

LYNN ANDREWS' INSPIRIT NEWSLETTER

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**"Your life is a path.
Knowingly or unknowingly
you have been on a vision quest.
It is good to have a vision, a dream."**

The tulip bulb is planted in late Fall and early Winter, before the ground freezes, and it sleeps throughout the winter months, dreaming underneath the cold ground. When a tulip bulb is planted, it holds within it all the possibilities of the flower it will become. It is an embryo inside which the flower develops, much as we do in our own mothers' wombs. The tulip flower gestates throughout the winter months, dreaming alive all of the possibilities it holds so that by Spring it is ready to bloom.

Your dreams are like tulip bulbs, gestating in the cave of your hibernation with Great Dreaming Bear, breathing and taking in nutrients from the rich soils of your dreaming. That is why it is so important to give yourself a period of hibernation, a time of introspection when you review all that has come before and reconcile it with the great dream of your life as you dream and chart for yourself a sure path through that which lies ahead. We in the Sisterhood of the Shields hibernate in the wintertime, when the cold winds and freezing snows forced our ancestors into hibernation. In the northern hemisphere, that time of hibernation is now; in the southern hemisphere, it will be upon you in the coming months. If you live in the scorching desert, your time of hibernation may well be the sizzling hot summer. No matter where you live, it is important for you to carve out for yourself a time of hibernation when you can dream alive all of the great possibilities that life holds for you. Then you can use the power of your dreams to break new ground, just as the tulip does in the Spring in preparation for its time of beautiful flowering.

When I was working in the dreamlodge with Agnes and Ruby, I entered the dream state that would take me to see Shakkai, my teacher in a future life

in Japan. Shakkai and I were walking in a field of flowers. Shakkai began to speak to me of love, of a state of grace that allows love to expand our hearts and enrich our lives.

"O Kiku," she said to me, calling me by my name during that lifetime, "When you feel love for Kat-San, something happens inside you. Perhaps you do not know it on a conscious level, but your cells begin to dance. They move in a rhythm. Love is a very healing energy, and there is a reason for that. It is healing, because love picks up on a higher vibration or tone and brings your inner ecology up into a level where wholeness is possible. When you are in love, you become receptive to another human being. You open yourself to a merging of personalities and spirits. For that to happen, your vibration must be much higher."

A very strange thing happened as Shakkai had me lie down in the flowers and meditate. I fell asleep, and began to dream of Lynn, Agnes and Ruby in Manitoba. I did not realize I was already dreaming as O Kiku, but much of what I dreamed had been frightening to me. When I awoke and told Shakkai all that I had seen, she sensed my fear and confusion, and said, "We will talk of your confusion after you have had a chance to digest your dreaming. When you travel the other dimensions of life, remember that there is truly only one life, and that one life encompasses all of eternity. What you are living now, O Kiku, is a dream from another lifetime, and that lifetime is a dream from the sacred Tao. The Great Spirit moves through you and through all of life. We are connected as we will always be." (From *Shakkai, Woman of the Sacred Garden.*)

Use this time of dreaming to dream about love, about what causes your cells to dance and move into rhythm with the world around you. What is it that you love to dream about?

What keeps you from allowing yourself to open to love, to the love of self, the love of others, the love of your art and craft in the world?

Try this exercise: Close your eyes and imagine yourself as the tulip embryo. You are dreaming in your womb-bulb, not yet a full flower. What color will you be? What does that color mean to you? What dreams are you having now for your life? How would you like to see them unfold in the spring?

This time of winter is a time to hibernate, it is the time of the tulip embryos, when we dream of the unfolding of what is dear to our hearts.

Great Mother Goddess, sower of dreams, on this fecund Mother Earth, help me to experience your light in every moment of my life. Help me to experience your dream in my earth walk. As a beautiful rose

growing in my being, let me breathe in the perfume of your essence and your perfection, permeating every cell in my body.

You have given me blood, Great Mother, Blood, the carrier of my future incarnations. Help me to serve you well, so that I may know my lifetimes as they have imprinted my spirit shield with the image of your face.

