

## Spring 2005 Seasonal Message # 1: Finding Your Power Center

Wake up! The season of Spring is upon us!

In some parts of the northern hemisphere, already the cherry trees and the dogwoods blossom, while in other areas the heaviest snows are yet to fall, big moisture-laden flakes piling up like unbundled cotton. Then the Chinook winds will blow pushing aside the heavy snows to reveal the first tender shoots of summer grasses and the explosion of life to follow.

Spring brings with it the excitement and promise of a new world. But is also a time of great tempests as warm air flows from the south collide with the frigid Arctic air, spawning horrific tornadoes, down drafts and flooding rains. But remember, it is only Mother Earth doing her magnificent dance of renewal.

All throughout the winter just past, we have been in the cave with Great Dreaming Bear learning to look at our lives through new eyes, learning to love ourselves for our failures as well as our successes and celebrating the achievements which mark our passages from one phase of life to another. Even during the bleakest of times we have all endured, not gracefully perhaps, but still we have endured and faced our lives with determination and courage. How else have we survived? Remember that Courage is a North card in The Power Deck, the place of spirit, of wisdom and of strength. Don't ever think that you could have made it this far without courage.

“Action takes courage. We often feel like fish out of water, separate and different from the world around us. Fish out of water can learn to swim in a new air of consciousness with a new purpose in life. Perhaps it is identification with objects and clinging to addictions that has kept you feeling separate and still keeps you from finding the source of your power: not only dependence on drugs, sex, or alcohol but also addictions like fear of failure, the need for approval, or fear of desertion. Discover your own power and meaning by having the courage to give up your addictions. Then live your power with courage.” (**The Power Deck**)

Take a look at your own thoughts now as you emerge from winter's cave. Are you still clinging to old addictions, to old ways of thinking, to the old ways of looking at your life, your self through disgruntled, disapproving eyes?

“There are no excuses for anything,” Agnes once told me. “You change things or you don't. Excuses rob you of power and induce apathy.” (**Jaguar Woman**)

Now is the time to renew your commitment to your own path of heart. Now is the time to move forward with conscious intent, with one foot in the world of the physical and one foot firmly planted in the world of spirit. Like the warm Chinook winds that blow the breath of renewal over Mother Earth, breathe deeply of the sacred breath of

Spirit and blow warm, healing winds over the beautiful landscape of your own life. Then you can dance the dance of power and renewal with our great Earth Mother. Ho!

In Love and Spirit,  
Lynn V. Andrews

We are registering now for my 2005 Joshua Tree Gathering, "Wild Dreaming and Other Shaman Delights," May 12-15, 2005. Please go to [www.lynnandrews.com](http://www.lynnandrews.com) and follow the links to receive more information about this magical event and to learn how to register.

*"Everyone has what he or she needs, the mirrors. Each of us has asked, before being born, for everything needed. The problem is, when we are born, we become caught in the dream. We are born into a kind of sleep. To become enlightened is to wake up from that dream."* Lynn Andrews

## Spring 2005 Seasonal Message #2: Finding Your Power Center

“Every thought you think in your lifetime has a life of its own and has a will to live and survive. This is particularly true when your thoughts are unresolved. Thoughts are like people. They have to be buried properly. If a thought is negative or unresolved, it’s lurking around for you to finish what you started and bury it in the right way, make it complete. When your thoughts are contradictory and have no clarity, you create a universe of thought forms that actually live off your energy. And why not? You are their mother in a strange way.”

“That doesn’t sound good.”

“Good or bad? Why do you say that. It’s neither. It’s simply the way it is. When a medicine woman looks at you she sees what’s going on. Most people invite the guests and furnish themselves as the meal. Fears always manifest themselves to the one who creates them. I can see when your spirit is food and what entity is eating you. You have many fears around you, and that is why you are so heavy. Without your food-gift of energy, the entity would waste away and perish.”

“What if I don’t want to be heavy, don’t want to have those suckers around me?” I blurted.

Ruby and Agnes both laughed, but I felt a chill all over.

