



AUGUST 2007 INSPIRIT NEWSLETTER

"We are involved in a sacred dance," Ruby Plenty Chiefs said to me one day. "We have chosen this dance. We have given over our lives to the preservation of life force and the goodness that exist within each human being. Within each of us is a life force, just as there is a life force within that seed that you have just planted. All possibility exists within that tiny planting, as it exists within you. In a sense, you have been through a rebirth. Just moments ago the Great Spirit chose that moment out of all the others to give you new vision and new life. The shamans say that you are born once and you have the possibility to be human. You have life, and then you have a choice. You have a choice to become a special human being. You have a choice to grow, to become more than just the result of a mating of two people. You have the opportunity for Godness, for the Great Spirit to be expressed through your spirit." (Shakkai, Woman of the Sacred Garden.)

During this season of summer, spend some time observing your reflection in the beautiful, glasslike waters of a still pond or sitting on a grassy hill looking in a mirror, the white clouds drifting above you in the blue sky. Study your reflection that is mirrored back to you and remember who you are. Reflect on the life force and the goodness that exist within you. Reflect on the seeds that you have planted in your life, and the things you have discarded. Does their reflection serve you well? Do you see in them the person you are when you stand in the center of your own truth? Do they reflect your great dream for yourself being manifested in this life?

We get so caught up in the hectic pace and the pressures of our everyday lives that we forget that there is a greater purpose in life, a greater dream for ourselves. We forget who we are. We forget that we came into this lifetime with a dream for our lives, that we chose to be in this world at this time on our journey towards enlightenment.

Spend time looking at what is mirrored back to you as you reflect on your life as it is today. As Ani said, the film in a camera is forever obsessed with the thought of you. Your face, frozen in time, is imprinted on its memory forever. The film clings to your image; it is obsessed with you. A mirror reflects your image, but it is different from the film. The mirror is not obsessed with the past, like the film is. The mirror reflects the life that is before it. When that reality shifts and changes, the mirror is left unchanged. Mirrors change us greatly, because they enable us to see things that we may not have noticed, like spinach caught between our teeth or the dark side of the soul. But the mirror never changes. The mirror is the sacred witness to everything that chooses to be reflected within its sphere. It has much to teach you. (Windhorse Woman, A Marriage of Spirit.)

Are you living your life frozen in time, captured by the pressures of your life, caught up in someone else's idea of who you should be and what you should be doing? So often we cling to what no longer works for us solely because it is familiar. We unconsciously choose a destructive path or a disease that represents hurtful and negative feelings that are so powerful or have been with us for so long that we think they are reality. We justify ourselves through these feelings and these relationships when in fact they have no basis in who we really are and what our dream for our life is.

We are all pilgrims on the path to the unknown. We sit in awe and wonder at the architecture of power. Ripen the receptive void within you, like a womb accepting a seed. Open yourself to the unknowable, to what is unfamiliar to you, so that the energy of what you need in order to be whole can flow into you. When you think of yourself as an entity separate from power, you will obstruct the current, and power will defeat you. Identify the form of power that you want – what you want to accomplish, build, create, or be – and become that, so that there is no separating you. (The “Unknown” Card from The Power Deck, Cards of Wisdom)

How do you express your spirit in life? Is there something you want to experience, something of beauty that you would like to add to the tapestry of your life? How is your dream unfolding for you? Cultivate the great dream for your life and live the life force and the goodness that are within you.

“Great Spirit, let the guardians of our dreams stand as sentinels around our beings as we move into the silence, as we move into that place of stillness and quietude where Spirit dwells.

Listen to the winds as they come out of the four directions. Name the winds that are your allies. Listen to the birds and the language of nature and the breath of summer.

You are each reflections of the Great Spirit. The Great Spirit blesses you and comes when you are most silent. Let your silence be like a prayer in the night, soft and quiet, full of integrity. Let your bliss move up through your body from Mother Earth, up into your heart, opening your heart chakra, making you vulnerable to something new and radiant that wishes to be part of you.

The first lesson of power is that we are alone. The last lesson of power is that we are all one. Great Spirit, there is an enormous chasm between those two statements. Most of us spend lifetimes bridging that gap. Silence of the mind, silence within the spirit, is a great bridge for that movement between body and spirit and aloneness, and loneliness and aloneness.

Great Spirit, let us feel your hand on our backs. May the wind caress us as the breath of your spirit as we move into the sacred silence, so that we can hear your words. Thank you, Mother Earth. Thank you, Great Spirit. Thank you my ancestors, the four-leggeds and the winged ones, and all the sacred beings that surround me. Thank you for being with us now! Ho!”

Enjoy the reflections and the golden-hued days of summer within you.

In Spirit,

Lynn Andrews

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:

Saturday ... Book signing, Andrea Smith Gallery, 1 PM to 4 PM, Tlaquepaque Arts and Crafts Village, 336 Highway 179, Sedona Arizona www.andreamithgallery.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.

“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.