



# *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.*

***Willing to Create to Peace in Your Life?***

***Ready to Receive Good Fortune?***

**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.

As we pass through the last days of this waning moon, this is a perfect moment to **focus your efforts** toward being rid of anything you consider has been plaguing you or there appears to be no fortune.

Usually a lack of good fortune in an area of your life means holding onto something you have **outgrown** though need to release it in order to create space for something new to flow in.

Identifying an emotion or feeling that looms large in your mind might lead you to realise that its power is all in your head — and that you can actually address it head-on or, better yet, simply put it behind you. Then we open up the channels of **good fortune** by letting go of situations that are creating what we desire.

## Wiped your Slate Clean?

New moons provide new beginnings and so if your **slate is clean** then it will be easier to enjoy what is unfolding for you.

As I write this edition all parts of the horizon have fires, some close enough to see the flames, others as large plumes of smoke. This reminds me Mother Earth has been clearing her slate this year with the plethora of fires and storms, which are generated by heat. Fire represents **transformation**, allowing the new to emerge from the old.

This new moon in Libra rises in the early evening (GMT) of 19<sup>th</sup> October. It is continuing the emphasis on balance in partnerships or other relationships, diplomatic communications, and health

issues involving the adrenals, sugar levels, and kidneys. It also offers the potential for **great outcomes** from hard work, a conjunction with Jupiter expands all possibilities.

It is an opportunity to make a big leap forward and brings fresh and creative energy into our lives, and more specifically, into our relationships. This is a cycle in which balancing our close personal relationships becomes an urgent desire. Negotiations may be especially effective, as we are inclined to assert our needs in ways that do not offend others. However, the impact of Uranus is likely to bring **resistance from others** and from within, particularly if we feel constrained by partnership.

We are at a **crossroads** involving how we relate to one another and the Earth. That crossroads is coming more into focus with this new moon. Libra is associated with balance, and certainly there is much out of balance at the moment.

Since Uranus is involved, we are looking at powerful and radical **evolutionary change**. It is as though the energies are arriving like a lightning rod - pushing us individually and collectively to reconsider our very old patterns involving power and love.

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Though Saturn suggests there will be opportunities to make alternative approaches work for us! With the increasing call for collaboration we have a chance to build our negotiating skills without compromising our principles or needs, and without resorting to appeasement. Being prepared to show **our vulnerability** as we seek to re-balance our relationships; recognising our partners as members of our team rather than adversaries.

### Ready to Make Peace?

This potent Libra energy will provide the chance to make important changes in our lives. Some of Libra's "lessons" involve learning to make peace with those around us, as well as in our environment, establishing a sense of order and balance in our lives, and recognising the value of partnerships. This is an **exceptional moment** for the start of productive and emotionally rich new relationships.

Libra has an innate ability for, and love of, synthesising opposites. Peace and harmony are the objectives, though a fine balancing act is necessary as **commitment and effort** will be required.

In terms of enterprise and business this is a really good moment to begin a new collaborative relationship or partnership. Though Uranus will ensure **unexpected change** is a major theme of this moon phase. Be open-minded and flexible to take advantage of some rare opportunities for riches and honour.

Hence you should stay open-minded and flexible to enjoy the **success, honour and riches** offered by the new moon aligning with the two most fortunate stars in astrology. The key to success is slow and patient plodding, though there will be many temptations and distractions to avoid!

### Willing to Expand?

Until 7<sup>th</sup> November Jupiter is enabling us all to **expand every aspect** of our lives,

including the potential to make money. Particularly in helping others to expand their power and potential in the arena of money.

There will also be a theme of wanting to empower and change the way we make **money together**. This is going to have an effect over the coming 14 or so months.

If you are seeking to create harmonious relationships in all aspects of your life, the heart determines our courage and strength as it focuses on how we feel about our internal world—the emotional responses to our own thoughts, ideas, attitudes, and inspiration.

To learn more watch this short YouTube video – [“What do I feel in my heart?”](#) More understanding, case studies and guidance on actions are available in [\*The Seven Secrets to Living in Harmony.\*](#)

## Fortune Shines on...

Until 7<sup>th</sup> November 2017 there is still **encouragement of enterprise**, money making and understanding the value you create. This combines until the 5<sup>th</sup> with Mercury encouraging empathetic communication which engages and expands yourself and others through your enterprise.

