



# *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.*

***Holding on to Your Comfort Zone?***

***Are Your Seeds Ready to Grow?***

**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.

Since October's new moon we have all been reminded to **plant our seeds** and make wishes. This was also seen with the rare alignment of Jupiter and the Sun on 26<sup>th</sup> October.

Whatever seeds you have been tending during this period, wherever you have been putting your energy, you are now ready to **reap the rewards**. Especially if you have been aware of old beliefs, behaviours and patterns appearing, and letting them go?

In the Celtic calendar the move from October to November was known as the feast of Samhain. Its purpose being to **illuminate the world of shadow**, where our personal, and our collective darkness is to be found. It was the moment to address any lineage: familial, tribal, practical, spiritual issues, as well as contact our ancestors.

For the veils between the physical and etheric realms are especially thin at Samhain. Meaning divination was incredibly powerful, **any insights** revealed to you being crystal clear. Only it is your choice as to whether to follow it or not!

## Ready to Grow?

This full moon is the first of a trilogy of full super moons, the last one being in January. They are paving the way for a **fresh wave** of energy taking us into 2018.

Signalling a period focused on **harmonisation and unity** in all our relationships as we enter 2018, a universal 2 year in

numerology. It is about relationships, alliances and making choices. This is when the 'seed starts to grow' with shoots emerging and sprouting leaves. This is when you will be in a position to begin to see the physical expression of the choices you have made. It is a year of choice with its possibilities limited only by your imagination.

The full moon arrived early in the morning (GMT) of 4<sup>th</sup> November. This super moon in Taurus may have you feeling like a push-me-pull-you. For the grounded patient Taurus energy does not wish to move from its comfortable feel-good place of pleasure. However, the Sun in impatient Scorpio is pushing for change, for growth and for us to take a good hard look below the surface and move us out of our **comfort zones**.

There is also a push for real intimacy, removing what is **in the way of intimacy** will be present until early November 2018.

## Living in Alignment with Your Truth?

The period up to this moon has been testing our resolve to stay in the comfort zone or accept the **transformation** our soul is seeking. This is going to happen... so you may as well surrender and evolve with grace and ease!

The full moon freed up the energy around you to enable you to focus on attracting romance, feel sensual and beautiful, and manifest financial flow. As the first Earth sign, Taurus is inspiring

you **to be responsible** for your abundance and personal resources – and having your values truly speak for themselves.

So ask yourself: “Are you living in alignment with what **you truly value?**”

Until 9<sup>th</sup> December Mars is emphasising Libra's influences by focusing on: collaboration, finding new balance and compassionate detachment. The imperative is: “**You have to live it for it to take hold.**” In the same moment, Scorpio’s influence is increasing. Its purpose is to shine your light on what is dark, unseen, taboo; the change potential is amplified.

## Ready to Ask Your Angels for Help?

November is an 11 month, representing **divinity, rebirth and higher consciousness**. It is also the number associated with angels. This vibration will be with all of us through the month, making it the perfect period to turn your dreams into outcomes and your outcomes into actions.

Couple this 11 energy with the Taurus full moon and the first part of November is going to have an **abundance** of opportunities for money, success and romance.

This full moon is really going to be guiding you, all you need to do is start taking those small steps forward in the **direction of your choosing**. It is also going to be delivering waves of abundance and prosperity, so take advantage of this energy by organising

your finances, taking on new projects at work, or look for ways to increase your income.

If you have a business idea you are looking to start, this full moon will also be supporting you, so make a plan and start taking action. It is also going to help you **regain** much of your strength and inner knowing as you start making your way through this new chapter in your life.

Think about what direction you wish to go in, think about what you desire in your life, and then **start taking steps** to make it happen.

Because we are dealing with full moon energy, there may also be beliefs you need to address. Excuses are really just **fears**, and when you can acknowledge this and address the fear, it allows you to push past it.

My recommendation is to use the energy of the November full moon to rise up and shed all the fears holding you back from living the life you want. Use this energy to **push past**

any boundaries or barriers that you have created so you can start making steps forward.

## **Living in Alignment with Your Truth?**

Whatever your situation, if love is not an option then change and excitement can manifest in another area of life. **Financial**

**windfalls** are possible, though you should be careful about taking risks with money.

13<sup>th</sup> November is an **exceptional day** as two of the archetypes responsible for value, abundance and expansion of resources combine. It is the ideal moment for you if everything is genuinely on track, in as much clarity as you can.

The combined influence of a very spiritual full moon and a very lucky Venus means you can connect at a deeply spiritual level with your partner and loved ones. This **romantic full moon** is the perfect moment to fall in love and find your true soul mate.

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 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.

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).

This full moon is not going to change your life overnight, instead it is going to help you

activate new pathways of **opportunity and potential**. All you need to do is stay open to the energy and know that it is working for you and not against you.

From the beginning of the year, we have all been beckoned to **start a new chapter**. We have all been called upon in different ways to break free of old patterns and start something new.

Transformation is extremely **challenging and tiring**. Many of you are perhaps feeling worn out and depleted at this point in 2017? 9<sup>th</sup> November is definitely the day for seeking a transformative breakthrough!

## What is Your Gut Telling you?

It is our **solar plexus** where the physical or emotional discomfort of change often appears – remember it is there as a reminder. 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 3rd Secret “What is my gut telling me.”](#)

This full moon comes as a reminder Creation is on your side, and it is here to offer you exactly what you need. It comes as a reminder the only person standing in your way is You. This full moon comes to remind us that you are supported, you just need to move out of your own way and start living the life you desire **without making excuses**.

Excuses are really just fears, and when you can acknowledge this and **address the fear**, it allows you to push past it.

## And so to the New Moon

The new moon rises just after noon (GMT) on 18<sup>th</sup> November. It will be an emotional and intense day, accompanied by **realisations** that can shift an entire life. There will also be an awareness of the impact of the environment as this moon is aligned with the newly discovered planet Sedna. It is associated with climate change and rising sea levels.

*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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