



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.

May 2016

New Beginnings

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 bringing balance between Father Sky and Mother Earth. 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.

April seemed far calmer than March with its eclipses and equinox. That said it had an intensity as more of our limitations were pushed to the surface. This theme of making changes is the ongoing one for the next several months.

The New Beginnings

The planetary alignments are combining to push us all **to take action** to move further away from many of the old traditions and ways. Both our own and society's. Thereby allowing greater acceptance of what we need is to only know our self.

The focus for May is to **rearrange** your life, perhaps taking a step backwards and examining what we have accomplished thus far, preparing for the coming leap. Preparing for tremendous changes coming our way. Invoking our core essence and heart's desire.

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### **Thought for May**

Control - This investigation may lead into deep contemplation and then move into deep healing.

In Shamanism we are here to offer tools and help facilitate one's own movement into power and connection to Spirit, Gaia and our own guides, healing, acceptance, forgiveness and dreaming and so much more. We can help point the way. So giving control to ourselves rather than relying on an intermediary.

Over the millennia many different religions have taken control of that connection. So leaving us – humanity, disempowered and in need of a priest and dogma. Taking away the freedom of our own connection and direct experience of Spirit.

The choice for all of us to decide if we are ready to take back control for ourselves and not surrender to the authority figures who say we are the ones to connect through. This is not an act of surrender rather one of taking control in a healthy way. Being responsible for ourselves.

In the past we were forced by fear and brutality to surrender and or hide!

The investigation is this:

- Do we feel in control or are we allowing others to control us?  
Are we controlling others because we do not feel in control in our **own** lives?
- Are we happy to surrender to the control of others and realise that we are giving permission for that control?

- Do we surrender to control and then resent others?
- Are we submissive or aggressive with our controlling issues?
- Do we listen to control and then move into our own power and say NO?
- How do we recognise healthy control and unhealthy control?
- How does control feed us? Does it make us feel safe, in control, superior, in charge?
- Or, is it we have our own control issues because we do not feel safe and actually in control in our own lives?

As a child we cannot control our parents, for we are the innocent ones and we can only surrender to this area of control. As children we come pure and open to the teachings and guardianship of our parents and elders. If a parent abuses, we cannot stop them, we then learn this may even be right - even though it is far from that! Through our childhood upbringing we form different ways of reacting to the control of others.

Only when we have grown in maturity can we choose to accept this form of control or not. It depends on our nature and how many patterning imprints we have absorbed into ourselves. When we start to become aware of how we act and think and notice what is negative or positive in our responses and actions, can we then start to work on healing our thoughts and feelings and change our own control dramas.

For this is what they are! We can choose to feed good thoughts and reactions within our beings and we have the choice as to how we speak and act in the world.

Food for thought:

- Are there control issues in your life?
- Are your responses to control from a deep cellular memory and are they healthy responses?
- Do you feel out of control and then have the need to control others?
- Are you too controlling in your own life and how you live with yourself? Does this make you feel safe?
- Do you have reactions to control, authority figures, parents, partners, friends and life situations?
- Do you have to take back a bit of control for yourself in saying "No" when you have always said yes?

Upon this investigation into control I have come to: Control and Conscious choice.

Become the witness of your control issues. If you recognise unhealthy control issues in your life, you can step back and view them. Then choose to heal their cause. This can be very cathartic and can change altogether the way you view life, so be brave, be honest and move into a space of forgiveness.

There is power in surrendering to controlling situations and there is power in taking control. There is balance within both of these anomalies! Where are you within this? Can you step into your power of surrender or taking up the reins and claiming back your control?

We can be the change we want to see in the world.

*A personal note from Suze: - This has sat with me for a while and as I am witness to myself and others. I recognise that control is within me and also I have allowed others to control me. There has been fear of not being true to myself and allowing the power of others to overwhelm me and then allow their power to control what, who and how I have been in the world.*

*This has led to anger and resentment which has felt very unhealthy. Saying this, once upon becoming the witness to my own responses I have been able to learn, grow and become more empowered with who I am in this area of control.*

*I have forgiven past behaviour and recognised where they have come from in my ancestry and that of others that have been part of this life experience. This has been healing and I am much more aware of control in my life.*

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Taking Control

To help in taking control of your life, the new beginnings that are available, discover more about your purpose and the unseen world of insight, why not take action by booking one of our events?

