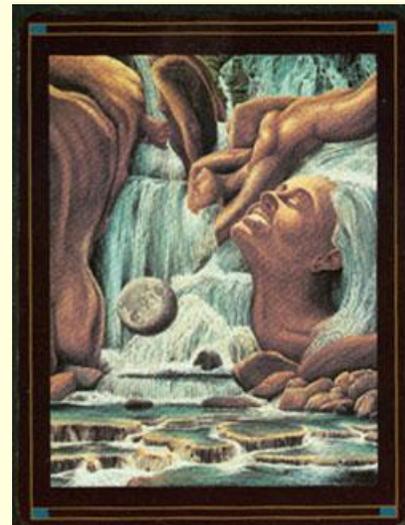




Dear Friends,

***“Ecstasy is a buoyant state of joy. One of the finest ways to maintain a state of joyousness is to examine the dark side of your being, that instinctual nature that most human beings repress in civilized life. Within your instinctual nature are the seeds of ecstasy. We tend to live in our minds, in our emotions, occasionally in spirit, and almost never in our instinctual depths. We are born as wild as mountain lions but live most of our lives like sheep, forgetting and denying whole parts of ourselves. Sit on the earth with your back against a tree, and get in touch with your roots, which move deep into middle earth; this will restore your joyousness and balance. Each day, listen to your body-mind and your heart. What are they telling you about a given situation? Ecstasy is like a windhorse waiting to be ridden – the last wild ride before your passage into enlightenment. Take courage and live your passion in ecstasy.”***  
(“Ecstasy” Card, *The Power Deck*)



Take a look at the “Ecstasy” card in the *Power Deck*, if you have one. In the painting on the face of the card, there is a woman’s face among the stones of a large waterfall. It is upturned in rapture.

She represents the ecstatic nature of you, that part of you that is unseen and often ignored in your everyday life. She represents your instinctual nature.

When I was in Nepal many years ago with my teachers, I had the opportunity to be initiated into the Sisterhood of the Shields and write about my experiences with Ani, a Nepalese hill woman and member of this Sisterhood. She taught me about my meditative self, that person who needs a balanced male shield. She and the shamans of Chepang initiated me into a sacred marriage with my spirit mate, a being called Windhorse.

The Windhorse is a state of being, that state of ecstasy before we move into higher levels of consciousness. People often ask me what I mean by the ‘instinctual nature.’ If you watch a very young child, you will see that child perhaps not minding her parents. She may be dressed up for a very special occasion. Yet while she is waiting for everyone else to be ready, she sits on the ground and delights in playing in the dirt, allowing the dirt and mud to flow through her fingers without a thought for the pretty dress she is wearing. She is completely and totally in the present moment, enjoying the feel of the good earth through her hands and the sun on her back as she dreams, perhaps, of the many delights of the soon-to-come family outing. She is in her instinctual nature, that special, divine nature that is part of her oneness with all of life.

We lose a lot of that when we 'grow up,' and it's a real tragedy for all of us. Not only do we lose the joy that we find in 'simple' things like the feel and the smell of earth's rich soils, we also lose touch with our instinctual nature. In many places, we are even taught that losing touch with our instinctual nature is a good thing, that all we need is our scientific mind, that instinct is part of the animal world from which we are separated by our intelligence. What nonsense!

Part of your instinctual nature is the wisdom of your body-mind, which is located around your naval area. It is in your body-mind that you find truth, the truth of your own personal connection and oneness with the Great Spirit and all of life, including the great masters of enlightenment throughout the universe. What greater intelligence could there possibly be than the intelligence of the God or Goddess of your existence, the intelligence of the great beings of light that have surrounded us since the beginning of time? Have you ever had a 'gut' feeling about something that you know absolutely to be true even though you may find no tangible evidence of it in the world of the known? That 'gut feeling' is the intelligence of your body-mind and your instinctual nature speaking to you, and it is the one voice in your life that will never steer you wrong, no matter how many times you ignore it. It is always there for you.

