



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.

January 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. As part of that 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.

In this first Journal of 2016 we offer here some insights into our views and experiences into the co-creation we are all part of this year – *the year for Your Purpose*. Recognising each of us alone is responsible for what we choose to create in our life. Only then can the Universe provide its assistance, if you so desire to allow its support in meeting your purpose?

2015 has proven to be a challenging year for many, especially on the emotional and relationship levels. The last few weeks of 2015 were no different with emotions flowing in many different directions.

In particular our darker aspects coming to remind us they are also part of all of us. Only by accepting them can we create balance within us - the purpose of shamanic practice.

2016 – an overview

2016 has begun with the first of its four Mercury **retrogrades**. This is one more than usual in a year, suggesting an emphasis on communication, something unexpected, certainly a need to ensure safe back up!

This current retrograde ends on 25th January and has an emphasis on easing ourselves **into the physical**, for only here can we create solid foundations for achieving our purpose.

The other retrogrades are in May, September and the end of December.

All four are in **Earth** signs, meaning support for **providing stability**. For the Earth holds all of life together, as well as ruling the physical body. It protects, it is the womb from which all life comes.

To understand how to connect with the creative power of the element Earth we have prepared for download a workbook *All About **Earth***. (Click link to claim your Valued Subscriber's Gift!)

In addition to setting out the shamanic purpose of Earth, it also details the chakra it links to and which finger indicates you have an issue with Earth. There are six exercises helping you to connect with Earth and what it means for you.

Including *All About **Earth*** there are five workbooks for each of the elements.

2016 is a year for **positive pragmatism**, not one for using rose tinted glasses - denying the truth we can see in front of us.

It is inviting each of us to participate creatively. Making all of us leaders as to how we live **our purpose**. 2016 is the year in which to seek our **biggest, brightest dream** and bring it into the physical.

Denial of our purpose will no longer be possible in 2016. Rather it is about serving a world in flux so each of us can expand into our

new vision. We need to be curious in order to discover more of the nature of our vision.

In March and September there will be a series of eclipses which will intensify for all of us seeking to **know** our purpose. They combine to highlight re-birth, expansion and new beginnings.

January's energies are encouraging us all to be open to allow the new to arrive, and taking action to embed it.

To help allow arrival of the new, discover more about your purpose and the unseen world of insight, why not take action by booking one of our events?

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 your 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.

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

There will be a half day ***Introduction to Shamanic Journeying***, on the morning of 17th March followed in the afternoon by the first ***Vision Quest*** - 17th to 20th March.

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

The full list of events to September 2016 is available by visiting this link: **[Forthcoming Events](#)**

If the link fails to work you can copy and paste the following:
<http://shamanicsinportugal.com/2016>

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## Thought for January



***The Four Agreements***  
**by Don Miguel Ruiz**

Don Miguel Ruiz is a teacher and author bringing ancient wisdom to today's world with a focus on information for reaching personal freedom and happiness.

As its title suggests, *The Four Agreements* offers four agreements to use as a code of conduct for your life. They come from the

*Toltec* tradition:

### **1. Be Impeccable With Your Word**

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

### **2. Don't Take Anything Personally**

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

### **3. Don't Make Assumptions**

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

### **4. Always Do Your Best**

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse and regret.

*Don Miguel Ruiz was born into a family of healers. He was born*

*and raised in rural Mexico by a mother who was a healer and a father who was a Toltec shaman. Don Miguel Ruiz was chosen, to carry on the family's centuries-old legacy of healing. Living in the modern world he was swayed off this traditional path into medical school and became a surgeon.*

*In the late 1970s a near death experience changed his life, he was stunned by the experience and he started to devote his time in learning the mastery of the ancient healing ways of the Toltec, completing an apprenticeship with a powerful shaman. His grandfather also came to him in dreaming to also teach him the knowledge of his ancestors.*

*Miguel Ruiz has dedicated his life to teach and pass on the wisdom of the Toltec path.*

"The Four Agreements are a tool for transformation, leading you to stop judging, mainly yourself, and to start practicing another way of life."

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Portuguese power animal for January

Bat



RE-BIRTH

Suze has a hibernating bat in their out-building... even though bats do not show themselves much during the winter months, this little one opened Suze to re-birth and change, also bringing in non-resistance and recognition that this is the season of the year for re-charging our batteries and gathering ourselves within.

Normally Bats are seen flitting around at dusk on balmy spring and summer evenings, it was unusual to find one choosing to stay a while in our domain. It was a joyful sight and also one to reflect on personally.

Bat represents change, the message is to look into your life and to see where situations, relationships may need a different

perspective to help shift them into alignment with your authentic self.

Bat hanging upside-down like the hangman from the tarot card deck symbolises a moment of great learning, leading to change. The dark may bring more clarity about where you are in your life. There may be addictions and habits that you wish to move from, your diet may need to change to bring you into full fitness. These may be relationships that you have out grown, or need to change to bring into harmony. Bat is offering the idea that there is something in your life you need to visit and be cathartic with.

Are you stopping your own creativity and talents? Bat can also suggest stagnation! Are you using your talents to the fullest or does something stand in the way? This is a moment to investigate and delve into where your life is not flowing the way you wish it to. Bat also suggests that you need courage, strength and use of mind to recognise where the illusions are in your life and for you to step through this veil and embrace a new life which you have created with your intent.

