



# *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.*

***Are your Passions Ready to be Stirred?***

***Willing to Write your Plan?***

**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 - with **guidance from 2018` s first new moon!**

Rising in between the energy gateways of January` s two supermoons, it occurs as close as ever to Earth, tugging powerfully on all energetic bodies and **supercharging** your manifesting potential.

In addition to being the first new moon of the year, it is also the first **Capricorn new moon** since 1991 with its ruler Saturn in the sign. Including the sun and moon, there are a total of six planets in the Earth sign Capricorn. Its influence began in December and lasts for almost two and a half years.

This new moon and the next two years or so are asking whether you are going to settle for what is, and are *you* going to **accept responsibility** for changing your life to its full potential?

## **This Capricorn Moon**

January` s new moon rose early in the morning (GMT) of the 17<sup>th</sup>. It provides an important moment to become clear about what you would like to **see in your life**. This is important because if you are not setting your intentions to be in alignment with what you do want, you are unconsciously aligning with what you do not want!

The good news is if you take responsibility for putting in the effort to create what you really desire you can generate **real change**. For yourself and so your world around you.

The week of the new moon is an excellent moment to start new jobs and projects, even for construction or major house cleaning. It is also favourable for becoming more interested in joining an organisation looking to make changes in your world. As a **social week** it comes to help us all bring in more balance and pleasure, and is looking to resolve conflicts and making new relationships.

In many senses this new moon marks the start of 2018. It provides a moment to reflect about your **objectives** and how they will feel once manifest.

My suggestion is only then to set your specific **intentions** – it will have a significant impact on the outcomes and what needs to be involved for success. The new moon will support you being grounded and tapping a deep knowing within regarding what **stirs your passion**. It will be needed!

The energy of Capricorn is about intense effort, limitations, and discipline. Whilst these may not seem the most fun, Capricorn can also be about the *results* of taking *responsibility* for **creating what you desire** when following your *purpose*.

## **The Moment to Write your Plan**

Hence why your **focus** should be on rolling up your sleeves to prepare strategies, create a plan, and lay the groundwork to bring your hopes, dreams, and objectives into fruition.

More than 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. This is the essential next step in the process of creation, helping to bring it into your physical world.

It will help you look in the mirror about where you really do need to focus on making your plans come to fruition. Sometimes the **magic ingredient** is just plain application, eliminating distractions, deciding to face bad habits and putting your head down to focus. Namely, looking within to know what you must do... and doing it.

To help you in creating your vision and so your plan, then take advantage of a complimentary strategy 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.

This Capricorn moon is asking about structure, supporting actions which require a budget, a **detailed plan** - a long-term vision with various steps to focus effort. It will also help us understand where we can improve our existing plans and trim away any excess to streamline our objectives. This includes restructuring our finances, perhaps even choosing to downsize. The guideline being – does it support me living my purpose.

## **Now to Face your Choices**

The energy is open to **conserving** money rather than spending frivolously in order to serve what you *think* is your plan.

Capricorn energy is career oriented and this can give an energy boost to move through any challenges – opportunities to learn!

This though is not the moment to be socialising with people who you know keep you from pursuing and **enjoying your passions.**

You have an immense opportunity to make changes with the coming eclipses, so focus your efforts and push past any doubts your own mind generates.

## **Building your Relationships**

Commitments in our relationships will also appear with this new moon. We can begin to plant seeds to secure our future with someone as Venus is conjunct the new moon. The Venus energy also makes us want to create **peace and harmony**.

This cycle is going to help us face our choices and be successful financially. Put your plan together with a mentor or trusted friend and make your vision board because Saturn is at home making it easier to **create the stability** you are craving.

This will be best achieved through not believing you **must do everything** today. Rather to remember with rest, food and relaxation you will not overtax your mind and body and so create a more effective plan.

Your need to focus your energy is on hyper-drive, so step back, seek your inner peace and relax before you blow a gasket. Under the influence of Venus, this new moon is calling us to focus on what **fosters joy** within our lives, what ignites our passions and what awakens a reverently tender sensuality with life. And from this place of love we can be the bridge to a new story for humanity.

The new moon is encouraging us to foster understanding, humbly walking in the shoes of another and being a **ripple of change** through our hearts.

## **Building your Foundations**

The influence of Capricorn is to bring a strong focus on **structure and planning**. While perhaps not the most glamorous part of life, focusing on the foundations of what we want to create is an important way of choosing how we experience life.

The most effective way to **create new outcomes** is to tackle our behaviour at source. Often we try to force change with our will power, this though never lasts because the only way to make a lasting difference is to change the unconscious beliefs sabotaging us.

Once we are able to come from a **point of awareness** and conscious choice rather than the unconscious automatic pilot, we finally stop sabotaging our best intentions. In order to do this we need to bring our unconscious patterns and blocks into awareness and discharge the often painful emotional energy that keeps them in place. This sabotaging is one of the aspects covered in my [complimentary strategy session](#).

Identifying the sabotage is what is at the heart of making effective **long-term shifts**. Then you can create a new picture of your life, both business and personal which is sustainable. The

sense of chaos flowing from the changes underway will continue, probably until March arrives.

We are over being controlled and are now in the vibration of **freedom**. Change the words you use to describe your perception of life and your life will change for the better.

With communication in 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 [Free Copy of Secret #5](#) about the messages your body is sending you and I will personally send you a copy by return.

## **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.

**Do you feel helpless when painful emotions hit you as a reaction to an event?**

**Have you ever wondered what the emotional system is all about?**

Then join Melanie Reeg at the one day workshop entitled **Emotional Healing through Self-Empowerment** on 17<sup>th</sup> February. We are hosting this at Quinta da Luz. In it you will learn how to use your very own **emotional guiding system** to bring you to greater freedom and fulfilment in live.

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 as well. 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 Second Supermoon Expects...**

This new moon is also the last lunation before the first round of 2018's five eclipses. Each one always heralds change. The first one is the last day of January and this and the next two are all questioning the **unquestioned routines** about women in society.

The second supermoon combines with a lunar eclipse in Leo on 31st January, which will allow us to reassess any work we began during the previous eclipses in August last year. As the second full moon in a month this is called a blue moon. It has long been

connected to the divine feminine and heightened **psychic influence**, though its spiritual association that we relate to most is that of second chances.

This one will arrive to give you one more opportunity to **speak your piece** before the new month begins.

We are in the Chinese year of the Fire Rooster and that has been a very hard year. With February's new moon on 15<sup>th</sup> February we move into the sign of the Earth Dog. This should be the moment when **good things** start to happen. It looks as though this upcoming year will bring out the heart energy in a lot of people. Then it will be time to "Think with your Heart".

**Welcome the turning points 2018 will offer us all.**

*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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*Thank you!*