

# LYNN ANDREWS' INSPIRIT NEWSLETTER

Volume 1 Issue 6

September 2007



## ***Create Your Own Paradise!***

One day I was sitting with Agnes Whistling Elk in her cabin in the far north of Canada talking about transitions, about moving from one phase of life's journey to another. I had already written many books about my apprenticeship with Agnes, Ruby Plenty Chiefs and other women of the Sisterhood of the Shields; I had become a member of this amazing society of shaman women. I had been working in Los Angeles as a spiritual healer, bringing their ancient teachings of the sacred feminine to life amid the chaos of our modern world. And we had just completed our second Joshua Tree gathering, a powerful and magical annual retreat where I am graced to work with people who come together from all over the world to learn through these teachings, a gathering which I am thrilled to say will mark its 20th anniversary in 2008!

I had recently planted bamboo trees all around my then home in Los Angeles so that the wind could talk to me through the leaves; the rustling sound and dancing light comforted me and reminded me of my long summers in the north of Canada with my teachers, Agnes Whistling Elk and Ruby Plenty Chiefs. Agnes had come to me in the dreamtime as I meditated in my yard, surrounded by the beautiful bamboo trees, and said, "It is time, my daughter. It is time to bring in the powers of the west, of rebirth and transformation. We will meet by the new moon in my cabin in the far north, and we will hold hands across this illusion of time that separates us.... You see, my daughter, the bamboo is an invitation to you. It reminds you of something, but you know not what. It stirs a memory within you, and you feel a longing. *Do not get lost in your longing.* There will be a time to understand this feeling, but it is not now."

The new moon of which Agnes had spoken was upon us, and as we sat together I found myself telling her that coming to the end of one phase of my life makes me think of death, makes me feel like there's an end to life's magic in some way. Agnes is often called "the One Who Knows How," because she travels the magical trails of the universe and knows the truth. She is a consummate woman of power. She took a sip of tea with a floating grace in her fingers and a youthful twist to her wrist. She sniffed the steam rising from the cup. Then she said,

*"That is why so many people enjoy living on the edge. They dwell in the world of becoming, and never completely accomplish, not really. They never truly **become**. They are afraid to own what they have accomplished, because somehow that would*

*mean that they are finished. In actuality, becoming is only the beginning. Perhaps that is what you need to see, my daughter... [that] as far as you have come, there is still that length to go, and even farther."*

This summer, I have asked you to spend time in the garden of your own life, weeding out what no longer serves you but equally importantly plucking and really celebrating all that you have created and accomplished in this world.

Summer is the season of full bloom, when all the seeds that you have planted show themselves to you and the magnificence of all that you have conceived and planted presents itself to the world. It is the time of mirrors, the time to see your own reflection within your creations. These mirrors celebrate your reflection and teach you what is needed to complete the cycle of seasons in the fall and winter. The summer solstice is a ritual of flowering and pruning.

For the warrior of spirit, summer is a time to shoot your arrow toward the target you have chosen, and let the arrow take flight. It is a time of power, as you gather your forces for the reaping of what you have created. What gives you joy? How do you celebrate your goodness and connection to spirit? Discern what gives you joy everyday. Indulge in activities that further your evolving consciousness. What expressions of your life's aspects empower you?

The end of summer is the balance point for the seasonal year; it is a transitional time, from full summer bloom to celebrating the harvest of your being. Now, in September, we are in the time of transition between the seasons of the earth, between the seasons of life.

This is the time for careful consideration of how you express yourself and manifest your truth in the world. Really take the time to look in the mirrors which are before you. Look at all that you have accomplished in life. *What is it that you have planted and nourished in your garden of self?* Do you speak your own truth in the world, or are you always worried what someone else will think of you if you do? Are you one with Great Spirit and all that is in the universe, or do you keep yourself apart through distrust and anger, fear or jealousy? Are you living your acts of power in the world? Or are you living on the edge, always becoming, terrified of actually being?

