



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.

December 2016

The Cycle is Almost Over

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, and within ourselves. Pleased 2016 is almost over? Have you created your vision for 2017 and on?

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](#).

For many November and the first part of December seemed tranquil, though it moved up a notch the re-structuring which is underway. **Further challenges** being made to the established order, even if many did not like the manner employed and the implication of the changes. These last few weeks and throughout most of 2017 this process is going to accelerate rather than be completed.

Communicating who you are

This current moon is the third and last supermoon, It has a focus on **communication** so you may be guided to take a long and hard look at how you communicate and the power of your words.

Do you do as you say, or are you all talk and no action? Do your words to others reflect your TRUE feelings or do you use words that are pleasing to others and not really represent your beliefs/desires/inner-most feelings? Remember to also take a long and deep look inward to **your self-talk**... are your thoughts nourishing and nurturing to self, or are they hurtful, harmful, angry or downright mean-spirited?

Or perhaps, your thoughts/mental chatter are out of control... yet so vivid it is sometimes difficult to **discern** what are *your* thoughts or the thoughts/energy of *others*?

So it is no surprise a few days after the full moon on the 14th we experience what is known as a **Galactic Alignment** of the Earth, Sun and centre of our Galaxy in the sign of Sagittarius.

The alignment this year takes place on 18th December. It is supporting us, both individually and collectively to step into our full **evolutionary purpose**; the grandest version of the **greatest vision** we have ever held for ourselves.

Creating your future

Then on the 21st there is the **solstice**. In the Northern hemisphere this is a moment to move into our hearts and connect with the Light within each of us. So providing us with the inner nurturing and regeneration to prepare for our emergence as the days gradually become longer. In the Southern hemisphere it is a moment of joy, celebration, and dance with life.

2016 is one of those rare calendar years when Mercury retrogrades four times, not the usual three. The last retrograde begins on the 19th with a vibration of magical alchemy and uplifting others through joy. It emphasises reflecting on how to bring **more fulfilment into your vocation**. In particular gaining a great perspective on the last three months and enter this

coming period with renewed focus. The retrograde starts in Earth and completes on 8th January 2017 in Fire.

On the 24th Saturn meets the breakthrough planet Uranus. The harmony generated quiets nerves so you can calmly master every opportunity for change, persevere through big and small shifts and feel more in control of every situation that arises. It will help you feel confident in tackling all the **demands and changes of life** as 2016 and this nine year cycle draws to its close.

The final new moon of 2016 occurs on the 29th, opening the 11 portal into **double new beginnings**. What you experience now, especially regarding what brings you most fulfilment in your vocation, brings vital insights as to how to take up the reins of your life in 2017!

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## One Spirit Work

The first event planned for 2017 is on 18<sup>th</sup> and 19<sup>th</sup> February for another [Discovering the Inner Realms... a Journey into Shamanism](#). 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 now 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 look on our web site [www.quintadaluz.org](http://www.quintadaluz.org)

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

Wondering how to step onto your path? A moment to Quest perhaps? The first Vision Quest of 2017 is planned for 23<sup>rd</sup> to 26<sup>th</sup> March around the equinox. There will be a half day ***Introduction to Shamanic Journeying*** on the morning of 23<sup>rd</sup> March followed in the afternoon by the ***Vision Quest***.

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

Should this date not be convenient and you feel the call to Quest during this first part of 2017, email us at [support@shamanicsinportugal.com](mailto:support@shamanicsinportugal.com) to indicate dates most convenient for you to Quest. Just include 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 full list of events is available by visiting this link: ***Forthcoming Events***. For details of further events view our [Facebook page](#).

If you feel the need for deep intense one-on-one coaching, email us at [shamanicsinportugal@gmail.com](mailto:shamanicsinportugal@gmail.com). Skype or similar is available.

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Thought and Contemplation for December

Lessons

*Have you learned lessons only
of those who admired you,
and were tender with you,
and stood aside for you?*

*Have you not learned great lessons
from those who braced themselves against you,
and disputed the passage with you?*

*Walt Whitman
In Leaves of Grass*

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## Thought for the Coming Year

*"It doesn't take large numbers to change human relationships  
in any country, even today.*

*It takes dedication, determination, and  
a certain amount of faith in the goodness hidden in our hearts.*

*It takes you."*

*Eknath Easwaran*

*In Your Life is Your Message*

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Portuguese power animal for December

Seagull



HEALING

Seagulls are spiritual messengers that demonstrate a **higher communication** with guides is taking place. They show how to

see above situations with a higher clarity and teach there are many different perspectives to consider.

