

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)

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.

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!

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