Ruby said, “We didn’t ask you to give birth to those thought entities around you. You chose that circumstance.” She turned to Agnes. “You know, sometimes they look like bats flapping all around her.”

...

I stared at the two women for a moment and then looked at my hands. I was getting angry, especially at Ruby. But I knew they were right.

“When you have a negative thought, it steals your life force to some degree. Haven’t you ever wondered why you get tired and depressed when you think about certain things?”

“No. I’ve never thought about it.”

“It’s because you’ve created a parasite, like mistletoe, which lives off another life source – you. Because of that, it has the potential to kill you.”

I locked eyes for a moment with Agnes and then looked away. “OK, I see. So what do I do to get rid of it?”

“You shake the entity off your trail in this case by understanding your fear of death. Make death an ally instead of an enemy. Then your fear thought form goes off and dies.”

“Oh. It’s kind of like saying that the only way out is in.”

“Lynn, it’s very simple. Take responsibility for your thoughts and the beings they create. That’s all.”

From **Jaguar Woman**

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**It is a Shaman’s Delight to:**

- Live with a generosity of spirit
- Be enchanted with life’s shine
- Live in your power without fear
- Transform “learned helplessness”
- Find your own song, dance and rhythm
- Discover joy in your own reflection

Lynn Andrews

### Spring 2005 Seasonal Message #3: Finding Your Power Center

I had the incredible opportunity of traveling to the Yucatan peninsula to learn from a *chaman curandera* from Guatemala by the name of Zoila Gutierrez. One of the first things she said to me was,

“When you are ready to receive her, knowledge will arrive. She is a wanderer but never so far away you cannot entice her into your existence.”

As Zoila spoke, a beautiful green hummingbird flew between us and explored a fuchsia bush. Zoila continued, nodding toward our guest, “Watch how the hummingbird hovers in front of the flower. Pollen is power to that tiny bird. See, she waits until just the right moment and then joins with it. She takes what she needs and flies away.”

Practically on cue, the hummingbird moved backward from the fuchsia flower and sped off above the coyote fence. “When power comes to you, be still with her. Don’t discuss it and bleed the energy away. Just hold it. Slowly she will begin to dance with you, but only if you are patient and listen for her voice.” **(Jaguar Woman)**

What do we mean when we say “power?” We use the word so often, and sometimes I wonder if we really stop to think about what we are saying, what we really mean when we speak of power?

When I or the Sisterhood speak of power, we are not speaking of power over someone in terms of manipulation. The women of the Sisterhood are speaking of integrity of spirit, integrity of force which is built within the spiritual warrior over years of practice, definition, and training. Power means that you have the ability and the competence to live your true destiny. Power implies that you are living your truth, not someone else’s. Power means that you are seeing the world through your own eyes, and are not living your life through someone else’s idea of who you should be. **(The Power Deck)**

What does power mean to you? How do you use power in your life? How does power use you? Always remember, the person or situation that upsets you the most in your life is one of your best teachers. If that person can get inside your head, turn you around and confuse you, you know that you still don’t understand what you are doing. Spend some time reflecting on your true relationship with power, what it is and what it could be for you.

Then, when you dream about making your act of power in the world, you will know what you are really talking about. An act of power is an act that you manifest in the world from your deepest passion. When you perform an act of power, you are manifesting your true destiny in life. You are living your dream.

Becoming centered is one of the most important aspects of your training on your path to power. If you do not live in your center, you live on the perimeter of power, never inside the world of power. By focusing on your inner self and staying centered, you can transcend the daily distractions and not be attached to them. Look at your problems as tests of power, and learn never to leave your center. Count your bad points as well as your good. What is good and what is bad are most often purely relative. If you sense a weakness within yourself, explore it. It may become the source of your greatest strength. Center yourself in your power, and release your need for constant distraction from your center. Then you will have learned to choreograph the mighty energies of the universe. (**The Power Deck, Cards of Wisdom**)

