

# LYNN ANDREWS' INSPIRIT NEWSLETTER

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## *"Everything is Possible"*

*"I have taught you something new, and that is the trail out of depression. When you work with people who are troubled, teach them something new. Not only does it bring them out of a destructive mood, but it centers them. It changes them, like poetry, like a beautiful work of art. When a shaman works with you, he or she works on the tapestry of your life, helping you tie new knots, bring in new colors to your design, and when that happens, your heart opens and all of life becomes possible again."*

(from **Shakkai, Woman of the Sacred Garden**)

While in the north of Canada with my teacher Agnes Whistling Elk, I awoke one day to a feeling of creeping depression. The morning was gray and overcast, and I had the sense that I had not accomplished anything at all compared to other people.

Agnes set me to the task of comparing several different objects to one another: an apple to an orange, a walnut to a banana, and so forth. As I quickly grew exasperated with this exercise, she began talking to me about comparing one thing to any other thing. Just as you cannot compare a walnut to a banana, except perhaps to point out the differences between the two, you cannot compare yourself with others. We are each unique expressions of the Great Spirit.

She showed me the center of an apple that she had cut in half. As we looked closely at its center, she said, "Our center comes from the void, like the center of this apple that is empty, simply a star-shaped hole. Everything eventually comes from nothing." And she explained to me that when we move into our center, we go to the beginning of things, which is the void, the empty place within ourselves.

Agnes told me that when I'd wakened that morning, I'd felt that emptiness at the center of the apple and I'd been frightened by it. Instead of allowing the emptiness with its new possibilities to fill me, I'd moved off my center into sadness and comparison with others. And she reminded me that we are all equal beings in this gift of life.

As your own unique expression of the Great Spirit, how do you stand in the center of your own empty being? Do you allow yourself the experience of emptiness? When you are in that emptiness, you are actually filled with all the possibilities of that moment in your life. Do you allow yourself the fullness in the moment, or do you step out of that special place by clinging to old habits?

What changes you? What helps you move back into that centered place?

*Move into that place of perfection within you, that place of truth, responsibility, competence, and intuition. Collect your discipline, like a Buddha meditating in a garden of snow. Impeccability is an area of strength that continues to flame within, maintaining your power and intent. This flame burns in your center always, indicating the level of your capabilities and your effectiveness in bringing events into being. Impeccability is tended by the attentions of your sacred witness – that person within you who observes the target. Gather your power with impeccability. With the intensity of a rubber band pulled and held at its breaking point, gather your intent and focus on your impeccability, for the job about to be done.” “Impeccability,” **The Power Deck, Cards of Wisdom.***

During this season of Fall, when the leaves change colors and clouds shaped like bears tumble through cobalt blue skies, reflect on your own center of power. You don't have to compare yourself to anyone; simply recognize your own uniqueness and stand in the center of your being. Ask yourself, “How am I taking responsibility for my life, for my dreams? How am I manifesting those dreams in the world? Am I giving myself the opportunity to explore my many possibilities? Have I celebrated my accomplishments and my own uniqueness?”

Look around you and celebrate your life, just as the leaves celebrate fall with their brilliant new colors! Have fun, and notice all of the harvested crops at this time of year. See the gourds, squash and pumpkins in their wonderfully varied shapes, colors and textures. Realize the potential that you are and stand within the mystery of life, honoring all of the cycles of the year as they are reflected in you.

