



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.

Ready to Be the Master of Your Life?

Willing to be Rich and Spiritual?

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.

Did you notice any change in your sense of wellbeing during the first part of May? Perhaps some momentum though nothing yet to confirm it or results banked? The **new moon in Taurus** rose just before noon (GMT) on 15th May. It signals a moment to birth new foundations that reflect our true values, not necessarily those we currently state.

In order to do that we have to pause and review if our life truly reflects what aligns with our soul. If we do **not do this** what we have built may start to crack due to internal pressure or external events may threaten our stability. It provides an invitation to restructure because whilst Taurus is the most stable of all the signs, within a few hours of this moon rising, Uranus changed signs.

Expect the Unexpected

Meaning in addition to the sun and moon being in Taurus, Uranus also moved 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.

Since 2011, Uranus, the planet of **rebellion, awakening, freedom, and authenticity**, has been in Aries. The sign of action, courage, and taking risks.

Meaning we needed to allow ourselves to be visible, find our courage, and act authentically. We needed to make these **choices** in order to steer in the direction of our future.

With Uranus now in Taurus, there is a shift from needing to take action to bring about change, to needing to **ground and put routines in place** that can *sustain* changes that have been put in motion.

Not only that, just hours after the new moon rose, Mars moved into Aquarius, emphasising the energy of **freedom** and a new vision for your **future**.

Whilst all new moons are moments to set intentions, this one is especially ideal to set **your intentions** as to the future you desire to enjoy. Any change needed will probably be about: “does this align with who you really are, and what you have incarnated on Earth to create”?

For unlike most new moons, this one is not about planting seeds and waiting patiently for them to grow. Rather it is about us beginning to **prepare for the upcoming changes**. It is the false dawn before the sun truly rises to herald a new day.

Ready to Ground your Dreams?

The energy of Taurus provides opportunities for grounding - for connecting with this Earth sign through what is real, tangible, and can be perceived with the senses. Taurus likes stability, predictability, and routines. However, the impact of the major **energetic shifts** around this new moon means start clearing and

releasing beliefs, dramas and conditioning that are blocking you from finding and feeling your truth.

Rather envision a future filled with new possibilities for healing and creative solutions that work for all of humanity. Reflect upon and ground this into the role you are here to play, as an individual that will keep the **wheels of change** moving forward daily.

This is only the beginning of the long journey to the real change. For each of us is here to grow. We are here to **expand our soul's experiences**. To do that you have to master the inner conundrums built into the adventures, twists and turns of your life.

For these are places where you discover your power, your value, your endurance, your courage and your sustainability. If you have **any dreams** for your life, these are the energies you need to harness instead of resisting the coming changes.

When you can do that, you become the **master of your life**.

Are you going through a major **change in your life**?

Divorce, marriage, graduating, having children, aging parents, empty nest, job changes, **starting a business**, moving, struggles in your relationships, new relationships, pain and discomfort, other health challenges, enjoying a new pet.....

All of these **experiences and more** can be stressful and cause you to feel lost, overwhelmed, anxious and confused. Let alone burning out, being in a mental fog.

To help those ready to move through such change by moving beyond the “usual techniques” to take back your power to direct your life the way you desire, email me at

shamanicsinportugal@gmail.com to schedule a complimentary *Create your Path* with me. During this we will work together to:

=> Create a **crystal clear vision** for all aspects of your life and the direction you desire to live, embracing your role in the unfolding of the cosmic plan through the complimentary reading from the Mayan calendar.

=> 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 personal galactic signature and the unfolding changes 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.

A Little More About Uranus, and Venus

Uranus is the “big daddy” of our solar system, the planet that throws lightning bolts of energy through the air and causes many electrical sparks which can hit Earth and **cause chaos**. It was last in Taurus from June 1934 until August 1941.

When it moved finally into Aries on 11th March 2011 there was the 9.0 magnitude earthquake east of Sendai in Japan which triggered the **tsunami** and the resulting nuclear accident.

Aries is the planet of War, so reflect on other events during the last seven years. Uranus is now moving into Taurus, which is ruled by **Venus**. She represents two main areas of our life - **love and money**.

More than that, **Venus rules** our sentiments, what we value, and the pleasure we take in life. Grace, charm, and beauty are all

ruled by Venus. Through Venus, we learn about our tastes, pleasures, artistic inclinations, and what gives us joy.

Venus will be a **dominant influence** for the next seven years – a period of peace?

