



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.

Have you Found Your Truth?

Able to Climb Out of the Box you Are In?

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.

2017 is almost gone, though there are still a few twists left! Almost everyone we have spoken with over the past few weeks has commented on the impact of this period of transformation. Sleep, twitching, unsure as to the steps ahead, a change in diet, all have appeared. For whilst we can feel shifts are underway, **hints of opportunities** are in the air, nothing as yet though seems to have settled into the physical.

The End to a Cycle

Usually in a transition we have a sense of where we are heading. Pushed by the super moon on the 3rd, we are now in the last few days of the **tough Saturn in Sagittarius** cycle which first began in December 2014 and continuously since September 2015. Do you recognise these themes - challenges, tests, waiting games, obstacles, lessons (Saturn) mixed with foreign people and places, travel and immigration (which Sagittarius rules)? This cycle will finally depart on 20th December. Though not before we each have answered the question: "what was I supposed to resolve and see during this period"?

The final Mercury retrograde of 2017 completes its cycle on 23rd December. It has been encouraging us all to find the "right" words, to Quest to describe the **truth for each of us?**

This Mercury retrograde is helping with inner explorations and a higher view of things. That includes a review on how your life is going, how you are living it, and how you want it to **look**

different in 2018? Hence why these few weeks are quite intense!

Jupiter began creating on 2nd December - it continues through 2018 and favours spiritual and artistic endeavours. For those driven by purpose, a conscious business is one of our greatest artistic creations. Jupiter's involvement means those in spiritual/artistic enterprises will start accessing **support for growth and richness** of all kinds, including financial growth.

Those who still have an inner conflict about receiving money for their artistic and

spiritual endeavours, resolution will be available. The key being to ask the belief not *how it was created*, rather how it **wants to support you?**

What does your Inner Wisdom Show?

We are all being asked to focus on connecting more closely with our inner wisdom. In particular to reveal what you have not seen and to add clarity or revelation to what you have seen though have yet to understand. **Remember:** there is a deep intuitive wisdom within you. It is as natural as breathing, yet you must be **still** long enough to invite it and listen.

To help listen, you need to start with the understanding you do *not* have all the answers! Meaning this requires an **openness to receive** a grander scale and to perceive outcomes you had not even dreamt of, let alone considered. When you become humble

and admit you do not know, and that you are open to knowing, amazing events can take place!

As part of your deeper look inside, it is essential to focus on your **home base** - including the physical home that is your sanctuary - and your personal self that benefits from self-care and inner clearing. Even slight adjustments now can create major shifts in how you experience 2018.

The New Moon Expects...

December's new moon rose early in the morning (GMT) of 18th December in Sagittarius. This is an optimistic sign always wanting to look at the positive side and admire what is possible.

Sagittarius wants to expand the world in new ways that **open the mind and thought**; exploring new realms that open new doors and new opportunities; and venture into new experiences that provoke, instil wisdom, and help us understand.

This is usually a new moon full of **positive energy**, though this one comes with some big challenges! It also brings more focus and energy to Saturn leaving Sagittarius - the final hurrah, the last goodbye, the farewell wave.

Meanwhile we arrive in Capricorn

Saturn then arrives in Capricorn, fulfilling purposeful ambition, and legacy past ourselves. This boost lasts until the end of 2020. It will add the spotlight onto **building business with a**

purpose. This will help fulfil our ambition and build the kind of growth that is sustainable.

This provides the opportunity for us all to **step out of the box** we have accepted for ourselves and to create a different one or? It is our choice, so exercising our free will.

As is the case during each December solstice, we experience a Galactic alignment of the Earth, Sun and **Galactic Centre** - the giant black hole at the centre of our Universe. Which means it is amplifying the energy connected with this new moon.

The Galactic Centre is also associated with **events in the future.** Meaning there is a chance that what comes to pass now may be connected to something that develops further later, especially in the next 6-12 months, or what happens now is an indication of what may be coming. Do not be surprised if there is a touch of déjà vu - skills you learnt, interests you had, outcomes you were seeking, all may re-appear!

The effect of the exact alignment will be felt for a full **five days** leading up to our solstice on 21st December, 2017.

Do you see life through a mental fog? Or, feeling that life is leaving you behind, though do not know what to do differently? Would you like a **FREE Copy of Chapter #6 "How do I achieve clarity and focus?"** – from **The Seven Secrets to Living in Harmony.** Use this link to my blog **Free Copy of Secret #6** about the messages your body is sending you and I

will personally send you a copy by return. The blog includes a link to a video I made on Secret #6.

Ready to Receive Support?

The solstice takes place in the late afternoon (GMT) of the 21st. This is one of the most powerful days of the year. For those who partake in solstice activities, use it to **name your objectives** and invoke the support you need to enact them.

From the 25th to 27th December, there are various shifts which assist in **building a stable structure** for our purposeful business. More particularly assisting in answering the questions: "Can I actually attain my desires"? "What would help me bring this into reality"?

To have the best chance of achieving your desired outcome, reality will require an intuitive instinct. More particularly as to how to direct ourselves aspirationally, connected with our purpose. Together they provide an opportunity to plan for the coming two to four years. The act of writing will **activate** the attractive and magnetic pull to allow your aspirations to materialise.

To move in the direction of your dream, remain in alignment with your larger purpose and its legacy and how it nurtures and nourishes you. That way you will build the structures for your **purposeful ambitions** to succeed.

Ready for the "to Receive Support"?

I have already mentioned Jupiter, the energy of Sagittarius means this new moon is stating: whatever you start/plant seed, You must DO something **physical**. For this is how we symbolically take action. If it is in your own purpose and you take action, then it will be difficult to be wrong - unless your actions deviate from your intention!

In the Northern Hemisphere the December solstice is a moment of inward reflection, a time to move into our Hearts and connect with our Light within and breath in the Love. It is a moment of **inner nurturing and re-generation** in preparation for our emergence into the world as the days gradually grow longer.

Consider lighting a candle and **honouring** the light of joy, blissful abundance, compassion, peace and kindness as we prepare for the coming year.

My next **group coaching** programme opens in January 2018. 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 Conscious 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 from 2nd to 4th February 2018.

We are also hosting a one day workshop entitled **Emotional Healing through Self-Empowerment** on 17th February. This will be led by Melanie Reeg. For more details contact Melanie at melanieportugal@gmail.com.

Though Mercury will have gone direct before the New Year, its shadow period continues until the afternoon of 10th January. Meaning it will be advisable to **postpone** any New Year's resolutions until after the 10th!

And the First Full Moon of 2018

For best results, reaffirm any resolutions and initiate new action at the new moon on 16th

January. Before that the full moon in Cancer rises early in the morning (GMT) of 2nd January. It brings the focus back onto **relationships**, whilst tension will be revealed by the full moon, there is also abundant potential for resolution. Compassionate understanding and make-up sex will help solve nearly any relationship problem!

This next edition will also cover the key themes for 2018.

Enjoy your Christmas and New Year festivities.

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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