*"You see, in a way I have created my own paradise," Shakkai said to me. "What we create in the world, we must first create within ourselves. A long time ago, I realized that we can either live in hell on this earth or we can live in a land of peace and joy, what one might call a paradise. There are really only two ways to live. If one is to find heaven, one has to open one's heart to love. That is the moon gate that one has to walk through to find eternal peace." (Shakkai, Woman of the Sacred Garden)*

So now, in the final days of this summer that has been both glorious and filled with the hardships of life, go into your own heart and open yourself to love, to the love of your own self and all that you have created in the world. Open yourself to the love of Great Spirit. Open yourself to all of the mirrors that you see in your garden and feel the love of the universe that is reflected there. All of life supports you in your journey towards enlightenment.

Open yourself to the possibility of *being*, instead of always becoming and longing for something that you can't even name.

Celebrate all of the changes in your life. Write them down, paint them, sing and dance them alive. Express the goodness of your heart and share your light with all who experience you. The world needs your light

*Great Spirit, Mother Earth, Powers of the four directions, my ancestors,  
And all those who love me, hear me now.*

*This is a prayer of thanksgiving for the miracle of life. When I awake  
in the morning, Great Spirit, and I take a breath of morning air,  
I look toward the sky, searching the morning light for your face,  
and when I find it, a radiance comes to me, so beautiful and blissful  
that I cannot put words to the gratefulness that is in my heart.*

*There is much pain and confusion in this world.*

*And oftentimes I lose my way, and I know not what to do.*

*Then I sit in silence, and I listen to the high north wind in the pine trees,  
and you sing to me. I open my eyes and I look at the flowers  
and the miracle of beauty that they are. Again I see your face,  
and I wonder at my ignorance. So days go by, and I follow my path of heart,  
And I pray to you, Great Spirit, grateful and strong from your grace.*

*The four-leggeds and the winged ones bring joy to my life, and I thank you  
for their presence all around me. Their purity of being reminds me of you,  
and I know that they are mirrors, shiny and brilliant with your reflection.*

*I know that much gives away so that I may live.*

*The sacred give-away I receive and return, ever grateful for your flowing power within  
me. Without you, I could not see the beauty that you have given us.*

*I feel the sun on my face, and I know your warmth, and I know that everything is  
perfect. I give thanks as I walk my path of beauty.*

*For you, I live all the days of my life. HO!*

In this month of September, go to your garden in your dreaming and in meditation; talk with your guides and allies. Walk with your power animals, ask them how you can express all of your beauty and gratitude in the world? What is holding you back from sharing your dreams and your light? Weed out and release what no longer is necessary to your growth and harmony. Allow your dreams to get plump and juicy with joy, love, and humor! Enjoy this time of transition, and embrace the change that comes with the season.

In Love and Spirit,  
*Lynn*

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## **“Sacred Weaving, Sacred Dreams”**

**Online with Lynn Andrews,**

**November 8 – December 6, 2007**

This is the 4th in Lynn’s series of Online Courses on Conscious Dreaming for 2007. Registration will begin in late September. For more information on this series, go to [www.lynnandrews.com](http://www.lynnandrews.com) and click on “Online Courses.”

## **“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

Go to [www.lynnandrews.com](http://www.lynnandrews.com), click on “Hawaii.”

## **“Egypt Revealed Through Shamanic Dreaming”**

**Join Lynn Andrews in Egypt, March 30 – April 13, 2008**

Travel with master 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, go to [www.lynnandrews.com](http://www.lynnandrews.com) and click on “Egypt”.

## On the road with Lynn Andrews:

**Saturday, October 13, 1-4 PM: Book signing at the Andrea Smith Gallery,** Tlaquepaque Arts and Crafts Village, 336 Highway 179, Sedona Arizona. Please call gallery at 928-203-9002 for more information on Lynn's visit. [www.andreamithgallery.com](http://www.andreamithgallery.com)

**November 9 - 11, 2007: Celebrate Your Life Conference** in Scottsdale, AZ. Lynn will be presenting two **workshops** on apprenticeship to power and finding your creative soul through conscious dreaming. For more information and to register for Lynn's Workshops, go to: [www.celebrateyourlife.org](http://www.celebrateyourlife.org)

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### Kindred Spirits Radio Show with host Lynn Andrews

The 4th Tuesday of every month from 9:00 – 10:00 am PST.  
For information on how to join in this wonderful dialogue, go  
to: [www.healthylife.net](http://www.healthylife.net)

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