

INSPIRIT NEWSLETTER
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I awoke one morning in my little single-walled cabin and opened my eyes to discover that the cabin was filled with light. I saw the Buddha walk through the door. Why the Buddha? I couldn't imagine, but there he was. He was smiling, and he asked the strangest question. "Where's the Buddha? I'm looking for the Buddha."

"You're looking for the Buddha?" I asked, perplexed. "But you are the Buddha. Why would you be looking for yourself?"

"Maybe the Buddha is in the kitchen." He went off to the little kitchen, came back out, and said, "Well, the Buddha isn't there. Maybe he's in the living room."

"Why are you looking for what's in front of your nose? You are the Buddha!" He turned around and looked at me. Smiling, he said, "That's right." Then he said, laughing, "Maybe I'll find the Buddha down by the river."

He walked out the door of my cabin and disappeared. I thought about that vision for weeks and finally realized that we are all looking outside ourselves for God, when we need look no further than inside ourselves. We are home, but we just don't know it.

Someone may ask you one day what you feel and what you believe about certain aspects of truth. You may make a comment that is completely and totally contradicted the next day

when they ask you something else. How and why does that happen? It happens because what we see in life is an illusion. But we don't know how to move beyond it until we reach the place my teachers call power, personal power. In other religious beliefs this place may be called God or samadhi or enlightenment. We get glimpses of the face of God. It's as if the lens of the eye of perception opens, and we see truth for a moment. Of course, that vision always closes, because it's more than we can stand for very long. But from that point on, although we continue to live in that illusion, we find our way home, taking those empty places of our being and lifting them up to God for illumination and understanding. Once I was sitting in circle with my teachers....."How do we prepare ourselves for the small deaths that happen so unexpectedly?" I asked Twin Dreamers.

"We gain the power because we cannot prepare for surprises life throws at us – loss, betrayal, disappointment, and on and on. Events can take you and fling you out of your reality. The struggle to recapture your balance is one of the mysterious gifts of life. These moments become gifts of strength, spiritual endurance, and power. To find your way back, you have to open your heart, not your mind, and let the healing of the Great Spirit flow through you. You will never be the same again."

From Tree of Dreams,
by Lynn Andrews.

At the Summer Solstice, I asked you to look at your sacred dream for the year as you sat in a sacred circle and looked at your accomplishments from all directions. Go back to your circle now, sit in the center and ask yourself, "Am I happy with my dream? Am I happy with how my dream for the year is progressing?"

So often we don't take the time to celebrate our lives and our accomplishments, especially when we are feeling out of sorts. We look at the outside world for fulfillment, when what we need is already part of our lives *because we have chosen it to be there*.

As the summer progresses, sit in enjoyment on a warm evening and contemplate all that you have planted for the year. Really look at the many things that you have done and that you are doing right now. Your garden is much fuller and more beautiful than you realize. How often do you stop to appreciate it? Really look at your life and appreciate who you are and the many things that you are doing. Don't take one single expression of your life for granted.

Then take some time to see what is necessary for you to focus on in order to bring your life more in line with your dream for your life. See the illusions that claim your attention to distract you from your truth, distract you from what your body mind is trying to tell you about your sacred dream and how you are living your life. Illusions are a very noisy crowd. See them for what they are: distractions created by your pain body and your ego mind.

Then go back to looking at the beauty of your garden. What is in front of you that you would like to keep? Many things in our lives can be very difficult from time to time, and yet they are what define our own truth in the world. Other things might be there simply because we are used to them, like a pair of old shoes that mold to the contours of our feet but no longer give us support or true well-being. What is really important for you to focus on right now, and what are you ready to discard? As you wander through your sacred garden, what needs pruning and weeding, and what needs cultivating and reaping?

Honor yourself this summer, acknowledge all of your experiences and what they have taught you. See what is right in front of you. Are you focusing on someone else's expectations or experiences of your life? Where is the Buddha for you? See yourself with all of the light you are, and celebrate yourself and your accomplishments in the warm summer days and balmy summer nights.