Once again April´s Vision Quest helped all participants to obtain clarity, so when might you feel called to Quest?

To assist in this we have opened a means to list when is most convenient for you to Quest. Just insert your name, email address and dates. We will then assess numbers for a particular weekend and if convenient, email to confirm the date and to request a booking.

The next **Vision Quest** is from 13/19th June during [Wilderness and Questing](#), Being alone in the Wilderness has long been part of ritual handed down and still practiced in different forms by many peoples throughout the world today. It provides the means to step from where you are in your life, to where you want to be, to what you desire to change, to find answers you have found hard to discover in today´s busy world.

The first two days will be spent learning about what the wilderness has to offer. What can be found amongst its magical

rocks, trees and river. And, then how can this be adapted for your use. Specifically for the Vision Quest starting on the Thursday. The final Vision Quest for 2016 is planned for 22nd to 25th September. There will be a half day [**Introduction to Shamanic Journeying**](#), on the morning of 22nd September followed in the afternoon by the [**Vision Quest**](#).

A copy of our *All About **Fire*** workbook will be provided to all who book.

From 16/17th July there is [**Working with the Ancestors**](#). This event is for those seeking to be free from the limitations of your family lineage. It requires experience of journeying.

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:

[**Forthcoming Events**](#)

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## Portuguese power animal for May



### ***Mouse***

#### ***SCRUTINY***

Are you giving too much attention to the details in your life?  
Are you not giving enough attention to the small details of your life or in a particular area of your life that is not working for you?  
Do you feel that you are being scrutinised?  
Or, Are you scrutinising others?

Mouse is a very interesting power animal and one that can be very challenging if you allow it.

Sometimes we can be so absorbed in what we are doing in our own lives we miss the greater picture of what is happening around us. Our focus is on ourselves and what we think, feeds us.

If we can see this may be the case it can open us to what others think and how they are feeling.

The great Eagle looks down (farsighted) and preys on the little ones. The little one is so absorbed in what they are doing, they are unaware they are being watched. Mouse is here to tell us about opening our peripheral vision, to take note of what is all around us.

If we are so absorbed in ourselves, we can no longer be aware of the world that is around us.

There is balance in everything - to be aware of self and our surroundings brings us a much bigger and healthier awareness of our world and the people that we are living with.

Is there something in your life that you are not giving attention to? Something that if you did spend time with may help change your life?

Maybe there is an area that makes you feel uncomfortable, so you tend not to look into this area. You know what this is, for this is one of the areas in your life that is causing challenges even if you do not want to look at it! Open up to looking at this area and asking for help and guidance. Look into the shadow areas, face them and then they will shift into the light.

It is good to look close up, there is power in this, though to scrutinise so finely is not healthy. There is always a balance in this.

What is staring you in the face that you are not looking at though cannot see it?

Are you scrutinising others and starting to judge them and being critical of how others are being?

Or, are you not looking around and seeing others, observing how others are being around you.

Or, are you so busy doing some things they are stopping you doing other things? Perhaps ones which give you greater enjoyment?

As you can see there are mixed messages in mouse medicine. Sit and just take a moment to scrutinise honestly what mouse energy is offering you. Then act on what appears for you. Stop scrutinising and act according.

Enjoy the honesty!

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Love

To have loved

To be loved

To love

To forgive and let go
Totally let go of the past

To bring your-self
Back into love

This....
This is what it is all about

Loving yourself
So you can then
Love others

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May is a **14 Universal Month**. As such it brings changes, situations that require quick decisions, ideas that invite exploration and moments of shifts that take you into new dimensions. Overall it enables each of us to communicate our message at a deeper level, meaning all our actions and words must be authentic, expressing our **own** values.

So, welcome each experience as a gift and navigate the rapidly shifting energies without losing your balance.

The full moon is on the 21<sup>st</sup>. This one stokes our idealism, in a way that brings into our centre our own sense of **ethics and values**. A moment to create our **vision** and make a fresh start if that is what is needed.

***Suze and Gregory***  
**and the Shamanics in Portugal team**

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