Added to this theme there is also that of Chiron mentioned in April's new moon edition: "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?*"

In the meantime Uranus is shaking up **every aspect** of our lives so we awaken and focus on what we **really desire**. That is how we grow. Expect during this seven years to completely overhaul your approach to security and stability. Old habits **will be broken** and outdated values left behind.

The changes that Uranus brings in Taurus are going to be very much focused on what we **choose to build**. For ourselves and so for all. View this new moon as the opening rumbles of the Uranus in Taurus thunder!

And to Add Spice

Jupiter is retrograde in Scorpio until 10th July. As long as Jupiter is retrograde it will continue to **uncover events** from the past that need to be exposed with regard to governments.

When Jupiter is in Scorpio we attract the **most success and good fortune** when we put our “all” into a project or undertaking, and when we use our magnetic powers to heal others.

For our energy is here to be expressed and our emotional energy in particular can behave like water. If we are **not present** it can leak, drain away, stagnate or freeze up. When used with awareness though it can be harnessed and directed to create powerful change and vibrant relationships, constantly cleansing and refreshing us.

Remaining present and so **connected** is the challenge now facing us all.

This month is the last one of an especially intense three month cycle. 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.

Once we are at **peace**, the rest will follow.

"Remember you never have been alone, only you felt you were. The truth is you only need to ask and help will appear."

And to Add Support

Which reminded me of one of the core concepts in the Huna philosophy, which is better known as Hawaiian shamanism. This is “**Bless that which you want**”. Meaning that when you see something you want, bless it and bless the person who has it. No matter what it is, by doing this, you attract this aspect into your life.

The more jealousy and resentment you have toward those aspects you desire, the less likely it is you will enjoy them. For they influence how your unconscious mind views them. If your mind connects those negative emotions with what you want, it will steer away – establishing **another limiting belief**.

This especially applies to enjoying abundance in all aspects in our life, particularly the flow of physical wealth – which Taurus rules. As this is a seven year cycle, it is vital to establish the **relationship with money** you desire *now* rather than later.

Uranus is offering you the opportunity to **break free** from old patterns, if you desire to do so. Though it may mean accepting ‘out of the box’ opportunities. Doing so could lead us to question our established values and why we hold on to them so tightly. Even when they no longer serve us.

The movements around the 23rd suggest announcements which will initiate the changes Uranus has in store for finance, big

business and banking. Currencies and taxation will in due course also be influenced.

The Power of Self-Responsibility

This is a link to a 90 minute excerpt from Matt Kahn´s recent "[Standing For Love](#)" retreat. In it he highlights the importance of self-responsibility rather than judging others. Drawing boundaries so that you do not overspend in response to the demands of those around you and end up **emotionally bankrupt**. Instead providing space for the person to heal themselves, even though their ego might have asked for the support of you being present.

He points out that being triggered is simply another layer - a chance to release more baggage. It also provides an opportunity for **forgiveness**, for letting go of the need to blame the person who triggers you and taking responsibility for your own buried emotional pain. When we judge, it keeps us from taking self-responsibility.

The final 30 minutes is an exercise in transforming difficult feelings through our **ancestral lineage**.

One Spirit Work

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](#).

In response to guidance, I am preparing a new online programme entitled “**Growing your Business through Shamanic Practices.**” Included in its five modules will be: alignment to your soul’s desire; accessing guidance through journeying; and bringing balance within and so with Mother Earth.

It will also include breaking though of any beliefs preventing alignment between money and spirituality. I will be seeking a group of people excited to act as **beta testers**. If you are interested [email me](#) with your ideas.

May's Full Moon will...

May's full moon in **Sagittarius** rises on the 29th May. Meaning emotions will be high and tolerance for what is not in alignment with yourself very low. Many will feel compelled to make a stand and call it for what it is.

It therefore provides an opportunity to take a powerful stand for something deeply felt, believed in, and vision of a better future. Encouraging us all to bring our **emotional wisdom** to bear so we take that powerful stand to support our call to truth.

This is the annual Wesak full moon. It will be the moment to make the commitments to yourself about **self-responsibility** and growth. During the Wesak season, the veils are at their thinnest between the physical and the spiritual realms, providing an opportunity to grasp **expanded** levels of understanding.

Looking further ahead, at the end of 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 re-assess instead of forging ahead with our current projects. 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 Keeping your Circle Moving_

Blessings to all

Gregory

and the Shamanics in Portugal team

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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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In respect of fulfilling new legal obligations we will shortly be asking you to 'Opt in' to our new-improved dissemination system if you wish to continue to receive alerts relating to the publication of The Earth Spirit Journal and other updates from Shamanics in Portugal including those Special Offers that we may periodically make to subscribers.

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