



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 Discovered
the Reason you Are Here?***

Do you Feel Unconditional Love?

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.

How was April, did it seem a long month, much bubbling though seemingly no momentum? All sorts of **different emotions and memories** appearing. Some long ago let go, others seemingly so trivial though still having an influence it seems.

Enjoyed any Good Dramas Recently?

This intense pink full moon in Scorpio rose very early in the morning (GMT) of 30th April. As with all full moons it was a moment to **observe all the dramas** life serves up and how they trigger us.

This one though has a deeper agenda. Its purpose is to help us bring **emotional stability** through acknowledging the existence of our deepest beliefs. Only then can we release them as the current phase could mark a major turning point in your life, especially if you are ready to make a big change. Doing so will make the transformation that is taking place for all of us flow with fewer bumps!

Whether it is pain or dis-comfort in the back or another part of the body, this is just our body sending a message about wishing to be rid of the **rigidity and fixed nature** of our beliefs and patterns.

These signs have certainly been present with ourselves, clients and others we have met. Each full moon represents the

completion of a cycle. This one being in Scorpio is always **deeply transformative** and is one of the best moments for letting go and cleansing all that no longer serves you.

We are being encouraged to do this in a way that will **awaken and enlighten us**. Around this full moon, pay attention to any new insights, thoughts or feelings that emerge. This may be a moment of deep introspection, or you may feel the need to retreat and protect your energy from the outside world

Do you Sense Unconditional Love?

The highest form of Scorpio energy is **unconditional love**. This full moon poses the question - *What do I need to release in order to feel the unconditional love that resides within?*

“Unconditional love” though is a limited description of this energy within us all. It is one of those **fundamental aspects in life**, though we do not seem to have a word for it. So we have difficulty in talking about it, bringing it into form!

It is the moment of an exchange of **soul essence** between you and another living being in the world outside of you. The ancient Athenians called it the aesthesis.

In this short video [Voicing The Invisible Realms](#), herbalist and author Stephen Buhner gives a wonderful example of a **puppy** to explain its importance.

For it is about feeling your essence and your true power. It is about feeling the unlimited you, the forever conscious part of you that shifts and transforms and is always present. The true you that this phase is **seeking us all to reveal**.

Under the light and energy of the Scorpio full moon, you are going to be given the opportunity to peel away more of the layers that have been holding you back from feeling this true essence. Provided with the **opportunity to feel** who you really are, and what you have incarnated on Earth to create.

With this new awareness, you will be able to start clearing and releasing beliefs, dramas and conditioning that are blocking you from finding and feeling your truth. No longer uncovering layers, rather your unconscious core. Which is why saying affirmations and cutting cords will **not** be enough. Whilst these can help, this energy requires you to **surrender and accept**.

Its objective is for you to find the truth and it is going to keep pushing until you do. No matter how uncomfortable it is to **face your fears and anxieties**. A brave positive face will not suffice.

It is important to remember no matter how much has been addressed, there is always going to be more. No matter how many challenges that come your way, there are always going to be more. Such is the **cyclic nature** of our evolution, it is not linear!

Do you Know your Soul´s Desires?

This lunar phase is also providing the opportunity to discover what you want to commit to emotionally. Which brings us back to the **supporting role** of Chiron moving into Aries mentioned in the last edition, as well as other movements.

All of which means the **birth of something very profound** will really come to a head for you and, of course, for the Earth in 2020. So pay attention to what is happening to you, happening around you, what you are focusing on, what you are setting your intention on? This is how you will come to know **your soul´s desire**.

To do so you will need to step away from life´s distractions and find a place of peace and serenity, so you can **listen and receive** your inner guidance. Once you have the direction then it will be possible to **build and create the structure** to deliver your life´s deepest or most **vital dream** - the one from our soul.

"You had a reason for coming here, a reason only you know. It was the reason that you chose. And even though you didn't know how it would be done, or what adventures would greet you on the way, you knew that it would all work out."

When we have any lack of a sense of purpose, when life seems to be a perpetual mental whirligig of distraction, we often experience **physical or emotional discomfort** in the ears, eyes and nose. One of the most unpleasant being cluster headaches.

To support you I am making available a **FREE Copy of Secret #6 “How do I achieve clarity and focus?”** from [*The Seven Secrets to Living in Harmony.*](#)

Click on this link to my blog [Free Copy of Secret #6](#), and I will send you the chapter.

Rome was not Built in a Day

May is the last month of an especially intense three month cycle that began in March. Sometimes we become **frustrated** towards the end of such a cycle, we want to accelerate into the next phase. However, steadiness is a keynote at the moment, and a meditative mind will protect you from impulsive action taken for its own sake.

