



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.

Do you Know who you Really are?

Are you being your Authentic self?

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.

How has this final part of May been for you – turbulent, calm or....? Have you felt a shift since May's full moon? Perhaps a

sense of **changing direction** - something is appearing around the corner, though not quite sure as to its form?

If the uncertainty causes friction, then celebrate what you have achieved recently and take a deep breath! After intense inner shifts in the first months of 2017, the cosmic tide is now turning to a **more relaxing** pace. There are no more retrogrades until late July!

Able to feel Vulnerable?

Many of the most significant acts of showing up in our lives are often in the face of a degree of fear, insecurity and vulnerability. Whilst many have surrounded ourselves with "**emotional protection**" to avoid feeling vulnerable, or keep putting off making choices in the hope that one day we will feel confident enough, neither will fulfil us. Only finding the courage and clarity to be visible will do so.

This lifetime is full of enhanced potential and opportunities. Including this moment when old karmic contracts, vows, and commitments whether made consciously or not, are coming to the surface so that we can **become aware** of them and dissolve them completely through accepting not denying them.

The push to do so peaked on and around 19th May. The old energies we are addressing coming from memories stirred up by this month's full moon. As the day before the shadow of Venus's retrograde dissipated, this may have included a deep dive into

weak points in our self-esteem, finances, and relationships. The purpose being to strengthen these areas before the coming phases.

If you review your life over the last 10 months or so, perhaps you will observe how your journey has unfolded and how **themes** may have returned in order to be cleared or worked through once and for all – old karma etc..

Why is this important with this new moon?

Yes this new moon will enhance our playfulness, listening, integration, communication

and a sense of fun! The moon though is also responsible for our deeper emotions and feelings. It rules our unseen worlds and can bring whatever is **hiding** in our subconscious to the surface.

This can be confusing, confronting and also challenge us to make **real** rather than just mental changes on the deepest of levels.

The moon also challenges us to pay attention to our intuition and the more energetic or spiritual aspects of life.

The second super moon

May's Gemini super new moon on the 25th will be followed by another in June. Meaning that over the next few weeks, life may feel intense. The irritating effects of any misfortune, no matter how small or remote, will require some **corrective action**. This will involve, or lead to, a transformation.

Adding to the phase of major transformation we are in until November 2017. Together they indicate opportunities in the next two weeks to create positive karma and soul evolution. Actions taken now will help build the **foundations** for the next nine years. No small task when many are unsure as to the direction their soul desires?

Like help to understand your direction and how to achieve your authentic uniqueness, then book a **complimentary strategy session** by emailing us at shamanicsinportugal@gmail.com. Skype, Zoom or similar is available.

During this we will work together to:

=> Create a crystal **clear vision** for your personal and business life and the "perfect lifestyle" you desire to live, embracing your role in the unfolding of the cosmic plan.

=> Uncover hidden **challenges** that may be sabotaging your personal growth and perhaps keeping you working too many hours with no freedom or flexibility.

=> Leave this session **renewed, re-energised, and inspired.**

For we are all being asked to **redefine** who we perceive ourselves to be and take a new direction in life. One which is based on being our authentic selves, rather than being who we believe others wish us to be!

We are also being presented with **the choice** to join together and move new ideas into action; or, we come together and commiserate over our helpless fate and lack of power?

What is your Choice to be?

We **choose** our perspective. Recently illustrated by a client who relayed to me how a friend had said not only did she look different, she also sounded different!

As this new moon falls in Gemini, it will be guiding us to focus on our thoughts and how we have been **communicating** to ourselves, to others and to the world.

Gemini energy is very “thought” driven and for most of us there are moments where we experience our thoughts **running away** from us.

Gemini is known as the “Peter Pan” of the zodiac. The story of Peter Pan is about the eternal spirit of youth, the beauty of innocence and child-like wonder with all of life around us, and the power of the belief you can create reality from your thoughts and words. A reminder your life experience is whatever you **choose it to be**; it is whatever you choose to think, say, and take action for it to be.

All of creation begins with an idea, an inspiration, an imagining. We are as mature, wealthy or poor, as confident or insecure as we choose to be and feel. Our lives are as wonderful or as miserable as we choose to perceive them and choose to act upon

them. That is the **creative power** of Gemini – that is the gift of Gemini for all of us.

