



# *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 Prepared for Your New Truth?***

***Ready to Accept What You Need to Change?***

**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.

©2018 Gregory Reece-Smith and Bosque Verde, Lda.  
All Rights Reserved – [www.shamanicsinportugal.com](http://www.shamanicsinportugal.com)

It would seem we are all experiencing weather which is not following the usual pattern as Mother Earth seeks **greater harmony**. This is influencing us all in a variety of ways.

In Gemini, the new moon rose in the evening (UTC) of 13<sup>th</sup> June. It marks a sacred point in the year, a moment when we can really think about how our lives have changed, and what **new activities or journeys** we are going to move toward.

We are also being encouraged to become more aware of our thinking, and to move blockages from our unconscious into our conscious mind so we can **clear them and start afresh**.

### ***The Yin and the Yang***

The new moon is happening as the sun and the moon are meeting at **22°44' of Gemini**. The sun symbolises our very existence, our consciousness, our self – expression; the moon our feelings, our psyche, our intuition and the unconscious.

The degrees at this new moon are doubled - 22 and 44. Doubles are about bringing opposites together **within you**. For this Gemini new moon is seeking to create balance in our relationship with ourselves, after **shattering our perceptions**.

Gemini is a sign that makes information known, it communicates. Though more than that it **exchanges**. Being the sign of the

twins, it is encouraging us to use our broader awareness rather than to judge, to be aware of all sides of every story.

No matter whether the information given is verbal, mental, written, digital or physical bytes, information will also be received. As a mutual sign, Gemini through this process **reaches out** towards others and understands them and itself.

Our need with this moon is to **express** ourselves and our feelings. This is the proper moment to do so since we have become aware of both facts and our desires.

Question everything on this lunation. Nothing is as it has been presented for millennia. There is **always a new way** to view life and our experiences.

### ***Ready to Wrap Up and Begin Anew?***

New moons always represent the **start of a new cycle**, and this one is the last before a new eclipse season begins. We are being asked to complete and close major themes we have been working with since the start of the year.

This new moon is one of the strongest points of the year for starting new projects and creating a new beginning for yourself, especially when it comes to **your thoughts**.

The moment to **create a new truth** for yourself is **now**. It is the moment to access your deeper truth, the moment to rewrite your beliefs and so extend your horizon.

Use this energy to connect to your loving, kind, and peaceful **inner voice**. Assess what is no longer serving you, and create the new beginnings you desire.

This new moon is uncomplicated by any planetary aspects, though heavily influenced by no less than eight fixed stars. It brings **good fortune and lasting happiness** as well as providing protection for you and your loved ones. The stars in particular are emphasising the skills for business success, rather than relationships.

It reminds you it is **never too late** to start again. It is never too late for a new beginning, no matter how big or small.

### ***What is it You Need to Change?***

Gemini energy is all about self-expression, speaking your truth, and finding your creativity. As an Air sign, Gemini energy encourages us to think deeply so we can assess which thoughts are **true and which flow from our fears**.

For our thoughts dictate how we experience and see the world. It is our unseen unconscious **beliefs which create our thoughts** and so rule our lives, no matter what we consciously think or state. These unseen beliefs drive over 95% of our daily thoughts

and so actions. They are permanent until we choose to change them.

This new moon is encouraging us to observe and assess what **thought processes and belief systems** we are holding onto. What stories do we keep telling ourselves? What thoughts are blocking us from our desires, our dream?

When our soul came into our body it brought with it wisdom from other lives, wisdom from all of Creation, and wisdom for the journey ahead. This **knowledge is accessible** to all of us, though often hidden away.

Sometimes the Universe presents us with a **doorway so we can access** this information more easily. This new moon is such an occasion.

It provides a doorway for us, and will allow us to gain insights from our full potential/higher selves. We all have an innate wisdom within, and we all have the answers that we seek, we just need to **journey within to make the discovery**.

Taking this journey can sometimes be painful, as it opens up pain from our experiences and traumas from our childhood. We all carry such burdens. If we allow ourselves to **recognise such uncomfortable emotions**, we can gain access to our inner truth. My experience is many do **not** do so because of their fears.

**“If you change the way you look at things, the things you look at change”**

~Wayne Dyer~

Seeking to make such a change then to gain from my shamanic practice and experience of working for KPMG to leading technology companies, coaching fledgling organisations to those the size of the international operations of IKEA, schedule a complimentary **Create your Path** 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 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.***

### ***And Next a Quest to...***

On 18<sup>th</sup> June a cycle of retrogrades begin with Neptune in Pisces. It forms a fortunate aspect, called a grand trine, involving Mercury and Jupiter. Meaning there is a **hopeful, philosophical and friendly** feel to 2018's Neptune retrograde.

