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***"The world is bereft of feminine consciousness. To bring Mother Earth back into balance, we must bring back our awareness of her. Language is a barrier between us, but woman has always communed with woman in an unspoken language. Her roots are entwined with the essence of Mother Earth, for she too is feminine. Woman is the Keeper of the Planet and must not let her energy be rerooted by the male systems within woman or man. We are all in need of world harmony. Mother Earth has been misunderstood, but she is the universe. She is the womb for all that lives. Feminine consciousness is the energy that embodies the wisdom you need at the moment. It is in the direction of the west, through the transformation of an overbalance of male energies, that we will reinstate the harmony and balance on earth, with feminine consciousness in perfect balance on earth and in perfect balance with male consciousness."***

**(*'Feminine'* card, *The Power Deck*, Cards of Wisdom.)**

This is a time of sacred alchemy when our consciousness is shifting, like the sands of ancient Egypt. What is your focus, your dream for this year? What will it take to realize it? Use the energy of sacred alchemy that is available to you now to realize your dreams in life.

Alchemy means transformation. It is what allows you to re-form an object or an idea into something else. What challenges are you facing in the manifestation of your dreams, that you need to re-form into your strength?

Alchemy requires balance, a balance of the elements that when brought together create transformation. For the past 5,000 years, at least (Ani, a Nepalese healer and member of the Sisterhood of the Shields, says that it is more like 40,000 years), we have been living under the rule of the patriarchy, and this has led to an imbalance of

the energies on earth like no other time in human history. Part of the great shift that is taking place right now is the return of the Goddess, the return of sacred feminine energy in balance and harmony with the male.

The alchemy of life is about transformation, about nurturing the lead of your everyday existence into the gold of inner balance and the mystical harmony of your spiritual and physical being. This is the power of the sacred feminine, that she helps you remember the alchemy of life, awakening you to truth that you already carry within your being. Feminine energy is receptive, creative, and it has strength.

Feminine energy is receptive, and it implies the inward movement to align yourself with your co-creator, the Great Spirit. It is creative, and, like male energy, it has strength. It does not sit idly by, although to be receptive also involves being still and completely in the present moment, regardless of the pandemonium that may be going on around you.

How are you creating and strengthening yourself with feminine energy? Is it easier for you to be always out in the world, working with your masculine energy to be doing something, anything at all, rather than moving within to your place of receptivity and oneness? You need both.

Success and happiness in life are always rooted in a sense of deep spiritual direction. You walk with one foot firmly planted in the world of the physical, the other rooted in the world of spirit. That is when the alchemy of transformation becomes possible, when your spiritual self and your physical life interact.

The alchemy of creation implies fire. For alchemy to occur, it needs something to heat it up. That is what the sacred masculine and the sacred feminine do when they meet within you. A spark is created, which ignites the fires of alchemy. It is you, heating up, as you make changes in your life, as you grow. That is alchemy.

Take a journey with me now. Close your eyes and imagine we are walking together through the snow. We are near Agnes Whistling Elk's home in the far north of Canada.

As we walk through the silent forest, we come over a rise, and in a clearing we see a huge bonfire. The Sisterhood of the Shields has gathered, and they are drumming softly. We approach, and room is made for us around the fire.

You notice a woman sitting to your right. She is dressed warmly, but beneath her parka you see opaque material, dark blue, with gold coins edging her silver hair. She has a proud, aquiline profile. She turns to you, and says,

"My name is Amina. I come from Egypt, and I have something to show you tonight. Hold onto me, little one, and we will walk the fire."

You don't understand, but you take Amina's hand, like a child would. She leads you to the central fire, and you feel the heat of it, very close.

"Hold onto me now, around my waist," says Amina. You do, and you close your eyes as the fire gets closer.

Everything goes white. You feel heat, but you are not burning. You notice that you are moving. You open your eyes, and you see that you are riding a camel. Amina is riding a camel next to you, and as she pulls her camel alongside yours she reminds you that the camels will quicken to keep up with one another.

"Watch now, as my camel goes faster to keep up with yours, and yours with mine!"

Amina's attitude is playful, and you race your camels over the sand and along a huge swath of green fields, shining emerald in the mid-morning sun. You see the pyramids nearby, and the deep blue of the Nile. Strangely, you realize you are in Ancient Egypt, not the country of today.

You and Amina steer your camels to a large temple, with columns fifty feet tall or more. The columns remind you of a forest, and there are so many wonderful colors and hieroglyphs etched into them.

