

LYNN ANDREWS' INSPIRIT NEWSLETTER

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"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 you want - what you want to accomplish, build, create, or be - and become that, so that there is no separating you." (***The Power Deck, Cards of Wisdom: "Unknown," Card 1-The Self Card, Center Card of the Sacred Wheel.***)

During this season of the Fall, we have been talking about your own sacred life painting, about creating a paradise for yourself in your life that is in alignment with your dreams for your life. Fall is the season of reckoning. It is a time of gathering, a time of great beauty and a time of change and letting go, so that when you move into the cave with Great Dreaming Bear during the hibernation time of winter, you know where you want to put your focus to prepare for new growth in your own life.

Shamanic prayer is different in many ways from traditional forms of prayer. In shamanism, we pray to the Great Spirit, but we also pray to other aspects of power and harmony. If we hold a ceremony for rain, for instance, we pray not only to Great Spirit but also to Mother Earth and to the powers and guardians of the rain. Rain is something that shamans consider as having life. It is an energy form, so prayer becomes an exchange of energy with the rain, a direct communication with rain, and what a great it is!

When I and the Sisterhood of the Shields understand the cycles of life, we understand them as moving in harmony with the flow of power and energy in the universe from our beautiful vantage point here on Mother Earth. This Earth is a great schoolhouse, and we know that we have come here to find enlightenment. Mother Earth gives us four very different and powerful seasons to help us understand the way energy flows through the universe.

When I look at the seasons of life in harmony with her teachings, I see that Spring is akin to the beginning cycle of life; it is the time when the seeds for what you want to accomplish in the coming months are planted.

Summer is the season of full bloom, when all of the seeds that you have planted will show themselves to you. Summer brings the magnificence of all that you have conceived and planted, presenting itself to the world.

Fall is the time of harvest, the time when all that you have sown and all that has blossomed is now to be reaped. It is the time to know yourself for all that you are so that you can reap all of the abundance of the universe that is meant for you. You have chosen your arrow in the spring; you have chosen your target, pulled back the bow and set the arrow in motion. In the summer, the time when your arrow makes its flight and reaches its mark, you blossomed. Now in the Fall, you are in a time of reckoning. What has worked for you in this year? What hasn't?

Winter is the time of hibernation, the time of going within to contemplate Great Spirit and all that has happened in the past year so that you can chart your course for the coming year. As you look at your life through the seasons of this past year, where are you in creating the sacred painting of your life, in creating your own paradise in this life? What has worked for you, and what hasn't?

Now, as we approach the time of the Winter Solstice, we watch the leaves let go of the trees and flutter away on the wind, preparing the tree for its time of hibernation, when all returns to what has given life and the cycles are complete. It is time for you to let go of what has not served you well.

As you move toward your dream lodge, ask the Great Dreaming Bear to assist you as you ready yourself for hibernation. How have your responsibilities fed you? Do you need a change of perspective, perhaps?

Look at all of what you have accomplished and congratulate yourself!

Look at all of your experiences and offer your gratitude to the Great Spirit, for even as we sometimes struggle in life, we are growing towards the light. This time of year may seem as if it is moving towards a long night, but, as the Solstice nears, light returns to the world, just as our own light grows within us. And a new night sky begins to unfold.

As you move into the unknown stars above you, remember White Star Woman, and ask for her guidance. Talk to her and to the Great Dreaming Grandmother Bear in your nightly meditations. Allow them to accompany you into the unknown. What is the dream or act of power in your life that remains veiled from you? Is it in your unconscious? Go deeply within and look at the seeds you have planted in this last year. Are some still asleep, waiting, perhaps, for another Spring in which to bloom? A time of waiting, of remaining in the unknown, a time of not knowing is a quiet way of

holding space for yourself, so that possibilities you dream of can unfold and reveal themselves to you. So let go of what does not serve you in your life and become ready to prepare for a new cycle, a new paradise for you.

Prayer:

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. 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 sacred give-away I receive and return, ever grateful for your flowering 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 Love and Spirit,
Lynn*

Give the **Gift of Spirit**. An autographed bookplate will be affixed to all books purchased through Lynn's Online Store through December 31, 2007.

[Lynn's Online Store](#)

Registration is now underway 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 now in a very special way. [Mystery School](#)

“Egypt Revealed Through Shamanic Dreaming,” March 30 – April 13, 2008. Travel with me and 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, 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.

Please join me...

12/12 - Interview on radio with Dr. Jeanette on “Live at the Edge”,
www.moosemeals.com/edge.htm

12/20 - Interview with Lynn on WOW radio, Listen live 3pm PST (4pm
Arizona Time, MST), <http://www.blogtalkradio.com/wow-radio>

**Kindred Spirits Radio Show with host Lynn Andrews, Tuesday, December
25 from 9:00 – 10:00 am PDT. www.healthylife.net**

My Guest this month: **Alberto Villoldo, Ph.D**, www.thefourwinds.com

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