

WINTER 2006 Seasonal Message #1

Dear Friends,

This is a sacred time for everyone in the world, no matter what your religion or beliefs, and I send you my heartfelt wishes for a very special and beautiful season.

This is a season of great joy, as we celebrate the dramatic Earth changes upon us and the return to our families and communities for warmth and sustenance. But we get so plucked and probed at by the conditionings and expectations of our society at this time of year that it also becomes a season of stress and pain, and often we feel sadness as well as celebration. Now is a very good time for you to begin to work with the source of that sadness, stress or pain: the shadow dweller, your "pain body" which is created by the conditioning of your ego mind. What better gift to give yourself at this season of giving than the gift of your own personal joy!

I would like to give you a reiteration of my teachings with the Sisterhood of the Shields -- to remind you to write in your journals about the difficulties that you feel as you go through this season so that you can address the source of your pain and then let it go. You will find that your ego mind is at that source, and it will help you to do the following:

1. Start to identify your emotions as such.
2. Where do these feelings start from? (childhood, etc.)
3. Recognize that you are not the shadow dweller or "pain body."
4. Call this pain what it is and forcefully discard it from your life, do it with all of the strength and impeccability of your sacred intent. Ask Great Spirit to help you replace all of this stress with the joy and beauty of your own creative spirit. Prayer is a wonderful gift, a creative spirit is a sacred answer.

Winter is a joyous season to celebrate Mother Earth and the season of hibernation. The hibernation of Spirit also means the rebirth of understanding of your physical realm. Go inside and find the source of your illumination and spread your joyous light through the coming year. It may not always seem so, but now is a great time in human history. You have the opportunity to join in the rebirth of your creative spirit into even higher consciousness for one of the first times ever. *You* have the ability and the courage to remember the great being of radiance that you are.

The great poet Walt Whitman said it as well as anyone. He was asked what kind of truth will supply inner liberty? And he answered, "You have not known what you are, you have slumbered upon yourself all your life.... Whoever you are! Claim your own."

The Sisterhood of the Shields and I wish you the most fun-filled, joyous and thoughtful celebration in the coming New Year.

I want to take this moment to thank each and every one of you for all the loving energy that you have shared with me. Your love is like no other.

Love and Spirit,
Lynn