



***"Move into that place of perfection within you, that place of truth, responsibility, competence, and intuition. Collect your discipline, like a Buddha meditating in a garden of snow. Impeccability is an area of strength that continues to flame within, maintaining your power and intent. This flame burns in your center always, indicating the level of your capabilities and your effectiveness in bringing events into being. Impeccability is tended by the attentions of your sacred witness - that person who observes the target. Gather your power with impeccability. With the intensity of a rubber band pulled and held at its breaking point, gather your intent and focus on your impeccability, for the job about to be done." The Power Deck: "Impeccability," Card 25***

When you create an act of power, always do it from a place of impeccability. When you do anything in life, whether it is manifesting a deeply held act of power into the world or simply washing the dishes at the end of the day, do it from a place of impeccability.

When I speak of doing something from a place of impeccability, what I mean is, do well that which you choose to do. If something is not important enough for you to do it well, why are you doing it in the first place?

To put it another way, if you are going to put your time and effort into something, do it with care, focus and positive intent, using the best of your abilities! Put your whole self into it, with love. You may not love washing the dishes or doing the laundry, but you love your family and you love yourself and you love having a comfortable home. When you use that love to motivate you through those things which, quite frankly, you'd rather not have to do, even perhaps someone else ought be doing in your stead, you move into the place of impeccability within you and you emerge from the task energized by the sense of accomplishment that comes with a job well done (as opposed to a job hanging over your head!). *Most importantly*, you stay out of the huge energy drain of negativity that comes with

focusing on all of the reasons why you don't want to be doing this thing in the first place.

In my book, [Writing Spirit](#), there is a chapter titled, "Risk-Taking and Laziness of the Soul." Often we get spiritually 'lazy' and we become afraid of taking risks. The kind of risk I'm talking about is not parachuting or mountain climbing, or even something that is financially challenging. It is the risk that happens when you find that your work, your growing consciousness, what you are doing in the world and in your spirituality takes you far away from where you are now, mentally, emotionally, spiritually, and sometimes physically. This kind of risk has to do with living on the edge of your awareness, where you truly push the envelope of all the possibilities that are before you. It is the awareness that it takes to manifest your acts of power into the world.

Laziness isn't necessarily apparent to those around you; you could be a person of great energy and still be lazy in your spirit, lazy in your soul, lazy when it comes to taking responsibility for yourself. 'Laziness of the soul' comes from the notion that it is much easier not to do something if it is difficult or challenging, or particularly if it feels risky.

This kind of laziness happens, for example, when you think that enlightenment may not be real, so you put the experience of enlightenment into a little corner of your life yet you continue to mouth prayers asking for spirit to come into your life. When you do this, what you are really doing is creating a situation in which you don't have to take responsibility for what you believe; you don't have to take responsibility for shifting your consciousness and for the change that is inherent in living a sacred life. It is the same kind of laziness that happens when you don't manifest your fabulous acts of power into the world because there are no guarantees of success or you are afraid it will be too difficult before you've even tried to push the envelope. I'm not criticizing, please believe me. We all fall prey to this behavior from time to time.

Not long ago I gathered my teachers around me and we talked at great length about how we sabotage ourselves with laziness. What we decreed was that the antidote to laziness truly is risk!

**In [Star Woman](#), I wrote about my teachings with Twin Dreamers, a Kuna Indian woman from Panama who is a shape-shifter and a member of the Sisterhood of the Shields. I had ridden the magnificent horse, Arion, and I had fallen off of him. The women of the Sisterhood rallied around me and worked to heal my injuries.**

**One day, as I was recovering, I hobbled out of my tent, supported by Zoila and Agnes, who left me sitting on a blanket in the warm sunshine. Twin**

Dreamers approached me in that quiet and powerful way of hers, wearing an unusual necklace of red, yellow and black beads.

"Those beads really are different," I commented.

"Touch them," Twin Dreamers said. "They were a gift from a *Kuna chamin* near Panama." She chewed on a piece of osha root, tilting her head to look at me, and then added, "You're better now."

"Yes," I said, "but it's good to rest." The truth was, I had had a frightening accident and during the time it had taken me to heal, I had lost my motivation for the very things that had brought me to Twin Dreamers and Arion in the first place. I had settled into an abnormal state of ennui. I fell back, stretching out on the blanket lazily and curling my toes into the grass.

"That Kuna shaman told me that whenever I met a lazy girl, I should give these beads away to her," Twin Dreamers said. "I promised to do that when she gave them to me, and so now I must keep my promise."

"Do you mean you're giving me the beautiful necklace because I'm lazy?" I was completely dumbfounded.

