



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.

Desire to Know your Destiny?

***How about Sharing your Plans
and Ideas?***

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.

Did you join a ceremony for the solstice and feel the move to its emphasis on clarity of **communication**? Have you made a plan for what you desire in the last six months of this year of initiating the new - creating the foundations for the next eight years of this cycle?

Early in the morning of the 24th (GMT) the new moon in Cancer rose. 2017 's third super new moon with an emphasis on ideas, communication and transportation. So an ideal moment to share ideas and make plans. Particularly those based on **forging** new relationships, starting a business, or creating a joint venture if communication or idea/message driven.

Cancer is the sign of the sacred feminine, the creative Mother energy and the nurturer. We therefore have the potential to create harmony and loving **union** of our masculine and feminine energies. **Acknowledging** the divine feminine within us all and so allowing emotions to be felt, not suppressed!

Cancer also seeks safety and security, so deep emotional bonding can occur. The new moon adds to the volume of water already flowing, suggesting the **paradox** will be felt between an intense longing for love and connection and an opportunity to see all the insecurities preventing it from being achieved. Suggesting the transformation of fire!

Know your Direction?

The period to 9th July is ideal for discussing ideas and plans. It is also a good moment to start journeys. More important than any physical journeys will be those involving **transformation**. To gain the most from this, my suggestion is to schedule important meetings, write out the outcomes you desire and make a budget to achieve them. Remembering this is a favourable period for communication of your mission and so detailing the resources to achieve it!

Communicating Freely?

If you have doubts about your communication in the broad sense of listening and understanding, discomfort in the throat and back of the neck may be present. For example, if afraid to **speak up** and say what you desire, want or feel, you might often suffer from a sore throat or feel like your throat is blocked, causing choking.

To learn more watch this short YouTube video – ***“Why do I have trouble speaking up?”*** There is also a close connection between the throat and the solar plexus – speaking my truth rather than suppressing it!

During 24th June Venus directed intensity and passion onto what gives your soul joy and excitement. There is a sense of karmic connection about this, meaning bringing forth people who **are connected** to you, even if you do not yet know each other!

Whilst the same day was favourable for wealth creation, be careful though not to be obsessive about it! Instead use this to complete some research to identify your ideal **opportunity**.

Mars on the 25th introduces a sense of excitement, enthusiasm, initiative, optimism and increase of energy. This is a moment to feel **daring** enough to start a new project! Watch though the impulse to leap, so breathe deeply before you make any commitments!

And, for the next super moon

A super moon signifies a moment of high energy, a moment to take **big decisions** needing to be made, and events happening `out of the blue´ as well as closure and ending of chapters. Emotions also run high during super moons because of their extra energy.

They provide an opportunity to reflect on everything that has enabled you to reach this point. So the ideal moment to determine **where to next** and craft your plan of action to achieve it - even if it requires loose ends and any unfinished business to be addressed! Especially if you have been procrastinating over it!

For Cancer is the energy of healing. True healing requires safety, protection, love, and often, **conscious choice**.

To gain clarity as to your direction and alignment book a **complimentary strategy session** by emailing us at

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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 direction you desire to live, embracing your role in the unfolding of the cosmic plan.

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

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

Stand up and be Counted

This new moon ushered in a period to stand up for your own needs and the needs of

those around you. Meaning possible **confrontations** with beliefs and power when it comes to a need to protect and defend the sacred and the vulnerable – yourself!

For **vulnerability** is power! When you are able to move through your feelings and fears in a way that honours rather than suppresses them, you can stand strong for what is most important to you.

You are able to have a greater impact and presence for caring if you are meeting your own needs **first**. You can choose whether you stand for your true feelings or not?

So, who are **you** choosing to be? How do you feel about your life?

And if you do not feel good about who you are being, what you are doing, or what you have, then:

- Who are you going **to be** to change that?
- What are you going **to believe** to change that?
- What actions are you going **to take** to change that?

Our feelings influence our choices. Our choices give direction to our life. Therefore, your feelings give you **direction** in your life.

My suggestion is to first review your own self-care habits, patterns, and practices. Then ask yourself - What needs to change? What needs to be a priority? Where do you need to stand up for your own needs first? Have you set **boundaries** in all your relationships as to what is acceptable to you, or not?

