

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.

Do You Know The Beliefs Keeping You Stuck?
Are You or Fate The Creator of Your Life?

Welcome to Creating Harmony's Harmonising Times, our overview of the key themes emerging in our much larger, ever evolving community. We are almost at the halfway point in 2018 - have the first six months seemed more challenging than expected? Have you chosen to be **a deliberate creator of your life**, fulfilling your potential for greatness, or letting life happen to you – fate?

Until 6th September we are still being provided with help to move on from our old structures. In doing so my sense is many have enjoyed moments of both **inspiration and insecurity** over the first half of 2018.

The Only Way is Up

June's full moon in Capricorn rose early in the morning (UTC) on the 28th. 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.

The ambitious billy goat that rules this lunation is here to remind you there is **only one way left to go** for the last half of 2018 - straight up!

For we are about to sail into July - a **"9" Universal Month**, the number of completion and release. So the message of this Capricorn full moon is loud and clear...

When you intimately understand yourself and learn to **tap into the abundant powers of the Universe**, you can manifest whatever your heart desires. Capricorn is encouraging you to build your dreams step by step, even when it seems you are climbing a steep mountain. This is a period for patience and perseverance, not the moment to give up on yourself!

The full moon is very potent and very complex because Mars went retrograde on 26th June. Mars, the **Warrior planet of passion, action, strife, and courage** will be retrograde until 27th August.

Mars goes retrograde every two years, though this is the first time since 1971 it has made this transit. It also occurs alongside the coming eclipse season. On its own this is one of the **major astrological events** of 2018.

It is a point of **karma, self-undoing, self-sabotage, reaping the whirlwind**. Asking us all to make our **anger, ambitions, and impulses** more conscious.

In particular it is asking us to recognise the **deeply held beliefs** which cause us to both burn the bridges we need to progress and impede our ability to take the necessary actions to do so. Recognise this push-me-pull-you?

Rather it is a 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.

The current combination of retrogrades is encouraging us to step back to **re-do, re-build, or take another look** at what requires re-work.

The Full Moon Effect

Full moons mark a moment of release, healing, abundance and celebration. Just as it pulls the tides, the full moon governs your inner waters, calling upon you to **release any negative emotions, beliefs, fears or energies** not serving your highest potential.

Without this there is no space for **new growth and opportunities**...for the remainder of 2018 perhaps?

This process highlights the opposing forces or polarities in your life - such as your work versus personal, or what you need versus what you desire. Inner tension and external pressures can lead to **personal conflict and crises** that drain your energy. Your home, family and intimate relationships come into sharper focus following a full moon.

The lunar qualities of emotions and instincts reach their peak at a full moon. They offer the opportunity to use your increased emotional strength and intuition to overcome any **relationship issues**.

Unconscious awareness allows for an impartial and balanced look at your personal relationships. You will clearly see any relationship dynamics or negative feelings causing disharmony.

The effect of this full moon lasts upto the **partial solar eclipse** early in the morning (UTC) of 13th July.

Balance in Your Life?

Capricorn is an earth sign. It is asking us to apply some discipline to achieving our desires and objectives. This will enable you to **create the new structures** to support in growing and expanding your vision.

More than that, this full moon is about **balancing our commitment** to our life, both career and families. Something has been building inside of us, and now is the moment when the energy of the cosmos demands we express it. Over the next two weeks, we will discover what this means for each of us. For no longer can we sit on our feelings, we must **express them**.

The alignments of Saturn and Uranus alongside this full moon suggest **seriousness in your emotions** and perhaps distance in your intimate relationships.

This may create some challenging situations and negative attitudes which will feel worse than they really are! These hindrances and restrictions will apply mainly to your home and family life. Some drama involving your **home, parents, children or your partner** will be very trying emotionally and perhaps lead to feelings of rejection and depression. We may also feel some pressure to make changes.

If you make a conscious effort, you will be able to bring change and excitement to your life with a minimum of upset and chaos. **Trust your intuition** and allow the impulsive nature of Uranus to free you from the over-cautious Saturn.

Chance encounters are possible and you may be attracted to unusual types of people, or those from different ethnic or cultural backgrounds. Uranus brings the chance of new relationships and Saturn retrograde means they would likely to be karmic encounters or contacts from other lives. It could also breathe new life into a relationship that has become mundane and boring rather than fun and exciting!

This full moon is also encouraging the end of bad habits and behaviours, overcoming phobias or depression, or removing yourself from a negative environment. For 2018 is a year of **awakenings, growth, and building**. It is a year to start building the foundation for your dreams. Have you started yet?

What Have You Assumed?

Saturn is the ruler of Capricorn. Meaning some of the beliefs and patterns you observe may be connected to your father. It could be repeating what you heard him **saying or doing**. Consider how you are like your father in embodying both his strengths and weaknesses. Or alternatively, overcompensating to prove you are nothing like him or trying to win his approval, his love.

This is the moment to identify any limiting beliefs you have assumed from your father that are unconsciously causing you to **project beliefs** which are not yours. Be it a pessimistic outlook on life, overwork, doubting your own abilities or being overcritical of yourself and/or others.

Remember we are in a period of greater sensitivity to **perceived criticism**. No matter whether it is about your life, your work or to comments by authority figures or the masculine energy in your life.

