



# Lynn Andrews

INSPIRIT NE

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*Aspiration stimulates power. It is your aim spiritually and physically in the world and involves the totality of your being. Without the balance between the physical and spiritual, aspiration is a hollow accomplishment. It is like a spirit lodge at the dome of which are your ceremonies and rituals. But the spirit lodge must have a strong foundation of capability, trust of those around you, and responsibility. Aspiration is what builds the spirit lodge of power. It is the architect of your accomplishments and sits at the feet of power, as the deer stands before the*

*civilization. Keep your heart open, kind, and loving, so that the energy of the universe can move freely through you. It is difficult to aspire without judgement, but judgement limits you and puts a fence around your consciousness. Give much consideration to all your choices in life and a free flow to your process of aspiration. "Aspiration Card," **The Power Deck***

Aspiration: A strong desire to achieve something high or great, from the word 'aspire,' seeking to attain or accomplish a particular goal. [1]

To what is it that you aspire in life? To what lengths are you willing to go to accomplish it? Are you willing to go so far as to change whatever it is that is blocking you?

So often we are terrified of change, all of us, at one point or another. Change implies letting go of what we know in order to enter the great mystery of the unknown, letting go of what we have held as a kind of security in our lives. Even bad habits can provide a kind of security. Yet it is in the unknown where we find the energy of what it is we need in order to be whole. It is in the unknown where we find the awe and wonderment of power that enables us to become one with power. When you think of yourself as an entity separate from power, you will obstruct the current and power will defeat you. Identify the form of power you want, what you want to accomplish, build, create or be, and become that so that there is no separating you.

Many years ago, when I was in Nepal studying with Ani, Agnes and Ruby, they smuggled

me across the Red Chinese border into Tibet to attend a special gathering of the Sisterhood of the Shields. For me, it was one of the most exciting and terrifying experiences of my life. My teachers had disguised my Anglo features by dressing me in the garb of a boy of the Nar Valley and wrapping a *pashima* shawl across my face and told me to keep quiet, but when the Chinese border guards pointed their rifles at us and spoke loudly in a language I did not understand, my heart was pounding.

Shortly after passing through the checkpoint, we found ourselves high above a steep gorge on a very narrow passage between two mountains. Suddenly we heard a strange groaning sound and the earth began to tremble.

**“Hug the cliff walls,” Ani yelled as huge boulders and shale pounded into a large pile in front of us. I was terrified; I felt totally helpless, and it showed. Ani sat down on a rock, then she turned to me.**

**“The mountain has given us an avalanche,” she said matter-of-factly. “The spirits of the mountain have presented you with a test.”**

**The spirits of the mountain had presented *me* with a test? As I sat there, flabbergasted, she explained:**

**“Lynn, we are all responsible for our reality and for all the reality that surrounds us. We make our own problems. They don’t happen to us. If you are giving away your power or not, you are still responsible.”**

**When I asked how we were going to get past the avalanche, she answered, “We will do a ceremony.”**

**And when I asked what earthly good a ceremony would do, she told me, “That’s for you to discover and we will follow. Remember, there are no accidents. There is a reason for the mountain to test you in this way.”**

**As the women laid out the stones and chanted in preparation for our ceremony, I picked up a paper from the ground and unfolded it.**

**“This ceremony is for you, Spirit Woman,” it read, “as it is for all women. The soul of the mountain has sent you a gift. The gift lives beneath the avalanche of blockage that prevails within all sentient beings at this time. The mountain has sent you a sign. The trail is impassable, and yet it must be followed. Your life has been thus. To reach the next level you must find the gateway within your own being and the trail will become available to you once again.”**

What gifts live beneath the avalanche of blockage that keeps you locked in fear of change, even when your hearts desire sits just on the other side of that change? Now is the time to find those gifts and put them to work for you, for gifts they are. They are telling you what you need to change in your life. They may have sharp edges, but how can they be anything other than gifts when they have so much to teach you about yourself and your life process?