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*Everyone has what he or she needs to develop higher awareness. Each of us has asked for the experiences, the family, and the talents that will teach us about ourselves. Miracles happen when we take responsibility for our choices in life. Through this simple 'Act of Power' we can reclaim our exuberance and our enthusiasm. A shaman knows that we also choose the dream in which we live. Look at the dream you are living and decide if it is the one you really and truly want. If it isn't, then change it. Call forth the dream that sparkles on the horizon. It is not a mirage... it is your birthright!*

*Each year we experience wonders great and small at our Joshua Tree Gathering. Magic, masters and angels join us, as you can plainly see. Come and explore the beauty and power of understanding Shaman Delights and acquire a humor, an enthusiasm, and a vibrant sense of self. Find your brilliant dream... and bring it to life! Lynn Andrews*

## Spring 2005 Seasonal Message #4: Finding Your Power Center

The earth is female. And on this beautiful goddess planet, there are two very distinct kinds of female energy, each with its opposite face. Altogether these four faces of female energy make up the four hoops of energy that are *la Ultima Madre*, which translates into English as “the Final Mother.”

If you are to live a life of centeredness and balance, if you are to walk in power, it is important for you to know and understand these four hoops of energy; it is important to know and understand how they work within you, how they work in the world around you.

“You must realize *la Ultima Madre*,” Zoila said to me, “realize who you are, and become who you are.” In ancient times, Zoila told me, there was a ceremony that was done by the great priestesses “for the benefit of all pregnant women and initiates. It was to teach them of themselves and their future children. After their initiation as *la Ultima Madre*, they knew who they were for the first time. They knew why they behaved in a certain manner.”

The teaching of *la Ultima Madre* is magnificent and of such major import that in my Mystery School we spend a great deal of time understanding and working with these Mother Energies. Throughout my book **Jaguar Woman**, my teachers spoke to me of many aspects of these Energies, often in very specific relationship to my own personal path. It is not possible for me to give you an intimate look into the Mother Energies in these Messages, but it is important for you to become familiar with them so that you can begin to understand how they affect you and the impact they have on your life.

The two kinds of female energy about which I am speaking are called the “ecstatic Rainbow Mother” and the “nurturing Great Mother,” and each of these two Mother energies has her opposite face. On the opposite end of the arrow from Rainbow Mother is Crazy Woman, Rainbow Mother’s dark side. And on the opposite end of the arrow of Great Nurturing Mother is Death Mother, her dark side.

The ecstatic Rainbow Mother is the energy of the poet, the dancer, the weaver and the Seer. Artists are intimate with Rainbow Mother, for she is their muse. And she is completely misunderstood in our society, a world that does not support its artists, its writers and thinkers. She wants to dream and inspire people to health and well-being, and routine wilts her. Rainbow Mother is usually seen as a misfit, a person on the fringes, so if you have always felt that you just don’t quite “fit in,” you might take a look at Rainbow Mother as she was presented to me in **Jaguar Woman**, and apply what you learn to the mirrors of your own life. Rainbow Mothers often live in chaos because they are always in the dream state. They become frustrated, unfulfilled, perhaps even alcoholic or drug addicted because of the expectations of others, because they are afraid of living life fully as their beautiful Rainbow selves.

Rainbow Mother's opposite energy is Crazy Woman, the "goddess of death." But Crazy Woman does not really wish to kill you. She wishes to maim your talents and paralyze your ability; she wishes to strip you of all your sacredness. She pulls your sanity and tests you, trying to lure you away from your center. Men have these energies also, these hoops of power. Where does the madman come from, but from Crazy Woman? Take a very close look at yourself when you are in the midst of chaos and confusion and see what the energy is that is driving you. Then you will know what you need to do to re-right yourself and recover your balance. We all have a dark side; never forget that it is the darkness which defines the light. So if you feel Crazy Woman pulling at your sanity, sit down and write a poem, bring bright colors and beautiful scents into your environment, and light a candle on your altar to Crazy Woman to honor her for what she is trying to teach you about yourself, about honoring your own very special light.

