



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.

September 2015

Create your Vision

Welcome to *Shamanics in Portugal's* Newsletter. By providing you with some insights into our views and experiences our intention is that helps you, our readers, friends and connections to remember we are all part of a much larger community.

In our role as co-creators we have to take **responsibility for what each of us is and have created in our world**. Help from the Universe can only come once **we accept it is our choices which shape and create our world**.

In this last phase of 2015, we can already witness the new moving alongside old. We are being called for each of us to take responsibility for the way we live our lives. As we move into balance and integrity, so something shifts in the greater web of which we are all part. What is our vision?

To Quest

When we allow ourselves time to sit in solitude, we are honouring a calling which brings us back to a natural state of being. We are prepared in ritual. We find our space and set out our circle. When we enter we will intend to remain for two nights in Nature. In sacred circle we sit. And sit...

At first we may have internal resistance. *‘I’m lonely’*. *‘I’m hungry’*. *‘This is stupid’*. *‘I can’t do it, it’s too hard’*.

Though as we continue, our minds slowly begin to quiet and as

our minds gradually release their frantic addiction to constant chatter, we also lose our usual mind association with time.

We accept that we are exactly where we are supposed to be. Exactly when we are supposed to be there. Time changes. Is it faster? Slower? Certainly it is less urgent. We are outside the relentless marching of the `civilised` world's obsession with time, and a new, different relation with the world around us settles in. We are now in the NON ordinary and the work is at hand.

For each of us, the experiences now to unfold, will be different. We may receive visions, real, eyes open and inexplicable visions. Or hear sounds from around us we have not been aware of before. We will be moved to tears or transfixed by boundless joy. As our emotions swing and we witness them in this unique place, eventually we find space within us to just be.

Here in my circle. With my water bottle, my sore bum and empty tum. Time to move! Jump, dance, sway and stride. Laugh, cry and shout to the heavens.

Your intent has been set. You have drawn a line in the sand and by the incredible and unusual act of questing, you are

going to leap over it. Not reluctantly. Not timidly just stepping over the line. You will LEAP it and leave it far behind.

‘ This is who I now am!’ ‘ This is how I will stride forward with my life.’ You will never be the same again. No matter how it unfolds for you, it will be perfect. It will be your quest and it will be just as it should be.

In every quest we seek to move toward our highest potential for we know there is more we can achieve. Each of us desires to live our life in this way. To assist in this process here at ***Shamanics in Portugal***, we have prepared a report entitled ***'Nine Points to Meeting Your Highest Potential'***. As our gift to you, it can be downloaded for free by newsletter subscribers/recipients during September, simply click on the report title above, follow the 'purchase link' and apply the coupon below at the checkout where required for 100% discount (*i.e.* no charge!)

Coupon: **subscribersgift0915**

(Valid for use until 30th September 2015, for the claim of one eBook per subscriber.)

The only choice you need to make is to read, study and reflect, oh and then take action - for 85% of creation is about taking action!

Shamanics in Portugal's [next vision quest](#) is in Portugal from 17th to 20th September 2015 – **[click here to book](#)**.

If link does not work you can copy and paste this URL:

<http://shamanicsinportugal.com/index.php/product/vision-quest-2015/>

Gathering on the Thursday evening, the quest itself will be held between the evening of the 18th and the morning of the 20th. This will be held at a truly magical natural location known locally as the Valley of Rainbows.

You will be able to choose where to create your space by the Rio Seia, large granite rock formations or in the woods, The first part of the 18th will include instruction as well as shamanic work, including drumming. The latter part of the 20th will allow for experiences to be shared as well as celebration.

The following *Shamanics in Portugal* event will be a **Fire Ceremony** from **27th to 29th November** when you will be able take the opportunity to bring what you desire to be rid of in your life, preparing the fire on which you place it.

Afterwards there will be an opportunity to create the new.

(A booking form will be available on the website shortly – but feel free to request more details or reserve a place using our

contact form and we will send an invoice accordingly).

The full list of events to September 2016 is available by clicking on **Forthcoming Events**. << Click and allow, or visit:

<http://shamanicsinportugal.com/index.php/2015/07/26/calendar-of-events-2015-and-2016/>

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## **Portuguese power animal for September**

# **Wild Boar Medicine**

### **CONFRONTATION!**



Wild Boar is one of the most fearless animals on the planet. They bring teachings of courage, assertiveness and of

protection.

This medicine brings healing powers due to its ability to confront the unknown without fear. If fear is absent, good health prevails. We are being asked to stand in our power, have faith and move forward, without fear.

Wild Boar teaches us to use our senses efficiently and effectively. Becoming aware of when we are procrastinating or avoiding issues for too long. Lying to others and ourselves. This medicine helps us to become fully present and watchful of what is happening in our lives. Through pressing and prodding, it then calls on us to have the courage to confront any issues. Reclaiming our power, initiating transformation and self-discovery. The power of this medicine helps us to face our weaknesses and turn them into strengths.

Be brave. Courageous. Live with integrity. Do not hide from things which are not right for you. Stand up to your responsibilities and stand in your truth.

Wild Boar is a powerful totem to have, though not an easy one to work with. You will be confronted at every turn if your integrity slips. Follow Boar's lead without resistance. If you resist, you will be challenged and confronted!

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September continues the influential movement of the planets, and so Spirit. The moves are mainly toward the end of September with the finale on 27th/28th September when there is the last Blood Red Moon of the series of four which started in April. The influences are focused on integrating Goddess energy and freedom. So if you have a Wolf as one of your power animals, expect that need for freedom to become even more evident!

Suze, Steve and Gregory

*and the **Shamanics in Portugal** team*

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*Thank you.*

**Shamanics**  
*in* **Portugal**