The grand trine aspects and fixed stars involved give this retrograde a focus on undertaking a **spiritual quest** to seek the truth - your truth.

That said, Neptune retrograde can cause distorted reality. **Uncontrolled imagination and day dreaming** are some problems you may face during the five months to 24<sup>th</sup> November.

Followed by a six week shadow, this means the urge to quest will be present throughout the remainder of 2018.

The Piscean influence will provide spiritually orientated signals and dynamics, as well as making us more sensitive and receptive to them. Which will help us all to clarify what has previously been **elusive or blurred**. Especially in relation to transformative and purposeful business and enterprise.

As such this retrograde will be stripping away the **illusions, dreams and false realities** that have clouded your vision. Destroying your fantasy world will show those harsh realities you sought to avoid at some stage in the past. Whether about love, your financial situation, your career prospects, all will be revealed.

The further from the truth you have travelled, or the more extreme your methods of escape, the greater the shock. Confronting your truth is usually quite painful, as is often the case when addiction to drugs, alcohol, gambling, pornography, sex etc. has been your escape. It does not always need an **intervention or withdrawal** for your self-deception to be recognised. This awareness has always been known by your full potential/higher self, or your pineal gland as represented by Neptune.

Neptune retrograde can show the **source of the pain** from which you sought to escape. You may then feel humiliated, betrayed, scared, anxious or guilty.

All retrogrades require us to **seek within**, meaning you may spend more time worrying about yourself and your concerns. Resulting in phobias, hypochondria and paranoia becoming more noticeable during this Neptune retrograde.

To realise the potential offered will require desire and effort. It is therefore the ideal period for **spiritual self-development**. Such support tools include meditation, yoga, Tarot, astrology, swimming and a healthy, toxin free diet.

### ***One Spirit Work***

From 23<sup>rd</sup> to 24<sup>th</sup> 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.

And a moment for you to Quest perhaps? Shamanics in Portugal 's 2018 Vision Quest is planned for 22<sup>nd</sup> to 25<sup>th</sup> September during this period of transition. There will be a half day **[Introduction to Shamanic Journeying](#)**, on the morning of 22<sup>nd</sup> September followed in the afternoon by the **[Vision Quest](#)**.

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](#).

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.

### ***Then Mars Adds to...***

Then on the 26<sup>th</sup> another element is added when Mars goes retrograde. It makes the ten weeks until 27<sup>th</sup> August a period in which to **NOT initiate** a new project, a great love, an argument, a lawsuit etc.. If you do it will never go anywhere, for matters commenced whilst Mars is retrograde will be frustrated and plagued with disruptions.

Rather it is period for going within, finishing tasks left incomplete, redoing, renovating, and repairing. We are being called to **review before we act**. The retrograde wants to help you help yourself, hence its proximity to the addictive tendencies Neptune will surface.

It is a period to review the way you handle anger, self-defence, self-motivation and sexual relationships... outward anger or conflicts are not appropriate. **Instinct rather than impulsive action** is called to the fore. We are being encouraged to create balance within, ready to guide ourselves in the phases which follow.

### ***June ´s Full Moon will...***

June ´s full moon in Capricorn rises early in the morning of the 28<sup>th</sup>. It combines with a powerful conjunction to Saturn retrograde. During the next two weeks you are likely to **feel more serious than usual** and experience sadness, guilt, fear, restriction or inhibition.

It is going to call us into an examination of our stories of what happens when we feel deflated or defeated. The purpose being so we can find **deeper emotional wisdom**, though it will be intense.

Whilst Uranus brings opportunities for change and a willingness to break free, these positive factors are not as strong as Saturn

retrograde, so you it will require focus on the changes in your life you seek. Then 13<sup>th</sup> July the **cycle of eclipses** begins.

## **To Finding Your New Truth**

*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](#).*

*Please **DO** share and distribute this newsletter with as many others as you feel guided to, though please ensure to keep the integrity of its content by including the authors and source website links. Thank you!*

*Please also Visit and Like our Page*

*<https://www.facebook.com/ShamanicsinPortugal/>*

**IMPORTANT:**

*Due to the formal introduction of GDPR requirements throughout Europe there are new rules about the collection, retaining and use of data provided by those who have visited a website and 'signed up' for receipt of Newsletters, etc., the use of website 'cookies' and so on...*

*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.*

*Thank you for being a current subscriber we hope you'll stay with us... Look out for the sign-up form from Shamanics in Portugal appearing on site and as advised via email soon.*