#### Prayer for This Season of Fall

Great Spirit, I honor you all the waking days of my life.  
Oh great wise ones who guide us on our sacred journey,  
You know when to reveal the mysteries of truth,  
Just as the clouds part and allow us  
To see the snowcapped mountains that were obscured from view.  
I am learning that truth burns like a fire,  
And when I am filled with psychic debris that I have collected  
In my experiences through my lifetime,  
Truth, at the wrong moment, can burn me beyond recognition.  
Thank you, Great Spirit, for helping me understand that my journey  
Is a careful one and that I must place each foot carefully on the path,  
Walking with judgment and discernment.  
It is inappropriate to run wildly and carelessly on this sacred journey.  
Even with this knowledge, I am grateful for my spontaneity,  
and my wildness of spirit.  
I understand the difference between the wildness of my own soul  
And carelessness and thoughtlessness on my path to evolution.  
As I look out at my sacred landscape, I see great boulders that look like eagles,  
And clouds that look like wolves, passing above me in the sky.  
The great thunderhead clouds reflect kachina dolls  
Dancing in the spirit world across the sacred plains.  
The mountains rise majestically above the clouds, and the rivers flow  
Like luminous fibers of silver through the life force of my universe.  
I hold hands with my sisters and my brothers, committed to harmony and peace,  
And an understanding of the human condition.  
Truth has many names, but all truth is the same.

Those who say that they know the truth, know nothing.  
And those who say they know nothing, know the truth.  
Thank you, Great Spirit, for this magnificent schoolhouse we call earth.  
Thank you, Great Spirit, for the winged ones and the four-leggeds  
and the two-leggeds.  
Thank you for the plants and the trees and the stones that were here before us  
That teach us so many things.  
I give you my trust, Great Spirit, as you have given me my life.  
Thank you for your blessings. Ho!

*In love and spirit,  
Lynn Andrews*

*"I am so thrilled to invite you to celebrate and enjoy my beautiful,  
newlyredesigned website, [www.lynnandrews.com](http://www.lynnandrews.com), and I would like to express  
my sincere thanks to my webmaster at [sagespider.com](http://sagespider.com) for your creativity and  
excellence, and to all of my staff who have made this such a wonderful  
transition. I am full."*

*My next **Online Course**, "**Sacred Weaving, Sacred Dreams**," [is](#)  
[registering now](#). It will run from November 8 – December 6, 2007*

*I hope you will join this beautiful circle of sacred dreamers as you learn how to  
move into dreaming in a lucid, conscious way and discover the wisdom and  
power of your dreams. For more information or to register: [Online Courses](#)*

***Please join me...***

**In Sedona, AZ on Saturday, October 13th**, for a book signing at the Andrea  
Smith Gallery, 1 pm to 4 pm, Tlaquepaque Arts and Crafts Village, 336  
Highway 179, Sedona Arizona. [www.andreasmithgallery.com](http://www.andreasmithgallery.com)

**In Scottsdale, AZ from November 9 - 11** at the [Celebrate Your Life  
Conference](#) where I will be presenting two workshops. For more information  
and to register for my Workshops, go to the [conference website](#).

**Kindred Spirits Radio Show with host Lynn Andrews**, Tuesday,  
October 23rd from 9:00 – 10:00 am PDT. [www.healthylife.net](http://www.healthylife.net)

*Early admission* has begun for the 15th session of my 4-year Mystery School,  
the Lynn Andrews Center for Sacred Arts and Training. The school year  
formally begins in February 2008, but I encourage you to take advantage of all  
of the benefits of early admission, including being assigned an Interim Mentor  
and the opportunity to begin your studies in a special and sacred way. [Mystery](#)

*Registration is still open for my 9th annual Hawaii Retreat for Dreaming, Rest and Rejuvenation - Mystical Hawaii - which will take place on the big Island of Hawaii from November 28 - December 1, 2007. Please join me as we swim with the great turtles and explore the beauty and majesty of our inner selves in this very special and exquisite setting.*

Go to my [Hawaii Page](#).

**“Egypt Revealed Through Shamanic Dreaming,” March 30 – April 13, 2008.** Travel with me as we experience the great dream of Egypt as it shifts and changes from ancient temple to ancient temple and cruise on the Nile River.

We will ride across the desert with the Bedouins and dine in their tents, and visit the oldest working christian monastery in the world near the mountain on which Moses was given his visions. To register, and for more information, go to my [Journey to Egypt](#) page.

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