



***“Force lives in your will and comes from your intent. Life is a process of pulling back your bow, aiming your arrow, choosing a target, and shooting. The degree and quality of the force with which you choose your target and shoot determine your power and your success. Force is built through your integrity of purpose, your physical tuning, and your balance of spirit and mind. By naming your act of power, you create force. Follow your innermost passions in life. Empower your will and your strength of force by manifesting your secret dreams.”***

I have spoken and written extensively on what I call the ‘act of power.’ An act of power is, in its essence, an act of passion. It is what happens when you look inside yourself to that place of passion that needs and wants to be expressed in the world, above all else. An act of power is an act of stretching. It means that you have stretched beyond the ordinary boundaries that form your commitments in your life.

Shape-shifting and creating an act of power are intricately intertwined. What do I mean by “shape-shifting?” We are all, at our essence, a thought form. We create through our ability to conceptualize. We create our bodies, we create who we are as a lifestyle and a life-form and a dream body through our thoughts. I do not believe that shape-shifting is an ancient term that cannot be applied to our own lives. When you are walking down a trail feeling the weight of your responsibilities pressing you down and you see something magnificent up in a tree that fills you with awe, you shape-shift out of the negative paradigm and into someone who is grateful for your eyes, excited by the ability to see and the incredible presence of life in all its forms!

One cannot create an act of power without intent, and it is the same with shape-shifting. Intent is that place within you that fuels all that you do and all that you are in the world. Whether you are creating a physical act of power, like writing a book or creating a work of art or raising a family, or shape shifting from a person of low energy and motivation to someone who is highly charged with a passion for life,

the issue is one of stretching your intent. When you commit to something and reach deeply inside of yourself for the power that you know that lives there, but has perhaps never been expressed, you cannot help but create a mirror that you must look into. In that mirror you begin to see your frailties and fears, the places within yourself where you need to grow. Then, to create your act of power in the world, you end up shape shifting, because you change the way you see yourself and the world.

Some time ago, I was visiting Zoila, my teacher in the Yucatán. We were talking about an experience I had written about in [Jaguar Woman](#), the time she asked me to follow her down a sheer canyon trail in the jungle, a place called *La Caldera*.

*She was saying to me, "You were terrified, Lynn, because you're afraid of heights and you saw this little, tiny trail that I wanted you to walk down. And it terrified you to the point that you were not going to follow me. I told you that if you did not follow me, none of the Sisterhood would ever work with you again. It was your time to shape-shift out of terror into a kind of trust. I knew what I was doing in asking you to follow me, but I also knew that it was time for you to move out of a fear of death and into a new level of consciousness where you could give over to your teacher completely. It was time for you to move into a place of service to higher wisdom. In order for you to have followed me down the trail that day, you had to shape-shift into a complete warrior self. And you did. You worked through your terror. You gave up your complete addiction to the fear of death and moved into a place that you told me later was a place of trust."*

It isn't about life or death; it is about trusting that I am in service. I, Lynn Andrews, am in service to the Great Spirit. At that point above the canyon with Zoila, I had shape-shifted, and that, Zoila said, was the beginning of my ability to learn the true nature of shape-shifting. As she told me, "You, anyone, everyone has to know this concept so totally that you can shape-shift out of a place of unworthiness, out of a place where you have not allowed yourself to win, whatever that means in your life. And that is a lot to ask of someone because by the nature of things we are imperfect beings. We come here to learn." To shape-shift is to learn the true nature of things.

What is that place in your life, in your body, where you feel a lack of worth? Anger goes hand-in-hand with a lack of self-worth. When does anger come up for you? Where do you carry it in your body? How do you express your anger? Is it like a volcano that blows out explosively, or does it creep along like slow lava? What do you do with your anger? Are you able to harness the energy of your anger for constructive/creative purposes, or is your anger a reaction to someone or something in your life, stemming from the ego-mind, that consumes your creativity and triggers your pain-body?

Anger is a very powerful force in our lives and it can be a great catalyst to change, so visualize your anger being transformed into creative, healing, life-enhancing energy. Shape-shift it! Now what are the acts of power that are living on the edge of your consciousness, waiting for you to pull back your bow, aim and shoot your arrow?

What is your intent for the act(s) of power you are currently working on? Do you have an act of power or an intent to shape-shift some area of your life? If not, meditate on this and imagine what your life would be like if you could do anything you can dream. Dream and visualize it as if it has already happened, and allow that feeling to sit within you.

An act of power is also an act of love, because for there to be power in your life, there must also be love. The two balance one another. So, love yourself, and forgive yourself your flaws and fears. The Great Spirit and The Sisterhood love you and support you, so rest within that knowledge and be kind to yourself.