Right this very moment is *especially* the time to focus on the changes you need to make because all of the energies of this great earth are aligned with you! Whether you are in the Northern or the Southern hemisphere, in the season of fall or in spring, the land on which you live is in a time of transition. As Mother Earth moves on her axis, we see the reflection of the way our own lives ebb and flow and are reminded that everything in life changes,

from the moment we cross the barrier into this lifetime until the moment when we exit, going back to our source and Great Spirit. Look around you at the awesome power Mother Earth invests in bringing change to the land and learn to make change your ally instead of food for your fears. As President Theodore Roosevelt said, "The only thing we have to fear is fear, itself."

What is it that brings you to your own sense of power, the power that you find when you let yourself sit in the unknown? In the way I have been taught, power is the understanding of the spirit of energy that flows through all things. Look at what you have already accomplished, harvest it, and celebrate! Then look at where you are going and instead of seeing a pile of boulders blocking your path, see the potential for change and know that you have within you the power to create harmony and spiritual abundance in your life. That is what true change is, using the power you have within you to create the harmony and spiritual abundance in your life that moves toward your most deeply held goals and desires.

This is a prayer for the fall:

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

**Beyond the landscapes of ordinary life lie dimensions of higher consciousness and perfected reality. Somewhere in your dimension, oh Great Spirit, the Great Mother opens her arms and receives our spirit shields, which spin for all eternity. This earthly life is a gift from you, Great Mother. I honor your presence in my life, Great Spirit, and your gift of eternal life. I know that my spirit shield is in need of balancing, that in this lifetime I have the opportunity to tear away the veils of ignorance and walk the earth in my sacred androgynous form.**

**I will manifest within this lifetime my true destiny by finding the hidden passions that live within my heart and my 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 my 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

**Join me in spiritual and beautiful Hawaii for “*Speaking With the Ancestors*,” December 3-6, 2008,** as we explore the transformative magic of meditation and ask the Ancients what messages they have for you in your life today. 10th Anniversary Celebration! [Hawaii](#)

**Online Course, “*Dingo Man Dreaming*,” November 6 – December 3, 2008:** Prepare to enter the third hoop of power by understanding and making peace with that which you fear the most. Registration will begin shortly; please check with my website, [Online Courses](#)

I am thrilled to announce that Jack Crimmon’s wonderful volume of poetry, *Kit Fox Blues*, is now available through my Online Store. Jack is the talented and inspiring poet whose words grace so many of my books; he lives in Northern California and spent many years serving as a wilderness guide for at-risk youth in the San Francisco Bay area. [Visit my Store.](#)

**Early registration is now open for my four-year “Mystery School, *The Lynn Andrews Center for Sacred Arts and Training*. New school year begins February 2009.** Completion of the School makes you eligible to be certified as a spiritual healer and ordained as a minister of sacred healing arts or earth steward. [Mystery School](#)

**On the air with Lynn Andrews:**

**10/7, Tuesday, 12 noon PST --** Inspiration Radio on KONG AM 570, featuring Lynn Andrews as she talks about her upcoming Hawaii Retreat on the Big Island, December 3-6th. Inspiration on the radio can be heard every 1st and 3rd Tuesday of the month. This innovative talk show features Kaua'i as well as worldwide leading health and wellness professionals. Great topics and inspiring guests. Get motivated, get healthy with host Char Ravelo.

[www.inspirationjournal.com/radio.html](http://www.inspirationjournal.com/radio.html)

**10/28, Tuesday, 9 - 10 a.m. PST,** Kindred Spirit Radio Show with host Lynn Andrews. Lynn’s guest will be Stephen Farmer. Listen at [www.HealthyLife.net](http://www.HealthyLife.net).

**10/28, Tuesday... 10 - 11 a.m. PST,** Lynn will be Velma's guest on the Welcome Changes Radio Show. This will be a live show with call-in.

[www.welcomechangesradio.com/](http://www.welcomechangesradio.com/)

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