

The Harmonising Times

*A regular indication created with the intention of providing you with clarity of what is going on energetically for every being on this planet. With the Universe's process of expansion continuing to create constant shifts, the intention is these indications provide you with foresight. So helping support and nourish you in your own evolution and helping you Create Harmony in Your Life. **Remember whilst the Universe creates the context, it does not decide your future - you do.** Each of us creates what we desire through our conscious **actions.***

The year of New Direction(s)

January 2017 - Transformation

Welcome to Creating Harmony's note of indication. As we move from the last days of 2016 and into the first days of a new cycle, you may have already begun to allow your intuition to **create a vision** of what you desire for 2017? All established habits, behaviours, beliefs and relationships need to be questioned as you search for new and inventive ways to evolve and grow. This is the moment to make a **fresh start** and create your vision for all aspects of your life.

New moons always bring new beginnings. The last one of 2016 on 29th December doubled this energy. It is inspiring us all with **passion, romance and motivation** - if lacking direction it will be your dream catcher. It is also providing endless opportunities and possibilities as good fortune and lasting happiness can be found by taking the "spiritual high road" to reach your dreams.

This influence lasts until the next new moon on 27th January. Though the **best period** to make a fresh start and for beginning new projects is up to the full moon – 12th January.

Because this moon is in heart-sharing Capricorn, there is a theme of "family values," "togetherness," and what it means to support your friends and loved ones. Meaning this is a good moment to check just who is there for you, who does show up and who you can count on. Why? Because these will be the ones to **go forward with** into a new year of turbulence in which you/we have a new world to create!

This new moon is asking each of us which do we choose - remain passively powerless or **make the change**? This quote from Eileen Caddy in *The Dawn of Change*, fits this moon most appropriately:

"It is important from time to time

to slow down,

to go away by yourself,

and simply

Be."

2016's legacy...

As we leave this Universal '9' year, we are called to reflect on our lessons and learnings over the past nine years. To **integrate and embrace** the wisdoms gained and then use these insights to prepare for the coming new cycle from 2017 to 2025.

Whilst 2016 has been a year of completion and endings, the vibration of nine also resonates with **service and humanitarian** pursuits - the desire to share your knowledge, gifts and personal insights with humanity as a whole. As such it is pulling you away from focussing on the energy of 'me' pursuing personal goals and instead drew you toward the energy of 'we' and fostering global change.

As 2016 leaves us, take a moment to acknowledge how far you have **evolved** over the last nine years; reflect on your lessons and learnings and embrace the wisdoms gained and remembered. Be grateful for all the moments you have **enjoyed** – for there are many!

That said, we have all experienced many **challenges** since the last Universal '1' year – 2008.

Words that link to the number '9' of 2016 include:
powerlessness, helplessness, compromise, judgement, anger,

sadness and tears. How many of those have you **felt** during this past year?

As uncomfortable as these feelings are, we had the opportunity in our '9' year to not be controlled by them. Rather to 'acknowledge' them, shine the light on for "what purpose are we holding on to these beliefs" and then allow 2016 to **leave with them**. Yes, as this is a free will Universe there is the choice to hold on to the anger, bitterness, hurt, being the victim, resentment etc.. Though for what purpose do you choose to continue to hold on to these feelings? Each of us has the power within us to Forgive and an **Opportunity** to choose Love – all number '9's by the way!

Simply forgive the past, let go of expectation of the future and surrender to the present **moment**, without compromise or judgement – again both '9' vibration words.

Suggestions to assist you in letting go and allowing 2016 to leave with what you no longer need, are to:

- **Forgive** – yourself and everyone else, make no judgements.
- **Remove clutter** - if you do not use it, lose it!
- **Completion** – choose to complete all those jobs which have been hanging around and causing inner stress, turmoil and sense feelings of failure

- **Time out** – create space for yourself, preferably in nature, to reflect and have gratitude for how you have and continue to progress.
- **Meditate/Mindfulness** – establish a daily practice to strengthen your conscious connection with Source.
- **Responsibility** – take responsibility for addressing what is not harmonious in your life by either accepting and love the circumstance for the opportunities for personal growth it provides; walk away – if it no longer serves you then let it go; or alter your perception of the situation and as you change so it will change.
- **Bliss/Regeneration** – enjoy the NOW and allow yourself to enjoy being nourished.

One other process I use in workshops and for myself is to write down on paper(s) all the beliefs I wish to be free from. Then tear the paper(s) into strips containing each belief. Light a fire and after setting intent, ceremonially place each piece of paper with a belief into the fire. As you do so reflect on the flames of each belief and experience as they **disintegrate**. Once all have burnt to nothing, spend a few moments reflecting on what you have gained from all you have just released.

2016 will have then enabled you to create space for **planting** your seeds. How? By removing any beliefs, conditioning, habits

and patterns which might prevent their germination or limit their health and vitality over the coming nine year cycle.