Our world is going through a kind of labor right now. To the Sisterhood of the Shields, it is the labor of the birthing of a new world, a new time of enlightenment and human awareness that has been absent from this world for many thousands of years. Some people say that this is a re-birthing of human consciousness, but to the Sisterhood of the Shields it is a birthing because it marks the return of the goddess *in harmony and balance with the gods of our existence* for the first time in a very long time. It is a birthing that marks the end of thousands of years of imbalance during both the time of the patriarchy which has been all but devoid of feminine consciousness and the earlier time of the matriarchy which was equally out of balance and devoid of sacred masculine consciousness. The Sisterhood calls this the Crossing Times, crossing into a new consciousness where humans live on this great earth with both masculine and feminine consciousness and energy in harmony and balance. Mother Earth is balanced; humans are not.

As those of you who have ever given birth or watched another give birth know, the physical act of birthing is usually an extremely difficult endeavor. New birth only comes after a period of very hard labor, for it takes a tremendous amount of force to bring new life into the world. It is tough for most people these days, and I know that many of you are facing much uncertainty and great personal challenges. Please know that the Sisterhood and I are with you. We dream you, and we support you always.

Often when we go through periods of pain and difficulty, we lose sight of the shifts and opportunities to grow that come only with struggle. As we do the hard work, we are actually moving into a higher state of consciousness, but we don't realize it at the time and we stress ourselves terribly. After you've been through a crisis that seemed all but impossible for you to handle, haven't you ever wondered at your own strength in surviving it? Yet you did indeed survive it. You survived it and you probably even thrived as you came out the other side a more whole person.

This newfound strength actually comes, in part, from your instinctual nature. It is your instinctual nature which propels you toward enlightenment in the first place. During times of real hardship, it is the voice of your instinctual nature that tells you, "You can do this. You can face this challenge and grow through it towards the person you've always

dreamed you can be.”

As our world continues to shift and change around us, we are being offered a chance to see old, useless windows close as exciting new doors open! Don't be afraid to open these doors, for they lead to your own growth and beauty. Remember that these difficult experiences awaken your own passion for existence that had perhaps been lulled to sleep for a variety of reasons. When that passion awakens, your ecstatic nature begins to surface and you become open to all of life. Then you become the woman (or the man) in the waterfall on the Ecstasy card, your own beautiful face upturned in rapture.

*Close your eyes, and in your mind's eye, see yourself move through a door into a large valley. All around you are steep, snow capped mountains. It is night, and the stars are right above you. They feel so close to you, you can touch them.*

*Two Native women approach you. They ask you to sit with them and watch the stars. They lead you to a warm campfire, and they pass you hot chocolate and cookies. As you sit with them, cozy and warm under colorful blankets, you begin to feel sleepy. One of the women picks up a drum and begins a slow, steady beat. The other woman fans you with her Eagle fan, smudging you with sage and cedar. She begins to chant and she takes out an old rattle. As you lay down, she hands you the rattle.*

*“Look at the stars on the rattle, child. See the constellations? Your star is calling you home.”*

*You look at the rattle, and in the pattern of stars you see a horse. You close your eyes and a horse made of stars canters up to you. In your dream state, you mount this magnificent horse, and he carries you to the Stars.*

*Once among the stars, you see a temple. A beautiful woman stands at the entrance and beckons you inside. She is Star Woman. She takes you to a room where four star beings are waiting for you. They surround you, as you stand on a large, light-filled platform. All around you are crystals of various shapes and sizes. They sparkle with starlight.*

*Star Woman tells you to face a direction, and you do, facing either south, west, north, or east, whichever feels comfortable to you, for there is medicine all the way around the sacred wheel. You recognize the directions by the paint on the face of each star being: South has red paint, west has black; north has white paint, and east has yellow.*

*Once you face the direction that calls to you, the star being you find there gives you a message...by handing you your own personal star! It is a tiny star which fits into your hand. What color is it? Does it glow softly, or is it wild and bright?*

*Star Woman explains, “Each of these beings and directions represent something you're working on or going through in your life right now. In the South is your physical nature, money, family, work, health. In the West are your feelings, your dreams, the transformation and transitions of your life. In the North, is your spiritual self. How do you relate to your spirit? In the East is your mental self and the place of the sacred clown. In the east is also found spiritual trust. How are you dealing with trust issues in your life?”*

*Star Woman looks at the star you hold in your hand. She smiles and says, “The gifts from your star being are your own personal gifts. They are also clues to your original star nature – perhaps even your own star. You know, we come from the stars, and one day, we will return to the stars. Everything on Earth was seeded here from the stars. You are beginning to know your star nature. Your DNA awakens every time you are out in the sun, your own Earth's star, and every time you look at the stars. Remember me as you move*

