



# *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.*

## ***The Year of the Shaman - Creating Balance***

### ***Power, Money and the Feminine***

**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 complete, **now** for 2018!

2017 has been one of the most unusual years in our recent history. So much so our collective psyche continues to process the relentless cascade of changes, surprises, and uncertainty. There is much to **integrate and heal**, which is why sleep has been so important to many. Transformation of the depth we have all experienced has to be integrated – sleep time, the more we take, the quicker the integration!

## **The Supermoons**

January will be illuminated by two supermoons. The first very early morning (GMT) of the 2<sup>nd</sup>, will be far and away the brightest, whilst that on the 31<sup>st</sup> also has a total lunar eclipse. Both of these are **energy gateways** with illuminations that can help you discover new ways to attract resources. Relationships and other issues will enjoy a helpful spotlight, which can translate into resolutions and other breakthroughs.

Though as mentioned in the last edition, whilst Mercury went direct before the New Year, its shadow period continues until the afternoon of 10<sup>th</sup> January. Meaning it will be advisable to **postpone** any New Year's resolutions until after the 10<sup>th</sup>!

When you do consider this coming phase, my **suggestion** is to:

1. Give **thanks** that your life is exactly as it is.

2. Decide that 2018 will be the **happiest** year of your life yet.
3. Every day, follow your **heart** and **instincts** down new paths.

Also you could take your intentions and outcomes into the Void. This is the place of pure potentiality where anything can be created. We will visit it during my next event [Working with Energy.](#)

These supermoons are **anchoring** the energy that opened to us during the energetic window of the Galactic Alignment just before Christmas.

This first full moon supermoon inspires us to embrace our greater **evolutionary** purpose and to step into the grandest version of the greatest vision we have ever held for ourselves!

Being in watery **Cancer** means that emotions will be intense this full moon for it is very family oriented. Though if channelled wisely, it will provide a fantastic opportunity to gain **deep intuitive** insight into your own personal themes for 2018. It could also be a very emotional and moody period, it could be exhilarating, or it could bring many emotions to the surface?

This full moon also offers you a chance to reflect on the year to come. My suggestion is to envision/feel/imagine for yourself during 2018 and what must you let go of in order to **birth this awakened vision** of you? Even slight adjustments now can make a big difference in your experience of 2018. The full moon

will also shine a light on the differences between any rival choices.

The second full moon of 2018 will allow us to **reassess any work** we began during the last eclipses in August 2017. It also means there is no full moon in February.

### ***What Does 2018 Indicate?***

We have ended a `1´ year which was about independence and starting something new. Now we will revamp our plans on those projects and pool our skills to make everything work **more efficiently**.

2018 is about patience, being dependable and growing wise as our **collective consciousness** is catapulted to higher ideals. It will feel like a distinct turning point from recent years for several reasons.

With Saturn in Capricorn all year and Uranus spending almost half of the year in Taurus, we will feel the power of **Earth energy** in 2018. We can expect to focus on our connection with planet Earth and the environment as well as the step-by-step processes necessary to build a stable future for ourselves. 2017 brought us Fire sign energy that instigated change rapidly by invoking passion and a sense of urgency. While necessary, the revolutionary feel of 2017 often felt unstable and chaotic.

All three of 2018's Mercury retrograde cycles will occur in the Fire signs, ensuring that we will need to continue pushing for our **personal freedom**. The power struggles between authority figures and the general public also are not over, though there will be the chance to bring to an end to some of 2017's conflicts.

By the end of 2018, we will witness the beginning of some new cycles resulting from our efforts over the previous two years.

My next **group coaching** programme opens this month. Its twice monthly calls will help you breakthrough to achieve your desires as to balance all aspects of your life, business and personal. 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 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.

### ***Moving on from Control***

This year's astrology offers hope and healing. We will experience both Mars and Venus retrogrades in 2018, which makes this an unique year for **interpersonal relationships**. There will be an enhanced ability to learn from past experiences and resolve old conflicts. Personally, we will be moved to make *ourselves* a priority and will be less likely to tolerate anyone who tries to control us or limit our freedom.

If you did not finish working through past relationship issues during the Venus retrograde of 2017, it is almost guaranteed you will during the Venus retrograde from 5<sup>th</sup> October to 16<sup>th</sup> November. For this will be directing us to deal with issues we have not faced head on with regard to love or money. If you completed significant work in these areas last year, this phase will serve as a powerful **completion period** to finally let go of unhealthy relationships or financial problems.

### ***Universal 11 Year Means...***

2018 is a Universal 11 year. The previous one was in 2009, and before that the last Universal 11 year was in 1910. In numerology the number 11 is a master number – 'Master' meaning it is of intense/high **vibrational** frequency and works within the ethereal, magical and transcendental realms of creation. Master

numbers possess great potential for learning and growth, and can bring major transformations in your life.