Great Nurturing Mother is known as the "grandmother of the gods." She is the bearer of fruits and grains, the one who suckles the cornhusk baby, loves routine, gets married, raises her children and is a pillar of society. She is the great powerful mother of this earth, because without her we would not have families, we would not grow corn, we would have absolute chaos. She is the authoritative nurturer who sets her life by schedules and known things. And she is the one who is accepted by our society. On the other hand, Great Nurturing Mother likes to know what you're doing all of the time, likes to know that you're going to be home at five-thirty for dinner. So if you place great expectations on the world around you, which Nurturing Mother often does, you might want to hold her up as a mirror during those many times when life seems to disappoint you so much. Great Nurturing Mother may be a pillar of society, but when she reaches midlife and finds that her children are grown and there is no one left to nurture, then her opposite energy, Death Mother, comes close and tries to take her away.

Her opposite face is Death Mother, so called because she can be the instrument of your death. If you choose not to look at Death Mother or Crazy Woman and honor their power, they can easily overpower you. Then you will be consumed by madness, depression or even death.

"As in all things," Zoila explained to me, "there is great danger. If you falter and don't honor Crazy Woman, she might get a hold on you and destroy you. When women understand their *Ultima Madre*, they can build altars and fetishes of these powers. When they feel the influence of Crazy Woman or the Death Mother, in the form of depression or gloom, they can light candles and burn copal and honor her great power, the dark side. You see, her intent only defines your goodness and beauty. By honoring the dark side, you destroy her power over you. Then she can't take you."

In Love and Spirit,  
Lynn V. Andrews

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## Spring 2005 Seasonal Message #5: Finding Your Power Center

“Everyone grows differently. No two flowers are the same, but they can grow in the same garden.” (Jose Gutierrez, from **Jaguar Woman**)

When I was given the teachings of *la Ultima Madre*, I went through some real confusion. I am a rainbow woman. I had been married to a nurturing man, and we had fought incessantly. If we went for a day in the country, I brought ample art supplies for both of us to use and enjoy; he was infuriated that I didn't bring food. And this scenario repeated itself over and over again in our relationship.

I remember telling Agnes Whistling Elk that I now understood why our marriage had not worked, that a nurturing husband and an ecstatic wife could never make it.

Agnes's response was, “Sometimes that makes for a very good marriage, if each appreciates the other's needs.” And she explained to me that certain rainbow men and women live in chaos because they are always in the dream state. If they marry a nurturing type person, the nurturing partner is fulfilled by taking care of the rainbow partner, and it is wonderful for both of them.

I countered by saying that the nurturing person likes to know what you are doing all of the time. And for a rainbow person to be pinned down, “well, I can't even think that way.” I didn't see how the nurturing person and the rainbow person could ever communicate, and as a rainbow woman I knew that the rainbow person wants to communicate with the person she loves more than anything in the world.

To that, Agnes said, “If two rainbow people get together, they may forget to eat. They can starve to death, lost in their own chaos. To make a marriage work they have to become practical.”

On the other hand, Agnes said, “If a rainbow person is deeply committed to work, and she finds a nurturing partner to look after her, then it's superior as long as the nurturing partner does not try to control and nail the rainbow partner's feet to the ground. Each has to see they are very different in their vision of the world, and then work with that.”

I remember talking with Zoila about her relationship with her husband, Jose. They often spent very long periods of time apart from one another because both were healers with vast stores of knowledge and widespread recognition and both were often needed in different parts of the country. And I was curious how that worked for them.

Zoila said to me, “When people marry, they usually begin to live each other's lives. At that point the reason for living is buried forever.” She said that both she and Jose need freedom to grow, and so they are apart a great deal of time. For them it works because both are very rainbow. “We live for the most part in unknown worlds. If I lived

with the desire to always hold up the clock, I would have to honor the difference between us and let him be. I would have to learn to love him unconditionally. That's not the easiest thing for nurturing mothers to do. They tie a lot of strings on their love."

