

Summer 2005 Seasonal Message #1: Let Your Arrow Take Flight

Dear Friends,

When I was with Ginevee, a beautiful aboriginal woman of the Australian Outback (Crystal Woman), she told me, "Inside each of us is a forgotten person." Much of what we do in shamanic study is about finding who we are at our very core, remembering who we are in this great dream of life so that we can live with one foot in the physical world and one foot in the world of spirit on the pathway to enlightenment.

Summer is an excellent time to explore and return to oneself. It is a time of mirrors. When you are out and about in the great outdoors, look for yourself in the aromas and richly beautiful colors of the flowers. Sit under the night skies and find your star, and follow it home to your center. Find yourself in the fullness of the trees, in the gentle sway of the wind and even in the driving rains. Then, after the rain, study your reflection in the still waters of a pond or a lake and really see the sparkling light that is reflected back to you. The beauty that you see all around is a reflection of who you are. It is time for you to know that - now. The first lesson of power is that we are all alone; the final lesson of power is that we are all one. Ultimately your spirit and your body are one. (Grandmother, The Woman of Wyrdd).

Grandmother also told me,

"I must tell you that the source of all power is hidden in our mother, the land. To live we must partake of our mother's body. To engage in sacred study completes the circle. The beings of the earth live in a give and take, a flow of light that becomes life force and then becomes love. It is law."

Each time you see the beauty of your spirit, the beauty of yourself reflected back to you in nature, take time to breathe in the essence of that beauty and become one with it. And always take time to honor the Earth Mother for the beautiful teachings she is giving you.

In Ginevee's words,

Mother Earth has a lot to do with dreaming. Your connection to her is important, how you have honored and given away to her. Many of our people think when you travel above the clouds and you look down and everything is white, they think everything is the same, you know - People of the spirit understand each other around the world. The gods live in the sky. They speak the same language. Power is in the rocks and the earth. That means that when we take something from the earth, our mother, we must return that energy in a ceremony, with honor. Then the power stays happy and never leaves. Power only leaves when you take and never give back. Power knows

me, she helps me. She's beginning to recognize you, too. You're living close to her now.

In Spirit,

Lynn Andrews

Imagine how your life would change if you spent no time thinking about the future or the past and you were absolutely present at each moment, neither regretting yesterday nor fearing tomorrow. How do you think you would feel? How do you think you would react - in your job, in your relationships?

We are enrolling now for my upcoming Online Course, "The Magical Mysteries of Time - Past and Future Lives," July 28 - August 25, 2005. This is a course about shifting time, shifting from being out of the body to being completely incarnate in this lifetime, being in the body, being in the moment completely and totally.

In a world filled with by-rote endeavor, we so often perform the rituals of everyday life almost without thought. This is like driving down the freeway oblivious of the magnificent mountains and the diaphanous clouds above us. Because of our focus on our destination, we forget that life is a process and that this moment is all we will ever have. Sitting in the center of your own truth can bring you bliss and comfort. If you are not alive and aware and conscious now, you may never be. - (Walk In Spirit: Prayers for the Seasons of Life)

I invite you to join us on this wonderful journey into consciousness. Please visit my website at www.lynnandrews.com to learn more about, and to register for this special Online Course.