An attendant outside of the temple takes care of the camels, and you follow Amina inside. Immediately, you are ushered by several priestesses into an antechamber. They help you and Amina remove your outer travel clothing, and you discover you are wearing a white sheath dress similar to theirs.

They anoint your feet with oil, and the middle of your forehead, your Third Eye above the bridge of your nose, as well. You and Amina are showered with anklets, necklaces, and ornate bracelets and headpieces. Amina looks particularly splendid with her winged golden headdress and belt with a large emerald scarab. Your headdress is a simple gold circlet with a snake and your belt has a golden lion's head in the center.

Amina gives you an Ankh-shaped mirror; it has a circle at the top with the mirror facing away from you. The Ankh is an oval which comes together where it sits on a horizontal line, with a vertical line extending below. It looks like a cross, but with an oval the upper part of the vertical line would be.

"Follow me, and do as I do," Amina whispers.

You follow her through the antechamber into a large sunny room. You can feel the coolness of the tile floor on your bare feet. You pay attention, and you watch Amina's beads and jewels flash as you follow her into a smaller hallway that is lit by torches and holes in the wall, with bars of sunlight. You are moving downward, into the earth. After a moment, you come into a smaller room. It is longer than it is wide. At the far end, you see a large statue of the Goddess Sekhmet. She is the lion-headed Goddess of Egypt.

You and Amina solemnly step up to the Goddess statue. You watch Amina as she places her ankh-mirror to Sekhmet's face, so Sekhmet can see her own reflection. You do the same, and are startled by a flash of movement.

Sekhmet has come alive! She smiles with her toothy cat grin and says, "Welcome, daughters. I have something to tell you. First, look into the mirrors and see your own true wildness reflected."

You look into your mirror and see a beautiful leopard looking out at you. She is fierce, but you are unafraid.

Sekhmet says, "Do not be afraid of seeing your wildness. It can be unsettling. But you have strength, and in the coming days and years of changing consciousness, as the world you live in moves towards a greater awareness, so you, too, must grow with courage and strength."

"I thank you, my daughters, for the wisdom and the work you are doing. You are exploring ancient feminine knowledge, and you are remembering who you are. You are moving into balance. It may seem a time of distress, but trust in your own abilities, and practice curiosity rather than give in to fear. Have the discernment to see the seeming upheavals around you as opportunities for growth in your own consciousness and increased awareness of the vastness of the universes - both those within and those without. Each reflect one another, as these mirrors reflect your faces within and without."

"I am very proud of you, my daughters." Sekhmet says, as she hands you and Amina two lotus blossoms. Amina has a white blossom, and you are gifted with a pink one. You notice that the blossoms move gently, like flames on a candle.

"Hold these to your hearts, and let them move into you. These are the flowers of life."

You and Amina hold the flowers to your hearts. You feel the flower entering your energy field, and warming your heart chakra. You look up to see that Sekhmet has returned to her statue-like form. You take a step backwards, and suddenly you find yourself next to the bonfire in the far north again. Amina nudges you, and Ruby tells you not to stand so close to the fire, or you'll get burned! Amina chuckles, and the both of you sit down again. Amina sits on your left, and to your right, you see a very serene woman sitting. She has large hands, like a man's, and cat-like eyes. You know her as Ani, the member of the Sisterhood from Nepal. She winks at you, and you wake up!

*"Remember love is nourishment for the spirit. Remember the nourishment you get from sitting in the center of your own being, and when you begin to feel hungry inside for time, for space, you can take that time, and you will know how to nourish yourself and replenish yourself. Every day the body needs food and it needs sleep. Your spirit is just the same. The spirit shield, too, needs to be nourished. For there to be flames, for you to arouse the inner fire, there must be something to burn. For there to be power, there must be life force. So it is important for you to see how to nourish yourself." (Grandmother, *The Woman of Wyrdd*.)*

Nourish yourself by bringing balance between the sacred masculine and the sacred feminine within you, so that you can draw from both when you need it the most.

**Great Mother Goddess, sower of dreams on this fecund Mother Earth, help me to experience your light in every moment of my life. Help me to experience your dream in my earth walk. As a beautiful rose growing in my**

being, let me breathe in the perfume of your essence and your perfection, permeating every cell in my body.

You have given me blood, Great Mother, blood, the carrier of my future incarnations. Help me to serve you well, so that I may know my lifetimes as they have imprinted my spirit shield with the image of your face.