The Moment of Creation is to...?

Each act of creation begins as an idea – an inspiration, a moment of recognition. Then, if we choose to acknowledge it and hold it for a few moments longer, it becomes a thought. Once it is a thought, we then have a choice to as to whether or not we **take action(s)** to manifest it.

That action may be physical, or we may formulate words to communicate it to others through written or spoken language, or both. Once we have acted and/or communicated in alignment with our thought, we have put that energy into creation and given others the opportunity to share in its manifestation. This allows the thought to manifest in our physical world, as we have allowed it to be **revealed and released** through our action and communication.

It is the gift of our mental energy to have ideas and thoughts and to make choices based upon those ideas and thoughts to create and shape **our life experiences**. This practice will be at the core of October's *Creating your Destiny* event.

The thoughts we gravitate towards are the ones in alignment with the **vibration** we are radiating.

Your thoughts are not who you are. You are in fact, the observer of your thoughts though when you blur those lines and identify as **your thoughts**, that is when pain and suffering can occur.

Events come and go, though it is the [thoughts](#) we hold onto that can create pain and discomfort in all its guises. This new moon is **challenging us** to view our thoughts differently.

Its Gemini energy guiding us to remember we are the observer of our thoughts and that our thoughts do **not** have to **define** us. So the more harmonious our thoughts, the more likely we are to feel the **joy of life**.

As an Air sign, Gemini is ruled by Mercury. So you may be **inspired** with new ideas, new visions and amazing insights. So much so you most probably will seek to act upon them all simultaneously!

Meaning we are more open to seek and accept new awareness and experience life with fewer “rules”. **New information** is going to be assimilated, often unexpectedly, as we curiously wonder about other possibilities and **mystical connections** in Creation.

Highlighted by a rare **Finger of God** pointing at Jupiter! This “yod” with Mercury and Neptune at the base makes life feel beautiful, mystical and broadens compassion and creativity.

A Moment to Accept who you are

For creation is inviting us all to awaken to a greater part of each of us – to **see** and **embrace** and **nurture** our Divine nature.

25th May was also a day when power dynamics were heightened. It highlighted those relationships where we are seeking to exercise control. The combination with the emotion of the new moon added the question of what the soul desires as opposed to what we **believe we want**.

Making us choose between what will make us **feel safe** mentally and soulfully? Do we follow the curiosity of the inner child or the comfort zone seeking adult?

The mental activity and emotional discomfort of these pushes to move our comfort zone will be felt in our **third eye**. 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 6th Secret “How do I achieve clarity and focus?”](#)

One Spirit Work

The next ***Discovering the Inner Realms...a Journey into Shamanism*** is on 17th and 18th June. 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.

We are planning an **intentional retreat** for the week of 17th September. This will start with a Fire Ceremony that morning and finish with another one on the morning of 24th September. There will be ceremonies each day as well as a choice of workshops to aid those attending create and embed their intentions.

Email us **at** shamanicsinportugal@gmail.com to learn more **and** giving a workshop.

The final **Vision Quest** for 2017 starts on 9th November, with the half day ***Introduction to Shamanic Journeying*** in the morning of 9th November.

Communicate who you Are

To assist us in taking action with regard to the new, between 30th May and 1st June we may find ourselves excited to act in ways we were not willing to do so before. Perhaps

taking action in terms of a new “big” project? These will be beneficial days to **communicate** and **match** what you offer to what others are seeking.

1st June will also be a good day to make important **decisions** with regard to any area of your life, including business ventures. A similar theme is present on the 3rd, when a meeting or event could establish something which will have a long-term beneficial effect.

If we are prepared to embrace change, be prepared to step into the unknown, as scary and as vulnerable as that may feel, these weeks will create the **foundations** for a direction unlike anything experienced in this lifetime.

9th June Jupiter goes direct, meaning there will be increased good fortune and enthusiasm. It will also provide a robust focus and expansion of personal relationships. The full moon is in the early afternoon (GMT) of the same day, providing a needed moment for **rest and self-reflection**.

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

and the Shamanics in Portugal team

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