



The Earth Spirit Journal

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

Do you Enjoy your Power to...?

To be Re-Born or not?

Welcome to Shamanics in Portugal's Journal. Our intention is to provide you our readers, friends and connections with an overview of what is emerging in our much larger, ever evolving community as we bring balance between Father Sky and Mother Earth, and within ourselves.

Did you sense a shift of the energy as we moved into May? That said, what else has loomed up looking to be addressed? Has the

grander vision for your life appeared ready to be **challenged and re-interpreted?**

A short while ago these might have created intense emotional challenges, now there seems to be a more **subtle sense of change** underway.

A Moment to be Re-Born?

The Wesak full moon arrived at 21.42 (GMT) on the 10th. It brought a burst of positive karma for each of us to use as we wish. This increased personal power can be used to take full advantage of any synchronicity appearing. It is also ideal for completing the **major overhaul** which you began with the new moon at the end of April.

The lunar qualities of emotions and instincts reach their peak at a full moon. So use its increased emotional strength and intuition to overcome any challenges. In particular take an **objective and balanced** look at your personal relationships. This will enable you to clearly see any relationship dynamics or negative feelings causing disharmony.

My suggestion is to make emotional adjustments as you bring more depth into your vision, putting in place more of the **needed detail**. The waning phase of the moon lasts for two weeks up to the next new moon.

This full moon is in Scorpio. The related alignments make this a heavy and serious full moon, though a positive one associated

with **good fortune, happiness and wealth**. To that Jupiter nature is adding some Mercury in the form of spiritual and mental powers.

Pluto will promote some very intense and deep experiences, particularly in relation to **personal relationships**. Meaning they will evolve to a deeper level **or** you will be free to move on.

Anything that is in a state of decay in your life can now be **reborn**, clearing away clutter in your mind and your environment. You will also be able to identify the root cause of any bad habit or addiction to eliminate their destructive behaviour.

If you feel your life is a constant struggle, use the energy of this full moon to improve your life by eliminating the negative aspects of old patterns, habits and behaviours. Letting go of the energy of **conformity** and instead love our unique selves.

Its intense energy will show us the hard facts of exactly WHY each of us is in the position we are in... and we **alone** have the choice to make the change.

These intense energies may make the weeks to the new moon turbulent as we reassess what it is we feel in our heart, what is important to us and any issues in our lives which are **not congruent** with our heartfelt feelings.

If you are happy with the direction your life is taking, then use your good fortune to help others. Sharing your positive

karma can help transform the lives of others. The energy of this Wesak moon is to take responsibility for what is happening around you and on the Earth today - a moment to make the commitment to yourself of **self-responsibility** and growth.

During the Wesak season, the veils are at their thinnest between the physical and the spiritual realms, an opportunity to grasp **expanded** levels of understanding.

It is also the start of a new cycle of expansive **creativity and self-expression**. It is a moment to play more, to free the curiosity of your inner-child.

Know your Uniqueness and your Craft?

Re-invention is going on around us all at the moment, even though we have yet to recognise the new forms appearing. Which is why this is an intense period for understanding our own **value and worth**. From this we will then be able to cultivate our own craft and so practice our own uniqueness.

Once we become committed to this it will then be possible to accept stability. Until then we will be in transition for we will not have accepted mastery of our **own uniqueness**. This will require new structures and frameworks.

The theme has been present since the end of 2016, with a peak on 19th May. Meaning the intensity will be felt from the 12th to the

26th. Which is part of what is making May a **significant** month for us all!

Would you like help to understand your own craft and/or make a new beginning, then book a **complimentary strategy session** by emailing us at shamanicsinportugal@gmail.com or use the **online contact form**. Skype, Zoom or similar is available.

During this we will work together to:

=> Create a crystal **clear vision** for your personal and business life and the “perfect lifestyle” you desire to live.

=> Uncover hidden **challenges** that may be sabotaging your personal growth and perhaps keeping you working too many hours with no freedom or flexibility.

=> Leave this session **renewed, re-energised, and inspired.**

Observe the Exercise of Your Power

Another theme we are passing through until the end of September is our **relationship with power**. Putting this together with the dismantling and creation of structures and frameworks, means many people and organisations will be feeling the effect of the questions about their relationship with power.

25th May is a day when power dynamics are heightened. It will highlight those relationships where we are seeking to exercise control. This includes those where we are seeking to create

matter and attract abundance to ourselves in accord with what we **think we want**, rather than **our soul's intention!**

As a reminder, this year will be full of crossroads – not necessarily good, or bad, rather the **choices** each of us makes will continue to require we address our illusions, enabling us to face reality.

At each crossroads, the invitation comes to take a moment to pause and reflect to view how each **potential fork** in the road will benefit us or lead us closer to our purpose, either directly or at a later stage.

On many occasions I have taken a path because it seemed easier for the moment, though it was really not in my highest good. So first **pause and check** in with yourself. One path may be easier and the other tortuous, though the end is the same!

Evolving Relationships?

With relationships still under review, the energies are likely to raise questions about exercising our **own power**, rather than feeling obliged to follow what others desire – even if they say it is for our “own good”.

The physical or emotional discomfort of this will be felt in our **solar plexus**. More understanding, case studies and guidance on actions are available in [**The Seven Secrets to Living in Harmony.**](#) To learn more watch this short YouTube video – [**the 3rd Secret “What is my Gut Telling me?”**](#)

One Spirit Work

We are planning an **intentional retreat** for the week of 17th September. This will start with a Fire Ceremony that morning and finish with another one on the morning of 24th September. There will be ceremonies each day as well as a choice of workshops to aid those attending create and embed their intentions.

Email us at shamanicsinportugal@gmail.com or use the [online contact form](#) to learn more and giving a workshop.

This means the final [Vision Quest](#) for 2017 will move to November. It will also mean we will move the half day ***Introduction to Shamanic Journeying*** from the morning of 21st September.

The next [Discovering the Inner Realms...a Journey into Shamanism](#) is on 17th and 18th June. In addition to being introduced to the shamanic experience of ritual, creating sacred space, journeying, meeting your guides, power animals you will have the

opportunity to connect to the energies of a medicine wheel, stone circle and a labyrinth. These as well as drumming, rattling and chanting are part of the event. After leaving us, third parties commented on the difference in the energy and expressions of the participants.

You can of course spend a few more days at Quinta da Luz soaking up the energies and ambience where the event is held,

enjoying the mountain views and gardens. Further details are on our web site: www.quintadaluz.org

The new moon rises in the evening GMT of 25th May, a moment for **rest and self-reflection**.

The Journal is also available on [YouTube](#) so you can listen to it as well as view some of the scenery where our events are held. To further assist you to stay in the flow of what is evolving, we make almost daily posts on our [Facebook page](#).

Gregory

and the Shamanics in Portugal team

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