



“Are you living your truth. Your being is like a spirit lodge. Within this sacred place is your realization and the divine light of your creation. Live in your spirit lodge surrounded by peace and joy. Outside your lodge is the great wilderness where the rest of the world lives. That wilderness can become a battleground stained with the blood of ignorance and earthly pain. To have lasting power in the world, you must earn the trust of those around you. Most people live without a sacred place within, without a spirit lodge, and they do not know how to enter the spirit lodges of others. Live within your sacred truth.” (“Truth” card, *The Power Deck*)

The approach to the winter solstice is a time of resting, a time of gathering your thoughts and going around the sacred wheel to look at the health and well-being of your spirit, your mind, your body, your emotions and where you are in life. It is the time to take stock of your life as you own, appreciate and celebrate all that you have accomplished over the past year.

How many of us ever take the time to do this? We never celebrate our successes, and then we wonder why our lives feel so unfulfilled? We pamper ourselves in silly ways, with too much sugar, too much television, spending too much money, lounging around when what we really need to be doing is going for a long walk to appreciate the beauty of the world around us and what an amazing gift it is to be alive, indulging ourselves in fantasy instead of focusing on the great dream for our own lives.

Our lives have become so jam-packed with distractions and “responsibilities” that we think we don’t have the time to take a good look at where we’ve been and where we are going. We just keep plunging onward, until one day we look around and say, “Oh, my. This isn’t what I had in mind at all.”

As you prepare yourself for going into the cave of hibernation with Great Dreaming Bear come winter, really sit down and look at your life. Write it down, what is working for you and what is not. Write down what your great dream for your life is, and then look at how you could better spend your time to move towards it.

After you have done your writing, take a little journey with me, if you would like. Close your eyes and go into your ‘mind’s eye’ to a place that is special to you. It could be anywhere, out in nature where you feel close to Mother Earth and the spirits of place, in a museum or art gallery that moves you into a feeling of awe and wonder at the beauty we are capable of creating. Go to someplace that is very special to you, and see a large blackboard, like the chalkboards in school when you were young. Pick up a piece of chalk and write down on that black board everything that you need to let go of in life, the things you need to let go forever. Then pick up

the eraser and erase it from your life! Erase it from the chalkboard, and as you do, see yourself erasing it from your life.

Be kind, gracious and nurturing to your entire being. Love your body, love your mind and love your feelings. Yes, we don't always take very good care of our bodies. We let our mind and our emotions run away with us and make us absolutely miserable. Still, without them, we wouldn't be alive, would we? So love yourself for the wonder of life that you are, and love yourself for your frailties.

We are all feeling ragged during these days of so much upheaval and turmoil. Even if it's not going on in the middle of your own life, it is happening all around you, and all of life is feeling the stress. The plants, the animals, all human beings, everything is feeling this pressure. What is happening is that our world is going through a huge shift in consciousness, a shift that has been written about and spoken about in so many of the ancient texts. "2012" is literally a time of birthing, the birthing of a new consciousness into the world. As anyone who has ever given birth knows, it is a difficult process, filled with struggle and uncertainty and very often pain. Then the new life bursts forth, and we are overcome with awe and wonder for the miracle of existence.

So take care of yourself during these times. Stop to feed and exercise your body properly; listen to your body and let it tell you what it needs. Especially take a long and discerning look at your ego-mind and all that it is creating in your life. Look at all of the little and big criticisms your ego-mind is telling you about yourself and about everything and everybody around you. If you let it, your ego-mind will tear you down. When you discover that this is what is making you feel so miserable, send it on its way with an extraordinary spiritual firmness. We can't allow ourselves to remain in the ego-mind at this point in history. Learning how to rise above the ego-mind is part of what this shift in consciousness is all about.

Remember that your thoughts are energy forms. What you think will have a direct impact on your own well-being in life. There is a beautiful web of light around you, what shamans call your 'luminous egg' which is made up of your luminous fibers. These fibers are part of your life force. If you send the energy of negative thoughts out into the universe, that is what will bounce off your luminous egg and come right back to you. That doesn't mean that you never get angry or hurt, frustrated, frightened, the whole range of human emotions. It is what you do with those emotions that is important. Do you hold onto them, maybe sometimes wallow in them, recycling them through our mind and your body and sending them out into the universe over and over again? Why?

