

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

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 and follow the links to receive more information about this magical event and to learn how to register.

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

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