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Dear Friends,

In my last Message in this series, I talked about the incredible power and majesty of stillness, of moving into silence before making any decision of power. Power, as the Sisterhood of the Shields teaches, is born in the silence, in the disk of radiant brilliance within you.

Silence is so very unfamiliar because we distract ourselves from it, often we feel terrified by the simplicity and the stillness of our own being. It is when we feel the pull of this terror most that we move into silence and remember who we really are in this life -- beautiful physical beings in search of spiritual enlightenment. You have chosen to come onto this school house called Earth in order to find enlightenment. Never forget that; there is great peace and comfort in this knowing.

Truth is also found within action. It is found within the movement out into the world, as spring bursting forth with all its radiant color and vibration. Imagine a football player running for a touchdown, running as fast as he can, and suddenly he has the sense of running in slow motion, almost as if he is running above himself, looking down at himself. I have spoken to many athletes who have had this experience.

It is within the stillness of action that great moments of clarity occur, when you see your place within the scheme of things. You see the reason for your birth and the reason for your death. *You understand that death is an ally, that you only have a few moments, a blink of an eye, in this lifetime to learn what you came here to learn.* In death – whatever that means to you, whether it is a long sleep, a meeting with your maker, a time of judgment, a time of reckoning – it is a time of change, when, certainly, there is a reckoning within your own consciousness of what you have accomplished in this life and what you have left behind.

Death is the ultimate master of transformation, and during the course of your life you experience many “little deaths.” This is why it is so important to spend time in the west, in hibernation with Great Dreaming Bear during this season of the winter, so that you can really look at all of the little deaths you have gone through in the past year and finally let them go, for all time. It is in these little deaths, no matter how painful they may seem at the time, that the universe presents you with incredible opportunities to move forward in your life.

It is in stillness and the action of letting go of that which no longer serves you that you realize that all is possible, and that within your own imagination lie the greatest dreams of creation.

Come and dream with me during these remaining days of winter in the Northern hemisphere, in the cave with Great Dreaming Bear, as we let go of what no longer serves us and prepare for awakening into the golden light of all that we can become.

*Blessed beings of the lower world,  
Come to me and show me your sacred four directions.  
Spirit beings who protect and empower me,  
See my humbleness,  
And hear the sound of my beating heart.  
Sacred Mother and Father Sky,  
Be with me now.*

*When I am alone and afraid,  
I search the sky  
For a sign from you, Great Spirit.  
I place my hands on you,  
Mother Earth, and feel the beating  
Of your abundant heart.  
Then why do I feel this pain,  
When your beauty is all around me?*

*Sometimes I cannot see,  
And it is now that I seek pure vision.  
Forgive me, Great Spirit, for my ignorance.  
For you have shared the radiant  
Miracle of life with me.  
I feel the wind from the north,  
And I remember Spirit,  
I remember Trickster Coyote in the east  
As he nips at my heels and tests my sacred intent.  
Help me, Great Spirit, for I need you now.  
I need to remember who I am  
And see your reflection in the red sky at dawn.  
I see ahead of me your footsteps in  
The sands of time,  
And I follow you with love  
And a humble heart.*

*I pray for your guidance,  
And I will listen now for your words inside me,  
Like the gentle wind.*

*Let there be silence.  
Let there be peace in my soul  
And in the souls of all living things. Ho!*

In Love and Spirit,  
*Lynn*

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***OPPORTUNITIES TO STUDY WITH LYNN:***

***We are registering right now for the first of four online courses with Lynn during 2007 on Dream Weaving the Tapestry of Your Life. These courses will focus on dreaming as a conscious activity and moving through the gateways and barriers to dreaming. Course 1, titled "Creating Your Dream Body," will begin on February 22nd, and we would love to have you join us. There is an introduction to the entire 2007 series on Lynn's website, along with a detailed description of Course 1 and all of the registration materials. [www.lynnandrews.com](http://www.lynnandrews.com), click "Online Courses."***

***You can still register for the 2007 school year for Lynn's Mystery School, The Lynn Andrews Center for Sacred Arts and Training. This is a four-year course of study of shamanic healing and training that leads to professional certification and an opportunity to enter into a Ph.D. program. Please go to Lynn's website now and let us know of your interest in the Mystery School. [www.lynnandrews.com](http://www.lynnandrews.com), click on "Mystery School."***

***Lynn's annual Spring gathering will be held at Ghost Ranch in Abique, New Mexico this year -- Joshua Tree on the Mesa: Soaring on the Wings of Intent, from May 31 - June 3rd. This is a fabulous way to connect in person with Lynn and a beautiful circle of shining spirits from all around the world. Begin making your plans now to attend this fabulous event. [www.lynnandrews.com](http://www.lynnandrews.com), click on "Joshua Tree."***