



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.

Do you Know What you Truly Want?

Are you Ready to Reveal the True 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.

The last two moon phases to me have been really challenging, so are you ready to welcome a new start? This April new moon offers an exciting opportunity to make profound changes that will **improve your life forever**.

Do you Have Your Priorities?

So far in 2018 we have been challenged to **address our priorities**, put them in order and to assess what we have been focusing on. Or not, if procrastination and deferring taking action have been your priority?

We may have been **alerted** to aspects that were no longer working for us, or there may have been issues that forced us to reconsider how we have been doing things.

This new moon in Aries is going to provide us all with **guidance on the changes** we can make in order to bring more harmony and balance into our lives.

These changes will require us to **step outside** of our existing comfort zone and to break some well deeply buried beliefs, habits and patterns of behaviour and thought. It will provide the opportunity to create a new comfort zone if we so desire.

In this we will be helped by **Mercury** going direct 16 hours before the moon rises just before 02.00 GMT on 16th April.

Out of all the zodiac signs, Aries energy helps us the most when it comes to **self-development** and connecting with our true self. Which is why this is an important juncture for us all.

Acknowledge Who You Are and Enjoy You

This new moon will give us all the opportunity to really learn and understand ourselves on a much **deeper level** than we have ever done so far in this and other lives.

You may also be inspired to think about how you can **better support yourself**. Fulfilling your own needs rather than continuing to prefer the needs of others over yourself.

Concentrating on yourself and doing things that **bring you joy** is also a good way to channel this energy.

This new moon and other movements mean each of us is being pushed to follow **our soul's desire to grow**, consciously acknowledge who we really are and as such allow our true self to be visible. This is the impact of Chiron mentioned in our last edition, which will influence humanity over its coming cycle.

Chiron moves into Aries on the 18th, and remains there until April 2027. It is asking us to **heal our identity** – to answer definitively the Aries question of “Who am I?”

My sense is this background thematic will be much more intense in the early years. As Chiron takes us on a journey through our victimhood, our pain and trauma and down to the very depths of

our most damaged selves, before offering us the route **back up to mastery.**

Whilst there is 10 years for growth and expansion, to heal, and alter the core of our relationship with our **sense of identity**, the later this awareness commences the more intense will be the change needed.

For what we are being asked to acknowledge is the **core of our very being**, our soul and its desires. I suspect we will be asked more than once will we allow ourselves to emerge fully as *who we are?*

As each of us integrates this acceptance, so our world around us will shift and so will **human consciousness**. Self-expression of our own truth will be strongly encouraged to effect this transformation.

If during this period issues appear and you need a quick resolution, think about how you can first best provide for **your own needs**. Then allow that feeling to evolve to a resolution.

This is not to say you ignore the needs of others, rather your **first priority** is to self. It is only from this point of understanding you can create all you desire.

Observe your Words, Actual and Thought

The day before Chiron arrives in Aries Saturn goes retrograde until 6th September. As the Lord of Karma, this will be the period

when we **learn our lessons**. The influence of Mercury means these will involve your thoughts and words.

Communicating plans and ideas will be difficult because of negative thoughts and misunderstandings. Lack of patience and concentration means it will be easy to become **distracted**. Do not rely on the words of others, be careful with your own.

When negotiating, doing business, studying or making decisions, it is critically important you pay **attention to detail**. While Saturn is stationary retrograde in particular, 13th to 21st April, it would be advisable to avoid important negotiations. If you cannot avoid contract, business or legal matters it would be very helpful if you sought trusted or professional advice.

Any breakup caused by harsh words or a breakdown in communications should be viewed as a call to **change your mind-set** and pattern of thinking.

Saturn is a factual planet that induces us to face our personal reality, and is thorough, unrelenting and breaks down our control issues. Its retrograde is not a period to take short-cuts, rather an opportunity to **move carefully** and do it the first time around... or, you may find you will be revisiting the project over and over again. It is a moment to understand your limitations or limitations of those around you and practice patience.

The retrograde provides the opportunity to erase any limiting and destructive thoughts about yourself and your life that have been **replaying in your mind** for many years.

It also offers the moment to assess the solidity of long-term relationships that matter, as well as long term objectives, or reconsider how we stay true to them. For we are being asked to review our relationship to **responsibility and duty**.

Who Exercises Power and Control...

How do we **build and create structure**, and have a relationship with structures that make things real? For we are the creators of those structures.

A few days later on the 22nd Pluto begins its annual retrograde. This lasts until 30th September - the **mixing** of these two retrogrades creating an interesting interplay!

Pluto provides a moment to reflect about power and control in your life. If people have controlled or manipulated you, now is the moment to let them go. If you have been too controlling of others or situations then it is moment to let that go. This is a **period for elimination** through observing patterns in your life which appear, or even reappear.

