



"Everything is possible. I have taught you something new, and that is the trail out of depression. When you work with people who are troubled, teach them something new. Not only does it bring them out of a destructive mood, but it centers them. It changes them, like poetry, like a beautiful work of art. When a shaman works with you, he or she works on the tapestry of your life, helping you tie new knots, bring in new colors to your design, and when that happens, your heart opens and all of life becomes possible again."

-Agnes Whistling Elk, *Shakkai Woman, of the Sacred Garden*

Dear Friends,

In the summer, we spend great amounts of time out in the sun, exploring the brilliance of the world and the light within us. As we begin to move towards autumn, we look to the stars and to the light that they illuminate within us and throughout the universe.

The Sisterhood of the Shields tells us that we come from the stars, and one day we will all return to the stars. The knowledge and wisdom that the Sisterhood of the Shields has memorized and protected for many thousands of years was seeded here from the stars and hidden in the Seven Clay Pots, hidden in the rivers, the rocks, streams, and land, waiting until the time is right to reveal itself.

Every civilization since Ancient times has looked to the starry heavens to chart their course through life. Over the past month, we have been experiencing meteor showers in the early hours of the morning. These meteor showers have made a tremendous creative energy available to all of us right now. This energy helps you to be



active in following your intuition. You are being given a gift, a gift of freedom, the gift of knowing or perhaps discovering your sacredness for the first time.

We are all spiritual warriors. It is time now, and appropriate for us, to receive the wisdom available to us through this universal opening.

Go to a wilderness place or your own backyard or balcony. Lay down on something comfortable and watch the stars. Find the one that is blinking and winking at you most brightly. Watch as it turns colors. What colors do you see? What do these colors symbolize for you? Are they powerful or empowering? Gentle? Kind and loving? Inviting? You begin to walk among the stars when you open yourself to receiving the wisdom they have to give you.

Did you know that the stars, the sun, the moon exist inside of you as well as out in the universe? In the realm of higher spiritual consciousness, there is no separation between the universe within and the universe outside of you. Both contain different information, but they are not separate. They are both part of the great oneness of life. The configurations of the stars are languages, languages that have long been forgotten or perhaps not yet discovered, languages that relate to the heart and soul. We spend so much of our time in the mind. When you walk among the stars, you learn to speak the language of your heart and your soul, which is the language of the great power of your receptivity and oneness with all of life.

Take advantage of the beautiful night skies that unfold before you every single night. Take advantage of them now, especially, while the activities of the heavenly bodies open so many new vistas to us here on earth. Observe the movement of the stars and the planets and the moon through the heavens, and as you do, observe the movement within your own inner universe. The Great Spirit is calling you to find your higher path in life. Let the stars be your guide.

A Shaman can teach you about power. A magician can train you to become strong in spirit and competent in your endeavors in life. But to describe how a miracle happens or how you come to be a powerful magician is to try to explain the mystery. You can talk around the secrets of power, but if you describe them directly you lose that power and you destroy the mystery. Welcome the mystery, and allow the miracle of existence to emerge from the darkness and transform you. -"Mystery" card, *The Power Deck*

Great Spirit, you have sent so many shamans to each us, and these shamans stand quiet, in silence, all around the world, in the great trees that provide such magnificent shade from the heat of summer. The sentinels of saguaro cactus that guard over the history of the land - they remember so much that we have forgotten.

Thank you, Great Spirit, for the shamans, the great stones that create our mountains. Thank you, Great Spirit, for helping me to climb, for giving me the will to search out what is real and true. You are never ending in your support of me, and I feel your hand, Great Spirit, resting at my back, holding me up when I would fall, giving me comfort when I feel terror encroaching. Help me, Great Spirit, to see now



across the world from my mountain peak. Help me to see with new eyes. Help me to hear your words whispered on the winds. I know that you send me many allies, Great Spirit. These allies surround me, if only I could see them and sense their presence. I celebrate you, Great Spirit, every day of my life, and I give thanks for the creation of this great schoolhouse called earth.

I thank you for my shaman path, for the light of the sun, the dance of the moonlight across my path, and the stars that lend us their wisdom, the Pleiades that give us comfort in the teachings of the ancient ones. The buffalo roamed here once, free and stout and strong. They have transformed now into other places in the universe, but they have left their memory, the sound of their hooves as they would run in herds with the wind. Great Spirit, forgive us for not understanding the trail. Forgive us for our ignorance. We will do better, and we are learning. We are committed to the path of heart. Thank you, Great Spirit, for all you have given us. Ho!

In love and spirit,
Lynn

December 2-5, 2009: Soul Retrieval and Your Financial Flow with shaman healer Lynn Andrews. Please join Lynn for her **11th annual Hawaii Retreat** as you find the missing link to retrieve your self-worth and open the flow of well-being and financial abundance in your life. Experience the sacred ambience of ancient Hawaii in the beauty of the sunsets, lush gardens and mystical fishponds of the Mauna Lani Resort on the Big Island. The flower of your being begins to blossom when you move with the flow of life. Let go and relax into the eternal flow. Registration is now open. [Hawaii Retreat](#)

Writing Spirit, The School, with *New York Times* and internationally best-selling author Lynn Andrews, architect of the Personal Act of Power. *January - October 2010*. [Writing Spirit, The School](#)

Online Course, October 29 - November 25, 2009: Initiations of Light, using the power of your dreams to birth your new being in the world -- "4th Initiation of Light" Initiation of the Star Chamber, moving through your etheric body at will as you experience your life as a star being. Course will register in early October. [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 [YouTube.com](#) by clicking on the button below!



Out and About with Lynn Andrews:

Tuesday, September 22, 9-10 a.m. PDST -- Kindred Spirit Radio Show with host Lynn Andrews. Listen at [www.HealthyLife.net](#). Lynn's Guest will be Dannon Brinkley. [www.dannion.com](#)

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