And then she explained to me again the importance of understanding the translation of Mother Earth's energy and also about the female energy and how it reveals itself in a person. "When we understand the great mothers in us, we can live in harmony and help fulfill each other's destinies."

We all have relationships in our lives, and we all have intimate relationships. Many of us marry, often more than once; others live together as if we are married. Many of us have children. And so much of our time and energy is spent trying to untangle our tangled relationships, trying to wade through our anger and our fears when our relationships are less than perfect, recovering from a broken heart if the relationship fails.

The next time you find yourself enmeshed in relationship problems, relationships of any sort whether they be between lovers, between partners, between parent and child, relationships in the workplace, step back a few paces and try to ascertain what the mother energies are that are at work here. If you can understand your true nature, you will be so much better able to voice your needs and concerns in the world, to make yourself understood. And if you can understand the nature of your partner in the relationship, can you just imagine the gifts of understanding and guidance that you are capable of bringing into the relationship! You can do it. Everything you need is here. The things you need are always there; you need to be smart enough to find them.

If you can place yourself between these mother energies and mediate their attractions, you will have great influence in your world. But always remember to honor the dark side, the Crazy Woman or Death Mother energies, for the lessons they bring to you. To balance your dark side with your beauty brings you to power.

And if you are being true to yourself and living with integrity of purpose, and the relationship fails anyway, know always that Great Spirit loves you. Grief deepens us. It allows us to explore the perimeters of our soul. Grief is the only gateway to certain levels of consciousness, even though it is a hard taskmaster. The seeds of wisdom and enlightenment are planted within the wounds of grief. What is lost can only come back to us again in higher ways. Essential life and love can never leave you, because you are that.

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***"A person of power attains their goal and remains whole as a person. To truly have power, you must first love yourself."*** Lynn Andrews



## Spring 2005 Seasonal Message #6: Finding Your Power Center

“It is told that in the old culture of the Maya,” Zoila asserted to me one day as she and I were talking about her beautiful relationship with her husband, Jose, “women and men were taught about the translation of Mother Earth’s energy, and also about the female energy and how it reveals itself in a person. When we understand the great mothers in us, we can live in harmony and help fulfill each other’s destinies.”

“I believe many of the women in my culture have turned their backs on femininity,” I said.

“That’s a great sorrow for our Madre.” Zoila touched the dirt floor with the palms of her hands. “If women cannot assume their totality, as feminine, beautiful women, then men will never learn of their female side, and the earth will remain in great disharmony. Women say that it is the men who have created the imbalance on our Mother Earth. It is the men who have conjured our wars. But it is the women’s fault. We have permitted it. Men and women need each other; we need to learn from each other. That’s part of what life is all about.”

“What do men teach women?” I asked. “Isn’t there an exchange between them?”

“Very broadly speaking, men teach women how to organize their consciousness, especially out in the everyday world. Women teach men about the sacred dream, how to receive and implement the wisdom of their consciousness. Women teach men how to live. Men teach women how to express their dreams and bring an exchange of energy back from the world, such as money or food or other material goods.”

“But I see a lot of women make money without men,” I said, straightening myself in the chair.

Zoila turned to Jose and then back to me. “Yes, women today can earn money, but only if their man shield is well developed. If a woman is weak in her man shield, she will give and give and demand nothing in return. She will become a martyr. A man can teach a woman about that in many ways.” (**Jaguar Woman**)

What Zoila called the “man shield,” I call the male shield, and just as both men and women embrace the Mother energies, so to do both men and women carry a male shield. It is this male shield that enables us to stride out in the world in an organized and conscious fashion. If you would live a life of harmony and power, it is essential that you embrace and understand both the male and the female aspects of yourself, and that they be in balance.

Make a place on your altar to honor both the male and the female aspects of your existence. The feminine resides in the west; masculine resides in the east. When you

light a candle for one, also light a candle for the other so that you can sit in the middle, balanced and in tune with the energies of the universe.