Be careful of the mirrors you create. Look into them well. Choose what is truly authentic and working well for you, and erase the rest of it from your being. If it does not move you towards enlightenment, towards a feeling of oneness and hope and bliss and joy, you do not need it in your life. You do not need those negative emotions, negative thoughts. They don't sustain you. They may make you feel 'strong' momentarily, but in the long run they are really destroying you. Remember that there is a river of well-being, a river of sacred energy and light that flows throughout the entire universe. Do you let your thoughts and your emotions block the flow of this river through your life? I am here to help you stop doing this to yourself, if you would like. That is what my life and my teachings are all about. The Sisterhood of the Shields wants to show you how to flow with this beautiful river of life, not get stuck in the battleground of ignorance and earthly sorrow.

“2012” is a time of reckoning, and we are moving towards it rapidly. Now is the time to let things be final, to end old negative patterns that no longer work for you or for our world, and then go on to a new beginning. Allow the river of light to flow out of love, not anger. Remember that love comes from your heart. Anger comes from your ego-mind. So move into love, which is the Great Spirit, and let love feed your river of light.

See yourself walking through light snow with Agnes, Ruby, and me. We take you to a high mesa, where the ground is hard, but not too snow-bound. There are blankets on the ground around a very large medicine wheel. Together, we bless the medicine wheel with sage, cedar, and sweetgrass. Then I sit in the North, Agnes in the East, and Ruby in the West. You, as the new apprentice, sit in the South. As you look around, you see falling stars above you. Agnes and Ruby chant as I accompany them on my medicine drum.

When the chant is over, Agnes stands and says, “Tonight you will learn that the Great Spirit and the Great Mother have not given you life that you would be alone. To know that you are truly alone is the first step on a long journey to self-discovery on the path to power. The next step is to learn that you are linked with the universe, that you live in all the lodges of the universe. Life flowers and nourishes itself from within. Beingness has realized itself within you.”

Agnes then begins to draw different constellations with her cornmeal. She turns the whole medicine wheel into a large star chart.

She goes back to her blanket in the East and says to you, “You think that your life has nothing to do with any other life. This medicine wheel is the medicine wheel of the self-council. In self-council, you must become responsible for your own power. In the self-council, you can cut cords you are holding onto of everything that bleeds off your much-needed energy, if you choose do cut them. Remember that holding onto them is a matter of choice, not of necessity.

“When the cords of negativity in your life are finally cut, a realization occurs and you open to the grand council and the great council fires within. You begin to understand that the galaxies, the mother stars, all of existence, in fact, awakens within your own being. In a sense, you ARE all existence. You are the womb from which the stars are born. It does not seem so, but it has always been that way. To know these things, the central council fires of your personal experience must be ignited, and you must warm your hands on your own inner-spirit flame.”

Agnes, Ruby, and I hold out our hands in prayer. We have been holding large crystals in our laps, and now we begin to rum our hands over them. You can feel heat being generated.

“We are going to give you a map to the stars,” I say, as we flash our crystals to catch the light of the stars above. As light joins light, you notice that the cornmeal constellations that Agnes has drawn on the medicine wheel perfectly match the stars in the sky.

Agnes then very slowly turns her crystal. It catches a new color, and you notice that you also have a crystal in your lap. As you pick it up, she asks you,

“Do you see this color? Now catch the light from the star that you cannot see. It is the home of Sirius, the medicine dog. He is the guardian of new worlds. Look into your own crystal and catch his color. You will feel it. There will be a connection and the flame will leap. Watch the flame entity throw its breath out at you.” You move your crystal, and it catches the starlight.

Agnes says, "Visualize your central fire. Remember who you are. Realize that those stars out there are the sacred law belts surrounding your own center. Bring them in to you. You are their mother. They are your children waiting to be born. Listen for their voices. See their firelight in your hand."

Agnes, Ruby and I stand in front of you and in harmony, we say, "The time has come to its end. Now is the time to awaken from the waking dream. Be prepared for your journey. We will be with you."

Suddenly we three begin to glow, like coals in a fire. You see an explosion of flame as our crystals catch the starlight. You feel a coolness up your arms, and you realize that your crystal has turned into its own star. You feel yourself dissolving and merging with the stars above you. You are not in pain. You know that Agnes, Ruby, I and the entire Sisterhood are with you now. You feel a pressure at the center of your soul and you are lifted and consumed by the stars. Several forms move closer, and, as they get within your vision, you count out forty-four magnificent white horses, with their legs edged in pink. Purple and green shadows surround their flanks and bellies. They gallop faster and faster, whisking you along them.

