

InSpirit Email List

Late Winter Seasonal Message #5

Wake up for just a moment, my friends!

Do you hear the birds singing even as you hibernate deep inside the cave with Great Dreaming Bear, dreaming into being the seeds you will plant for new growth in the coming year, when Spring puts on her colorful show and you emerge, rested and replenished of the Great Mother Earth?

But quickly now, ever so quickly. The ground hog has already been out and danced upon his shadow! There is yet time for you to dream, to rest, to take stock of your life and then, when Spring comes, awaken into the golden promise of all that you have become.

For winter is a time of hibernation, not only of the physical but spiritually. It is a time for understanding the great Mother Bear within each of us. Mother Bear is the great dreamer, the hibernator, the one who moves into the silence and the stillness of her own cave to contemplate the Great Spirit and to understand more deeply all that has occurred in the past year. Pray for the Great Spirit to show you the way. For now, as you have reaped the effects of what you have become over the past year, it is time to choose anew. It is a time to think about the life that you have created. Have you accomplished what you set out to do? Did you miss the mark? Or did you place your arrow well into your target, chosen from the integrity of your own center of truth? (Walk In Spirit)

I have been intentionally quiet over the past weeks, giving you the time to move within the season of your own soul and listen to the truth of your own beating heart.

Before making any decision of power, move into that place of silence and serenity deep within you. Sit anywhere. Close your eyes and follow your breath in and out. On the third inhalation, take the breath down into your belly, and locate your place of power just below your navel. Visualize your place of power holding the golden sun, a disk of radiant brilliance within you. Observe the silence like a deer in a meadow. If you are in pain, use your consciousness to find where the pain lives within your body. Then move into that pain and beyond it, until you find the sources of silence. In this silence lives your sacred witness, that which sees all and knows all and is all that you are. Power is born within the silence. (The Power Deck)

I would like to share with you some of what I have been doing in this time of rest and renewal, to prepare for wondrous new beginnings! “One of the great teachings of this particular time in history is to learn how to live one’s life with the stress of three or four lives all at once and still maintain your center and your ease and your joy – a very, very difficult thing to do. But it is like a problem in logic, like a mathematical equation using trade beads. It can be done, but the right symbolism has to be learned. The right thoughts must be written for the outcome to be beautiful.” From *Shakkai: Woman of the Sacred Garden*.

- **We are enrolling now for our 18th annual Joshua Tree Gathering, to be held in the high Mojave Desert of Joshua Tree, California, from May 18 – 21st. I so hope you will be there for this year’s “Carnival: A Festival of Sacred Adornment.”**

"When I think of adornment, I think of the buffalo grass waving like an ocean in the sunlight. I think of the trees wearing flowers and blossoms. Adornment is spectacular! It brings you into Oneness with the light and the experience of the world around you. Mother Earth expresses herself to you in hundreds of languages everyday, and you become .. a living art." Lynn Andrews

Details for the 2006 JT Essay Contest will be available on the website by April 2006. Typically you only have a couple of weeks to write your essay and submit it. If you register for the event in advance and are the winner of the contest, your registration fee is returned. The winner of the contest will still be responsible for transportation associated with making it to and from the event, and other personal costs that might arise.

- **My 19th book, *Writing Spirit*, is now scheduled to be released in early May of this year.** I had so hoped it would be ready by the original release date in March, but as I write this, Spirit whispers in my ear, *"Lynn, the flower of your being blooms when you move with the flow of life, when you let go and open yourself to receptivity. Feel your receptivity as you move back into stillness. Watch the river flow as if you were a mountain high above. Become that mountain and be serene, at ease, and totally within your power. Then let the waterfall of life work for you, as you become like a twig carried on the surface of the rushing water. Become one with the river, dissolving the sense of mind and living totally in your instinctual nature."* Spring is a very powerful time to birth a new book into the world, and I am filled with gratitude and wonder at the ways of the architect of power.
- **My next online class, "Teachings of the Shields: Shield of Healing, Shield of Power," is set for April 2 – 29, 2006.** Registration and more detailed course information will be on the website shortly. To create a healing Shield that you carry within yourself, in your life, you need to make a special place for power to live within your spirit. Learning to stand as a sacred witness, you perceive actions and stressful situations as opportunities to grow, through your relationships. This course teaches you to find your self worth, take your personal power, heal yourself by connection with the voice of your own unique wisdom. The Teachings of the Shields are power-filled and they are bold. They are about you and how you present yourself to the world, standing firmly in the center of your own shield of truth and beauty. I hope you will join us on this fantastic journey.
- I am so excited to announce that my publisher, Jeremy P. Tarcher/Penguin Books (USA) is publishing a **25th anniversary, hard cover edition of *Medicine Woman*, scheduled to be released August 17, 2006**, and it will contain a new introduction by me! Thank you all so much for sharing with me these past 25 years of sacred journey. I look forward to continuing this great pathway with you.
- **And please don't forget our upcoming Egypt trip, "A Mystical Earth Walk with Lynn Andrews in Egypt," this coming October 7-21, 2006.** The sacred energy of Ancient Egypt stirs the Master within each of us. From the Great Pyramid to awe-inspiring Temples, your life force will be energized and magnified with the vibration of Love, Power, and Creation. Please, join me for a pilgrimage beyond the realm of everyday consciousness to the heightened experience of enlightenment. This Earth Walk will encompass all aspects of your Divine Spirit. Re-remember your birth from the Void, your beginning times, your past creations, and your future triumphs through meditation and contemplation. Journey with me and travel back in time to a place where you will meet yourself in wholeness. Walk the walk of the Shaman within you through an experience of a lifetime. Mystical Egypt, the Heart of

Mother Earth, awaits you with loving open arms to welcome you home. For details, please go to my website at www.lynnandrews.com.

You have been hibernating now in preparation for shedding the old skin of the previous year. You have examined your flaws and are beginning to awaken into the new consciousness of a new year. And what a time it is. This new year is the time when you must come out of your slumber and your harvesting with the teachings that you hold, to find your true rhapsody. This kind of joy that you will experience comes from the fire of heart and love. Burning away at this time are the aspects of your existence that have held you back from the City of the Divine. You are approaching your life as a sacred human. The testing is to make you strong. You can no longer hide and say, "I am weak and frail," because the Great Spirit knows better.

The fragrance of joy is surrounding you. Take a deep breath now. Meditate with these words and begin to learn what you came here to learn.

In love and spirit,
Lynn Andrews