If you are triggered, give yourself the gift of space to identify your unhealed wounds. This will allow you to **take back your own authority** by being responsible for your own healing rather than reacting like an “angry teenager!”

It is our limiting beliefs which **prevent us from living to our full potential** - in all aspects of our life. No matter whether career or personal, beliefs such as “not good enough to...”, “I will never be...” or “I will try...” stop us from achieving what we desire, our dream.

No amount of investment in marketing, personal growth or systems will provide the return you are seeking if **your beliefs are limiting you**.

You can **effect such deep change and I can help you** - through my expertise in working with energy and experience of working for KPMG - to leading technology companies, coaching fledgling organisations to those the size of the international operations of IKEA. To arrange a complimentary 10 minute chat to discover if we can work together, email me by clicking on the [Contact](#) tab.

Making space to clear out your **inner sabotage** so you can grow your business could be the best investment you ever make. Having a quieter and clearer mind so you stop procrastinating and start taking focused action. Unleashing your creativity, and dreams. Enjoy easier and more productive relationships and making life more fun.

All of these and more I have successfully addressed. Meaning, you can bring **Any challenge to the discussion**.

"Happiness is when what you think, what you say and what you do are in harmony" ~Mahatma Gandhi~

Have you Taken Responsibility for Your Life?

Saturn challenges us to **take responsibility** – for ourselves and the impact of our actions or lack thereof!

Every day we make choices, you can choose to live by the rules you were taught, or you can take responsibility to choose what gives you **passion and excitement**.

Taking responsibility for yourself, acting for yourself and just simply being yourself are the demands of this period. **Step up to challenges**. You will grow into independence, self-sufficiency and, ultimately, boldness when you do.

This means acting as a **responsible adult** rather than being the helpless victim. Then organising your life so that there is a step-by-step approach that creates a sense of security and progress.

The Capricorn full moon is asking can you take responsibility to direct your destiny without dissipating your energy? Without feeling overwhelmed because you are taking on too much. You need to create this space for something **really powerful** to happen in your life.

We are being given space to weed out whatever you no longer need, no matter whether people, ideas or projects. For the moment has come to change the way you approach the mission you chose. Hence rather than remain constrained by the existing structures, **open to your inner knowing**.

The influence of Uranus means some **original ideas and approaches** that you would never have thought about will come your way. They will breakthrough existing paradigms, which is what Uranus loves doing!

Venus is also adding her artistic feminine imaginative spiritual influence and allowing **abundance to flow**. All of which means there is a flow between you and the creative nature of who you are.

Though this will be one of those moments when it is best to recognise the dis-comfort of **old structures breaking down** rather than seeking distractions. That way we will reap the rewards of self-love, inner strength, truth, authenticity, and the joy of being fully alive!

And Next a Quest to...

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

Last weekend's [Discovering the Inner Realms... a Journey into Shamanism](#) was both fun and intense. The next one is 27th and 28th October. The weekend before, 19th to 21st October we have [Working with Energy](#). It will empower you to understand, receive and give energy. So enabling you to integrate energy work within your daily practice as well as cultivate and use your intuition.

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 [Creating Harmony's 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 through any beliefs preventing alignment between you, 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 Jupiter Opens...

On 10th July Jupiter ends the retrograde motion it began in March. In the last four months, we have needed to learn how to deal with our deep emotions. From now on, this planet **helps us financially** and also encourages us to investigate occult and esoteric practices.

It is the great expander in the house of **other people's money**. Bringing all sorts of financial benefits: inheritances, money from your parents or spouse, dividends, or from collaborations.

July's New Moon and Solar Eclipse...

We are now in a phase of three supermoons. The closest of the trio will come on 13th July, staging a partial eclipse of the sun in the far

southern regions of Mother Earth. It marks the **beginning of a phase** of eclipses.

This eclipse signals it is the moment to transform something in your **life holding you back** from happiness and success in your love life, finances or creative work.

All possibilities exist and after questioning old habits and behaviours, this is the ideal moment to make a **fresh start** before the lunar eclipse on 27th July.

It also indicates a **crisis** of some sort with your self-esteem, a relationship or an event. July is the moment to regroup, bring your year back on track and start setting **powerfully-aligned intentions** for the rest of 2018.

July has the **double eclipse**, it is a “9” **Universal Month** and **Mercury going retrograde** all coming your way in July. All it needs is for YOU to add to the mix.

To Finding Your New Direction_

Blessings to all

Gregory Reece-Smith

and the 'Creating Harmony in Your Life' team

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Thank you

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 and in order to Spring Clean the mailing list which has naturally become a little out-of-date... we will shortly be asking you to 'Opt in' again to our new-improved dissemination system if you wish to continue to receive alerts relating to News from Creating Harmony and/or Special Offers that we may periodically make to subscribers.

We hope you will choose to 'stay with us' on the list and receive it benefits—but rest assured if you choose not to join the 'new list of subscribers' then your wishes will be fulfilled and although we will no longer contact you by mail you will still find access to our Newsletter on the website every few weeks.

Thanks so much for being a current Subscriber we hope you'll stay with us and look forward to sending future alerts... Look out for the sign-up form from Creating harmony to be sent out soon!