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***"In love there must be trust. Without trust, there is no love. Jealousy is an illness of the mind and heart. Trust lives in the lodge of your innocence. The heyoka is a warrior of the Native American tradition who goes into battle backward on his horse with a broken lance, knowing that the Great Spirit will protect him. It is this kind of trust that you need. The imbalanced aspects of patriarchal history reside like stone carvings within each of us. Welcome the new aspects of feminine power in your being, even though they may seem foreign. Trust in the ways of power and the Great Spirit. Know that you are made of power, and live with trust in your heart."***

*(Trust Card, The Power Deck)*

We are living in a time of great change and upheaval. This is a time that has been spoken of for ages. In the Seven Clay Pots of the Sisterhood of the Shields, one of the ancient scrolls says, *"Only through love can you heal the evil that threatens to overtake you as a people."* Embracing love at this time is a tall order, indeed. To find love, it is essential that you embody the heyoka, which is really about trust.

The heyoka is the energy of the sacred clown, the one who tests all of the institutions and situations of your life to find out what is real for you. If something does not reflect your own sacred truth, the truth that comes from the center of your being where you are one with the Great Spirit, why are you investing yourself at all? Just think of how difficult it is to trust when you live your life through someone else's eyes, through someone else's idea of what is good for you. So often someone else's notions of what we should be doing with our lives are the exact opposite of what is real and true for us. When you move outward from your own place of sacred truth, however, with one foot planted in the world of the physical and the other firmly rooted in the world of spirit, trust accompanies your every step.

It is time for us to see with new vision. Trust is the foundation of seeing with new vision. Through trust, we become open to the illumination that has always been within us, waiting for us to welcome it into our conscious lives. Agnes Whistling Elk told us many years ago, "There is an illumination of higher knowledge. The

true answer, that which illuminates us, is within. It illuminates in a new way even that which is clearly seen." That is what all of my work is about, finding the illumination of higher knowledge and then reflecting that brilliance out into the world so that everybody can see a little more clearly.

At our Joshua Tree Gathering this year, we will be experiencing Seeing with a capital 'S,' learning how to 'See' the messages of the Great Spirit with a new clairvoyance. It is a time to really experience that we are all part of the Great Spirit. It is so easy to sit in quiet reflection in the privacy and comfort of our own homes and know that we are part of the Great Spirit. It is not so easy to carry this knowing beyond our doorsteps, out into a world that can be so fractured, harsh and judgmental. I speak often of the importance of finding our own community of kindred souls in this lifetime so that we can support and illuminate one another, bringing strength, focus and clarity to our quest for a higher spiritual understanding. Then our ceremonies will amplify our own healing and send our combined healing strength all over this great earth.

When I was in the Yucatán with Jaguar Woman and Agnes many years ago, I was initiated into the teachings of the Seven Clay Pots. These clay pots hold scrolls that are very ancient, that teach about the history and future of our spiritual life here on Mother Earth and about coming home, finally, to sacredness.

At that time, I asked Agnes, "Why do we have to go through so much pain? Yes, to grow we need to move through the crucible of fire. I understand that! But if we have been home once, why didn't we just stay there?"

Agnes replied, "Sometimes you don't realize that you're home. You don't realize what you have until you lose it. It's one of the greatest lessons of any lifetime on the path of the Spirit.

"My daughter," she continued, "we can never explain the mysteries of the Great Spirit. Why does power work in the way it does? This is not for me to explain or even to bother myself with. All I'm concerned about is what is. There is no 'normal life' or explaining the 'challenge of life.' There is only life. If I took this experience away from you, it would be lost to you forever. You have to grope around in the darkness, skin your knees, bump your head, and break your heart over and over again until you learn. But when you do learn, my daughter, you have learned forever."

The negativity and ignorance of the opposite forces around us want to survive as much as we do. But when our light becomes greater than that negativity and ignorance, then darkness disappears. How can there be darkness when the sun is shining? It simply cannot happen.

