



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.

Ready to Create the Foundations for Your Life?

Able to form Your Truth and Be You?

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.

Just before writing this edition I was engaged in planting our winter vegetables, enjoying the last of the day's sun. Moving along the rows I was reflecting on the challenges of these past few weeks.

Some long running beliefs, behaviours and patterns coming to their end whilst the new slowly emerged. Not quite gathering speed, though knowing focus will bring them into creation shortly. Only hesitatingly creating the means to be visible as the **spiritual leader and teacher** I have known I am for many years.

Feeling the cosmic push-me-pull you effect I wrote about in the last edition! Wondering which part of me will **succeed** over the coming transition?

Thinking I am now ready to **reap the rewards**, though unsure as to how they will adapt my life.

And this week I heard my book *[The Seven Secrets to Living in Harmony](#)* was nominated for the 2017 Readers Choice Awards! It is listed in the self-help category under "The Seven Secrets to...", please vote for it at <https://www.tckpublishing.com/readers-choice-voting>. Voting closes on 10th December.

Ready for a Change in Consciousness?

The new moon in Scorpio rose just before noon (GMT) on the 18th November. It set the stage for profound new understanding, whether through conflict or meditation. Whilst new moons usually

represent new beginnings, this one is more about a **change in consciousness** than "new" energies.

Yes, we know some things need to change, this though is a period of inner transformation. Particularly as childhood wounds are likely to be re-opened and exposed to the elements with this new moon. As such it will be tempting to dig in our heels, resist firmly or lash out aggressively. The key though will be to objectively look at the situation and what it means for **our own evolution**.

It will therefore be important to be flexible and adapt to changing conditions. If you resist change and become arrogant or disruptive you will suffer losses or miss out on **important opportunities**. An adjustment is needed whether you are forced to make changes or you find a different way forward. Doing something a slightly different way could make all the difference, making life easier for yourself and those around you.

A week before the new moon Saturn and Uranus activated a year-long major aspect. It can be summarised as "*Actions speak Louder than Words.*" This aspect also means you can experiment with **new ideas and lifestyles** without too much disruption.

Meaning you can incorporate positive change in your life whilst still working within the rules and regulations of society. You can experiment with traditional ways of living without being rebellious. This means the changes you make will be accepted and **earn you respect**. You can find practical ways to increase

productivity and live more efficiently, saving time, energy and money. Saturn rules discipline and restriction whilst Uranus rules electricity and innovation. This is an energy-saving aspect.

Able to Show your Leadership?

The new moon will give you the opportunity to act with responsibility and show your **leadership qualities**. Adapting to fundamental change means initiating it at home and in your workplace. This aspect is good for working with groups and bringing together people from a variety of background and skills.

New technologies and innovations will be available to help you adapt. Using the internet and social media to connect to like-minded people, to learn, to share information and eventually to **teach** and guide others.

Until 9th December Mars continues to emphasise Libra's influences by focusing on: **collaboration**, finding new balance and compassionate detachment.

Scorpio is about digging deep, and the new moon is about planting seeds that matter. Karma will water those seeds, so be careful what you wish for and your karmic intent. Karma is about cause and effect so once the seeds are planted know that what goes around is definitely **coming around**.

Adding fuel to the fire and **fanning the flames** is that Mars and Pluto are both planets strongly associated with Scorpio. Mars is

the traditional ruler of Scorpio and Pluto is the modern ruler of Scorpio.

Scorpio rules the eighth house, which is all about transformation and embracing change. All of this energy is about tearing things down in your life so you can **rebuild them** into something better and more wonderful.

Ready to be Your Own Master?

However, it is possible the intense energies will also create anger, fear and fury, so take care! Focus on your dreams and how to make them happen in ways that will **suit everyone** – that is another way to work with this new moon energy. That said realisations on or around the 18th could shift your entire life!

To learn more watch this short YouTube video “Why do I have trouble speaking up?”: <https://youtu.be/HHWuW3PWmPI> ...There is also a close connection between the throat and the solar plexus – speaking my truth rather than suppressing it! More understanding, case studies and guidance on actions are available in [***The Seven Secrets to Living in Harmony.***](#)

Scorpio new moons are usually good for working on our **self-mastery** skills. We may want to pinpoint the aspects of our lives that make us feel out of control, such as addictions and debts, and work on freeing ourselves of these emotional burdens.

Reviewing our self-destructive behaviours as it provides an opportunity to rid ourselves of the perceived “junk” in our lives –

material and spiritual. We are being asked if we desire to make important changes in our lives. One of Scorpio's "lessons" involves learning to dig deeper into the mysteries around us instead of always being content with the status quo. Taking the space to understand others' motives can **enrich our feelings** of intimacy, forgiveness, and sense of meaning.

This cycle provides the **opportunity** to focus on and develop one special project or relationship in order to help add purpose and depth to your life.

Have you Built your Foundations?

The day after the new moon, Mars squares off with Pluto, meaning power struggles and confrontations. It also means especially in business to be balanced, fair, just in your actions. It will also move you to act in ways that are **transformed**.

For this month is all about making sure you have the proper **foundations** in place to support your loftiest desired outcomes... and even your day-to-day functioning!

On the 21st we are being pushed to dive into the truth of our dreams. If you have been working on articulating and finding the compelling vitality and essence of your dream, do so from a place of introspection. It is also a good day to **announce something!**

If you help people find words for transformation work, the 25th will be a big day for you as Mercury partners with Uranus. If you

have been trying to find **the truth** in your transformation, this will take you out of the status quo,

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. 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 those ready to move beyond the “usual techniques” to start and/or grow their business I have created a Facebook group [The Shamanic Business Tribe](#). It is open to all who are thinking about or already have such a business. Join by clicking on the group name.

One Spirit Work

[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**. The next **[Working with Energy](#)** starts our events for 2018. It will be in at Quinta da Luz in Portugal at the end of January 2018 from Friday to Sunday. Date to be confirmed

To assist you in planting the seeds for this new moon, be aware that Scorpio: does not pussy foot around, it is **blunt and to the**

point; is famed for **digging to the depths** of your soul for almost every conversation in life; is **restless and emotional** by nature, burn this off with something productive; and let the **real you** be visible.

And now to the Full Moon and the end of...

The full moon rises early in the morning (GMT) of 3rd December. This will be the brightest moon of the year, and it will feel like the exclamation mark before the end of a book, and what a long book 2017 seems to have been! It also means the period when Saturn (challenges, tests, waiting games, obstacles, lessons) is in Sagittarius (the sign ruling foreign people and places, travel and immigration) is coming to an end – 20th December 2017. The combination only occurs every 29 years; this one started on 19th September 2015 in case you forgot! **Recognise any of the symptoms?**

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](#).

Blessings to each and everyone

Gregory

and the Shamanics in Portugal team

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...and please remember to vote

[The Seven Secrets to Living in Harmony](#)
nominated for the 2017 Readers Choice Awards!

*It is listed in **Category #3. Self Help**
(be sure scroll down towards the last quarter of the list)*

please vote for it at
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*Note: for links in the Earth Spirit Journal to work,
you must be connected to Internet ;)*