



The Earth Spirit Journal

A monthly Newsletter created with the intention of providing you with thoughts on the evolving shamanic practise of bringing balance between the Earth and Spirit.

April 2016

The Moment to Start

Welcome to Shamanics in Portugal's Journal. Our intention is to remind you our readers, friends and connections we are all part of a much larger, ever evolving community. Seeking to meet the differing needs of a wider audience, the Journal is available on YouTube so that you can listen to it as well as view some of the scenery where our events are held.

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The eclipses and equinox of March were just some of the reason it seemed so intense. Pushing us all to adjust and re-form. For many it created doubts. Was there not a part of you which even for a moment was all for giving up?

The Beginnings

April will be very different. Its new moon on the 7th is the start of the astrological year. The intentions you create during this new moon will manifest for the next twelve months as the Moon goes through each sign. The number 7 is associated with the soul, and your most profound spiritual desires.

This is therefore the moment to create the intent as to what it is you desire in your life. The only way to do this is to feel the desire(s), thinking them does not have the same creative effect.

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## Thought for April

### **Thoughts for this month:-**

To start with, a poem. This poem was given to me many years ago and wherever I have moved I have kept it with me. It has reminded me so many times to trust my flow.

Whilst at times this has been challenging and I have forgotten on other occasions, this poem has moved again into my life. A

reminder from a friend and I again had to smile and chuckle and whisper to myself. Ah yes, that is the way to be!

The origins of this poem are confusing and the words have been changed in cases as well, though it is a beautiful poem of remembering.....

*Dance*  
*as though no one is watching*  
*Love* *as though you've never been hurt*  
*Sing* *as though no one can hear you*  
*Live* *as though heaven is on earth*

What comes to me from this poem. When we move into a position of free flow and the feeling of freedom of expression, no matter what others may think, we are healed!

When we can dance and not worry what others are thinking of us, what we look like and if we fit in. We are free. When we can love open heartedly and trust another through past hurts, we are giving over to trust.

We can then love all of humanity and not be concerned that others may not approve that we love a person they don't like.

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When we can sing our song and not think others may think we are out of tune and not sounding good, we move into a space where we feel free to express ourselves with joy and abundance with no short fall.

No concerns of judgement. This is what living is all about, moving in the moment, free from what others may think about us. We do not regret that we did not dance, sing, love just because of our own fears and judgements of others. We have surrendered.

## Surrender

We move into a place of freedom from the trappings of the old fears and judgements. We are not acting for praise or self-aggrandisement. We are being for ourselves. We are not watching for others to confirm that we are 'good'. Or to see their reactions.

We are just being in the moment of full expression of our authentic selves. Watch yourself and see how you are in the world. Do you need/seek approval, a pat on the back for what you are doing?

Do you feel hurt if you are not recognised or seen? Do you feel hurt if someone has been unkind or judgmental about what you are doing? Do you stop yourself from singing, dancing, loving, living for fear of being laughed at?

– Surrender to the fear of judgement.

- Surrender to the fear of being laughed at.
- Surrender to the fear of not being good enough.
- Surrender to the fear of not being perfect.
- Surrender to the fear of being in fear.

Shine through your fear and as a famous quote says...feel the fear and do it anyway!

Stand tall and say I AM ENOUGH. Be who you are and allow others to be who they are, for we can only change ourselves.

And be the change you want to see in the world.

Be truthful and authentic with who you are, Judge yourself less...for we are actually the biggest judge of ourselves. Notice your own trappings, and breakthrough the chains into freedom.

If there is healing to be done, seek healing. If there is forgiveness to be done, forgive. If there are addictions and patterns to be broken, break them.

Be honest, and Love your self. Love your light. Love your dance. Love your laughter. Love your song and move into Loving LIFE.

This poem ...Dance as if no one is watching....has brought me so much, for I have felt all of these things of fear and still at times have to remember my own words, though it comes so much easier now and there is so much more light and much less self judgement.

For my love shines through from my heart and my joy is greater because of it. I love to sing and dance and love and I live with this knowledge in my heart that IT IS OK to be all of these expressions of self.

In this month of April, may Butterfly energy help you to see what you would like to change in your life and in your world to bring you to a place of being in this world with a peaceful and joyful heart.