If any physical or emotional discomfort appears, remember it is there as a reminder of what we are holding onto – likely to be felt in the **sacral, solar plexus and heart regions**. More understanding, case studies and guidance on actions are available in [The Seven Secrets to Living in Harmony](#). To learn more watch this short YouTube video – [the 3rd Secret](#).

2017's beginning...

As a '1' Universal year, 2017 **promises major changes**, increased energy across the board on a worldwide scale, and new directions for many of us, as countries reach out to each other or turn their backs on age-old alliances. This will be a year of technical breakthroughs and vast economic and political shifts. However, while those changes may be the focus of the news, the most significant transformation will be an unprecedented rise in global awareness concerning **idealistic and spiritual matters**.

For 2017 is the start of a **new cycle** of creativity, learning and growth. As such it is the moment to plant the seeds of intention for the forthcoming cycle – your deepest heartfelt desires, dreams and visions for every area of your life – relationships, health, finances, career, lifestyle, spirituality etc..

As we have indicated in previous editions, it is preferable to plant these seeds as soon as possible. This is because the intentions

and foundations you set in place during 2017 will mould, set the **tone** and flow of energy within your life over the following eight years.

2017 is about showing up for you, greeting all of Creation and being a **pioneer** of this new nine year adventure. For science has shown our DNA adapts as we do, nothing remains fixed.

As each of us activates our inherent creativity, we activate a force within us that can move mountains, that can **create miracles**. As the saying goes, you will see it when you believe it. Though remember as 85% of creation comes from action, it **takes action** to bring it into creation.

Unsure as to your Vision, or do you have one?

If you would like help in developing your vision, then why not request a **complimentary 'Create your Path' strategy session**? During this we will work together to:

=> Create a crystal **clear vision** for your business and the "perfect lifestyle" you desire to live.

=> Uncover hidden **challenges** that may be sabotaging your personal growth and perhaps keeping you working too many hours with no freedom or flexibility.

=> Leave this session **renewed, re-energised, and inspired**.

My promise is that the focus will be on ensuring we achieve at least the above.

Number '1' indicates...

The number '1' is a driven, forceful, confrontational, and often divisive number. Pushing **hard and fast** is its most obvious quality. As this '1' results from the number 10, it makes it even more direct and uncompromising! Maintaining control and order will become a challenge.

This is only the second cycle based on 10 since 1900 - the first was 2008! Suggesting there could be **considerable challenges** in the form of political, economic, and cultural changes, often happening overnight. Confronting the status quo will be the order of the day in many parts of the world. Helped through 2017 by Sagittarius asking each of us how and where will you **expand and grow beyond your limiting beliefs?**

There could also be the start of something akin to a **knowledge revolution**. For Creation sees only growth and wisdom on a personal, individual level in sharing knowledge equally and available to all. And, as we noted in December's edition: "Until 2025 Neptune is calling us all to make our world a **better place**, the one we desire it to be. Meaning it is making a significant spiritual call to us all."

January and April 2017 will bring the greatest shifts. As April is a 5 Universal month in a '1' Universal year, it could be especially **chaotic and unstable!** With eclipses pulsing through artistic Leo and activist Aquarius, 2017 could bring some powerfully creative campaigns that erupt from the grassroots and spread to the ivory towers. The eclipses take place on 10th February and 7th and 21st August.

In summary, 2017 is the first year of a nine year cycle that by exposing much that was **hidden** diminishes the power of the large and empowers the small, the individual. As such it begins a process of shifting responsibility. Those who remember the 1960s may find some similarities, though this is different!

How these changes affect you as an individual depends in large part on your personal **cycles**.

Words that link to the vibration of '1' and so could possibly be experienced within your life in 2017 are: arrogance, passive, victimhood and separation. So if you have **not moved** beyond your old beliefs, conditioning, habit, patterns and self-sabotaging behaviours, then you may be in for quite a bumpy journey over the coming nine years!

Enjoy an Abundant Life in 2017?

As we begin a new year and cycle, for many this brings up feelings of a lack of Abundance in their lives. We have brought together into **Easily Creating Abundance** the ability for you to

address limitations to love, health, freedom and wealth aspects of Abundance.

If you desire to learn some exciting new ways to help yourself (and your clients) achieve miraculous results, then **we invite you** to discover powerful coaching techniques you can use to help yourself (and your clients) finally...**uncover the hidden hurdles** sabotaging your ability to have more wealth, more love, better health, and more freedom in your life starting at the event.

The workshop will enable everyone to identify **the main areas** where they are blocked and then work through processes to address them. It will conclude with an assessment of the progress made and what remains to be addressed and how to create continuing Abundance in your life.

A word of caution, this is not about the Law of Attraction. Rather we focus on enabling **all** the wealth and abundance that is awaiting your activation. This is not only possible, it is how we were designed to live! No longer holding yourself back, instead learning how to ask, seek, knock, and act from your highest vision.

The next one is in Portugal from 24th to 26th February 2017.

Contact me at gregory@creatingharmonyinyourlife.com for more information.