The world is bereft of feminine consciousness. To bring Mother Earth back into balance, we must bring back our awareness of her. Woman is the Keeper of the Planet and must not let her energy be rerouted by the male systems within woman or man. We are all in need of world harmony. Mother Earth has been misunderstood, but she is the universe. She is the womb for all that lives. Feminine consciousness is the energy that embodies the wisdom you need at this moment. It is through the transformation of an overbalance of male energies that we will reinstate harmony and balance on earth, with feminine consciousness in perfect balance on earth and in perfect balance with male consciousness. **(The Power Deck, Cards of Wisdom)**

Because of male and female imbalances, the earth is in danger of dying. Remember that the power of the masculine explodes, as the power of the feminine implodes, and a sacred spiral of life is set into motion. One cannot live without the other. The masculine God is in search of the feminine Goddess. He brings gifts of driving force to her powers of intuitive, creative receptivity. Both are equal warriors in the fight against ignorance. Balance your masculine and feminine energies through meditation and awareness of when you are carrying a male or female shield. This is your struggle in life and a great source of power for you. **(The Power Deck)**

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Lynn Andrews

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*We are living in a critical period of time—one of great change and opportunity. It is vital that we recognize the energies dancing around us. Patriarchal energy has held power for thousands of years and is desperately out of balance with the feminine. As with all things on Mother Earth, we must return to a state of balance. The possibility of creating a world of peace and moving into the time is upon us.* Lynn Andrews

## Spring 2005 Seasonal Message #7: Finding Your Power Center

When I was studying with Zoila in the Yucatan, I went through a number of very harrowing experiences in order to find the exquisite power and magic of her teachings. Zoila called them ceremonies and initiations. I called them terrifying! But I trust that I have been able to share with you the essence of many of these teachings and that you have come to understand, as I did, their importance in our lives today. For me, this is a life commitment to the study of the sacred, a commitment to living a life of harmony and balance with Mother Earth, with one foot firmly planted in the world of spirit and the other rooted in the world of the physical. Exercising sacred wisdom in your life literally creates the light that revitalizes the earth's life force.

Perhaps one of the most intimidating experiences I have ever had was when Zoila and I trekked through very dense jungle foliage to meet the guardian of *la caldera* who would "show me the sacred spiral and many aspects of myself." When we arrived at a ledge, which Zoila called the "east lip of *la caldera*," she pointed to an enormous crater in the jungle, a canyon that was so deep I couldn't see the bottom. On my right was a jagged trail, a tiny ledge carved into rock, which spiraled around and around inside of *la caldera*, down to the center. Over my terrified and tear-filled protests, Zoila started down the trail, and just before she disappeared out of sight I knew that I had no choice but to follow her. I had gone there to learn something from her, and, like it or not, I had to trust her.

As we made the treacherous descent, it was as if all my concepts of self had exploded in my head, leaving me with only my will power to help me survive. My mind and its fear were useless on this precarious pathway. I was battling with my conception of who I was and what I could do. Knowing I couldn't do it, I did it anyway. As we slowly traversed around and down, I became more sure of myself, letting go of my first level of terror. As we went further, other, deeper levels of terror became released, until an ecstatic feeling flooded through my being.

Just as I had gained some confidence, we came to a sheer cliff where the trail had crumbled away, leaving a four-foot gap to the other side, where the path began again. Zoila leapt easily across. But this time I knew I couldn't do it, I could not make the leap across a four-foot gap on a sheer cliff.

"Then we part," Zoila said. "Good luck on your climb back up. It's about to rain, and it will be more slippery."

When we finally arrived at the canyon floor, at the bottom of the spiraling trail, I stepped into quicksand, and the more I struggled against it the deeper I sank.

I do not tell you of my experiences to be entertaining, although as a writer and a teacher I hope that people will find my writing to be enjoyable as well as illuminating. I tell you of my own experiences because in so many ways they are like the things that we

all go through in our every day lives – the loss of a job and perhaps our only income, moving to a new location where we know no one to start a new job for which we are not really sure we are qualified; the loss of a loved one, through anger or geographical change or even death; surviving the loss of a home, even if we have never gone through this experience most of us make sure that the one bill we pay every month is the rent/mortgage; even facing the prospects of success beyond our greatest hopes.