We often know deeply what we need to change, though also stop ourselves through fear of what that change may be, even though we know that it would be for the better...better the devil you know...this can prolong our unhappiness and stop us following our dreams. When we move into a place of desiring change, we bring energy into the equation and the Universe will answer that call. This may be like a mini shamanic death experience (not an

actual death) where you face your demons and blocks and come out the other side lighter and freer from the fear to move away from what has held you back.

Bat flies at night, so he is also offering for you to look into your dream time and see where you journey to.

As we begin 2016 and if Bat has spoken to you, spend time investigating where there is old stagnant energies, sit with them and observe how your being feels. When you notice feelings and thoughts about something or someone, a problem etc., write in your journal what changes you wish to make, whether it is to change jobs, heal relationships, move house, location, become more abundant, not work so much...

Find your courage in being totally honest with yourself, as no one else knows what goes on within your own being...only we can be the change we want to be in the world.

It is also good to be around inspiring people and groups of like-minded people to help support your changes and movement away from the old, stepping into new patterns of healthier more harmonious ways of being.

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### **The healing energies of nature**

The healing power of nature comes in many different forms. Taking a walk in nature, through meadows, woods, mountains,

the beach, and even in your own garden, can bring on a sense of wellbeing. Flower essences, herbal remedies and homeopathy have been created from nature, they have been made specifically for our own growth and healing.

It is also true of pharmaceutical companies too, where plants have been studied to see what healing properties they have and then they are made into the synthetic derivatives available to us today. An example of this is aspirin; this has been made from the Willow tree.

Plants have their own subtle energy/vibration and if you can liken each emotion, mental patterns and thought, as being a certain vibrational frequency, then you begin to have an understanding of some of the most fundamental laws of the Universe. Each vibration has its own colour frequency relating to the particular thoughts and beliefs that we carry with us.

In ancient India and other Eastern belief systems they have linked at least 7 energy centres within our bodies, connecting to the Universe around us. Called chakras, each has a colour has been linked to it. This is also worthy of investigation, and can also be very much linked with vibrational healing. If one of our chakras is out of balance, colour therapy and plant medicine can also help with the rebalancing of these energy portals.

The essences of flowers, herbs, trees and even what some may view as weeds, can help draw out negativity and unbalanced

emotions and help to cleanse and release them. Thereby helping to change our negative thought and lifestyle patterns. Supporting us through change, which will then help bring us closer to our authentic selves. This in turn will help our physical bodies, as if feeling better our beings will respond in a more healthy way.

This is called *vibrational medicine*.

Before prescription drugs were available, we all went to the herbalist or the medicine man/woman who would connect the ailment they were experiencing. And, then offer the appropriate healing plants and herbs to help rectify it. Today most of us go to the doctor to help address our illnesses. Because they are synthetic, almost all drugs have other chemicals in them that may cause other reactions.

We have moved away from natural forms of healing.

So, why not when you feel depressed and low, take a walk in nature, start to look into how you are feeling and what you tell yourself. Whilst walking, open your being to the natural world around you and listen, look and investigate what is there for you.

See what colours attract you, is it the browns of the soil or bark, is it the greens of the leaves/grasses, do the flowers speak to you in some way? When you feel an attraction with a specific plant/tree go and sit with it - if it is the soil, go and sit on the earth.

Open yourself to communing with that plant and sense intuitively

what it can offer you in a form of healing. Trust your instincts, they may feel odd and even stupid, simply go with the flow, what is there to lose, if it brings on healing?

If it does not then you have had a pleasant time reconnecting with the beauty that is around you. Even this may make you feel better!

If you are taking pharmaceutical medicine, how about supporting your healing with an investigation into the other more natural forms of healing that may go hand in hand with what you have been prescribed?

Or, if you are reading this and thinking you need to see a doctor, go see the doctor and seek advice, diagnosis and then also investigate if there are any natural forms of medicine/remedies that may help you before choosing which route to follow.

Use your intuition, ask for information from herbalists, homeopaths and energy medicine people and know that there are many choices that you have. Using pharmaceutical medicine in conjunction with the more natural forms can be very powerful. You may not need to take the drugs for as long a time, you may not have the side effects they may bring.

You may even decide to go the unconventional route first, this is entirely up to you.

May this open up an investigation within you to the natural world around you and what it can offer in all its guises.

\*As a side note, various studies have been published recognising that if you are in hospital and you have a window you will heal quicker than if you did not have a window. Also if a window is impossible, then a beautiful painting of nature can also quicken the healing process. Nature can bring down blood pressure, immune system is boosted.

And,

Let us also not forget the Sun and the Moon and what energies they offer us for healing too.

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2016 is a universal **Nine** year, emphasising **leadership** through wisdom and stepping onto your path to experience and manifest your true purpose. A year of wealth, wisdom and leadership, a **bumper** year for all.

In addition to nine being the number of endings and new beginnings, it is also the number of love.

***January is a 10/1 universal month** – signifying new beginnings, so watch for bat! All month long there will be powerful opportunities to manifest quickly. The number of love and light guarantees rapid development and shifts.*

Suze, Steve and Gregory

and the Shamanics in Portugal team

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