

Summer Seasonal Message #5: Let Your Arrow Take Flight

While I was out with Ginevee in the beautiful, harsh wilderness that is the Australian Outback, Agnes Whistling Elk, my teacher and trusted friend, took the occasion to leave. And when I returned and discovered her absence, I felt abandoned and betrayed, confused and terribly frightened. As I sat there crying and feeling that I must have offended Agnes and that was why she left me, Ruby sat down and spoke to me.

“You’re scared because you have lost control. When a child grows up minding her parents and is always afraid of their reactions to things, she learns to control her environment to survive. Control in those terms means being able to live. Right now, you have lost control. Agnes has done something that has surprised you. She has thrown you a curve. There is an ancient fear in you that grows from your roots. It’s just like with your parents. If your Dad ambushed you in some way or surprised you with a fit of anger, you weren’t sure you would survive. Whenever you are taken off guard you feel like you have lost control. That’s irrational if you think about it, but for you and what’s happened to you as a child your behavior and your fears are understandable. The root of all fears is the same. It is fear of death. When you lose control you think you will die. Agnes has also deserted you, so you feel rejected. But, I think, your real terror is loss of control.”

Throughout my writings and my studies with the women of the Sisterhood of the Shields, I have spoken often of addictions and the devastating impact they have on our lives -- our addiction to fear, our addiction to chaos and the many other negatives we hold onto for dear life. In *Crystal Woman*, my teachers went deeply with me into the power and beauty of the unknown and how our addictions block us from accepting the unknown in our lives, bleeding off our life-force in the process. As Ginevee said,

“If you’d stop distrusting yourself, you’d know. Your problem as a warriorress is that you hear all those voices in your head that taunt your power and strip you of your true abilities’. It is not happening to you as if something outside of you is making you less powerful. You create your own insecurity. Insecurity is a great addiction, yea. Like any other addiction it robs you of your strength. You use it like a prop, the way many of our brothers and sisters use alcohol, chaos, or anything else. But that prop can kill you. You see it as a defense against the unknowable, yea. When we get too close to something we don’t understand, we reach for our props, our addictions. With those addictions we destroy our seeing and the unknowable seems much further away. What is really further away, my daughter, is the realization of your original nature, that part of you that is the All Mother.”

As you spend this summer in the great out-of-doors, walking among serene mountain forests and dreaming of the life you’d love to be living, sitting at the ocean dreaming of far-away wonders you’d love to see and what you could create from those experiences, how many times do you kill your dreams on the way home, back to the city and the life you are living: “Yeah, like that’s ever going to happen. I’m not good enough/worthy enough/rich enough/smart enough ever to attain my dreams.”

If you find this happening to you, remember that these addictions, all those feelings of unworthiness or helplessness that we perceive as real; our depression; our need to be right, to be in absolute control; our fear of death - all of these are a darkness that we have given form by our own ignorance in accepting them as truth, by our need for them because they are old, familiar territory.

And remember the words of Ruby Plenty Chiefs, "That need has a big mouth. He eats that emotion of yours - That's how disease begins. We open our arms and bring it right in."

When you find your summer clouded by negative thoughts, make a prayer stick or other giveaway in the south to acknowledge and honor them, because it is what we refuse to look at that has the greatest power over us. Then walk them right up to the north, to spirit, and let them fall off the other end of the stick. We get rid of the need for these addictions by giving humble respect to what is unknown and unknowable in the universe and by refusing to entertain them and give them form.

Summer is the time for you to bloom. Keep that always at your center as the focal point of your thoughts when your addictions try to crowd in. Live as the person you have always wanted to be. It is time!

In Spirit,

Lynn Andrews