We tend to believe it is someone or some event outside of us who is preventing us from having our needs met. The reality though is it is likely to be a pattern **inside yourself** that you have the ability to address and transform. Only you need to choose to do so?

What we Sow, so we Reap

The last few days of June are likely to seem **stressful** due to frustration, even jealousy or envy by you or from others.

Whilst in between there may be a less stressful day or so, July begins with heightened **emotions** and unreasonable action opposing rigid and possibly unfair resistance. The issues of home versus work or true feelings versus tradition clash with great intensity.

The key will be to not **react** strongly as challenges appear, so preventing escalation of the potential drama.

One Spirit Work

To assist those who appreciate their lives will flow far more easily once there is alignment between their purpose and their daily actions, we have brought together into **Create Your Destiny** the ability for you to discover your purpose. More than that how you can *Create your Destiny*.

Whether it is love, health, freedom or wealth, **all** can be created through your own actions.

We will use the Mayan calendar to identify the potentials and wisdom your soul is seeking to acquire and develop during this lifetime. Known as the Nawal, in Mayan culture this was a very sacred and powerful revelation given by the shaman. **It is your soul´s purpose.**

We invite you to discover powerful techniques you can use to help yourself (and your clients) finally... **uncover your purpose and ensure your desires align with it. This will ensure your**

actions no longer sabotage your ability to have more wealth, more love, better health, and more freedom in your life.

You will join in guided journey work to **discover** and create your destiny.

This is not only possible, it is how we were designed to live! No longer holding yourself back, instead learning how to ask, seek, knock, and **act** from your highest **vision**.

The next *Create Your Destiny* event is in **Portugal** from 28th to 30th July, and then in **Copenhagen** from 27th to 29th October. For details of the latter contact Sofia at: sofiastefans@gmail.com.

We are planning an **intentional retreat** for the 22nd to 24th September. This will start with a Fire Ceremony on the Friday morning and finish with a closing one on the Monday morning. 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 or use the **online form** to learn more **and** to inquire about giving a workshop.

The final **Vision Quest** for 2017 starts on 9th November to 12th November, with the half day **Introduction to Shamanic Journeying** in the morning of 9th November.

The Push of the 8!

As an 8 month, July could be described as the business of Business. It is also the number of karmic balance. It is a “push” month where you will feel energised to move forward with power and persuasion. Thinking business and in business-like terms will be beneficial as you **prime** yourself for unparalleled achievement.

The 8 will also require you to step into your sense of self-confidence and personal power. It is a moment for **strong and decisive** moves forward—possibly on the 2nd or 9th—most likely in relation to business or financial matters.

The full moon appears early on the morning of the 9th July. This is a powerhouse of a full moon bringing all things Capricorn into the potential sphere of **completion, fruition, or fullness**. Capricorn rules work, career, recognition, business, father/father figures/authority figures, bones, joints, and teeth.

What we sow, we reap. The **shadow side** of Capricorn avoids taking responsibility and accepting consequences. The dark side of Capricorn also manifests as projection of our power and authority - it is not my fault, not my job, not my problem etc.. Blame, shadow and guilt are all part of the Capricorn shadow.

This full moon highlights the longstanding inequality between the masculine and feminine energies and the necessity of returning to the **spiritual intention** of balance.

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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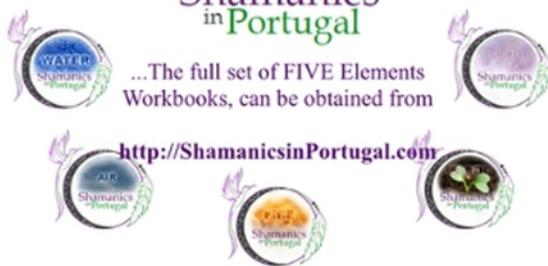
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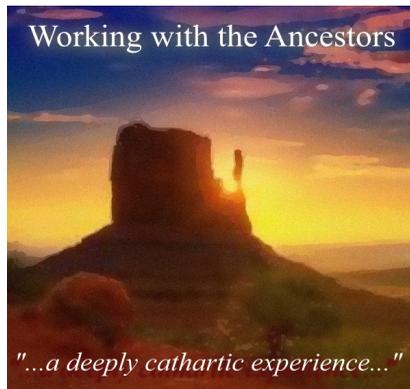
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