



*"The person who upsets you most in your life is one of your best teachers. If that person can get inside your head, turn you around, and confuse you, you know that you still don't understand what you are doing. You need more strength. Learn by seeing that your life is a teaching. Like the red lotus healing its pain in inner solitude, gain strength from entering your wounds, and learn from them. The magician remembers the trail and takes a different one, even if it is more difficult. In this way, you build strength." (Strength, Card 27, The Power Deck)*

Inner strength is found through deep inner search and meditation, especially in times of change and transition. It takes courage and strength to risk shape-shifting ourselves, our vision of life, and our sacred dream. In the shaman tradition, we move into the pain that we experience in life to find the possibilities for learning and growth that are hidden there. When you experience your pain in all of its aspects, you can move through it, emerging as a more powerful and strengthened person. You release the pain, yet keep the lessons.

One day, I was sitting with my friend, Twin Dreamers. She is very old, a shape-shifter, healer, and member of the Sisterhood of the Shields. Twin Dreamer often uses humor to heal. She told me a story about a young lioness who gave birth to a cub. The lioness died while giving birth. The young cub was near a herd of sheep, and the sheep adopted him. He grew up believing he was a sheep! Years passed, and the young lion, believing he was a sheep, went with the herd to graze on grass near a river. An old grandfather lion was taking a drink at this same river. He looked up, and couldn't believe his eyes! He saw the young lion, behaving like the sheep herd. Well, that old grandfather marched right over to that young lion, grabbed him by the scruff of the neck and dragged him over to the water to see his reflection. And then the young lion couldn't believe it. He looked exactly like the old grandfather lion! Realizing he wasn't a sheep at all, the young lion accepted his original nature and went off with the grandfather to learn how to hunt and be a real lion.

Imagine yourself sitting with Twin Dreamers, me, Agnes Whistling Elk and Ruby Plenty Chiefs. As Twin Dreamers tells you this story, she takes her drum and

begins to play a slow, steady beat. You lie down on her medicine blanket and close your eyes, and you begin to dream. You see yourself and Twin Dreamers walking next to a wide river in a foreign land. You see green fields being tilled by people in white linen robes and loincloths.

The sun is setting, and the people leave and head off to their adobe homes. You hear a sound behind you in the twilight and look around. Twin Dreamers giggles, then she hugs the Goddess being who approaches you. This woman is tall and stately. She has the face of a lioness, and you recognize the Goddess, Sehkmet.

Sehkmet and Twin Dreamers take you to a lovely temple, glowing white and blue in the rising moonlight. You enter the quiet temple and move through columns to a large courtyard. You see a fountain surrounded by lit torches. Sehkmet instructs you to sit on a golden pillow next to the silvery pool of water. She and Twin Dreamers sit nearby, allowing you to look into the reflecting pool. In the pool's still surface, you see your reflection. You watch as you begin to shape-shift, seeing parts of yourself, both light and dark, that you have or have not been aware of before. You are calm and this experience is not unpleasant. You feel safe and at peace. You are simply witnessing aspects of yourself, as well as the personas you adopt in your daily life. Finally, the moon has moved overhead, and in the face of Grandmother Moon, you see your original nature looking back at you with unconditional love.

After some time, Twin Dreamers and Sehkmet hand you a refreshment and a small gift. You wake up from this dream in the meadow next to Twin Dreamers. It is dawn, and she is preparing breakfast for you at her campfire.

"Here," she says with a twinkle in her eyes, "you dropped this while you were sleeping". You look with amazement, as you hold the gift you'd received in your dreaming!

You hear Ruby laughing as Twin Dreamers says, "We were all born wild like a mountain lion, and to live in civilization we become sheep at a very young age. We become tame. But we are not house pets. We are fierce and wild by nature. Movement between one life situation and another is essential. Movement or action is the key that unlocks the door to understanding. Dream on this. Consider what is left of your instinctual nature. Remember that action is not a reaction. It has a lodge of its own. When you see a horse, you become both happy and sad. That horse represents the wildness within yourself that you have never dared to become."

How are you like the young mountain lion who thinks he's a sheep? What masks do you wear in life? What in your life's dreams are you ready to change

and shape-shift? Think about your dreams and what you would like to manifest in the coming months. This is the gift Sehkmets gave to you.

***"Great Spirit, Mother Earth, powers of the four directions, my allies, my medicine animal, my ancestors, the Sisterhood of the Shields, and those who love me, be with me now and hear my prayer.***

***"I will manifest within this lifetime my true destiny by finding the hidden passions that live within my heart and soul, those hidden passions for truth, for harmony and balance and goodness, that live within me.***

***"I will not be afraid to look at the dark side of my being. That dark side is my instinctual nature, which I have denied in some way in my life. To repress who I really am is to live a lie, and to live my life through the eyes of others, not through my own eyes.***

***"I pledge, Great Mother, to take responsibility for who I am in this life, for my weaknesses and strengths. I pledge to walk the path as a spiritual warrior of heart.***

***"As I see the many mirrors I have created around me in my life, I will not be afraid to look in them. And I will realize that no matter what reflection I see, it is the reflection of some aspect of you, Great Spirit, and for that I will love all that I see.***

***"To take my power in this lifetime is to understand that I am made of power, and that power is the reflection of you, Great Spirit. I understand that the first lesson of power is that we are alone in the struggle toward enlightenment. I also understand that the last lesson of power is that we are indeed all one. You are my light and my love and my way, Oh Great Spirit, and I honor you all the days of my life! HO!"***

*In Love and Spirit,  
Lynn*

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My Online Course, "***Crystal Dreaming***," begins Thursday, May 1st and runs through May 28th. Registration will be kept open through the end of the day on Saturday, May 3, 2008. [Online Courses](#).

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I invite you to join me as I participate in a 12-week teleseminar, "***The Daily Work***," which encompasses the practices that spiritual leaders apply

to our own lives on a daily, weekly, monthly basis, presented by **Healing With the Masters**. To learn more about this free seminar, please visit the website at: [www.healingwiththemasters.com/Lynn](http://www.healingwiththemasters.com/Lynn).

***Joshua Tree on the Mesa: Shape-Shifting Into Power, May 29 – June 1, 2008.*** There are still spaces available for you to attend this fabulous 20th Anniversary of my annual Joshua Tree Gathering! Register now for [Joshua Tree](#).

*Please join me...*

**5/19 Monday...** Lynn will be the guest on "Intimate Conversations with Mystics and Masters", Listen in [www.BodyWondersRadio.com](http://www.BodyWondersRadio.com).

**5/27 Tuesday...** Kindred Spirit Radio Show - 9 am - 10 am PST. Lynn's guest will be David Icke. Listen at [www.HealthyLife.net](http://www.HealthyLife.net). David Icke's website is [www.davidicke.com](http://www.davidicke.com)

Begin making your plans now to attend my **10th annual Hawaii Retreat for Rest and Rejuvenation: Dream Weaving**, which will be held on the Big Island of Hawaii from Dec 3-6, 2008. For more info, [Hawaii Retreat](#)

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