



“You can never really teach a warrior with words about the unknown; you must use experience. But if you look into the eyes of a woman of power, you may catch up with her a little. She has years of truth ahead of you. Her eyes can quicken you like a river heading towards the rapids. Open yourself with love, not with understanding. You cannot love with your mind. Listen from your heart. If a camel is walking down a path and another camel passes him, the first camel will go faster to keep up. This is how power works. Don’t learn everything with your mind. Quicken your spirit by letting go of attachments and move to a stronger vibration of power.”

(“Quickening” card, *The Power Deck*)

Welcome, Friends, and Happy New Year!

It is time to design your intent for the coming year. We have already begun to pass into the energy of 2012, a time of great change on this earth that has been spoken about since Ancient times.

There is tension inherent in any energy shift. The greater the energy shifts, the more tension there is likely to be. It is the tension that is being created as we approach 2012 that has caused so much of the stress that we have been experiencing for the past few years, and especially in 2009.

That is why it is time, now, to learn how to let go of all of this stress and refocus yourself on the great dream for your own life. This is how you will become able to use the tremendous power of 2012 to propel you into your new life, a life of harmony where there used to be chaos, balance where there used to be separation and upheaval.

This winter, especially, it is imperative for you to go even more deeply into the cave with Great Dreaming Bear and focus intently on the great dream of your life and what steps you are ready to take in the coming year to bring your dream to life. Now is the time to set your intent and make your commitment so that you will go through the year ahead like an arrow, not like a target.

As you set your intent for the year, you look very carefully at what is working for you in your life and what is not, as well as where it is you seek to go throughout the year. You need real commitment to focus on your target, take aim, pull back the bow and then shoot your arrow, knowing that you will hit the bull’s-eye with every shot. Now is the time to build that commitment, for it is your commitment which gives you the endurance to follow it through. It

would help you greatly if you would take the time to write down what it is you wish to accomplish in the coming year, and write down those things that you are ready to let go out of your life completely, the distractions, attitudes and addictions that keep you from being whole, healthy, and powerful. Write about the great dream for your life; write about its colors, its textures, what it looks like and what it feels like. See yourself already living your new life, and write about how it feels. Find its song and sing it out loud, especially when you want to wake up the spirits of place to join you!

For even as we move into the season of winter and our time with Great Dreaming Bear, we are also beginning the great movement out of the hibernation we have been experiencing, in a sense, during the 5000+-year reign of the great dreamer god who has been dreaming our dreams for us in so many respects. He is beginning to awaken, and as he awakens, we must wake up, too. We must wake up from the dreams of illusion and distraction that have been filling our lives and take back our own great dream. It is time to take responsibility for your own dreams and the great dream for your life.

With the awakening of the great dreamer god, we are moving into a time of transformation for our country, our world, and our own evolution as beings of light. Planets are aligning in such a way that the astrological formations are coaxing along the energy into a time of real quickening for us. So as you spend time with Great Dreaming Bear, discover those things in your life that speak to you of truth, a vision or a glimpse of the peacefulness that is contained with your center, like a seed containing the promise of life. If you vision a time of peacefulness and the flowering of your own personal truth, that is the transformation you will usher into the world, a true shift in the way you see the world and yourself.

The awakening of the great dreamer god marks the return of the Goddess to our world. It means the return of the energy and wisdom and magic of the sacred feminine in balance and harmony with the sacred masculine. This balance has been lacking for the last several millennia, to the point where this earth is almost bereft of feminine consciousness. This is an imbalance that must change and will change as life on earth is restored to a state of equilibrium.

Some people may feel this shift as if they are going crazy. Others will release old fears and monsters from this and other lifetimes. Still others will go on as they are, quietly moving along in their evolution. We are not separate. We are all one, and we are all experiencing this quickening and movement together. The greatest gift you can give to the world is the gift of your own enlightenment, and the time to share your light with the world around you is now.

Our consciousness is rising, opening us up to new abilities and new truths of which we are not yet aware. We are like computers that are receiving better, more updated programming and new chips. Allow yourself to open to the higher frequencies of this energy. Yes, it requires accepting change, and it might feel like upheaval. Just remember that this is actually a time of transformation for you and for our planet.

Close your eyes for a moment and see an Aboriginal woman, a clever woman, named Ginevee. She is old and weathered, and she wears a yellow cotton shift dress with tiny blue flowers. Her hair is long and gray and wild. Her eyes are kind and very deep. She is a woman of high degree, and she takes you by the hand and walks you over to a place in her land, the Outback of Australia.

“Walk carefully,” she says, as you go quite a distance, watching the sunset approach. She stops suddenly and motions for you to stop and crouch behind some spinifex

grass, which is very sharp and grows in clumps about 6 feet tall.

You feel a rumbling in the earth, and you watch in amazement as two large bull camels come racing by. They are huge, but their powerful snorting and matted hair do not detract from the elegance of their long strides as they race past.