This lifetime is a great gift to any soul. The possibility of enlightenment is within reach of any of us in this and any lifetime if we so chose. We are here to learn, to wake up, and to find the essence of our spirit.

This year especially, it is so important for us to work together toward re-inventing ourselves and moving out of our laziness of the soul, moving out of the current of chaos and into the new dreams we are creating for a new world. Remember who you are, always, and see your life with new vision. Honor and trust yourself for the lessons you have learned on your own path of heart.

***Great Spirit, whose voice we hear in the winds and in the trees; Mother Earth, whose breath gives us life, this is a prayer from the heart.***

***Help us to walk in beauty and strength and to learn the lessons that are hidden in the stones and the trees and the waters of the sea. Give us the strength to fight our greatest enemy - ignorance.***

***Great Spirit, hear the sounds of our grateful hearts and help us to find the wisdom and joy and power that is locked within each of our souls.***

***We are the reflections of you, Great Spirit. Join us on our path as we join you, for all the days of our lives. Ho!***

It is risky sticking your neck out, poking your head above the crowd to express new ideas and infinite possibilities. It is even risky to listen with an open heart and mind to new ideas. We risk all that we know for the great adventure of the unknown, the sacred mystery. But always remember, life is worth the risk. Living your truth is worth the risk. It is your heritage, your birthright. I am here to support you in any way that I can.

In love and spirit,

**Lynn**

**Joshua Tree on the Mesa, May 28-31, 2009:** Join me and a magnificent community of men and women from all over the world 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! We will call in the Thunder Beings as 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 and light so that we can 'see' our future dilemmas in a healing and creative way. It will be four magical days of ceremony, meditation and healing, dreaming, drumming, dance and the creation of sacred art. Volunteer applications are still being accepted, but time is short. Please come to my website for [\*\*Joshua Tree on the Mesa\*\*](#) details.

**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 is open and will remain open through Saturday, May 9, 2009. [\*\*Online Courses\*\*](#)

***Lynn on YouTube!*** You can watch current and future videos about Lynn and events by visiting Lynn's channel on YouTube. The newest video reflects images from Lynn's annual Spring Gathering, Joshua Tree on the Mesa at Ghost

Ranch in New Mexico. Visit [www.YouTube.com/LynnAndrews](https://www.YouTube.com/LynnAndrews)

**Out and About with Lynn Andrews:**

**5/21 Thursday, 5:00-6:30 p.m. Pacific Daylight time, 1:00-2:30 a.m. Friday**

**5/22 Greenwich Mean time.** Listen live via the internet at

[www.BlogTalkRadio.com/CrystalClearSpeaks](http://www.BlogTalkRadio.com/CrystalClearSpeaks). Listener CALL IN NUMBER:

646-649-1981 to call in with questions or comments.

**5/26 Tuesday, 9:00 – 10:00 a.m. Pacific Daylight Time: Kindred Spirit**

**Radio Show with host Lynn Andrews.** Listen at [www.HealthyLife.net](http://www.HealthyLife.net). Lynn's guest will be Brad Keeney, Ph.D., founder of the Life Force Theatre and other offerings of Shaking Medicine that form the basis of his training programs around the world. His work has been described by Time magazine as "The most striking example of the cures and philosophies being offered...with origins in cultural practices." Elders of indigenous traditions throughout the world including the Kalahari Bushmen and the Japanese healing tradition of Seiki Jutsu have embraced Keeney as an elder and spokesperson for their ways of ecstatic shamanism. He is a faculty member of the Institute for Religion and Health, Texas Medical Center. His website is <http://dev.shakingmedicine.com>

Read Lynn's monthly articles in *Kinetics Magazine*, published by Dannion and Kathryn Brinkley, at [www.kineticsmag.com](http://www.kineticsmag.com).

Review archived copies of past **InSpirit Newsletters** at

[www.lynnandrews.com/newsletter.htm](http://www.lynnandrews.com/newsletter.htm)

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