Prayer for the Summer:

*Great Mother, as we see you
At the heart of our world,
We give thanks to you for our life force, And the gifts of our physical being.
With this gift of life, You have presented us with the mirrors of existence*

That elevate our soul toward the highest light. Every day we are faced with these reflections, And they bring us great pain and great joy. In our pain, we forget we are on a great journey. We struggle within the confines of our ignorance, Desperately searching for a way to tear down the veils that cloud our vision. Great Mother, help us on our journey of discovery. Give us the power to seek. Help us to find joy and courage, as we navigate through the dense fog of confusion. Help us, Great Mother, to understand your needs, and what it takes to heal your precious body. In our commitment to you, we make a commitment to ourselves, to our own enlightenment, to our own process of forgiveness and wisdom. In this forgiveness, I make a pledge from my heart, to find an end to this weakness and pain, to find a harmony and a balance, so that we may more successfully walk with a foot in the physical and a foot in spirit. Oh Great Mother, I humble myself to your power. At this moment, I visualize golden white light surrounding me and enabling me to move into my Shaman center, into my place of power, A perfect reflection of your innocence. I see the shield that you carry Shining like a beacon in the darkness. Your shield is made of trust and faith: trust that each and every one of us will build a rainbow bridge across the abyss of darkness. Faith symbolized by each of us crossing that bridge, held forever in your light. Great Mother, we give thanks for your blessings. HO!

Spend time underneath cool shade trees; go outside in the early morning or in the evening, after the heat of the day if you live where it is extremely hot. Put on sun protection and spend some time in the sun, everyday if you can. Dream in these moments, visualize your spirit shields spinning, and surround yourself with the light of Great Spirit and Mother Earth. Enjoy *in joy* this time of year, as your being blooms.

In love and spirit,
Lynn

Registration is now open for "Dreaming With Your Spirit Council," online with Lynn Andrews, **August 2 - August 29, 2007.** Take advantage of this fabulous opportunity to study the art and practice of conscious dreaming with Dream Master Lynn Andrews, as you meet and work with your Dreaming Spirit Council. To learn more and to register for this course, go to www.lynnandrews.com/online courses.

Lynn Andrews is coming to your area:

7/26 Thursday ... Book signing, Ark Book Store Santa Fe, NM 5 PM - 6:30 PM.
www.arkbooks.com

10/6 Saturday ... Book signing, Andrea Smith Gallery, 1 PM to 4 PM, Tlaquepaque Arts and Crafts Village, 336 Highway 179, Sedona Arizona www.andreasmithgallery.com

11/9 - 11/11 - Celebrate Your Life Conference in Scottsdale, AZ. Lynn will be presenting two workshops. For more information and to register for Lynn's Workshops, go to [conference Web site](#).

"Mystical Hawaii: Dream, Rest and Rejuvenation," with Lynn Andrews, **November 28 - December 1, 2007.** *"I invite you to a magical and inspiring event on the Big Island of Hawaii as we visit this extraordinary mystical, sparkling place of power and beauty for the 9th year. From the lost Spirits of Mu, who shared their knowledge and ancient wisdom with the Sisterhood of the Shields, we will be surrounded with mirrors of our own truth, standing like shining shields in the sunlight. In the spirit of Aloha, Lynn"*
[For more information, click on "Hawaii" at www.lynnandrews.com.](http://www.lynnandrews.com)

"Egypt Revealed Through Shamanic Dreaming," with Lynn Andrews. **March 30 - April 13, 2008.** Travel with shaman Lynn Andrews and experience the great dream of Egypt as it shifts and changes from ancient temple to ancient temple. The history, the fascination, the glory of gods and goddesses, pharaohs, priestesses and enlightened scribes echo through the halls and fill you with wonderment and new kinds of dreaming. As you journey with Lynn, this new dreaming of Egypt will become a shamanic vision that receives your presence and activates your spirit. *"When I was in Egypt last year, I met with Amina, a woman in the Sisterhood of the Shields who holds one of the Seven Clay Pots, and she shared its wisdom with me. On this sacred return to Egypt, I will share this wisdom with you."* To register, and for more information, click on ["Egypt" at www.lynnandrews.com](#).

Kindred Spirits Radio Show with host Lynn Andrews, 4th Tuesday of every month from 9:00 – 10:00 a.m. PST. www.healthylife.net.