“Wild bulls,” Ginevee whispers. “There must be others nearby.”

As you stand up, you notice that your arm is bleeding from a small cut.

“You have cut yourself on the spinifex.” Ginevee looks at it carefully and you notice that the cut burns a bit. “Sit, I will quicken you. You can never really teach anyone about these things, but if you look into my eyes you will catch up with me a little. I can quicken you like a river heading toward the rapids. I don’t want you to learn anything; I want your spirit to quicken, to keep up with me.”

Ginevee takes your arm and smears some blood on her finger, and then holds her hand to her heart. The burning from your cut connects to your heart. You stare into her dark brown eyes, feeling like you are looking at the void of creation itself. Ginevee looks right through you, and you lose yourself in a noise that reminds you of a speeding train.

You and Ginevee sit there for some time. You feel the noise circulate all through your body, as it pulses and vibrates. You notice scenes moving quickly in front of your mind’s eye. You are watching scenes from your past lives and this life move in front of you, some of them good, many of them not so much. You are curious, however, neither upset nor disturbed, as you realize that the ‘monsters’ from your past can no longer affect you.

“It is good to speed your blood” Ginevee says, startling you. You blink and realize that the moon is out and full. “Your blood tells me of your many lives on this earth. You are a very old soul. Your history is in your blood. When I make you go fast I am working with your past and I am clearing away whatever monsters I find.”

Near the end of my time in Australia with Ginevee, she led Ruby, Booru, She Who Walks With The Wind and me down through a crevice of rock and into a small clearing where several red river oaks twisted in the warm wind. The moon shone so brightly that we could see as if it was midday.

A little while later, as we were standing at the shore of a small billabong with water so placid that it shimmered like a slab of obsidianite in the moonlight, I realized with a start that Ginevee was gone. A large black crow cawed in a ghost gum tree overhead. I realized as I watched it hop on the branches that it was Willy-D, a crow with which I had become very well acquainted as a medicine healer spirit from the Dreamtime. He showed me his shiny wings.

A movement near the center of the water caught my eye.

“Look,” She Who Walks With The Wind signed to me and she pointed to a white swan swimming in circles in the billabong. Willy-D swooped down from his perch toward the water. The white swan lifted her huge wings and launched into noiseless flight. The two birds flew off together into the night.

I heard Ginevee’s voice in my head. She said, “When you see me in the Dreamtime, you see me as a black swan. Swans have great power. They did not mean to, but, as it says in the ancient legends, they helped trick woman and the earth lost her balance. When you see

Ginevee in the Dreamtime as a white swan, you will know that her work has been completed on earth and that man and woman swim equally in the billabongs, the sacred waters, and balance has been restored among us.”

Spirit of the winged ones, Great Eagle Mother, fly into my body, fly into the bodies of us all, and bring to me, bring to us all, the flaming power of the sun. Power of the salamanders, awaken now! Quicken my blood. Quicken the blood of us all. Power of the sun, carrier of my star shield, power of the inner fire, arousal of the inner flame, center within our spirits, Now! HO!

In love and spirit,
Lynn

The 17th session of my four-year *Mystery School* begins in February 2010 and is 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 me in a special conference call about the Lynn Andrews Center for Sacred Arts and Training, A “Mystery School,” on Sunday, January 10, 2010, at 6:00 p.m. Pacific Standard time/Los Angeles USA (9:00 p.m. Eastern Standard time/New York City USA). The telephone number in the U.S. is 916-233-0499, pin 842377#. If calling from overseas, the country code is 001. You are all invited. Please email for more information. Sqedison@aol.com. <http://lynnandrews.com/mys-school.htm>.

The first in my 2010 series of Online Courses for Conscious Dreaming, *Rites of Passage*, is scheduled to begin in late February. Look for exciting details on my website in the very near future. Please visit the following link: <http://lynnandrews.com/courses.htm>

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>.



Out and About with Lynn Andrews:

Thursday, January 7, 2010, 5-6 pm PST (6-7 pm MST, 7-8 pm CST, 8-9 pm EST, 1-2 am Friday – Jan 8 GMT) Lynn will be the guest on the radio show “Healing The Universe: The Clear Vibration”. It will be a live show and you can listen live during the above times at www.BlogTalkRadio.com/CrystalClearSpeaks. You can also listen to the archive later, click here.

Sunday, January 10, 2010, 6:00PM Pacific Time/USA (9:00PM ET)
Conference with Lynn Andrews! Learn all about the *Mystery School (The Lynn Andrews Center for Sacred Arts & Training)* Open to all - you are all invited! Telephone: 916-233-0499 (country code: 001) Pin to use after dialing in: 842377. For More information, email sqedison@aol.com

Tuesday, January 26, 2010; 9-10 a.m. Pacific Standard time/USA -Kindred Spirit Radio Show with host Lynn Andrews. Listen at www.HealthyLife.net. Lynn's Guest will be Barbara Hand Clow, www.handclow2012.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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