

# The Harmonising Times

*A bi-monthly indication created with the intention of providing you with clarity of what is going on energetically for every being on this planet. All of Creation continues to expand so requiring constant shifts. Our intention is these indications provide you with foresight. So helping support and nourish your own evolution and helping you Create Harmony in Your Life.*

***Willing to be Guided Out of  
the Darkness?***

***Ready to Enjoy Abundance?***

Welcome to Creating Harmony's Harmonising Times, our overview of the key themes emerging in our much larger, ever evolving community – with guidance from the **first blue moon super moon** since 31<sup>st</sup> March 1866 rising alongside a **total lunar eclipse**.

The full moon will rise early afternoon (GMT) on 31<sup>st</sup> January, making this the most powerful lunation all of us **have experienced** in this lifetime. The next one is on 31<sup>st</sup> December, 2047!

This massive celestial event will cause quite a stir in the energies around you, evoking a cosmic **wake up call** to clear out the energetic cobwebs that are hidden within your "shadow self" and keeping you stuck. With the opposing Sun in Aquarius, this truthful and curious sign reminds you to trust your **originality**.

There is Nobody in this world quite like you and the Cosmos will spend February reminding you this is your **strength**. "We are here to guide you on your journey out of the darkness."

## Tap into your Abundance

The message behind this Super Blue Moon is loud and clear. When you intimately understand yourself and learn to **tap into the abundant powers** of all of Creation, you can manifest **whatever** your heart desires in 2018.

This Super Blue Moon is a moment for taking **once-in-a-lifetime chances**, manifesting incredible transformation, and witnessing abundance appear in all areas of your life. It provides a second opportunity to finalise a big talk or project that you did not feel able to address around the 2<sup>nd</sup> January full moon, so it is still complete at the start of the year!

Full moons are excellent moments for **confronting hard truths** and bringing hidden feelings to light — why else would they be so bright?

Personally we will be conducting a **fire ceremony** that day, others may wish for the luxury of some self-care. You will then be able to start February on a high note and maintain the flow until the next full moon, 1<sup>st</sup> March.

## Allow the Past to Surface

The energy of this total lunar eclipse will take us back into memories of our childhood, our experience of nurturing or tenderness in our childhood years and the roles our parents played in our up-bringing. We may find ourselves looking **deeply into our past**, feeling how we felt as we grew up... and then reflecting on our lives in the present and becoming aware of any patterns.

What 'roles, traditions, imprints' of our past have we brought into our current life? Do these values, experiences and beliefs of our childhood represent who we are in the present moment or do they constrain us? This full moon will provide **deep personal insights**. Some may create tension and uncomfortable friction within ourselves and so with the constellation of our world around us.

Expect plenty of your subconscious beliefs, emotions, and fears to come to the surface at once. Anything that has been bubbling beneath your conscious will reveal itself on its way up and out, and may create some **drama in the process**. This powerful

cosmic event can spark massive transformation as your inner truths lift out of the shadows and into the light.

## A Process

If fear appears, know that as big as it seems, the bigger is your leap into the New, so **move through the illusion of fear** so it may transform! Anything that has a label limits and like being in a box, you become stuck. Remind yourself that in the New, you are free. In the New, you will have memories; only your memories have no charge, if you are clear. If there is a charge when you revisit something, it indicates you are still emotionally holding onto that event.

Continue to visit it until you notice you no longer have energy around that event or person. As long as you are attached to the memory, you are not free. If your energy is still connected to an old event or person, it can manifest anxiety, shame, physical discomfort and emotional pain. When you clear the event or person, you **free yourself of these old energies**.

To do so, begin by lighting a candle. Watch its flame, focus on it and then feel into the emotion of the old and where it appears in your body. Feel into that part of your body. Thank it for what you have learnt from the emotion and **take it out of your body** and put it into the flame and allow it to disappear.

Do this with each part of your body where you feel the emotion. Especially the solar plexus - this may require several exercises!

Once you think you are complete, run a check by thinking of the old and noticing where you feel it in your body. Run the check again until you feel no reaction, then send it your **love, gratitude and forgiveness.**

Express whatever emotions appear, **pass into the flame** and step back to allow it to burn to its end or blow it out when you are ready to do so.

Even though the fiery Leo energy will want us to act, there is a need to retreat and to first clear things from within. The hidden truths and buried emotions are **likely to stir** around the eclipse, and you need to let them go before you know the best course of action.

To help you in clearing away and creating your vision, take advantage of a [complimentary Breakthrough strategy session](#) with me. 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.

=> 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 help those ready to lead a life of freedom and flexibility by starting and/or growing their business, I have created a Facebook group [\*\*The Conscious Business Tribe\*\*](#). It is open to all who are thinking about or already have such a business. Join by clicking on the group name.

## **The 11-11-11 Abundance Portal**

As you know, 2018 is an 11 year. On 20<sup>th</sup> January, the Sun shifted into Aquarius, ruler of the **11th House of the Zodiac...** And on 31<sup>st</sup> January, the super full moon will take to the sky at **11° Leo**, activating an incredibly rare 11-11-11 abundance portal.

It is going to be guiding us to **take charge** of our lives and to step into our role of being the King or Queen of our own jungle. Most of the action we are being encouraged to take will include clearing away beliefs and patterns and let go all that no longer serves us.

This Super Blue Moon Eclipse is not only going to help bring resolution and closure to the last half of 2017, it is also going to **open and activate a new energy** we are all going to be working with until the next phase of eclipses in July and August 2018.

Eclipses often bring **turning points** in our lives. They are often an instigator for change and illuminate areas of our lives that need attention. This eclipse is likely to increase your sensitivity

and bring up heated emotions. They are always emotionally supercharged, and this one even more so.