**Imagine yourself climbing a mountain in the jungle with Zoila, Agnes, Ruby, Twin Dreamers and me. We lead you to the top of what you realize is a volcano. You stand near the edge of the open crater, safely out of harm's way. The elder women begin to chant and drum. You are told to look within the crater and simply witness. After a short time, you see the smoke in the crater begin to swirl into the form of a lovely young Polynesian woman. She is the Goddess Pelé, and she has words only for you.**

**What does she say about your sacred intent? What does she tell you about your own force and strength? After some time, the vision of Pelé disappears. Twin Dreamers takes you by the hand and leads you away from the volcano, down the slopes toward the ocean. You see the crash of the waves as they hit the beach, and you stand with all of us behind you and you all joyfully watch a herd of beautiful horses running through the surf. Twin Dreamers whispers in your ear, "Life is an adventure of the spirit."**

Enjoy the adventure!

***"Prayer for Daily Empowerment"***

***I am a new warrior of spirit.  
I exist in a world of sacred balance.  
I balance with one foot in the physical world of material substance,  
And one foot in the dimensions of spirit and sacred life.  
My course is set by my ally, the winds of time.***

*Mother Earth gives me life force, the life blood of my sacred body.  
The plants give me nourishment and healing  
as I ride the windhorse of my intent –  
My sacred warrior's transport of buoyant joy –  
Into a new and unknown world of harmony.*

*I am truly a new warrior, an androgynous spirit being of light.  
My weapons are the shields of awareness  
The symbols of ancient truth and the sacred giveaway.  
Like the angels that surround me, few see me for who I really am.*

*I do commerce in the world.  
I raise my family.  
I live a life dedicated to freedom.  
I immerse myself in the physical world so that one day I can give it up,  
Because I can give up only something that I truly have.*

*People learn from me through example,  
Because of the integrity of my own life and spirit.  
I move into the world with confidence and wisdom.  
I am always open and learning tools of knowledge,  
And I share these tools with my sisters and brothers.*

*I am a warrior of the light,  
And I live the integrity of that truth with great care  
And from a center within myself that is pure goodness –  
The embodiment of the peaceful soul.*

*I walk with confidence the path of heart and personal power. Ho!*

In Love and Spirit,  
Lynn

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**Online Course, “Dingo Man Dreaming, Preparing To Enter The Third Hoop Of Power By Making Peace With That Which You Fear The Most,”** will register in **July of 2008**, to be held in August. Please visit my website, [www.lynnandrews.com/courses.htm](http://www.lynnandrews.com/courses.htm), for details.

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**Tuesday, June 17th:** Please join me as I am Jennifer McLean's guest in her “Healing with the Masters” seminar presented by the **Daily Work Tele-**

**Seminar Series** To learn more about this free seminar, please visit the website at: [www.healingwiththemasters.com/Lynn](http://www.healingwiththemasters.com/Lynn).

**Dec 3-6, 2008:** 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 at the beginning of December. Learn more at visit [www.lynnandrews.com/hawaii.htm](http://www.lynnandrews.com/hawaii.htm)

*Please join me...*

**Tuesday, June 24, 9-10 a.m. PDST:** *Kindred Spirit Radio Show* with host Lynn Andrews. Listen at [www.HealthyLife.net](http://www.HealthyLife.net). My guest will be John Perkins whose New York Times bestselling book “The Secret History of the American Empire” zeroes in on hot spots around the world as he interviews hit men, jackals, reporters, politicians and activists to examine the new geopolitical crisis and what we can do to change things for the next generation ([www.johnperkins.org](http://www.johnperkins.org)).

**Tuesday, June 24th, 11 a.m. PDST:** I will be the guest of Dr. Liana Carbón on her *Living Wisdom Radio Show*, “The Mystical Shaman,” as we discuss the art of shamanism and spirituality. Listen at [www.modavox.com/7thwavenetwork/](http://www.modavox.com/7thwavenetwork/). [www.shamanicwisdom.com](http://www.shamanicwisdom.com).

**Sunday, June 29th:** I will be the *Keynote Speaker* at the Author’s Breakfast of the International New Age Trade Show in Denver, CO. Go to [www.inats.com/west](http://www.inats.com/west) for details.

**Tuesday, July 1st:** I will be a guest on the *Living Wisdom Radio Show*. Please check my website, [www.lynnandrews.com/calendar.htm](http://www.lynnandrews.com/calendar.htm) for more information.

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*comments. Thank you!*