



# *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 you Ready to Be The True You?***

***Is your Life out of Balance?***

**Welcome to Creating Harmony's Harmonising Times**, our overview of the key themes emerging in our much larger, ever evolving community. Have you climbed to the top of your own mountain yet? The second blue moon of 2018 may have you feeling as though the climb is vertical. This is a moment to watch

out for stress, perhaps even burnout. Welcome to what is the **start of the fundamental turning point** of 2018.

### ***What are you Building?***

The second full moon of March introduced the opportunity of its vibration to once again release and let go. Yes, Mercury is still retrograde so introducing **unforeseen delays and hindrances**. Why, because it is forcing us all to review our work and dot all the i's and cross the t's. In doing so we are likely to be surprised by topics appearing we thought had been laid to rest.

Whilst there is this attention to what we view as detail, in the larger picture we are all still **seeking** deeper connection, deeper meaning, and more fulfilment in our most personal relationships. The most important one of which is with ourselves.

Yes, this may well be a conscious objective at this moment. Its purpose though is to **challenge relationships** that are **not felt as long term, long lasting, or really "solid."** For we desire deeper intimacy, truth, and passion in our lives. Meaning this is a moment to bring some deep discussion around just what do you want? In life, in love, in your business or career, the general and the specific.

It is these long term relationships which will form the **foundations** of all aspects of our life in the coming years and decades.

Which is why the theme of this Mercury retrograde, and a precursor to the coming shift, is **asking each** of us “Do our actions/does our behaviour speak the truth about ourselves? Do our actions reflect and demonstrate what we know to be true?”

Meaning until Mercury goes direct on 15<sup>th</sup> April be mindful of what you say, and really **follow your instinct** rather than emotional reaction. It will be important in helping create and commit to those long term relationships, business and personal.

As this full moon falls in the sign of Libra, we are also going to be encouraged to think about how you can bring yourself **back into balance**, feel grounded and centred with regard to the direction your life is taking.

### ***Unlock, Release and Access***

Everything you need is already inside of you, and under the presence of this Libra blue moon, you will be able to unlock and release all that is stopping you from knowing who you truly are, accessing the **innate wisdom** that lives within us all.

If you have been feeling scattered, or have had trouble **finding your feet** since the start of 2018, this full moon will really help you to let go of all that is throwing you out of balance.

All but one of the aspects of this blue moon astrology are challenging. It is forcing us all to do something about our fears or whatever else is troubling you. You cannot ignore your issues and

hope they will go away. Instead view it as an **opportunity** to work with your fears and to release them from your unconscious.

One of the most powerful tools for releasing is **forgiveness**. It is an important step on our evolutionary path, especially the forgiveness of self.

It allows you to **release past** pains, habits, patterns, resentments and frustrations and stop them from clouding experiences yet to appear.

Forgiving yourself is really about **loving yourself** and being that comforting shoulder to rest on that you long for.

*"Forgiveness is the final form of love"*- Reinhold Niebuhr. To support you [here is a link](#) to an audio of one of the most powerful and simple processes I know – **Ho'oponopono**. You can download and follow my voice as it guides you through the sentences of "I love you. I am sorry. Please forgive me. I love you."

When you forgive yourself and others, when you release yourself of any guilt, pain and dislike and bring acceptance in its place, it can be extremely healing and recharging. The purpose of this blue moon is to enable us all to feel **more at ease and more balanced** with the direction your life is taking.

However, until complete it may be difficult to understand your feelings and even harder to share them. Saturn square the full

moon and Mercury bring negative thinking, sadness and loneliness. Worry and fear from fixed stars make this a particularly **troubling full moon**. Though it may seem attractive, doing nothing and allowing the full moon to simply pass is **not an option, it is a call to action**.

For this blue moon is the moment to work with your fears and **release them** from your unconscious. As soon as you do the new beginnings will gain momentum once you express your commitment to your own dream(s).

**"Be at peace within you and so the world around you will be at peace"**

### ***Clear and Enjoy***

While doing your own healing work is extremely powerful, especially under the influence of this Libra blue moon, do not be afraid to also show **love to yourself** by seeking external support. Receiving some Reiki, a massage or an acupuncture session will all help support your healing process of emergence.

On a practical level, this can mean you are evaluating your life path and what you need to **do or change** to take your next big leap. Indeed, you may feel an undefinable sense of urgency about changing your life. Yet are unsure how?

To support you why not take advantage of a complimentary **Create Your Life strategy meeting** with Gregory. During this we will work together to:

=> Create a crystal **clear vision** for your personal and evolutionary 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 lead a life of freedom and flexibility by starting and/or growing 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.

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 has gone direct, each day's activity will be completed through a Facebook group page and will begin by addressing the fear of being visible.