## Deepening your Divine Feminine

For this lunar eclipse is based on Cancer the Crab. Ruled by the Moon, Cancer is the most sensitive and emotional of the constellations. A near exact conjunction of the Moon and Ceres will focus your attention on the **rights and conditions of women** in traditional families, single women, working women and single parents.

This eclipse carries a strong **feminine energy** and will really help you to connect to that intuitive, softer heart-centred place we all have within us.

There will also be a need to think about the polarities in your life relating to parenting and the roles of women in families and society. It is the moment to look carefully to see if you have the **right balance** in your life. Balance between family and work, children and career, or between looking after yourself and nurturing others. The key to finding the right balance is trust and faith in yourself and in your belief system.

More than that, the strong feminine energy around this eclipse is likely to bring about global changes for women as well. Under the presence of this eclipse, we may experience a **rise of feminine power**, the role of women in society and a focus on equal rights

for all. Some of this is already evident in the news.

## Now to Create the New

If you allow the energy of this Super Blue Moon Eclipse to filter into your life and you embrace the changes and inspirations it brings, you will really be giving a **huge push** to create a new state of being for yourself.

A state of being where you can feel confident, loved and supported by yourself and by the world around you. A state of being where you have the **confidence to be yourself** and live your truth, however you define it.

If something starts **slipping away** from your life, or if something is abruptly ended around the eclipse, trust that it is meant to be, and allow events to unfold.

When you feel safe and secure from within it gives you the confidence to **express your truth**, be who you are and to go after your dreams. This eclipse is going to be helping you find your way through this, and to discover your inner strength so you can feel confident in who you are and what you are here to do.

## Re-building your Constellation

This week, this month, this year, and this age is all about looking at life from the outside or "other side," and de-conditioning ourselves from the normal, mainstream, conventional past.

**Rejuvenating** ourselves through our own evolutionary discoveries, attitudes, beliefs, technology, social/sexual norms, all aspects of life.

This can be a silent, inner rebellion against obsolete beliefs, relationships, or conditions for the sake of evolving new ones. What a **transformation would take place** if everyone re-built their constellation by putting aside their own "little self," insecurities and fears, self-judgements and adopted false beliefs that no longer serve them.

In order to do this we need to bring our unconscious patterns and blocks into awareness and discharge the often painful emotional energy that keeps them in place. This sabotaging is one of the aspects covered in my [complimentary Breakthrough strategy session.](#)

With communication in relationships, business and personal a key theme for 2018, would you like a **FREE Copy of Chapter #4** – ["What do I feel in my heart?"](#) – from [The Seven Secrets to Living in Harmony](#) The heart is the source of our health and strength as it focuses on how we feel about our internal world—our emotional responses to our own thoughts, ideas, attitudes,

and inspiration. At its core is how well we give attention to our own emotional needs.

Use this link to my blog [Free Copy of Secret #4](#) about the messages your body is sending you and I will personally send you a copy by return.

## **Wish to Change your Energy?**

**Working with Energy** – a practical discovery of energy and how you can connect with it to help yourself, your family, friends and clients. Each person will complete exercises that empower them to **understand, receive and give** energy. These will enable you to integrate energy work within your daily practice.

☆☆☆To empower you to cultivate and **use your intuition** we will practice addressing and listening to it. As the intuition communicates in a variety of ways, you will learn how to notice it. Whether as a verbal response, a feeling in your body or a sense of calmness, knowing or anxiety, each can be your intuition. We will also address the role of trust in working with energy, visiting the Void to assist in creation. .

☆☆☆To recognise our different **energy bodies** and the nature of their energy. Learning how to work with each one as well as with all at the same moment,

☆☆☆ To recognise through awareness the **impact of emotions**  
- tight in the physical body when there is a negative emotion  
such as anger; loose when there is a positive emotion. This  
affects our world.

This workshop focuses on practical **application and observation**. The next [Working with Energy](#) will be in Portugal from 2<sup>nd</sup> to 4<sup>th</sup> February 2018.

**Do you feel helpless when painful emotions hit you as a reaction to an event?**

**Have you ever wondered what the emotional system is all about?**

Then join Melanie Reeg at the one day workshop entitled **Emotional Healing through Self-Empowerment** on 17<sup>th</sup> February. We are hosting this at Quinta da Luz. In it you will learn how to use your very own **emotional guiding system** to bring you to greater freedom and fulfilment in live.

For more details contact Melanie at [melanieportugal@gmail.com](mailto:melanieportugal@gmail.com).

Then on 22<sup>nd</sup> February Quinta da Luz is hosting Ebo Boerema's one day workshop entitled **Constellations**. This will create a shift in the constellation of everyone who attends. For more details contact [Ebo Boerema](#) via Messenger.

This is followed by [\*\*Discovering the Inner Realms...a Journey into Shamanism\*\*](#) from 17<sup>th</sup> to 18<sup>th</sup> March. 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](http://www.quintadaluz.org).

## **And, the Next Eclipse Expects...**

Unusually February has **no full moon**, only a new one. This rises on the 15<sup>th</sup> when it will combine with a partial solar eclipse.

The new moon marks the start of the Chinese New Year with the move into the sign of the **Earth Dog**. A year marked by honesty, fairness, and to cultivate integrity of character. Dog sniffs out the truth, corruption is exposed, and the underdog is championed.

The element Earth brings healing, stability, and focus on nutrition.

**To utilising the energies of this super blue moon eclipse.**

***Blessings to all,***

***Gregory Reece-Smith***

***and the 'Creating Harmony in Your Life' team***

*Please **DO** share and distribute these indications with as many others as you feel guided, though please ensure to keep the integrity of its content by including the author and source website link.*

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*Thank you*