Twin Dreamers untied the sinew that held the beads and handed the necklace to me. Her eyes twinkled, but her face was impassive.

"These beads have very special powers from the southern jungles that could be useful to you right now." She held out the necklace and, just as my hand grasped it, I heard a szz, not loud, but powerful enough to make me look. When I saw what I had in my hand, a great fear came over me, for staring back at me was a red, yellow, and black coral snake! Its tiny mouth was wide open and it twisted in my grasp, trying to bite me. I felt as if my body had been hit with an electric shock. I screamed in fright, shot up from the blanket, ran backward, and threw the snake away from me all in one terrified burst of movement.

Twin Dreamers caught the thing with her left hand. My eyes blurred for an instant. When I regained my focus, a red, yellow, and black bead necklace hung limply from her fingers and her expression was enormously intense.

I screeched at her, "Why did you do that to me? You tricked me." I was furious.

Twin Dreamers calmly asked, "Why are you angry?"

"Because that necklace turned into a coral snake. It could have bitten me and killed me."

"Yes, it could have," Twin Dreamers said, "but that was not the intent. The anger you are feeling right now is a reality, but the coral snake was not. The

snake was only a thought in your mind, and you were needlessly frightened. You are escaping into your fears. That is why you have been sleeping so much and why you can't get yourself going."

It was only after I'd examined the beads more closely and made sure it was just a necklace that I took it and considered the lesson that had been imparted to me.

How do you handle risk in your life? How do you push the boundaries of your existence past what you ever dreamed you could be or do in this world?

Remember this concept of risk: wiping away laziness of spirit. Human beings are by nature lazy. This is not a judgment of us. It is simply a statement that most of us have to learn to take our power the hard way. I had to learn to take my power in my work with the Sisterhood, and it was not easy. All of my books are filled with my fears and my vulnerabilities, all of the ways that I tried to sabotage myself instead of stepping into my own power.

I had to learn to risk. I had to learn to understand the importance of overcoming not only the laziness of the physical but also the laziness of spirit.

Anger, humor, and fear awaken our will. When we take a risk in our lives, like writing a book or learning something new, we are exercising our will and our intent; we are moving into impeccability. We pull our focus, our intent and our ability together, and then we take the risk of doing something out of our own truth that is based in love. That is how we grow and we shift.

Impeccability implies a time of gathering and going within, and also a time of letting go of what you do not need so that you can be unhampered as an impeccable warrior of spirit. What is it in your life that creates laziness of your spirit? What thoughts do you hold in your mind that feed your fears, that keep you lazy in the world and in spirit? What risks can you take to heal this "spirit sleep" and move into creating your wonderful acts of power and happiness? Focus on your impeccability this month, on what you do well and what you love to do!

***Great Spirit, through all the veils of ignorance that we create in this world, the truth and goodness of life and nature will survive. With each act of power that I perform, the light on earth is increased a tiny, tiny bit. It is like looking to the bamboo and seeing the morning light reflecting off the pond. It brings me closer to home, closer to you. Ho!***

In Love and Spirit,  
Lynn

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**August 2008: Online Course with Lynn Andrews, "Dingo Man Dreaming, Preparing To Enter The Third Hoop Of Power." Registration for this**

**course will go live shortly.** A special email notice will be sent when we are ready to register later this month. Please check my website, [www.lynnandrews.com/courses.htm](http://www.lynnandrews.com/courses.htm), for updated details.

*Please join me...*

**Tuesday, July 29, 9-10 a.m. PDST:** *Kindred Spirit Radio Show* with host Lynn Andrews. Listen at [www.HealthyLife.net](http://www.HealthyLife.net).

**Dec 3-6, 2008: Hawaii Retreat with Lynn Andrews - "Dream Weaving with the Lost Spirits of Mu,"** who shared their knowledge and ancient wisdom with the Sisterhood of the Shields. Make your plans now to join me for a very special experience as we swim with the dolphins and journey back to the beginnings of our legends, accompanied by the great turtles. Please visit my website [www.lynnandrews.com/hawaii.htm](http://www.lynnandrews.com/hawaii.htm) for details.

**The Lynn Andrews Center for Sacred Arts and Training** – The 16th session of my 4-year "Mystery School," will begin in **February 2009**. On behalf of all of the women of the Sisterhood of the Shields, I extend to you a very special invitation to study their teachings with me through an extensive program which is designed to enable you, as an apprentice, to venture further than you have ever gone before into your own personal environment of skill and possibility, using ancient shamanic tools side-by-side with the wonders of the modern world. Learn more at [www.lynnandrews.com/mys-school.htm](http://www.lynnandrews.com/mys-school.htm).

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