

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 our future - we do.** Each of us creates what we desire by our conscious actions.*

The year for Your Purpose

April 2016, on the Start line

Welcome to Creating Harmony's email of indication. Our intention in this Harmonising Times is to provide our readers, friends and everyone else with foresight as to the influences impacting all our lives as we move into this next phase of 2016. So helping each to *Create their Life of Harmony*, which flows from stating **your** own desires.

March was one of the most intense months I have experienced in many a long year. So much so it was a relief to move beyond the rough water of March's eclipse cycle, the comets and the equinox. Maybe you were even having doubts, a part of you that was all for giving up?

The public arena remains volatile, chaotic, and rather messy - an underlying sign of these times of unprecedented revolutionary rather than evolutionary transformation. Certainly many we have met and spoken to have experienced some quite intense physical symptoms during March.

Release your Story

Old patterns, many deeply embedded in the ancestral lineage were looking to be addressed. This was/is an ideal moment to take action to let them go. One example being, holding on so tightly to the story, the hand moved into a claw like position.

More understanding is available in *The Seven Secrets to Living in Harmony* – you can purchase your copy from anywhere in the world by clicking on [Amazon](#).

Other symptoms we have been asked to address were evidenced in the shoulders, solar plexus, gallbladder (bitterness, pride), knees, hips and the flow through the heart. If you would like help in identifying your unfinished business, then why not request a [free](#)

strategy session? After sending us your completed questionnaire we will review it and confirm your booking.

We are now in the six month phase between this year's cycle of eclipses. Meaning clearing away the unfinished business is **not yet over**. Though easier, the intensity could build again before the final part of the cycle on 16th September.

Therefore the chaos we may be experiencing is likely to become stronger as we move through the summer. Climaxing in either September or October of this year.

This **phase** of 2016 commences with the new moon on the 7th - the start of the astrological year. The intentions you create during this new moon will manifest for the next twelve months as the moon passes through each sign. The number 7 is associated with the soul, and your most profound spiritual desires.

Light your Fire

From 5th to 29th April Venus, the planet of love and attraction, will be in Aries. This is likely to **stoke the flames of your passions**. Perhaps boosting your love-life as well as your very zest for life.

Your creative fires will be ignited too. Make sure to channel this energy toward fuelling your forward momentum rather than burning yourself out with people and circumstances that do *not* light your fire.

Aries is ruled by the planet Mars. Uranus is currently in the sign of Aries, meaning there is an interaction between Mars and Uranus all month. Mars rules anger, violence, fires, and with Uranus it rules explosions and revolutionary action. Uranus also rules wind – have you been experiencing the strong winds we have?

At the new moon on 7th April the sun and moon will be conjunct Uranus in a square aspect to Pluto. Pluto rules transformation and that energy has had its impact lately on many established structures, including governments.

We now sit in an **auspicious two-week window** when energies are quite supportive of making the changes you want and having results when you act on your heart's wisdom. As you are present to this opportunity and take action, you may feel the Universe hears your deep longings and supports you with initiation of key steps. One step at a time is the idea - that will build momentum.

However, on the 17th the action take-charge planet Mars goes retrograde, as it does once every two years. This means you may feel as though your productivity is not as easy to access. It will become vital to manage your inner fire and to **process anger** before acting. Look within for courage and guard against emotions simmering. Keep your energy in flow, clear any misunderstandings quickly, so they do not stagnate.

Whilst your inner confidence will **grow rapidly**, stay grounded and connected to Source. This will help you keep a steady pace and avoid distractions until the end of June when Mars goes direct.

Creating your Desires

As noted last month, 23rd March began a one-year planetary transit ushering in many changes and allowing each of us to pierce through confusion. During this period we need to focus resolutely on pursuing **our desires** – knowing they will manifest with patience and perseverance.

Creating the life you desire can be easy when you are in tune with Creation. If you are unsure how to do so, follow these four essential steps:

1. Maintain healthy boundaries

To make room for abundance in your life, you have to let go of all and any energy drains. Which means saying NO to the people and circumstances that no longer make you feel good about yourself.

Call in **Archangel Michael** to release you from all negative energies and empower you with strength, confidence and courage.

2. Allow yourself to love yourself and your life

Now you have released any dense energy, you will want to fill that space by allowing yourself to Love yourself. When you do that you will attract the people and circumstances into your life you desire.

This is therefore the moment to create the intent as to what it is you desire in your life. The only way to do this is to feel the desire(s), thinking them does not have the same creative effect

Call in **Archangel Raphael** to bring unconditional love to you and everyone in your life – even the people you are letting go of. Ask Archangel Raphael to bring healing and harmony to any situation you would like improved.

3. Speak your truth

If you do not express yourself because you are seeking to avoid conflict, you will internally hold on to its heavy energy. Also, if you are not seeking your dreams because you are afraid of rejection, you are denying yourself the creation your soul desires, your purpose.

Call in **Archangel Gabriel**, the communication angel, to assist you in speaking from your heart, and expressing your unique voice.

4. Receive inspiration from the divine

You only need to know your next step to be guided on the path toward achieving your desires. Your spirit guides, power animals and angels have a higher vision for your life and can show you the way.

Call in **Archangel Uriel**, the angel of illumination and inspiration, to give you a higher perspective on your life so you can be divinely guided at every step.

To provide support you can attend an **Awaken Transform Live** event. Here you will discover your unfinished business and how to create a compelling dream life filled with joy and fulfilment.

The next one is at the wonderful country location in Roskilde, outside Copenhagen on 8/10th and 15/17th April, followed by another in the autumn on 28/30th October.