*through the fall and into winter. See me on a clear night, and we will dream together.”*

*You feel a soft hand on your shoulder. You wake up next to the dying embers of the fire. The two elder women are packing up their small camp. Before you leave, they hand you a cup of hot tea and a biscuit. You want to tell them of your dream vision with Star Woman, but they motion for you to hold it in your heart. The three of you approach the door, and as you pass through, the two women smile and you know you will see them again.*

Struggle is a challenge to grow. Right now we are growing through a time of great planetary change. Many of the great time calendars are ending because we are entering a new age of wisdom. We hold all the possibility of creating a new world of heightened personal understanding.

We are living in a time of great vision. The great libraries of knowledge will be opened to people from many different paths and religions. There is much for you to learn. Always remember that truth is never reached without struggle on the human path.

***Great Spirit, I honor you all the waking days of my life.***

***Oh great wise ones who guide us on our sacred journey, you know when to reveal the mysteries of truth, just as the clouds part and allow us to see the snowcapped mountains that were obscured from view.***

***I am learning that truth burns like a fire, and when I am filled with psychic debris that I have collected in my experiences through my lifetime, truth at the wrong moment can burn me beyond recognition.***

***Thank you, Great Spirit, for helping me understand that my journey is a careful one and that I must place each foot carefully on the path, walking with judgment and discernment. It is inappropriate to run wildly and carelessly on this sacred journey. Even with this knowledge, I am grateful for my spontaneity and my wildness of spirit. I understand the difference between the wildness of my own soul and carelessness and thoughtlessness on my path to evolution.***

***As I look out at my sacred landscape, I see great boulders that look like eagles, and clouds that look like wolves, passing above me in the sky. The great thunderhead clouds reflect kachina dolls dancing in the spirit world across the sacred plains. The mountains rise majestically above the clouds, and the rivers flow like luminous fibers of silver through the life force of my universe.***

***I hold hands with my sisters and my brothers, committed to harmony and peace and an understanding of the human condition. Truth has many names, but all truth is the same. Those who say that they know the truth know nothing. And those who say that they know nothing know the truth.***

***Thank you, Great Spirit, for this magnificent schoolhouse we call earth. Thank you, Great Spirit, for the winged ones and the four-***

*leggeds, and the two-leggeds. Thank you for the plants and the trees and the fertile soils of our First Mother and the stones that were here before us and that teach us so many things. I give you my trust, Great Spirit, as you have given me my life. Thank you for your blessings. Ho!*

In love and spirit,  
**Lynn**

*Initiation of the Star Chamber*, the final Online Course in my 2009 series of Online Courses, begins on **Thursday, October 29th**. Registration is still open until October 31st. [Online Courses](#)

*Soul Retrieval – Discovering Inner Wealth*, my 11th annual Hawaii Retreat for rejuvenation and dreaming, will take place from **December 2-5, 2009**, on the Big Island of Hawaii. There are still a few spaces available. Register now at [Hawaii Retreat](#)

**Pre-registration is open for the 17th session of my 4-year Mystery School, The Lynn Andrews Center for Sacred Arts and Training**, which begins in **February 2010**. When you pre-register with a non-refundable \$200 deposit which will be applied to your tuition, you will receive a package that immediately strengthens your connection with me, the Sisterhood of the Shields and the Mystery School. This will better prepare you for the beginning of your in-depth studies in February. The Pre-Session Package includes a copy of my *Mask of Power Workbook* and two audiotapes, *The Crystal Domain of the Sacred Masters* and *Act of Power*. You also will be given a Pre-Session Mentor who will help with your questions about the work, and you become part of the Circle that is connected to the energy of The Sisterhood of The Shields. Send in the registration form and add a note that says you want the Pre-Session package. Pre-Registration ends December 31 2009. In January, I will have a special conference call about the Mystery School, and you are all invited. Please email [sqedison@aol.com](mailto:sqedison@aol.com) for more information or visit [The Mystery School](#) to download the information packet.

*Writing Spirit, The School, April – October 2010*, registering now: Join me in an exciting writing adventure of inspiration and creativity, and experience the mystery of shamanism as you travel out of old shadows into your special light of your writing spirit. [Writing Spirit, The School](#)

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