You are the power that motivates me, that brings me closer to my shaman center, and to my psychic equilibrium. You are the one who fills me with inspiration, who helps me to feel the rose within - the perfection of physicality and spirit manifested in my earth walk.

You are both a wrathful and a benevolent ruler. Help me not to fear the shadow side of myself, the dark side of my femininity. I am Crazy Woman, and I am the Rainbow Mother. I am Death Mother, and I am the Great Nurturing Mother. The sacred cross of feminine power lives within me. As I see your sacred face reflected in the eyes of my sisters and brothers, Great Mother Goddess, give me the strength to follow your path, to feel your rose within me, to plant my seeds on this earth, and reap the wisdom as they grow. Help me to change and to be strong throughout the coming year. Great Mother, I honor you all the days of my life. Ho!

"Life is like school. We move through it learning many things, cloaking ourselves in environmental knowledge. You are on the warrior's path toward enlightenment. You must one day peel away accumulated knowledge like layers of an onion and move back into the source of your power. When contemplating a Zen garden, you find that the source of your power is the essence of the Great Spirit. We come onto this earthwalk like a giant piece of smashed mirror, every one of us reflecting the light of our god. The experience of life is a process of piecing together these scrambled fragments into one great mandala, reflecting the one source of all being. Like the center of a cyclone, we sit at the one point of stillness, the pandemonium of life circulating madly around us. Choose equilibrium, not frenzy. Live life from your center. The essence of you and the essence of the primal moving force of the universe are one." (**The Power Deck, Cards of Wisdom:** "Essence," Card 38.)

In love and spirit,
Lynn

There are still some spaces available for the 2008 session of Lynn's "Mystery School," The Lynn Andrews Center for Sacred Arts and

Training. [Register now!](#) This is the 15th session of the School, which is getting underway now. Here is a special message from Lynn: "Every soul on earth has a mission. You can achieve this awareness in the Mystery School. The Sisterhood of the Shields and I invite you to join us if you possibly can on this amazing journey into enlightenment and self-empowerment through ancient shamanic teachings and tools. I sincerely hope you will be able to join us. The world needs your wisdom and your light now more than ever."

"Spirit Dreaming With the Uchus" -- 2/21-3/19/2008 -- Course #1 in the 2008 series of Online Courses, "Daydreaming Bear, The Way of the Dream Talkers," is [registering now](#). We are capable of so much simply as human beings. We have extraordinary abilities yet to be explored. This is the year for rolling up your sleeves, awakening the sacred power of your intent and manifesting your dreams into reality. Daydreaming Bear will show you how, as she introduces you to great masters of the dreamtime who will, in turn, assist you in meeting your own dream masters and guides.

"Egypt Revealed Through Shamanic Dreaming," March 30 - April 13, 2008: There is limited availability, so [register now](#). Travel down the Nile with Lynn Andrews and experience the great dream of Egypt as it shifts and changes from ancient temple to ancient temple. 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.

[Registration will open soon](#) for the fabulous **20th Anniversary Celebration of Lynn's acclaimed Joshua Tree Gathering**, which will be held from May 29-June 1, 2008 at the enchanting Ghost Ranch in Abiqui, New Mexico. Go to the Joshua Tree link on Lynn's website, www.lynnandrews.com, to learn about entering the Joshua Tree essay contest to receive free tuition for this event and to learn about becoming a volunteer.

Please join me...

2/5 Tuesday... Lynn will air live as a guest on Paradigm Shifters Radio Show, 5 pm PST (6 pm Arizona time, 8 pm EST), <http://www.bbsradio.com>

2/8-2/11 Friday-Monday, The 6th Annual Conscious Life Expo, Business Symposium and Film Festival: Empowered Living, Alternative Health, Conscious social justice running from February 8 - 11, 2008 at the LAX Hilton

Hotel. Lynn will be a keynote speaker at this wonderful event. For more information, visit the website at www.consciouslifeexpo.com

2/26 Tuesday, join Lynn on her Kindred Spirit Radio Show, 9 am - 10 am PST. Listen at www.HealthyLife.net.

2/29 Friday, Lynn will be ReGina's guest on Earth Angel Radio Show, 10-11 am PST (9 am Arizona time, 7 am EST), www.bbsradio.com

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