*You hear a voice say, "We are made from stars, and to the stars we must one day return."
(Star Woman, pp. 242-246)*

Great Spirit, as we move into a time of shorter days and longer nights, not unlike the winter of our lives, we experience the coolness of your brilliance. Star Shield Mother, who empowers my intent, Great Spirit, give me courage to face my own frailty. Give me courage to walk on the path of heart. And if I have failed you, help me to understand how I can better tear away the veils of ignorance, and live more fully in the coming year. Help me Great Spirit and Mother Star Shield, to manifest my act of power, to provide a mirror for my sisters and brothers of integrity and impeccability, as a warrior of the spirit. Great Spirit, I am yours in my heart and soul. My spirit is like a hollow log filled with your light. May I never lose touch with what is real and true. In my long dream, through the long winter night, may I receive symbols from you that will deepen my understanding and help me to go beyond the limits of language into the dreamtime. I await the imprinting of your knowledge into my emptiness. Help me to understand, Great Spirit all that I have come here to learn in this lifetime. As I move into the sacred dreamtime of winter, I offer my prayers and gratitude and love, Oh Great Spirit, for my life. HO!

In love and spirit,

Lynn

The 17th session of my four-year *Mystery School*, which begins in February 2010, is pre-registering now. We are living in a time in human history when all things are shifting, and we feel it in our world and in our lives every single day. "2012," the ancient Mayan "end of days," doesn't just occur out of nowhere. It marks a giant shift in human consciousness that has been predicted throughout the

ancient texts. Which way will this shift go? Making that determination is the responsibility of you, me and every single person alive today. We are in the middle of this great shift and change now, and it is why our lives are so speeded up. The line-up of astronomical forces in the universe has sped up our existence to such a fast pace that we realize we need to learn these ancient healing secrets now or they are in danger of being lost to humanity forever. Please join us.

If you pre-register between now and December 31 with a non-refundable deposit of \$200 towards your tuition, you will receive a package that will strengthen your connection with me, with the Sisterhood of the Shields and with the School as you begin to prepare for your studies. 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 as you connect with the circle of the Mystery School and the energy of the Sisterhood of The Shields in meaningful and intimate ways. <http://lynnandrews.com/mys-school.htm>.

The first in my 2010 series of Online Courses for Conscious Dreaming, ***Rites of Passage***, will begin registering in mid- to late January. Please visit <http://lynnandrews.com/courses.htm>, where details of the 2010 series will be posted soon.

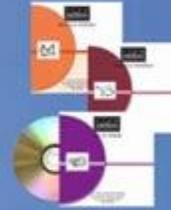
My 22nd annual Joshua Tree Gathering on the Mesa, *Bright Cloud Woman and the Live Arrow*, will be held from May 27 – May 30, 2010, at the beautiful Ghost Ranch in Abiquiu, New Mexico.

In numerology, “22” is a master number. It is called the Master Builder because of its ability to help us combine illumination with practicality to transform our dreams into reality. It is the master number of freedom, of doing things in a big way, and that is exactly what we will be doing as we work with Bright Cloud Woman at our 2010 Joshua Tree Gathering. For four magical days, we will immerse ourselves in a rich texture of sacred ceremony, drumming, meditation, healing and the creation of sacred art. It is these very elements of beauty and power woven into one multidimensional, magnificent event that includes the fabulous music of Jack Lee and my Joshua Tree Band that makes the *Joshua Tree Gathering* unlike anything you have experienced before. It is a voyage into the Unknown, where all of possibility resides, and I invite you to begin making plans now to join us. **Request more information or put your name on a Registration contact list by contacting my Enrollment Coordinator, Suzanne, at 1-800-554-7414 in the U.S., or +1 954-725-1706 (International).** <http://lynnandrews.com/jt.htm>.

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Out and About with Lynn Andrews:

Tuesday, December 22, 9-10 a.m. Pacific Standard time/USA, *Kindred Spirit Radio Show with host Lynn Andrews*. Listen at <http://www.HealthyLife.net>. My guest will be Sarah Maria, author of *Love Your Body, Love Your Life* (<http://www.sarahmaria.com>).

Schedule a private phone session with Lynn.
<http://www.lynnandrews.com/phonecall.htm>.

Enjoy previous issues of my InSpirit Newsletter at
<http://www.lynnandrews.com/newsletter.htm#Previous> .

Discover my Daily Inspirational Teachings at
<http://lynnandrews.com/dailywisdom.php> .

Come to <http://lynnandrews.com/councils.htm> and learn about my **International Councils of the Whistling Elk**, to which Agnes Whistling Elk has given her

name. Councils meet every month to share in the sacred tasks and teachings created by me and the Sisterhood of the Shields, providing you with the sacred space and opportunity to explore your Shaman self in deep and often profound ways. Locate a **Council** near you, or learn how to start one if there is not one nearby.

Enjoy my regular monthly column in *Kinetics Magazine*, published by Dannion and Kathryn Brinkley. www.kineticmag.com .



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Lynn Andrews, PO Box 2876, Edgewood, NM 870155 1-800-554-7414 or +1 954-725-1706