

Fall 2005 Seasonal Message #2: A Season of Reckoning

“Lynn, you are being given the opportunity to become a medicine person, a person capable of seeing and knowing and piercing through all the layers of illusion. You must be a warriorress. Your growth is a process and you may not cut out any step of the journey. Accept the lessons, harsh as they may seem to you.”

Spirit Woman: The Teachings of the Shields

We have chosen, each and every one of us, to be born into the physical realm for a very good reason: to learn how to deal with the elements of the physical world and learn its lessons. This life that you are living and the mirrors you have chosen are an essential part of your journey towards enlightenment. How you deal with it imprints your Spirit Shield, both in this lifetime and in the lifetimes that follow.

Many of us want to throw away these lessons. We do not want to learn from our relationships, we want to control them because we fear being hurt or we fear being alone. We do not want to understand the exchange of material things because we feel ourselves unworthy of abundance, and so we tell ourselves that material exchange is a “nonspiritual” pursuit, when in fact it is a great part of our spiritual lesson. We allow ourselves to be bounced around like a rubber ball by the forces of the political world or society or the weather (in the words of Agnes Whistling Elk), instead of picking up the bow of authority and learning how to use it ourselves. We don’t want to pick up the bow of authority because to do so means stepping into the mystery of the unknown, and that implies trust, change and hard work.

But if you ask a warriorress how she came to be a woman of power, she will tell you that she became so only by embracing the unknown. And she will tell you, “You can never really teach a warrior with words about the unknown. You must use experience,” the experience that comes from living in the physical world and learning the lessons of spirit.

Each person comes into this life with one spiritual disharmony, and it is up to you to bring your spirit back into balance. “Balance” in **The Power Deck** is a south card. To heal your spiritual disharmony and become a person of power in this world you must learn to balance your endeavors in the physical world of the south with spirit in the north. You take care of your body through diet and exercise. You express your strength in acts of power, and bring greater awareness to the exchange of money. You protect and nourish your family, and express your integrity by bringing balance into society and nature. These are all activities of the physical world. The energies which you use to do this are in the north, the place of spirit: force, impeccability, gathering, strength, centering, enduring, courage, individuality, wisdom, aspiration, focus. The sacred wheel is a roadmap to successful living, if only we would learn how to use it. It is the roadmap of the warriorress, who prepares in the physical for higher spiritual learning.

Your being is like a spirit lodge, the foundation of which is rooted in physical manifestation – strong against the storms along the trail to higher consciousness. To take power, make your spirit available. Take your power and bring your physical and spiritual natures into balance. (**The Power Deck**)

In spirit,
Lynn Andrews

We are registering now for my online course, **Teachings of the Shields: The Four Directions of Relationships**, October 26 - November 23, 2005. This course explores the four directions of those relationships which have impacted you most in this lifetime so that you can heal them within yourself, not just your family and intimate relationships but also your relationships with food and diet; with society, spirit, power, wisdom; with money, that dirty word that no one wants to talk about but everyone wants to have. Our relationship with abundance is perhaps one of our deepest wounds, and we need to learn about abundance and what it really means - abundance with consciousness, abundance with awareness.

In short, this course is about the mirrors which you have chosen to learn from in this life, how to look into them and how to heal through them. It is about becoming a true warrioress or warrior of power. It is about growth towards enlightenment and joyful living.

Please go to my website at www.lynnandrews.com for more information about this course, including how to receive nursing and therapist CEs, and to register to take the course.