In some of our Shamanic work here at Shamanics in Portugal, we explore our song, our dance and movement. It is a very freeing experience. We encourage and support self-expression for we are all unique. And, within the healing space of this work we all have a chance to release our fears and experience this in action. It is deep, it is opening to your self and it is very trusting.

We hold this space for us all to work together and share in the experience. It is joyful and life enhancing.

Find your song and open your heart to the dance.

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To help in the creation and understanding of the new, discover more about your purpose and the unseen world of insight, why not take action by booking one of our events? Our Vision Quests have helped provide clarity for all, so why not your turn in April?

There will be a half day **[Introduction to Shamanic Journeying](#)**, (**[booking page here](#)**) on the morning of 28th April followed in the

afternoon by the next [Vision Quest](#) ([booking page here](#)) – 28th April to 1st May.

The next Vision Quest is from 13/19th June during **Wilderness and Questing**, with the final Vision Quest for 2016 planned from 22nd to 25th September. ([Contact us](#) for more information or to inquire about an early-bird reservation). A copy of our *All About Fire* workbook will be provided *FREE* to all who book.

On 6/7th May will be **Deepening your Shamanic Practice – The Healing Ways of the Shaman**. ([Contact us](#) for more information or to inquire about an early-bird reservation). This event is for those seeking to develop their journeying practice. It is particularly for those wishing to use journeying to heal deeper issues. It will also focus on working with nature, understanding the guidance of the natural world. Understanding what are signs, symbols and omens. A copy of our *All About Air* workbook will be provided to all who book.

The full list of events is available by visiting this link:

[Calendar of Forthcoming Events](#)

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## Portuguese power animal for April



### ***Butterfly***

#### *TRANSFORMATION*

April is a month that brings us many things and one of them is the butterfly. The land is warming and new life is coming forth. The bulbs are showing their colours and the butterflies are breaking free.

Whilst the caterpillar has been within the chrysalis there has been a remarkable transformation happening, called metamorphosis. This is a time where the caterpillar literally changes into a butterfly.

There are four stages to the butterfly: 1st the egg; 2nd the larva; 3rd the cocoon; and the final stage, birth of the butterfly. These can in metamorphic language describe the four stages of transformation. First the new thoughts and ideas; Second the decision making regarding these ideas; Third the developing and



movement forward to change; and Fourthly the birth or changing into the new idea...the giving birth stage.

When butterfly comes into your life, sit and contemplate if there has been anything in your life which is in need of change, and look inside to see how change feels for you.

There may be areas in your life that you feel stuck, within a relationship, your work, a friendship, your health. What changes would you like to see to help you bring growth and peace.

Maybe courage is the step that is needed here and butterfly represents that courage.

Butterfly breaks free from the chrysalis, morphing from a totally different body and world perspective and into a very different environment.

The message of butterfly is to spread your wings and fly. To find the freedom within your expression.

This maybe to change something within your relationship, or to leave. It maybe to change careers and find new direction or it just may mean that you need a break from "normality" and have a well deserved holiday. Seek deep within and feel what butterfly is showing you today.

Be completely honest with yourself.

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April is a **13 Universal Month**. **13 is associated with the divine feminine** as there are 13 lunar cycles in a year. This energy teaches each of us to connect with our intuition, and release what no longer serves, so each has room for abundance.

13 reduces to the number 4, which is associated with **practical matters of money and manifesting**. It is also associated with the powerful masculine energy of the Emperor in the Tarot.

The new moon on the 7th is in the sign of Aries. This pioneering warrior-like sign always symbolises **rebirth and courage**. This is a beautiful moment for you to **start afresh** and move forward with clarity and energy. This is the month to use your drive, courage AND intuition to build your dreams.

As to the 7th itself, 7 is the number of Heaven on Earth, and Spirit and Matter coming together - 3 being the number of Creation and 4 the number of Manifestation.

On the 22nd April we have the full moon. This one is going to require us to delve deeply into the heart of our most **important relationships**. The number 2 is reflected across the board, beckoning cooperation, compromise and peace.

Suze and Gregory

and the Shamanics in Portugal team

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Note: must be connected to Internet ;)