The number 11 is the most **intuitive** number and is a clear channel to the subconscious. It is the number of leadership, personal power and spiritual truths.

In a Universal 11 year we have the freedom to really see ourselves from a broader level of awareness or consciousness. We will also flourish to new heights when choosing to let go of what you 'think' you need to do/be in 2018 and tap into a much greater resource of energy within you... how you '**feel**'. Our mind perceives our world/environment to be a certain way, hence our lives then follow a path based on these perceptions.

When you 'feel', you are letting go of limiting beliefs, unconscious imprints, the way your mind analyses and perceives a situation and instead you become a conduit of **infinite solutions** and potential through the field of infinite intelligence.

This is what a Universal 11 year delivers to hold in store for us, the ability to move outside of ourselves and 'feel into' a **higher consciousness**, a world more beautiful through our hearts. This is a place where miracles really do happen, deepest hurts are healed and forgiveness comes with ease as there is no limitation as to how brightly you can shine.

## ***Building, Sharing and Re-Structuring***

The 11 can also be reduced from its Master number to  $1+1 = 2$ . An Universal 2 year has themes such as marriage and teaming up as well as those of being two faced or taking sides. The 2 energy is all about **patience** and we can see relationships turn into “marriages” in the coming year as it is not a year of isolation, rather of joining. In our careers we will need to share and pool our resources, collaboration is the key.

Which is where the Mercury retrogrades re-appear for this is a major year for people pulling out their voice (clients). There is also much support for those purposepreneurs building something which will grow in the long term in a sustainable manner. Saturn in Capricorn favours **builders, movers, shakers** who are following their soul’s desires. Support for this phase lasts until December 2020.

With relationships, business and personal a key theme for 2018, would you like a **FREE Copy of Chapter #5 – “Why do I have trouble speaking up?”** – from **The Seven Secrets to Living in Harmony** There is also a close connection between the throat and the solar plexus – speaking my truth rather than suppressing it! Use this link to my blog for a **Free Copy of Secret #5** that is all about the messages your body is sending you and I will personally send you a copy by return.

Pluto also in Capricorn, is seeking to tear down and **transform structures** which are not supporting sustainable growth. This phase continues until 20<sup>th</sup> November 2024.

During the retrograde from 9<sup>th</sup> March to 6<sup>th</sup> September, people will be seeking help to move on from their old structures. It will therefore be a fortunate period to offer transformation in all aspects of business, it will be a period for new **emerging enterprises**. The six months from 7<sup>th</sup> August also favour female purposepreneurs.

The key themes for 2018 can be summarised as: **re-balancing** of power between the feminine and masculine energies within all aspects of humanity and within each of us; emergence of **new models** for exchange, including money, and conscious **collaboration** rather than singular focus.

### ***Eclipses, the Feminine and...***

2018 has five eclipses and each one always heralds change. The first one is the last day of January and this and the next two all are questioning the **unquestioned routines** about women in society.

Overall those that live in **fear** will experience a year of confusion and chaos, seeing only strong opposing viewpoints. Those that live from their **heart**, accentuating spiritual ideals will find love bridges our differences and heals our world, particularly the Earth.

Greed will not fare well in the coming year as we subtly want to find a way to connect through higher ideals. We may see the overthrowing of regimes that have been oppressive, so be prepared for even more revolutionary change. Your heart and mind may feel as though they are in a **tug of war** during 2018!

## **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, visiting the Void to assist in creation. .

☆☆☆ 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\*\*](#) will be in Portugal from 2<sup>nd</sup> to 4<sup>th</sup> February 2018.

We are also hosting a one day workshop entitled **Emotional Healing through Self-Empowerment** on 17<sup>th</sup> February. This will be led by Melanie Reeg. For more details contact Melanie at [melanieportugal@gmail.com](mailto:melanieportugal@gmail.com).

This is followed by [\*\*Discovering the Inner Realms...a Journey into Shamanism\*\*](#) from 17<sup>th</sup> to 18<sup>th</sup> March. 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, as is visiting the Void. 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).

## ***The First New Moon Expects...***

The first new moon of 2018 rises early on 17<sup>th</sup> January (GMT). It provides an opportunity to clarify feelings about key outcomes. The energies will support tapping a deep knowing within regarding what stirs **your passion**. Use this moment to self-reflect what your outcomes feel like once manifested. Your heart needs to be involved for success. Making this assessment before setting a specific intention can significantly impact the outcomes.

### **Welcome the turning points 2018 offers**

*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*

*If this edition of The Earth Spirit Journal was forwarded to you and you would like one to be sent directly to you, please complete the request form at this link: <http://shamanicsinportugal.com/subscribe>*

*Please **DO** share and distribute this newsletter with as many others as you feel guided to, though please ensure to keep the integrity of its content by including the authors and source website links. Thank you.*

*Please do Visit and Like our Page*

<https://www.facebook.com/ShamanicsinPortugal/>

*Thank you and...*

