



As darkness comes, the mirrors of your spirit reflect different images. It is the time when the world changes and your being begins to glow. Reflect on the new vision that has been living on the perimeter of your consciousness. An idea is stalking you and awaits your invitation, a place within you to begin life. The totality of your creativity comes after you have begun your work on the sacred painting of your life. It is then that the muses of inspiration surround you like eagles and cheer you on to illumination. Take responsibility

for your work and your life, and then illumination will follow.

-"Illumination" card, The Power Deck

Life is in a state of great flux and uncertainty right now, you certainly don't need me to tell you that. The Great Spirit is not asking us but demanding that we move to a higher plane of spiritual consciousness now.

Remember this, expressing your highest nature through your work is sometimes easiest when work is not exactly as you wish it to be. There are hidden gifts within friction. Therein lies the secret way to a graceful life.

Many years ago, Agnes Whistling Elk took me out into the middle of a cow pasture and told me to collect stones, one for every one of my beliefs which I thought I needed in life. We piled my stones into one mound, and I was stunned at how large and unwieldy it was.

Imagine yourself walking through that cow pasture with me now. We are in the plains of Manitoba, and the field is strewn with wildflowers. In the near distance, we see a cabin. An elder woman is sitting on her porch, and she beckons us to join her. You pick small pink, blue, yellow and white blossoms, as a gift for this special lady.

As we climb up the stairs onto the porch, you recognize this woman as Agnes Whistling Elk. She has set aside her beadwork and set out some tea for us while we walked through the pasture.

You hand Agnes the flowers and, with a twinkle in her eye, she puts them into an empty can on the table. The three of us sit and sip sage tea and devour the biscuits she has made. After we are relaxed, Agnes turns to you and says, "Little one, I understand that you are working harder now than

ever before, yet the stresses of your life seem to grow and weight you down no matter how much you do. Is it possible that you are trying too hard? Sometimes you need to learn to relax and trust in the Great Spirit that everything is just as it should be, that what you are doing and feeling right now are all a part of your great earthwalk. You chose to be born into the world at this point in time to learn the lessons you needed to learn on your pathway towards enlightenment."

"But Agnes," you say, "I have so many doubts. No matter how much I do, there doesn't seem to be even a glimmer of a breakthrough on the horizon."

Agnes says, "Doubt is one way to look at it. I think fear would be another, do you agree? Especially if you had a difficult time as a child, but even if you didn't, with all that is going on in the world today it is so easy to get caught up in the chaos and confusion. That is what our minds have grown accustomed to doing, getting caught up in everything that is going on around us. You've let that happen to yourself, you know. You've let your mind run free, feeding on all of the distractions offered by the modern world. Then when things get difficult, the mind goes into panic mode. It begins to gather up all of the scary stories it possibly can, clutching onto them like they are some kind of security blanket. This is what the other women of the Sisterhood of the Shields and I call the 'weirds'."

"What do you mean, the weirds?"

"It is a state of discomfort, when you feel desperately off center, when you feel frightened, and when you don't know whether you're coming or going, when the words of other people hit you like arrows in the heart and you feel sad, and you don't know the trail home any longer."

Agnes hands you a basket of small stones she has next to her chair and asks you to place them, one on top of the other, on the table. You do so carefully so that they won't wobble and fall, being careful not to breathe too hard for fear the stones will fall. After a minute or so, Agnes touches the pile of stones and they fall with a clatter to the old worn boards of the porch.

"The moment you move off your center," she says, looking straight into your eyes, "your insides, your emotions, come tumbling down like this small mountain of rocks, and you cannot function. You must learn to stay centered, looking outward at the world from the place of your sacred witness which is at the center of your being. Even when something really big comes along that knocks you off balance, which life will do, you don't sit in that place of imbalance and let it stew and fester."

Agnes gathers up the stones and places them in a circle. You notice that she's created a wheel, with four spokes.

"Look at this wheel," she says. "From the center of the wheel, look to the bottom, to the south of the wheel. That is the physical world, your health, your work, your family, where you live. How are you functioning in your physical world during these stressful times? Where are you placing your energy and your attention?"

"Now look over to my left, to the west of the wheel. This is where your emotions are, and your relationship to the sacred dream for your life. How

are your relationships doing right now? What is their foundation? Are they built on bedrock, reflecting aspects of your basic values?"

Agnes points to the top of the wheel. "This is the north of the wheel, it is where spirit lives. Where are you in your spiritual path? As you sit with spirit and look across the wheel, is your spiritual life balanced with the physical aspects of your being?"

"Over here is the east," she says, making another quarter turn of the wheel. "This is where your mind lives. How are you doing mentally? Are you filled with anxiety and worry? Are you in the 'weirds'?"

Then Agnes places the can filled with the wildflowers in the center of the wheel. "This is how you truly are, deep within yourself," she says with love in her eyes. "You are a beautiful flower at the center of your own wheel of life. I know that you know that, but it is often difficult for you to maintain that vantage point in your daily life.

"Whenever you find yourself sitting in the 'weirds' in the east, take a good, long look all the way around the sacred wheel of life and you will see where it is that you have fallen off your center. In the south, do you have trust? Work on it. Trust in the ways of power and in the Great Spirit; know that you are made of power and live with trust in your heart.

"The great mystery of life lives in the west. Always remember that it is within the mystery, within the unknown, that all of possibility resides. Welcome the mystery and even the uncertainty, and allow the miracle of existence to emerge from the darkness and transform you.

"In the north is your inspiration. Inspiration is what informs all of your acts of manifestation in the south if they are to have any chance of success. Inspiration can be a great task master for it requires impeccability, strength, courage, focus and wisdom. You can't float through hard times, it takes hard work. You really don't get very far even by floating through easy times, either. Always remember that.