There is **no hiding** as we 'see' our desires and our feelings around power, control and money. As we also 'see' our motivation

for our desires, i.e. do we really desire it or is there another motivation?

It also provides space to reflect on how we are coping with change and transformation, particularly when it relates to connecting to and living our life's deepest or most **vital dream** - the one from our soul.

"Your potential is your destiny, it awaits your call. Trust your heart and apply its love and wisdom to all you do. In this way all you create or do will be the true expression of your soul. It is through expressing your truth that you create things of lasting value. Be true to you."

Twinkle and Enjoy

One of the ways I assist my coaching clients is to provide them a summary of their soul's purpose using the **Mayan Galactic** calendar. In view of the changes set out in this edition, I have decided to offer to a limited number of subscribers a report on what the Mayan calendar indicates based on their own solar seal and lunar tones. It has a value of €50.

Each report details the energies and focus of Your:

=> *Conscious Self - who you are and who you are becoming.*

=> *Higher Self and Guide.*

=> **Unconscious Self and Hidden Helper.**

=> **Challenge and Gift. With maturity and awareness this challenge will turn into a Focus. This is what you desire to learn in this lifetime.**

=> **Compliment - something that comes naturally to you.**

I have made available time to prepare five such reports and discuss its content by means of a Skype or Zoom call. All I need is your date of birth.

To request one of the five complimentary reports [email me](#) asking me to send you a report based on the date of birth you provide.

I am also creating a seven day challenge entitled "**Breaking through Your Fears**". Its purpose is to address seven fears which are limiting you in creating or growing your business or career. Starting after Mercury's shadow has disappeared, each day's activity will be completed through a Facebook group page and will begin by addressing the fear of being visible. [Email me](#) if you are interested in joining.

Ready to Accept your Identity?

This is going to assist each of us to release the fears which prevent us from being visible as ourselves, rather than the version(s) we have created. To support you I am making available a **FREE Copy of Secret #5 – "[Why do I have trouble speaking up?](#)"** – from [The Seven Secrets to Living](#)

in Harmony. The throat and back of the neck represent more than not speaking; they also have the quality of **communicating** in the broad sense of listening and understanding. When afraid to speak up and say what you want or feel, you might often suffer from a sore throat or feel like your throat is blocked, causing choking.

There is also a direct connection to the **digestive** system.

Click on this link to my blog [Free Copy of Secret #5](#), and I will send you a copy.

One Spirit Work

On 19th April we are hosting the **Rite of the Womb** to bring forth the full freedom of your place of creation and birth. Its purpose is to join a lineage of women who following this Inca shamanic tradition have freed themselves of suffering and stand in their Feminine strength.

The ceremony is intended to bring your Womb to a **natural balance** of creation and new life in a safe space and in softness. It is the ideal moment for you to remember yourself as the woman you are?

Annemarie Doze and **Ina Jansen** will guide attendees in the transmission of energy from the Cosmic Womb that heals and re-balances feminine organs, enabling you to rebirth in beauty and your full potential.

More details as well as a full list of events are available on our [Facebook page](#). Or you can send a message to annemarie.doze59@gmail.com or to +316-44970077.

On 10th May Quinta da Luz is hosting [Ebo Boerema's](#) one day workshop entitled **Constellations to Harmony**. If you feel held back by past events, and desire to have a life of freedom? Want to change the Constellation your beliefs have created around you, this one day workshop focuses on shifting what you no longer desire. Are you ready to do so?

The process focuses on the Constellation **our beliefs create around us**. By identifying and shifting this so a new, freer Constellation can be created with harmony at its core and so able to live life as they desire it.

From 23rd to 24th June we are holding [Discovering the Inner Realms...a Journey into Shamanism](#). 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 as visit the Void. 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 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.

A full list of our events can be found on our [Facebook page](#) as well as our [web site](#).

The replay of the **podcast** I gave on Terri Britt 's [Leading with Love](#) radio show is still available by clicking on the name of the show. Mine is episode 27.

On 26th April there is another peak of energy lending us additional power and opportunity to **influence positive change**. It is calling us to reform what is outdated. The systems, beliefs, and structures of our life, in particular those of our enterprises.

The question being is the enterprise built supporting a move toward a more **empowered self**? How has your conscious enterprise been constructed, how is it run, are there aspects to be fixed, revised, reformed? Starting with the inner aspect.

And, April 's "Normal" Full Moon indicates...

The full moon on 30th April is the first "normal" one of 2018. In Scorpio its emphasis is about desire, the **power of desire**. In particular those desires planted in our soul and provides a means to connect to our deeper and vital dream.

It will raise the question of “**Am I allowed to want what I want?**”

To living your extraordinary life _

Blessings to all

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>

Archived copies of The Journal are also available on [YouTube](#) so you can listen to it as well as view some of the scenery where our Vision Quest is held. To further assist you to stay in the flow of what is evolving, we make almost daily posts on our [Facebook page](#).

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Thank you!