

Summer 2005 Seasonal Message #6: Let Your Arrow Take Flight

A Time for Prayer

Agnes and I camped out for the night on a low cliff over the ocean. We were on the coast north of Santa Barbara. There had been a warm Santa Ana condition. The tall oat grass had turned golden in the fall heat, and the unusually temperate wind had been blowing in from the desert in hot, sweet-smelling gusts. The wind had caressed us for hours like a hungry lover, relentless and soft.

Agnes woke me before dawn. We gathered stones for a medicine wheel and sat together within it as the sun blazed over the horizon. We sang to the rising sun, to the new dawn of woman; we praised the Great Spirit, mother earth, the powers of the four directions, and our ancestors; then we dedicated our ceremony to the dolphins. We held a vigil all that day, praying for our sister spirits on this mother earth. We prayed for the balance of the male and female within us all and we prayed for the animals and winged ones. (Crystal Woman, The Sisters of the Dreamtime)

Dear Friends,

Every day is a good day for prayer and the sacred giveaway of ceremony. A giveaway is a sacred process of give and take. As a being of truth, you are aware of the life force that you take from the universe, and you give back that energy in like kind. (The Power Deck)

When you are out of doors working and playing in the summertime, take a moment each and every day to honor the divine presence in everything, to honor the miracles of life that are so abundant here on Mother Earth. When you do ceremony, you wake up the spirits of place and join your spirits as one. Even if your ceremony is as brief as plucking a strand of your own hair and giving it away to the Mother in thanks as a magnificent elk enters your field of view, or a prayer for the spirit of a dead animal in its process of transition, honor the miracle of life with prayer every time you are somewhere in nature, in other words, all of the time! I would very much like for you to join me now in prayer.

Great Spirit, whose voice we hear
In the winds and the trees,
Mother Earth, whose breath gives us life:
Help us to walk in beauty and strength,
And to learn the lessons that are hidden
In the stones and the trees
And the waters of the sea.
Give us the strength to fight
Our greatest enemy - ignorance.

Great Spirit, hear the sounds
Of our grateful hearts,
And help us to find
The wisdom and joy and power
That is locked within each of our souls.

We are the reflections of you, Great Spirit,

Join us on our path as we join you,
For all the days of our lives. Ho!
(Walk In Spirit: Prayers for the Seasons of Life)

In Spirit,

Lynn Andrews

A note about the Lynn Andrews Center for Sacred Arts and Training:

Throughout history, many sacred teachings have been vigilantly guarded and only passed down from shaman to apprentice through one-on-one teaching, storytelling, and sacred initiations. This is the way of the Sisterhood of the Shields. In my own journey, my teachers Agnes Whistling Elk and Ruby Plenty Chiefs would work with me for a short time, sharing stories, having me complete a certain task or ending me off to dream, and then throw me back on my own devices and my day-to-day life. It was during these times that my deepest work was accomplished. I was able to strengthen my own dream body and understand how to hold my own energy separate from my teachers'. Our Mystery School is a "school without walls" and intended to bring you these teachings with the same depth and the intensity of the ancient mystery schools; that is what we strive for.

Early registration for the 2006 term of my Mystery School, The Lynn Andrews Center for Sacred Arts and Training, is ongoing now. Please go to my website at www.lynnandrews.com to learn more about this great opportunity to work together. It is within this Mystery School and our annual gatherings that you are able to deepen and fully experience the wonder and magic contained within these teachings. I hope you will be able to join us. In Spirit, Lynn