

LYNN ANDREWS' INSPIRIT NEWSLETTER

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“The power of your intent leads you around the sacred wheel of endeavor. Begin today with trust and innocence in the early hours. Imagine a quiet pond, and see the reflection of your true self. At noon, take a moment to close your eyes and dream. Image the transformation that this day offers you. Seek the strength and wisdom, through your ability to love, to bring this transformation into action and into the words you speak. At night give thanks for the illumination you have found. Know that the form of your intent leads you to the power of transformation.” (“**Transformation**,” Card #15, West; *The Power Deck*)

Springtime in the Northern hemisphere, the long-awaited time of opening to a new shift in consciousness and transforming your dreams into reality, even as the Southern hemisphere shifts into a time of gathering and taking stock in preparation for your time of dreaming!

A Message from Lynn: This Spring, we celebrate the 20th anniversary of my annual **Joshua Tree Gathering – Joshua Tree on the Mesa: Shapeshifting Into Power, May 29 – June 1, 2008**, at the beautiful Ghost Ranch in Abiqui, New Mexico. A shaman is a master at shape-shifting. The ability to shape-shift into your inner power helps you to heal and transform your life and your health. As you shift, you become aware of those changes which will empower your heart and lead you to the power of ethical choice. Shape-shifting develops your self-esteem; as you work with your power animals, you develop your intuition, the intelligence of your body-mind which is the gateway to your own personal truth. Move into the moment with me and allow the power of transformation to begin its healing in your life. Ghost Ranch is the former home of artist Georgia O’Keefe. Register now at www.lynnandrews.com.

No matter where you live in the world, imagine that you are sitting in your garden with Agnes Whistling Elk, Ruby Plenty Chiefs, Twin Dreamers and me. You are drinking iced water.

Agnes points to the ice cubes floating in your glass and says to you, "Imagine you're the ice cube in the glass now. The water in this glass represents the all-surrounding ocean of enlightenment. And you're floating on it like an ice-cube. As an ice cube, you look down at the primeval sea and you discover a great truth."

"What truth?" you ask.

"The truth that you and the ice cube are made of the same substance, you are both made of water. There is only one difference. Do you know what that difference is?"

"No," you answer. Agnes smiles.

"The difference between you and the ice cube is one of degree. We humans come onto this earth for only one reason. We come here to become enlightened: like the ice cube, to melt into the sea of enlightenment. Yet it is the one thing that frightens us the most. Whereas the ice cube melts and freezes, melts and freezes in synchronicity with the natural flow of its life, we humans become rigid when with the prospects of melting. It terrifies us, and so we stay cold, frozen with addictions and fears that come from our life's conditioning rather than the natural flow of the universe. We bleed off our precious life force, say, with an addiction like sadness."

"How do we heat up?" you ask.

"You come to a teacher, and that teacher holds up mirrors for you. If you're willing to look into the mirrors, they become like the sun, and you begin to melt."

"We begin to face our addictions," you say in understanding. "We transform them, we give them away."

Then Twin Dreamers speaks. "Let's take a walk over here by the stream," she says, taking your hand as she leads you to a small, free flowing stream. You lay down on a large, flat rock. Twin Dreamers smudges you with an eagle fan and sweetgrass. The sounds of nearby honeybees capture your attention and you begin to doze. You hear Ruby laugh, and then you merge into the humming of the bees. Their humming enters your solar plexus, and you find yourself floating down a long river.

After a time, you stop floating and you wake up. You are no longer in the garden. You are on the banks of a vast river, resting between long green reeds. You stand and climb up the embankment. There is a woman wearing a

golden lion's mask waiting for you, and she leads you into a white temple. You enter a large room and the woman with the lion mask stands behind you. You see three other figures standing around you. All of them are wearing masks. In front of you, on an altar table, is a beautiful, shimmering, luminescent mask. You are not sure if it is even real, yet inwardly, you know that the mask is yours, that it represents you and your life as you would like it to be. You approach the altar and slowly, reverently, you place the mask on your face. It is comfortable, and you adjust to wearing it.

You hear a voice coming from one of the three masked figures, "Wake up little one." It sounds like Twin Dreamers, and you know you are safe. This figure steps forward and hands you a mirror. You look into it and for the first time you see your true face, the face of the mask on the altar, and you know you have shape shifted into your true self. You are no longer cold.

What does your mask look like? What does it represent to you?

What are the addictions and conditioning that keep you cold?

When you put on the mask of your true face, does it help you to heat up the ice cube you have become?

What dreams would you like to bloom during this new Spring? What dreams have you nurtured all winter long, that you are now ready to plant and nurture into full bloom? It is time to open your dreams to the sun. What do they look like?

This is a prayer for waking up power:

"I am a shaman. I am a false face magician. I come from the faraway."

"I am a person of words. With this face, I will heal. With this new face, I will bring joy into the world."

"I am a person of words. I am a shaman. I am spirit. I come from the faraway. I bring waves to the water and wind to the trees. I heal the mind and the heart."

"With this face, I see you. I am four eyes now, for I have my new shaman face. HO!"

*In Love and Spirit,
Lynn*

Join me for meditations during the journey, "Egypt Revealed Through Shamanic Dreaming," March 30 – April 13, 2008. I will be posting the dates and times so that you can join us as we progress along our sacred path to the different temples and ancient parts of Egypt. I would love for

you to be a part of the energy of our group. Visit my Egypt page for more information. *I look forward to having you [meditate with us in Egypt!](#)*

“Crystal Dreaming,” the 2nd in my 2008 series of Online Courses, ***DayDreaming Bear, The Way of the Dream Talker,*** will take place from **May 1 – May 28, 2008**. Registration is ongoing throughout the month of April, [Online Courses](#).

Joshua Tree on the Mesa: Shape-Shifting Into Power, **May 29 – June 1, 2008**. Learn how to become a volunteer at this Gathering or how to win free tuition through our Essay Contest. Register now for [Joshua Tree](#).

Please join me...

4/22 Tuesday... Kindred Spirit Radio Show - 9 am - 10 am PST. Listen at www.HealthyLife.net.

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