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"Much of what you see in life is an agreement that something is in fact true. To develop power, focus on one aspect of your life. This could be your career, a sport, or some endeavor that you have a passion about. Become an expert. In the process of becoming an expert, you fine-tune your whole being. You collect the important parts of yourself, and you begin to live the life of a warrior. Rid yourself of attitudes that are not essential to your task.

Collect your energy and focus your power on wondrous and magical acts. Let the shell of your consciousness rise out of the ocean of your subconscious mind. It's just a matter of focus." ("Focus" card, *The Power Deck*.)

While I was working in my Dreamlodge with Agnes Whistling Elk and Ruby Plenty Chiefs, I entered a past life as Catherine, a young girl in medieval England who was taught by a wise elder woman called Grandmother. I wrote about my work with Grandmother in *The Woman of Wyrdd, The Arousal of the Inner Fire*. One day, I was feeling a great deal of anxiety about what I wanted to do in life - what I had accomplished so far, where I wanted to take it, and my fears that I would not be able to do what I hoped to do.

Grandmother took me into a beautiful flower garden behind her old stone cottage and said, "Catherine, look around you. Look at the flowers. See how beautiful they are. Look at the butterflies as they dance from one flower to another. Feel the soft wind on your skin. Feel its warmth. Feel the rays of the sun bathing your body with light. That is all there is, my child. That is the present. Whether you understand that fully now or not, that is really all there is. There is no past, and there is no future. There is only this moment that we share together."

So often, when we begin to focus on what we really want to do in life, it seems as if somehow a floodgate opens and we find ourselves deluged with problems and distractions that we didn't even know existed. Before we know it, we have been pulled off our center and are spending all our time doing other things, and this triggers a change in our attitude. Suddenly we're not so sure about what we were trying to do in the first place. Maybe we aren't ready; maybe we aren't qualified. We're too old, too young, too broke. If it was "really meant to be," we would be encountering all this resistance, right? Right?

Step into Grandmother's garden with me for a little while. Imagine yourself in her garden very early in the morning, before the sun has warmed the ground. You can still see the dew on the plants and flowers as you walk on the soft, smooth path. Feeling free, you take off your sandals and walk barefoot, enjoying the sensations of smooth soil and grass between your toes. As you walk toward a small stone altar in the center of the garden, you step on a small thorn. "Ouch!"

Sitting down on the cushion in front of the altar, you take out the thorn and examine it. A soft petal lands in your lap, and you look up to a towering rose trellis above you. Many kinds of roses are there, in shades of pinks, reds, yellows, and white. They are exquisite; their scents fill you and you completely relax.

A voice flutters on the wind, "It is not possible to have a rose garden without thorns."

Looking down at the altar, you notice a card from *The Power Deck* sitting in front of you. It is the "Perfection" card, and it reads, *"Dream your passion. Fly away. Go through the hoop of your innermost fears and desires. What pain from childhood have you not dealt with? Move into the wound of your most secret fears, and find the seeds of wisdom that are planted there. Face what upsets you the most; it is a great teacher. Give away whatever is holding you back - insecurities, ego, fear of failure, or of not being loved, fear of being alone - and be reborn into a new state of perfection."*

Perfection is not about being flawless or doing everything right, it is about accepting our flaws and finding their beauty and wisdom. So often we focus on things that are not so very important to where we are and what we are trying to do in our lives. We let ourselves get pulled right out of the present, either reliving past wounds or fearing future ones. We forget all about this very moment, which, as Grandmother said, is all there really is. We forget that it is what we focus on and how we perceive our life situations that have the greatest impact on how we create our world. We forget who we are, and we give away our entire being to those things which are not "essential to our task." When this happens, you are no longer living the life of a warrior.

Go back to the rose garden. Allow the flowers whisper to you. What do they say about your focus in life, and what fears and old attitudes keep you from focusing on your act of power? Like the rose, we contain beauty and wisdom. We also have thorns. Can you find the beauty in the 'thorns' you experience? Look at a rose; see the whole flower. It is magnificent in its entire form, including the thorns, as are you.

"Follow your destiny. You are being initiated into a knowledge as old as time.

Sometimes you can look back over your shoulder and not pay any attention.

"You can choose to be blind, or you can follow your destiny."

-Agnes Whistling Elk, Medicine Woman

In Love and Spirit,

Lynn

SPECIAL NOTE: I invite you to explore the brand new look of my **Online Store**, www.lynnandrews.com/retail My thanks to my Webmaster for creating such a dynamic online experience.

Join me in my upcoming Online Course as we enter the profoundly powerful and magical world of "*Oruncha of Chauritzi, Warrior of the Sacred Dreamtime*," **August 14 - September 10, 2008. Registering now**, www.lynnandrews.com/courses.htm.

Begin making plans now to join us on the Big Island of Hawaii **Dec 3 - 6, 2008**, for "*Speaking With the Ancestors*," my annual end-of-year retreat for rest, rejuvenation and dreaming. www.lynnandrews.com/hawaii.htm

Thursday, August 7th, 8-9 p.m. EST -- Lynn will be the guest on "The Hillary Raimo Show -- Matters of the Mind, Body & Spirit." Listen **LIVE** at www.achieveradio.com/hillary-raimo/index.php. The call in number for listeners is 888-235-7374 (USA & CANADA) or +1 480-240-7111 (Worldwide).

Please join me...

Tuesday, August 26th, 9-10 a.m. PST - "Kindred Spirit Radio Show" with host Lynn Andrews. Listen at www.HealthyLife.net. Lynn's Guest: Caroline Reynolds, author of Spiritual Fitness, www.carolynreynolds.com.

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