Seagull shows a sense of friendship and community and the cooperation that is needed for **the whole** to operate successfully. They teach how to ride the currents of the mental, emotional and physical worlds.

Are you going with the flow or fighting it? Are you cooperating with others? Are you open to your guides? Seagull hovers over the **emotional sea** which is just below our consciousness. Those feelings which are seeking to be acknowledged and expressed.

Expressing **emotions** does not mean indulging in them or creating dramas around them. Rather if there are tears, allow them to flow. Cry, or laugh as much as you need to. Explore these feelings with someone else. Or, write about them in your journal.

Paying attention to the **sensations** in your body will provide a clue as to the emotion which is just below the surface of your awareness. Writing or talking about it brings into your awareness and so creates an opportunity for it to be released.

If seagull appears it is the moment to take a **different perspective** on events. Use that moment to step back from everything you are currently dealing with and look at it from a different angle. Your solution lies in changing your attitude towards the challenge at hand. **Soar above the drama** and look

through your own emotional boundaries to find new creative ways to move forward. There is a clue in using the long hidden resources you already have.

Alternatively Seagull is reminding you that **everything has a purpose** and that there are currently many aspects in your life that need to be redefined and reassigned. Take a moment to sort through the clutter and let go of that which you can no longer use.

There is always opportunity in everything and it can be found in the most unlikely places. Aspects may seem a little barren and unproductive right now, however even the most unlikely places can bear an opportunity for your new resources. The point is to realise you are in this moment, in this place for a reason. Remain optimistic and know this reason will be revealed. **Trust your instincts** and follow through.

If a seagull appears in your dreams this means you have earned the right to feel **satisfied** with yourself after the way you handled a very difficult situation. Continue to stay “above things” so that you do not repeat the process.

It can also indicate a desire to be away from the current challenges in your waking life. To see a soaring gull means that you are gaining a **clear perspective** on life and have found alternative ways to resolve your current situation. Should a dead seagull appear in your dreams, this is an indication you are feeling emotionally separated from your loved ones.

Seagull can teach you many lessons of looking, living and being. It is time to **listen and watch** for the nuances and timing of action.

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## Pushing beyond your comfort zone

December in 2016 is a 12/3 Universal month. December's 12:12 code initiates both learning and joy. 12 reduces to the number 3 - **self expression and creativity**. Coupled with the number 9 for 2016, this unlocks your creative nature and sets the stage for social connections and sharing of feelings – all in a spirit of happiness.

We enter 2017 with the intention to dissolve **the cords of past limiting beliefs and open ourselves to a bigger, more powerful future!** In 2017 we will harvest what we are planting right now. It will also form the basis for the remaining eight years of the new cycle.

Through 2017 Sagittarius is asking each of us how and where will you **expand and grow beyond your limiting beliefs?** Beyond that smaller version of you? This period also has a sense of maturing about it as there is an emphasis on finding your ground; standing your ground; committing to your ground/doing so in practical, material, it-actually-impacts-human-life (starting with your) ways.

Finding (or becoming) a teacher weaves in here, as does how does the community function? This will favour the personal/spiritual/purposeful field of growth. Until October 2017 Jupiter is favouring **partnerships** to achieve this.

December 2016 is a quiescent month with an emphasis on socialising and happiness, enjoying your personal life. However, do not allow yourself to be fooled into ignoring the **shifts which are underway**. They are not going away, there are going to be few dull moments in 2017!

Over the 31<sup>st</sup> December and 1<sup>st</sup> January Fire merges with Spirituality. Your inner soul fire will feel a great urge to merge with everything and everyone. You may feel spiritually stimulated and have a passionate perspective on how your sensual and spiritual nature work hand in hand to birth miracles. This message for 2017 means you are about to **birth a new cosmic creation**.

## **Gregory**

*and the Shamanics in Portugal team*

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