The words of my teachers as they have watched me go through my trials carry so much wisdom, and have universal application. We are all in this life together. The first lesson of power is that we are all alone. The final lesson of power is that we are all one. And I hope that by reading about what I have gone through and sharing in the incredible wisdom and insight of these amazing native women, watching sacred spirit move through them to help me on my path toward enlightenment, you will see the parallels to your own life experiences and become able to use these teachings in your own process of healing and enlightenment.

As I stood there on the canyon floor, mired in quicksand and sinking even deeper with every breath I took, Zoila said to me, “You’re stuck because you think too much. You think your knowledge is going to get you out of the mess you’re in. You believe you’re going to master the situation with your mind. You have left yourself. You don’t listen to your will, and you are full of fear. Your clinging mind has brought you to this sad state....

“We have trouble finding our way back to the center of the spiral because we have enthroned the mind. As long as the mind is the ruler, you will spend your life stuck in a swamp just as you are now. You are full of addictions that will strangle you, just as the quicksand will if you let them dominate.... The joke is that these addictions prop you up in a false way, just like the mud with no bottom is propping you up. The very sands that are destroying you make you feel safe for a while. Then they begin to suck you under to interminable sleep.... Ponder the lesson of life. We come here to go back to where we came from. But our mind tells us that we need props to survive. We believe the king we have enthroned. We obey him and choose intoxicating props such as fear of success or fear of failure or fear of death. Or we don’t think we’re good enough....

“You didn’t feel you were good enough when you were at the top of the canyon,” Zoila said to me. “You had to be pushed beyond your king’s limits to see that your self-concept was an illusion. That’s the addiction you had, and it kept you from walking down toward your own mystery, your enlightenment. If one addiction doesn’t work, you find a new one. You were afraid to jump over the abyss, but you finally did it. You overcame your self-imposed limits. When the spirits of *la caldera* offered you a treasure, you could not avail yourself of it because you didn’t feel worthy of such riches. And then you slipped and hurt your back because you’re afraid to take your power. You backed away from power, your own power. It sounds simple. You lost your faith in your own capacity....

“And then you punish yourself even more. That’s King Brain talking, incessantly talking. You’re too hard on yourself. That’s a big addiction for many women. King Brain likes to rack you, doesn’t he? Your fear of desertion is one of his big whips. Your need for approval. All these addictions leak your power right out of you and make you slumber.

“You are lucky you have experienced these ordeals, these lessons, for new wisdom is afoot. Be proud of yourself and what you’ve accomplished. Cease your struggling now. You have ambushed yourself. Sometimes a guide is helpful.

“There’s a trick to walking on this quicksand. But it is nothing that can be put into words. It can be realized only in the heart and in the total being.”

I hope that together we will have a long and prosperous walk on this beautiful path of heart.

In Love and Spirit,  
Lynn Andrews

*Earth is a female planet, and people have celebrated and revered Mother Earth and the great goddesses for many millenniums. But what is the face of woman on this planet? To discover and understand this, we must go an ancient initiation ceremony deep in the jungles of the Mayan Yucatán and study La Ultima Madré. In my Mystery School, the Lynn Andrews Center for Sacred Arts and Training, we delve deeply into these teachings and the impact that these Mother energies have on all of our lives, and how we can work with them as we move towards harmony, fulfillment and higher consciousness. I hope that I have given you enough of a sense of the Mother energies in this series of Seasonal Messages to help you understand the importance they carry in our world. It is my greatest wish that one day very soon all of you will be able to join me in the Mystery School so that together we can traverse the temples and gardens of ancient, contemporary and future wisdom on our path towards enlightenment.*

*To find out about early registration for the 2006 LACSAT school year, please contact Judy Pollock, my enrollment manager, at 760-251-0389.*

*In love and spirit. Namasté, Lynn Andrews*