of the book and CD series, Immigration Magic & Immigrant's Success Secrets, and the author of the amazing program "How to Manifest a Million Dollar Husband in 10 Magical Steps." Lourdes is the perfect model for attracting a Million Dollar man and a quality of life that includes plenty of free time to love and be with her beloved son, Elan Alexander, her husband, Eric, her friends in Canada, and her family in the Philippines, United States, and Australia.

Lourdes - will be leading a workshop on all Relationships & Law of Attraction.

<http://www.milliondollarman.ca>

## **Sacred Sound Healing - Mary Electra**

(Hopefully joining us from California - still working out travel arrangements)

**Come join renowned sound healer and tonal alchemist and author of "Time To Be Alive", Mary Electra as she offers guided mediation and sound healing. Every sound healing is a different and unique experience! Mary's sound work goes right to the core of your higher self. It empowers you to discover, heal, and achieve a remarkable inner peace. Her abilities are truly hard to explain in words unless you experience them in person. Mary's gifts are further magnified by the vibrations of the group - they create an even deeper and more powerful experience for all.**

The presentation will include:

- Guided sound toning
- Deep group meditation
- Sharing of any messages/insight you receive (optional)
- Individual healing for yourself or others you feel may need it
- And More!

[www.maryelectra.com](http://www.maryelectra.com)

### **Quick Links...**

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**SPEAKERS - Subject to changes...**

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