



# *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.*

***Yet to Discover who You Really are?***

***How are you Communicating,  
let alone Clearly?***

**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 the new moon provide a **sense of lightening** as to the next steps and action to take? Perhaps even the mental fog clearing as we moved through 3<sup>rd</sup> June?

We have spent the first part of 2017 discovering what you really desire, we are now moving into putting your vision into action! If you have been ignoring or denying your soul's calling, now is the moment to **change direction**.

The cycle of this moon is about how we communicate using our unique skills, so has the **expression** of your ineffable essence seemed to flow more easily? Whatever may be your unique creative gift, accept it is there to help you and so use it rather than hide it.

### **Taken the First Step?**

3<sup>rd</sup> June was a golden moment in an almost 18 month cycle to move into being and living your soul's purpose. This was an **auspicious** moment to understand and accept it. A moment to initiate how you intend to bring it into your being, and/or take a step up to communicate it to a wider audience.

The momentum to do so is with us until 6<sup>th</sup> November 2018. Remember the old Chinese proverb – "*the most difficult step on a long journey is the first one*"? This is what we are being encouraged to do, even though we are unsure as to where the **journey will lead!**

The first few days of June have a recurring theme of work and discipline to do something about all your **ideas and inspirations**, rather than listening to the mental chatter of delay and procrastination. This impetus to “Just Do it” lasts until 18<sup>th</sup> July.

On 9<sup>th</sup> June Jupiter goes direct, opening the doors to good fortune, enthusiasm and progress – especially with regard to what you are creating. So do not be afraid to communicate your ideas. It also heralds a focus on and **greater harmony** in our personal relationships, though it may mean our boundaries being challenged!

Until 5<sup>th</sup> July there is an emphasis on improving our **communication**, particularly in business affairs.

### **Now for a micro moon**

The super moon on 25<sup>th</sup> May was the first since 2009 which was a new moon. The full moon on 9<sup>th</sup> June is a micro moon, meaning it is at the other end of the orbit around Earth and so will be about 30% less bright than a super moon. Even so, full moons tend to make us **purge and release** things from our lives and this one has an extra dark shadow.

The “**wound**” could show us where we have felt scarred, betrayed or tainted. Be this from family scandals, a problem with inheritance or an undesirable ancestral trait.

This full moon in Sagittarius is asking for transformation and healing. **Evolution** will come from the actions each of us complete in the remaining two weeks of this moon. Your relationships and/or finances will become more emotional and begin to impact more strongly on your home and family life.

Sagittarius is about exploration, adventure, traveling. So this moon could well create the excitement of travel and learning. Sagittarius also rules **spirituality** so perhaps mark it by communing with Nature and Spirit, perhaps making a journey to do so. It may be intense spiritual experiences will appear if you choose to do so on the 9<sup>th</sup> itself!

This full moon provides an opportunity to acknowledge that being/living spiritually need not be boring... you can have fun and enjoy the **journey** we are all on!

It also marks a turning point involving a **relationship** or **finances**. If you feel stuck in a rut, this is the perfect moment to take back control. Small efforts and actions will be magnified to assist in creating the course of your desired direction. This is how to move through any sense of overwhelm causing a sense of a loss of direction.

As the poet Rumi once said:

*"Let yourself be silently drawn by the strange pull of what you really love."*

To gain clarity as to your direction and alignment book a **complimentary strategy session** by emailing us at [shamanicsinportugal@gmail.com](mailto: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.**

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

## **The Power of 7 and Beyond**

One more plank in this theme is that June is a 7 month. Whilst I have set out in [\*\*\*The Seven Secrets to Living in Harmony\*\*\*](#) some aspects of the power of 7, in this moment it is requiring us to focus on the vision, form and structure of how we desire our life to become.

It is a moment to tap **new energy** by aligning with our spiritual aspect - the deep fundamental part of us from which our passion, purpose and values appear. Access to which ideally requires daily practice to turn inward instead of seeking the answers outside of ourselves.

This will be important as from 16<sup>th</sup> June to 22<sup>nd</sup> November Neptune moves into the far seeing Pisces. Heralding a period when many will find they need to be **more alone**. It will also bring heightened intuitive awareness, whether we are used to it or not!

Meaning those that use this connection in their work will be able to have even greater impact. This period is one in which we are all expected to become more **congruent** with this phase of our evolution. If not by the end of November, there will be a prod to do so!

This same period is a wonderful opportunity for all who want to kick a "bad" habit or addiction, though it is likely to be stressful for those who are in **denial** about it!

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

## One Spirit Work

The next **Discovering the Inner Realms...a Journey into Shamanism** is on 17<sup>th</sup> and 18<sup>th</sup> June. In addition to being

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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).

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 28<sup>th</sup> to 30<sup>th</sup> July, and then in **Copenhagen** from 27<sup>th</sup> to 29<sup>th</sup> October. For details of the latter contact Sofia at: [sofiastefans@gmail.com](mailto:sofiastefans@gmail.com).

We are planning an **intentional retreat** for the 22<sup>nd</sup> to 24<sup>th</sup> September. This will start with a Fire Ceremony on the Friday morning and finish with another Ceremony on the Sunday evening. 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](mailto:shamanicsinportugal@gmail.com) to learn more **and** giving a workshop.

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

## 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 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!](#)

## Be who you Really are?

If you naturally love helping people, have a strong interest in learning and living personal development and spiritual principles, we are now moving into **building the foundations** for you to do so. Each of us is being prodded into actively using our genius and talent. Discovering our genuine direction so we live it, whether through our own purposeful business or not.

This will lead us to discover then design and implement new **structures** to create a more stable existence. Another ongoing theme at the moment is the power and leadership of re-invention.

The solstice arrives on the 21<sup>st</sup> June. The sun will bring forth much emotion through **sharing** of our feelings and feeling

vulnerable or both. It will be a good moment to connect with family and the feeling side of life.

This period is one when we are all being called to discover and release our **true nature**, to embrace the truth of who we are and what connects us and choosing to serve the grandest version of the greatest vision of humanity.

The new moon rises on 23<sup>rd</sup> June. It is definitely a moon for sharing bright ideas and making plans. This sociable new moon is ideal for making **partnerships** and for starting new business ventures.

**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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*...and please check this out*



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