This is not the moment to follow the thought of “Once I have everything figured out, then I will know my direction and be happy.” Allowing this train of thought to dominate will result in a **never ending chase**. Instead, we need to be at peace, knowing the rest will follow.

My suggestion is to move step by step and build a lasting foundation. The results will then meet Saturn´s desire for stability as long as you are passionately, lovingly and positively **engaged with** your own deepest dream.

Remember your life **will not change** just because you think you want it to. It will transform because you **create new change**. You know, and you take action. So ask yourself:

- 1) What do I clearly desire (and not too unreasonable!);
- 2) How can I be in alignment with that; and
- 3) What action can I take to begin to bring it into creation.

Overall this full moon brings stability and security to crystallise recent changes and make them permanent improvements. It is also a good full moon for making new **partnerships** binding, formal and legal. It is a good full moon for tradition, ritual and ceremony.

Scorpio also rules **money** that is owed to you through partnerships or in other ways. It will flow to you. Another illustration of the influence of the current planetary alignments in Earth signs.

All of this is taking place within the **longer term themes** of: the transformative power of purposeful business and enterprise, this shaping our legacy; reclaiming the authorship of our own stories, taking back our power to be ourselves; and, being the moment to

address/tackle our power and control issues, or they will control us!

Mother Earth will also be exhibiting this theme of **extremes** through ecological issues, freak weather and with geoengineering in the news.

To help those ready to clear the mental fog by moving beyond the “usual techniques” to take back their power to direct their life the way they desire, take advantage of a complimentary **Create your Life** strategy 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 through the reading from the Mayan calendar I will prepare for you.

=> 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 assist you ahead of the meeting I will provide you with a summary of your soul’s purpose using the **Mayan Galactic** calendar. This is based on your own solar seals and lunar tones and the changes set out in this edition make this report even more valuable. It has a value of €50 if ordered separately.

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 am also creating a five day challenge entitled "**How to Breakthrough Your Fears To Achieve Success.**" Its purpose is to address five fears which are limiting you in creating or growing your business or career. Starting after the 15th May new moon, each day's activity will be completed through a Facebook group. We will begin by addressing the fear of being visible and finish with the fear of being wealthy. [Email me](#) if you are interested in joining.

One Spirit Work

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?

At the event in April the **questions addressed** included "why is my house purchase not proceeding smoothly?"; "what is causing this pain in my body?"; "why is my relationship so on, off?"; "why do I have difficulties in speaking clearly when talking about my business?"

All explored the unexpected to reach their satisfactory conclusion. And, we enjoyed wonderful offerings brought to share for our luncheon. Though this may not have been the only reason everyone left looking **lighter** than when they arrived in the morning!

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.

May is a Seven, it will...

May is a **seven universal** month. Which means it brings forth the ability to go inward to access deeper solutions to our lives. Enabling us to gain the passionate awareness that aligns with our unique minds and heart. It is when we can find the sense of deeper purpose we have been seeking to know.

The seven also reminds us of the **unique way** each of us connects to the Creator, to the Universe so we can re-establish or establish a partnership. Enabling us to better create and manifest what we desire in our lives.

The seven also **gives us access** to the wisdom, knowledge, information, spiritual insights you have been seeking beyond our finite mind. Once accessed the direction, solutions and maps needed to create our dream will appear.

Because the 7 is created out of $5 + 11 = 16$, there is also a **gift of grace** included. The 11 wants you to move up a tier to access new beginnings with regard to relationships, collaborations and partnerships. The gift is one of shifting your perspective and mind-set.

Through forming greater partnership with the spiritual realms will come a heightened level of **purpose and success**, and purpose and success with regard to love relationships and friendship. Its effect will be to bring forward from the second half of 2018 that new way of living and experiencing that you have been truly looking for.

And, May´s New Moon will...

May´s new moon in Taurus rises just before noon (GMT) on 15th May. Meaning both the sun and moon are then in Taurus, and on the same day Uranus moves into, yes, Taurus – staying there until 2025. So in addition to Taurus´ Earthy nature seeking stability, we can also **expect the unexpected** from this once in a lifetime passage. It will have a particular effect on finance and currencies.

Looking further ahead, by June we will be entering a strong **retrograde cycle**, beginning with Mars. Mars is the planet of motivation and action, and when in retrograde, it really forces us to take a back seat instead of forging ahead. The effect of the

other retrogrades which follow, suggests the last half of 2018 will involve much reflection about the progress of the change and transformation we have initiated!

To Knowing your Uniqueness

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!