## **Twinkle and Enjoy**

The blue moon is asking you to take responsibility for your own emotional reactions. **Sadness, loneliness, guilt and shame** are possible as you are reminded of past relationship failures, loss and grief. Blaming others for your dark feelings will only exacerbate matters. Unhealthy relationships may end. Even good relationships may suffer from emotional coldness, criticism or bullying.

Have you finalised your plans and ideas and communicated them clearly? Probably not because of some limited thinking and **misunderstandings**. Also do not rely on the words of others, and be careful with your own.

For the emotional energy of this full moon may lead you to use inappropriate words and dig a deeper hole for yourself. It may also cause some **distance or separation** in close relationships. This, together with gloomy thoughts, bad news or loneliness, could create a dark, stormy mental cloud.

Jupiter sextile Pluto is the one good aspect in this blue moon astrology. It lasts until the end of April and brings success through positive change. You do not have to force change or react to unexpected change. This is a **natural development** associated with increased power and influence, spiritual and personal growth.

Use this powerful force to transform any dark aspects of the full moon into your **desired outcomes**. Face your worries and fears

head on and your life will be transformed by this blue moon as you commit to those desires.

This is a full moon to acknowledge the world around you is but a reflection of you. It highlights that underneath our physical, emotional and mental facades, we **are all the same**. A spark of light, a twinkling star in a cosmic sea of love.

It is our amazing diversity, our **individual shiny star twinkles (Aries)** that creates the cosmic sea of starry brilliance in **balance and harmony (Libra)** together.

As a full moon has a relationship to its previous new moon, whatever objectives you set for March 's new moon can be fine-tuned or completed – it is harvest time! You can also **make emotional adjustments** in response to those objectives. The effect of this full moon lasts for two weeks up to the arrival of April 's new moon.

Whilst the 15<sup>th</sup> is also the day **Mercury** goes direct, its shadow lasts until 30<sup>th</sup> April.

### ***Ready to Accept your Identity?***

In the previous edition we noted Chiron is coming to the end of its own seven year transit through Pisces. Within its 50 year long cycle, this is the second longest transit through each of the 12 signs of the zodiac. During each transit Chiron assumes the

characteristic of each of the houses, to stir us into **expressing certain aspects of life.**

On 18<sup>th</sup> April Chiron formally moves into Aries, and remains there until April 2027 – its longest transit. It provides an opportunity to **heal our identity** – to answer definitively the Aries question of “Who am I?” My sense is that this theme is already underway.

It will take 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.** Providing 10 years of growth and expansion opportunity, to become aware and heal, and alter the core of our relationship with our sense of identity.

This is not what many view as the ego, rather it is the **core of our very being.** I suspect we will be asked more than once will we allow ourselves to emerge fully as *who we are?*

If you are called to the path of **full enlightenment**, this may not be the place for you! Self-expression by all though will be strongly encouraged.

Most of us are living a healthy relationship to soul + identity = nature of calling. The challenges will be those where you do not feel the right to be yourself, where you feel you have to be validated or affirmed by someone else. This is where we are called to **assert ourselves** and deal with the pain we feel.

By experiencing this personally we will make the connection which helps humanity **move forward**. What we are attempting to do for ourselves during this decade, is not just for each of us.

This is going to assist each of us to be aligned with ourselves. 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.

## **Re-building Your Harmony**

On 14<sup>th</sup> April and 10<sup>th</sup> 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.

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 are available on [Creating Harmony's Facebook events page](#). Or you can send a message to annemarie.doze59@gmail.com or to +316-44970077.

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).

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.

## ***The Final Pieces***

In numerology April is `6´ month. It is seeking to help us create the best version of our business life and our relationships. Its lesson is to **focus on self** rather than what we perceive to be the need of others. For whilst we continue to be distracted by seeking to fix others we are not inspired to initiate our own business and life purpose, relationships.

When we feed our own dreams and inspiration then our true healing energy will flow without hindrance. This will enable us to **lead others** by our example.

On 14<sup>th</sup> April, and again on the 26<sup>th</sup>, there is 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 our spiritual enterprise been constructed, how is it run, are there aspects to be fixed,

revised, reformed? Starting with the inner aspect.

## ***And, April´s New Moon will...***

On 15<sup>th</sup> April the new moon rises in Aries. It provides an excellent phase for making a **fresh start**, turning over a new leaf, or starting a new project. To also question old habits, behaviours and beliefs as you search for new and inventive ways to progress.

Being conjunct with Uranus means you will be excited and ready for a change, for something new. You should feel a strong urge to **break free** from routine, doing something totally different from your normal activities. To avoid restlessness and nervous tension, it is better to be active and look to do something **out of the ordinary**, not waiting for change to happen to you.

**To living an extraordinary life \_**

***Blessings to all,***

*Gregory*

*and the Shamanics in Portugal team*

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*The Journal is 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!*