"In the east is the golden eagle of illumination," Agnes says, her eyes fiery with the light of ancient wisdom. "East is where you go to find your creativity and vision. Through creativity, you learn how to heal the evil forces of darkness and ignorance. Through vision, you begin to see the life within everything as you begin to see the sacredness in things. This is how you become strong. Use your creativity and your sacred vision to illuminate the road out of whatever it has that has befallen you, and stay centered. When you are centered, you know, you don't fall into the 'weirds' no matter what comes along. You just pick yourself up, dust yourself off, and get back to basics."

Agnes and I stand up and exchange quiet glances, and Agnes nods.

"Come inside, little one," she says. "I have something to show you before you and Lynn leave." Inside the cabin, she removes an intricate and beautifully woven blanket from the trunk at the end of her bed.

"This blanket is very old, and very dear to me. Do you see these threads here?" Agnes indicates the vertical threads on the blanket, the ones that run

from top to bottom. "This is the warp of the blanket. If the warp is not strong, then the blanket will not be balanced in its weaving. However, if you have a strong warp, a firm foundation and knowledge of the physical and spiritual aspects of your life, then you will be prepared for the weft, or cross sections of the blanket."

"You mean these colors and designs here?" you say, as you touch the bright threads woven through the warp.

"Yes, these are the weft or the horizontal threads. They add the brilliance of spiritual understanding, the goodness of your spirit, and the integrity of your life to the great tapestry that is this dream we call life. Can you see how everything is interwoven, how well the four directions of life work together, the horizontal and the vertical? When you let one or another side to your life fall apart, you don't have much of a whole, do you?"

"Well, it has been a long afternoon, and a lovely visit," I say with a twinkle in my eye as Agnes pokes me in the ribs. Agnes leads us out the door and down the porch steps. She hands me something before hugging us both goodbye. Then you and I walk back through the field in the approaching dusk, watching as the sun sets in brilliant colors of orange, lavender, and gold.

I slip something around your shoulders. You gasp when you see that it is a small replica of the blanket that Agnes showed you, wrapped around you as a shawl. It is yours to keep, as a reminder of the strength of your spirit and the balance you will find in your personal circle of life.

**Great Spirit, Mother Earth, powers of the four directions,
my ancestors, power animals and all the beings of light
that love me,**

**When I am alone and afraid, I search the sky for a sign
from you, Great Spirit. I place my hands on you, Mother
Earth, and feel the beating of your abundant heart. Then
why do I feel this pain, when your beauty is all around
me?**

**Sometimes I cannot see, and it is then that I seek pure
vision. Forgive me, Great Spirit, for my ignorance, for you
have shared the radiant miracle of life with me. I feel the
wind from the north, and I remember Spirit. I remember
Trickster Coyote in the east as he nips at my heels and
tests my sacred intent.**

**Help me, Great Spirit, for I need you now. I need to
remember who I am and see your reflection in the red sky
at dawn. I see ahead of me your footsteps in the sands of
time, and I follow you with love and a humble heart. I pray
for your guidance, and I will listen for your words inside
me, like the gentle wind. Let there be silence. Let there be
peace in my soul and in the souls of all living things. HO!**

In Love and Spirit,
Lynn

Joshua Tree on the Mesa, May 28-31, 2009: Begin making your plans now to join me at our 21st annual Spring gathering, "***Calling In the Thunder Beings, The Art of Seeing***" at Georgia O'Keefe's beautiful Ghost Ranch in Abiqui, New Mexico! Join with a beautiful community of men and women from around the world as we call in the Thunder Beings and you learn how to access your clairvoyant abilities to 'see' the life of possibilities ahead of you. These great Beings allow us to ride on the waves of sound so that we can 'see' our future dilemmas in a healing and creative way. Join us for four magical days of ceremony, meditation and healing, dreaming, drumming, dance and the creation of sacred art. Volunteer applications are being accepted now, and our annual Joshua Tree Essay Contest will be announced shortly. [Joshua Tree on the Mesa](#)

Mystery School: Please use the "Contact Form" on the main page of my Mystery School to find out if you are eligible for late admission to the 2009 session of my "Mystery School," the Lynn Andrews Center for Sacred Arts and Training. [Mystery School](#)

Online Courses: The second in my 2009 series of Online Courses, "***Second Initiation of Light - The Coiled Serpent: Healing the abuses of patriarchal energy on earth and in your life,***" will take place from **May 7 – June 3, 2009**. Registration will begin in early April. [Online Courses](#)

Out and About with Lynn Andrews:

Tuesday, 3/24, 9-10 a.m. PDST: *Kindred Spirit* radio show with host Lynn Andrews. Listen at www.HealthyLife.net. Lynn's Guest: TBA

Wednesday, 3/25: Lynn will be interviewed live on *Hotel Infinity Radio Show* (Blog Talk Radio) <http://www.blogtalkradio.com/hotel-infinity>
Special Event with Lynn Andrews--"**Evolution of Consciousness and Healing,**" a free **Online Teleseminar** hosted by Linda L. Pannell, Conscious Alliances, and World Changing Wisdom, **January–March 2009**. An invitation from Lynn: "I am included in this wonderful series and I welcome you to join me in being a part of it!" Sign up any time, www.worldchangingwisdom.com/landrews
Read **Lynn's monthly articles** in *Kinetics Magazine*, published by Dannion and Kathryn Brinkley, at www.kineticsmag.com.

Review archived copies of past **InSpirit Newsletters** at www.lynnandrews.com/newsletter.htm

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