For more details and to take advantage of the early booking special, contact Arne at: altlysnu@hotmail.com.

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 feel the need for deep intense one-on-one coaching why not visit Gregory at his 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](#).

If you feel the need to release anger and dense, heavy energy from your mind, body, and environment, one of the techniques covered at an **Awaken Transform Live** event is *Ho'o Pono Pono*.

An ancient Hawaiian practice of reconciliation and forgiveness, it involves repeating three statements over and over again, helps you to change the energy of any situation from negative to positive. The statements are:

I love you; I am sorry, and please forgive me; thank you.

The Tenth Law

The tenth Universal Law is *Law of Obedience*. Which is not about doing what you are told, rather it is about **following** the Universal laws. For if you try and violate any of the laws, such as give too much or over sacrifice as mentioned last month, you will not be able to receive or manifest your desires.

Which is why just having positive thoughts is not enough to change the world. It needs **action** to be taken to manifest any desires. Whether this is marketing to attract clients, acting on the body's message of pain and discomfort or planting seeds to enjoy a crop of home grown tomatoes.

After all external circumstances can always be changed as a result of taking action within ourselves. Only often we do not believe this is possible. Which it is if we **work within** the laws.

Hence, one way to violate the Law of Obedience is be "obedient" to the perception of what is real in the circumstances. Instead believe our desires will manifest by working around the circumstances, or we work with them or we use them.

We take responsibility for what is happening around us and dictate how we feel. No one else outside of you can make you feel anything. You choose it. So obeying the Law of Obedience rather than the law of the circumstances.

Refusing to allow the circumstances dictate what you experience and what you believe in the patterns and habits your mind. In that way you can follow the Law of Obedience by letting go of something which no longer serves in order to allow something **more desired** into your life.

Which means if it is a true desire you have felt, then it is easy to choose to let go of what no longer serves you. If there is resistance to making the choice, then is it a deeply felt desire or simply a nice to have?

Portents

April is a **13 Universal Month. 13 is associated with the divine feminine** as there are 13 lunar cycles in a year. This energy teaches each of us to connect with our intuition, and release what no longer serves, so each has room for abundance. A moment to awakening more and more to the infinite depths of your internal power. Some of those awakenings may appear as sudden surges of energy – translated as unexpected events!

13 reduces to the number 4, which is associated with **practical**

matters of money and manifesting. It is also associated with the powerful masculine energy of the Emperor in the Tarot.

With the new moon on the 7th in the sign of Aries, this pioneering warrior-like sign always symbolises **rebirth and courage**. This is a beautiful moment for you to **start afresh** and move forward with clarity and energy. This is the month to use your drive, courage AND intuition to build your dreams.

As to the 7th itself, 7 is the number of Heaven on Earth, and Spirit and Matter coming together - 3 being the number of Creation and 4 the number of Manifestation.

On the 22nd April we have the full moon. This one is going to require us to delve deeply into the heart of our most **important relationships**. The number 2 is reflected across the board, beckoning cooperation, compromise and peace.

Mercury goes retrograde on 23rd April, it will enable you to take responsibility for your freedom. Which will require introspection to reflect on the balance of your values, relationships, love and independence. So enabling you to gain a great perspective on the last three months and enter the next phase with renewed focus.

Shamanics ´ Events

There will be a half day *Introduction to Shamanic Journeying*, ([booking page here](#)) on the morning of **28th April** followed in the

afternoon by the next [Vision Quest](#) (booking page [here](#)) – **28th April to 1st May.**

A copy of Shamanics in Portugal's [All About Fire](#) workbook will be provided to all who book, or you can download one Free now as a valued subscriber.

The next Vision Quest is from 13/19th June during [Wilderness and Questing](#), with the final Vision Quest for 2016 planned from 22nd to 25th September.

On 6/7th May will be [Deepening your Shamanic Practice – The Healing Ways of the Shaman](#). This event is for those seeking to develop their journeying practice. It is particularly for those wishing to use journeying to heal deeper issues. It will also focus on working with nature, understanding the guidance of the natural world. Understanding what are signs, symbols and omens.

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

April's lighter energies provide some new opportunities to shine your light and rediscover your passion for being alive. It is a perfect moment to readjust your compass bearing and re-assess what are

the gifts you have to offer the world. Which means be open to adjusting your direction if you discern the need for some shifting.

A moment to reassess a number of things about how you live your life and so take action to **feel** the creation of your desires. Use your experiences to date and your intuition to make significant new steps towards these desires.

- use the supportive energies of the first part of April to determine the changes you are seeking;
- ignite the fire of your desires;
- continue to observe any signs of resistance as to unfinished business;
- be the witness to any moments of anger and release its cause rather than be caught in the pattern of the circumstances; and
- be aware of how to follow the law of obedience in order to manifest your desires by choosing to release what no longer serves you.

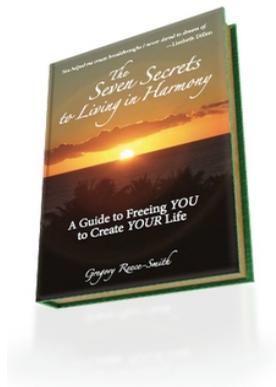
Until the new moon on 6th May bringing once again the element of endings, combined with new beginnings to communicate your message to a deeper level.

Gregory Reece-Smith
and the 'Creating Harmony in Your Life' team

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Thankyou



Gregory Reece-Smith's "The Seven Secrets to Living in Harmony"

Available from Amazon Now:

<http://www.amazon.com/dp/b00reowcry>