Further dates and locations to be confirmed. For full details on further events visit: [Forthcoming Events](#). Or, if you would like to host an event near you, please email us at: support@creatingharmonyinyourlife.com.

Or, if you are prepared for deep intense one-on-one coaching, why not visit me at our home in Portugal? The retreat is for two people with four days of consecutive one-on-one coaching sessions, plus a further three days to allow for integration. If unable to visit Portugal, skype or similar is possible. The shift over four consecutive days of coaching is immensely visible. More details are to be found at [Transform and Create](#).

Portents

The combination of the new moon whilst Mercury is retrograde means a **focus on your thinking and communications**, making this a very busy time mentally. What you say and how you say it becomes more important. Your words carry more weight, they have greater meaning and influence. Your mind will be more active than usual which favours lots of interactions, clearing paperwork and bills, and receiving and sending letters and emails.

This Mercury retrograde finishes on 8th January 2017. Though communication and transport problems will probably continue for **longer than usual!** Projects you started since the 29th

December new moon can be fine-tuned or completed - it is harvest time.

The full moon is on the 12th. A full moon focuses attention on **relationships** of all kinds. This intense one shines a spotlight on the original causes of "war", whether fought with guns, words or thoughts. Internally this war appears as anger, fear, guilt, shame, paranoia, mental illness, addiction, depression and nervous breakdown.

War is also played out between partners. You can use the other person as a **mirror** to learn more about your own behaviour. Personal growth and relationship harmony come through learning to compromise.

Importantly, this is a **transition phase**. While final settlements to long running disputes may not be found in the two weeks to the new moon on the 27th January, significant progress can be made. Which is important as until October Jupiter is favouring growth being achieved through partnerships. Meaning a theme for most of 2017 is relationships!

"Things are not getting worse, they are getting uncovered.

We must hold each other tight and

continue to pull back the veil."

Charlene Costanzo

Shamanics' Events

The first event planned for 2017 is on 18th and 19th February for another ***Discovering the Inner Realms... a Journey into Shamanism***. This will introduce you to the shamanic experience of ritual, creating sacred space, journeying, meeting your guides, power animals and much more on our experiential journey together. You will also have the opportunity to connect to the energies of a medicine wheel, stone circle and a labyrinth. It will provide you with awareness and powerful, effective tools to let you tap into the unseen world for insight and healing which requires no external authority, intermediary, or even beliefs.

A copy of our ***All About Air*** workbook will be provided to all who book.

The first Vision Quest for 2017 is planned from 23rd to 26th March. There will be a half day ***Introduction to Shamanic Journeying***, on the morning of 23rd March followed in the afternoon by the next ***Vision Quest***.

A copy of Shamanics in Portugal's ***All About Fire*** workbook will be provided to all who book.

The full list of events is available by visiting this link:

Forthcoming Events

If there is any aspect you would like to learn more about, then please email us at: support@creatingharmonyinyourlife.com.

In Summary

2017 offers us opportunities for independence, initiation, achievement and creative individuality as well as to further develop our spiritual aspects. To do so we need to first **make room** for all of the wonderful energies, frequencies and opportunities on offer. Which means before setting our intention for the year, we must let go of the outdated patterns and belief systems, of the emotional baggage holding us back, and the hurts and wounds we perceive.

Points to help at this moment:

- take a **pause**, a moment, to contemplate just who you are, why you are here, what that means, and what to do about it;
- be centred and consciously **complement** yourself for your learnings and what you have achieved in 2016 and the last nine years;
- create space and consciously let go of all that you choose **not to carry** with you into 2017;
- seek **not** to rush or push until this Capricorn moon's cycle is complete;
- allow the **new beginnings** to emerge; and
- be **confident** in your own path as 2017 begins to unfold.

*The new moon on 27th January heralds the arrival of the year of the **Fire Rooster**. Roosters are creatures of habit, rising to crow at the crack of dawn. Meaning earlier to bed so you can wake up for a sunrise daily practice such as yoga! Eating healthier foods and saving are also part of the Rooster year.*

Gregory Reece-Smith

and the 'Creating Harmony in Your Life' team

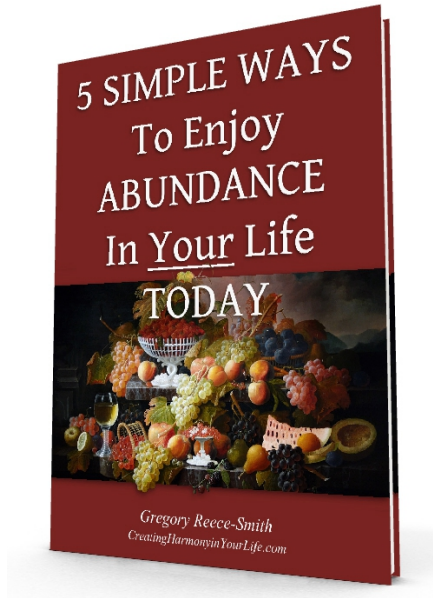
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