You are the power that motivates me, that brings me closer to my shaman center, and to my psychic equilibrium. You are the one who fills me with inspiration, who helps me to feel the rose within – the perfection of physicality and spirit manifested in my earth walk. You are a wrathful ruler and a benevolent ruler. Help me not to fear the shadow side of myself, the dark side of my femininity. I am Crazy Woman, and I am the Rainbow Mother. I am Death Mother, and I am the Great Nurturing Mother. The sacred cross of feminine power lives within me.

As I see your sacred face reflected in the eyes of my sisters and brothers, Great Mother Goddess, give me the strength to follow your path, to feel your rose within me, to plant my seeds on this earth, and reap the wisdom as they grow. Help me to change and to be strong throughout the coming year, Great Mother.

I honor you all the days of my life. HO!

In love and spirit,  
**Lynn**

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The 17th session of my four-year *Mystery School*, The Lynn Andrews Center for Sacred Arts and Training, is just getting underway, and registration will remain open through mid-March. Please come to my website, [www.lynnandrews.com/mys-school.htm](http://www.lynnandrews.com/mys-school.htm) for details. *This is a time of great planetary change. Many of the great calendars are ending now because we are entering a new age of wisdom. We have the possibility of creating a new world of heightened understanding. We live in a time of great vision. The great libraries of knowledge will be opened to many from different paths and religions. There is much for you to learn, but truth is never reached without struggle on the human path.* For over twenty-five years, I have shared the teachings of the Sisterhood of the Shields through my books, lectures and trainings. But it is within this Mystery School, a school without walls, that you are able to deepen and fully experience the wonder and magic contained within these teachings. The Sisterhood of the Shields and I invite you to join me on this magnificent journey. [Mystery School](#)

**"Stepping Into the Unknown, *Shattering the barriers of conditioning that keep you from seeing world through your own shaman eyes,*" the first in my 2010 "Rites of Passage" series of Online Courses for Conscious Dreaming, will be given from February 25 – March 24, 2010. Registration is now open! Please visit [www.lynnandrews.com/courses.php](http://www.lynnandrews.com/courses.php) for details. There is a life force in all of us. That force comes directly from the Goddess Mother, from God. We were all born wild like a mountain lion, and to live in civilization we become sheep at a very young age. We become tame. But we are not house pets. We are fierce and wild by nature. Movement between one life situation and another is essential. Movement or action is the key that unlocks the door to understanding. Dream on this. Consider what is left of your instinctual nature. Remember that action is not a reaction. It has a lodge of its own. When you see a horse, you become both happy and sad. That horse represents the wildness within yourself that you have never dared to become. [Online Courses](#)**

**Saturday, April 17th, 12pm - 1:30pm VIP Luncheon with Lynn Andrews, The Body Soul & Spirit Expo in Calgary, Canada,** at Maverick Special Events Dining Room located upstairs from the Body Soul & Spirit Expo. Special discount is available for [LACSAT Students](#) otherwise you can get more info on being a [Special Guest](#). Menu info is available on my [website calendar](#) for April.

**Saturday, April 17, 3pm Lynn will be delivering the Keynote Speech, The Body Soul & Spirit Expo in Calgary, Canada,** Those of you who purchased Luncheon tickets will get special seating for this event.

**Sunday, April 18th, 4:00 p.m. - The Body Soul & Spirit Expo in Calgary, Canada, is proud to feature a special workshop by *New York Times* and internationally best-selling author and shaman healer Lynn Andrews, "2012: The Crossing Times."** There are still a limited number of seats available for this one-of-a-kind offering. Register and reserve your seat for the workshop. [Visit the website.](#)

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

**Out and About with Lynn Andrews:**

**Tuesday, 2/23 Tuesday...** Kindred Spirit Radio Show - 9 am - 10 am PT. Listen at [www.HealthyLife.net](http://www.HealthyLife.net) Lynn's Guest: Greg Becker producer of the movie "The Living Matrix" website: [www.thelivingmatrixmovie.com](http://www.thelivingmatrixmovie.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](http://www.kineticmag.com) .

Thank you for signing up to receive the opt-in InSpirit Newsletter. Check at the bottom of this email for links to change, subscribe and unsubscribe. Also, *Remember to visit the website [www.lynnandrews.com](http://www.lynnandrews.com) to see new and updated information on the Mystery School, Online Courses, and special events!* If you have problems with reading this message or the website, please contact the Webmaster using our [contact form](#). Thank you!

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

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