



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.

October 2015

Liberate your Vision

Welcome to Shamanics in Portugal´s Newsletter. Our intention is to remind you our readers, friends and connections we are all part of a much larger, ever evolving community. We offer here some insights into our views and experiences into the **co-creation we are all part of.** We alone are responsible for what each of us is creating. Help from the Universe can only

come once we accept it is **our choices which shape and create our world.**

The September equinox is now past, together with the super blood red moon and the shift of Saturn back into Sagittarius. Why is this important? Sagittarius loves freedom, Saturn represents a more contracting energy with its strong values of commitment, maturity, responsibility.

Saturn will be transiting Sagittarius until December 2017 and historically this wave of energy has triggered major changes in the political, ethical and social systems. The energies of expansion and contraction will be challenging to all.

The last months of 2015 will be a significant transitional period, providing the opportunity to sense your vision, your dream and create the structure to bring into being. To realise that it will need each of us to confront and liberate our beliefs about relationships, our purpose etc.

Chant for October

This chant comes from a book called *Ancients Echoes..The Anasazi. book of chants* by Mary Summer Rain.

She has written at least nine other books and in this one she brings to us the chants, prayers, songs and poetry of the Anasazi

people. They lived in Pueblos in the plateau area of the American Southwest from 100 to 1300 A.D. In this unique book she brings together the beauty and sensitivity of the Anasazi community called The Spirit Clan.

The clan was an extremely peaceful community and its societal foundation rested solidly upon peace itself. Their Peace Prayer was directed towards the outer world in general, which included all life on earth as well as that above and around it. This 'life' encompassed all spirit entities as well.

Peace Prayer

May harmony dwell in the hearts of all people.

And between them let peace be their way

May thoughts and deeds be gentle and kind,

And trails be straight, paths be true.

May starlight show the way at night,

And dark clouds never stay the day.

May nature thrive upon this land,

And Peace abide in the Sacred Manner.

May it be so

Namaste

In September a dozen quests were completed in the sun and warmth of the Valley of Rainbows. *Shamanics in Portugal* ask participants to rate an event on a scale of 1-10 where 10 is being absolutely superb. The average of the quests was 9.4. Our next Vision Quest is in March 2016.

Comments from these questers included:

"I learnt to forgive. I found my weakness. I am no longer afraid of the dark.

It was scary, exciting, thrilling."

Zoey – Leeds, England

"Much more than I thought it would. It opened my heart and taught me how important it is for me to really express myself.

The song I sang bringing me in many grateful tears.

It was interesting, fun, magical, trippy and exhausting."

Sigi – Bordeaux, France

"Enjoyed my time and my own company. Seeing some issues I can look at and make changes to integrate into my life.

Awesome experience. Great timing for me for the next chapter of my life. Enjoyed it."

Caroline – Hereford, England

"Inspiring. Revitalising. An experience to repeat. Grateful."

Duarte – Sintra, Portugal

The next event will be a [*Fire Ceremony \(The Give-Away Ceremony\)*](#) 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.

The first event of 2016 will be [*Discovering the Inner Realms...an Introduction to Shamanism*](#) from 19th to 21st February. This will introduce you to the shamanic experience of ritual, creating sacred space, journeying, meeting you guides, power animals and much more on our experiential journey together. It will provide you with powerful, effective tools to let you tap into the unseen world for insight and healing which requires no external authority, intermediary, or even beliefs.

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/>

Portuguese Power Animal for October

Frog Medicine

CLEANSING!



It is said that the frog is a messenger of cleansing, teaching us to honour our tears as they cleanse the soul. This is a period of healing, a spiritual re-birth. Frog energy works with the element of water, when we let go of our emotions in the form of tears it can bring freedom to the soul.

It can be a cathartic time of release from the thunder beings, to bring cleansing to ourselves and to the earth as well. This energy brings purity and a freedom from our pasts. It helps empty us so we can then refill the soul again.

When you hear the calling of Frog or he is on your pathway or you notice him by the pond or nearby river, take note. It may be

a time for you to relax, detox, release your fears and worries and find the time to cleanse your being. If you notice frog´s energy arising near lands that have not been cared for properly or buildings having a stagnant feel, it is time to become aware of your environment and clear your house, garden or send positive thoughts and feelings to those whose energy you have become aware of.

if you are feeling 'bogged down' by your own doubts and possible toxic overload and negativity, or those of others it is also time to take stock of the situation and move into a position of immersing yourself in frog´s cleansing waters. Release the negative vibrations and give yourself time and space from others to cleanse your soul.

Relationships will become more positive, your work life may change or become more invigorating and your creativity once cleared of any blocks via this cleansing process will help you open up to your true expression.

May you find that your spirit is renewed and replenished with immersion of frog´s cleansing energies.

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October continues the influential movement of the planets, and so Spirit. It is a month to liberate you so you can completely embrace and manifest joy, abundance and bliss.

During the month there is an **Abundance Astrology** formation becoming stronger and stronger, so bringing forth *peace, joy, fortune, devotion, creativity and passion* to **our love life and our finances!**

All month long there will be an opening of our intuitive heart centre, finishing the month with a beautiful **Full Moon** which coincides with a *Code of Love, Compassion, Sisterhood and Brotherhood* in the stars and numbers.

***Suze, Steve and Gregory***

*and the Shamanics in Portugal team*

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Shamanics  
in Portugal