



# *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.*

**Hold your space...**

***to Know Your Truth***

**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.**

The new moon occurred very early in the morning (GMT) of the 28<sup>th</sup>, which means we are almost into the **second quarter** of

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2017! How were the first three months? To us it has felt as though much is underway and yet nothing seems to be firmly in place?

This new moon may not help with creating the certainty we all seek for it is **full of contradictions**. Venus with the new moon brings hope of love, and wealth. Though being retrograde also brings risk of loss and a broken heart.

Other features of this new moon indicate **opportunities** for love, wealth and aesthetics by recognising our relationships within each and each other.

## Choose Carefully

The key to handling this complicated situation is to choose your options carefully. Speaking and acting from your **own truth** is the simplest and easiest way to find peace and love in the coming weeks.

As with all new moons this is an excellent moment to make a fresh **start**, turn over a new **leaf** or start any new **project** such as establishing or growing your business. This is best done in the two weeks from the 28<sup>th</sup>. Which period is favourable for the lone entrepreneur who works tactically. For the moon is guiding us to not lean on others emotionally, not being afraid of working alone.

If you would like help in to know your vision, your truth and/or make a new beginning email us at:

[shamanicsinportugal@gmail.com](mailto:shamanicsinportugal@gmail.com)

Skype, Zoom or similar is available for a complimentary strategy session...

All possibilities are on the table as you put yourself at the centre of plans for **your future**. Old habits, behaviours and beliefs will continue to be questioned as you search for new and expansive ways for your life to evolve.

This new moon is asking all of us: 'What will you do?' or 'What will you be?'; that is,

'Who are you?' This will bring to the surface issues of our **role, identity, and personal initiative**.

There may also be a thought if we do not act or choose, we may **lose love or wealth**. Simply reacting though will not be in our highest good for we are also being given the opportunity to access, one way or another, matters that have been hidden, denied, or ignored by ourselves or others.

This new moon is pushing us to deal with what has been avoided or put aside. As such it may **reveal resources, skills and gifts** we did not know we had. From this understanding may come the chance to perhaps unexpectedly, restore balance in one to one relationships.

For to quote from our previous edition: "True magic comes from knowing magic is what you **create yourself.**"

## Prepare to be True to Yourself

Since February's solar eclipse Saturn has been pushing us all to **bring an end** to the old stories of our lives, our world, our human experience and simply setting ourselves Free. This was very apparent with those partaking in the recent Vision Quest.

For we are being drawn to deeply review, write down and be crystal clear about our **values** and what we do want in our lives. Back to the theme mentioned in our last edition - social activism.

Being out in the world and spending time with people, working with community and investing time/energy/conversation with those you love the most will bring you the greatest amount of **fulfilment**. It will also begin to change the foundations of your world and so that of those around you.

Our suggestion is to effect this from a place of **peaceful choice** - your choice not anyone else's.

If you are applying yourself to something that is NOT the "truest" expression of your soul, or you are not applying yourself enough (or at all)... yes... crisis. Life is helping us **all to be on our path**, and the farther off you are, the more hurt, pain and suffering there will be. I have been there!

You *feel* soul's guidance, while separate ego's guidance is more in the head based on old thoughts and beliefs. Separate ego does not desire evolution because it only knows what it has experienced; its task is to keep us safe in that comfort zone. Hence why making **change** is often a struggle, even if procrastination often does not quite feel like that!

Because relationships are still to the fore, it is our **sacral** where often we feel the physical or emotional discomfort of change. This appearing as a reminder of the belief(s) we need to address. 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 2nd Secret “What is p\\*ssing me off?”](#)

## One Spirit Work

The first Vision Quest of 2017 was undertaken just as a bout of cold and wet weather arrived. Despite or because of the increased intensity, substantial shifts were achieved and new paths opened. The next one is scheduled for 21<sup>st</sup> to 24<sup>th</sup> September, again around the equinox. There will be a half day ***Introduction to Shamanic Journeying*** on the morning of 21<sup>st</sup> September followed in the afternoon by the [\*Vision Quest\*](#).

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

Our next **Discovering the Inner Realms...a Journey into Shamanism** is set for **22<sup>nd</sup> and 23<sup>rd</sup> April**. The previous one was rated by its participants as a 9 where 10 is superb.

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](http://www.quintadaluz.org).

**6<sup>th</sup> and 7<sup>th</sup> May** we have **Deepening your Shamanic Practice - The Light of the Shaman**. This is for experienced journeyers who are yet unsure how to develop the practice. Wanting to use journeying to heal deeper issues? Want to learn about working with nature, understanding the guidance of the natural world? What are signs, symbols and omens? These are all part of the event.

Though just prior to the full moon in the morning of 11<sup>th</sup> April Venus moves into Pisces, it is still retrograde until 15<sup>th</sup> April. As such it will continue pushing us to clarify the worth of **each relationship**.

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 Reece Smith*

and the **Shamanics in Portugal** team

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