Then on the 23<sup>rd</sup> the Sun joins those planets already in Scorpio. Giving an extra boost and focus on the push for **transformation**. The day after will highlight any addictive tendencies we may have as well as day to explore any notable dreams.

The 26<sup>th</sup> brings one of the most **fortunate days** of the year. it could also be felt strongly the day before or after. Use the day for anything important, especially involving relationships, intimacy, shared money or other resources, spiritual or psychological studies, or looking for answers to a mysterious situation!

The urge to expand that day will mean anything which is a little out of balance or with our clients or our customers is going to come into focus. The opportunities for expansion if you are **in balance** are immense.

## Ready to Enjoy Flexibility in Your Life?

My next **group coaching** programme will open in December. Its twice monthly calls will help you breakthrough to achieve your desires as to your new business and personal life. To check your suitability, schedule a complimentary meeting by emailing me at [shamanicsinportugal@gmail.com](mailto:shamanicsinportugal@gmail.com). During this we will work together to:

=> Create a crystal **clear vision** for your personal and conscious 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.**

To help **conscious business** owners and managers start and/or grow their business I have created a Facebook group [The Conscious Business Tribe](#). It is open to all who

are thinking about or already have such a business. To join me just click on the group name.

## One Spirit Work

The next [\*\*Discovering the Inner Realms... a Journey into Shamanism\*\*](#) is on 18<sup>th</sup> and 19<sup>th</sup> November. 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 those who had participated.

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.

☆☆☆ We will explore how we create a world that allows everyone to find, live and lead their **own unique destiny**. Also how living your life's purpose accelerates everyone's purposeful, peaceful, just, sustainable and abundant life.

☆☆☆ We will use the Mayan calendar to identify all the potentials and wisdom that 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 coaching 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.

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 **Copenhagen** from 27<sup>th</sup> to 29<sup>th</sup> October. For details visit [Create Your Destiny](#) or contact Sofia at: [sofiastefans@gmail.com](mailto:sofiastefans@gmail.com).

27<sup>th</sup> October brings to the surface deep issues regarding power and control, especially as it relates to love, money, and self-esteem. It can bring answers to deep questions and powerful breakthroughs. Intentionally using this energy for meditation and integration will go a long way. Clear understanding of long-standing dynamics in relationships with people and money may appear.

## **Wish to Work with Energy?**

**Working with Energy** is a practical discovery of energy and how you can connect with it to help yourself, your family, friends

and clients. Each person will complete exercises that empower them to understand, receive and give energy. These will enable you to integrate energy work within your daily practice.

☆☆☆ To empower you to cultivate and **use your intuition** we will practice addressing and listening to it. As the intuition communicates in a variety of ways, you will learn how to notice it. Whether as a verbal response, a feeling in your body or a sense of calmness, knowing or anxiety, each can be your intuition. We will also address the role of trust in working with energy.

☆☆☆ To recognise our different **energy bodies** and the nature of their energy. Learning how to work with each one as well as with all at the same moment.

☆☆☆ To recognise through awareness the **impact of emotions** - tight in the physical body when there is a negative emotion such as anger; loose when there is a positive emotion. This affects our world.

This workshop focuses on practical **application and observation**. It builds on what Gregory has taught in *Discover your Inner Realms*; *Easily Creating Abundance*; and *Create Your Destiny*. It is essential to have attended one of these to become an accredited Harmoniser.

The next *Working with Energy* is in **Copenhagen** from 3<sup>rd</sup> to 5<sup>th</sup> November. For details visit [Working with Energy](#) or contact Sofia at: [sofiastefans@gmail.com](mailto:sofiastefans@gmail.com).

The final [Vision Quest](#) for 2017 is from 9<sup>th</sup> to 12<sup>th</sup> November, with the half day ***Introduction to Shamanic Journeying*** in the morning of 9<sup>th</sup> November

## And so the Sensuous Full Moon

November puts **words and meanings** in the spotlight as information becomes a commodity, accessible to everyone. We have talked about "the information age" for decades, though it has not really started yet. That distinction goes to this year.

4<sup>th</sup> November brings the full moon. It is in Taurus and has a **sensuous and empathic** feel, a good moment for a massage etc.! It also has healing hands and green fingers. It wants to make things as perfect as possible. Meaning in relationships it will be necessary to guard against putting partners on a pedestal, despite all the affection and care.

*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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*For more information click image*



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