

June 2010



*Go beyond thought: A rainbow is a connecting link from one point to another. The same is true of thought. A rainbow has no beginning and no ending. This is also true of thought. You can't catch hold of a rainbow; you can't catch hold of a thought. She may be weak or strong, clear or unclear. The same is true of thought. She makes something where there is a semblance of nothing. She is colored by the sun, the sky, the wind, as thought is colored by emotion. For some it is more difficult to go beyond thought than it is to go beyond this beautiful rainbow child." (From SPIRIT WOMAN)*

Dear Friends,

What are your thoughts these days? Are they clear and strong, filled with light and hope for better times in your life? Or are they colored by sadness, anxiety, fear or frustration? Agnes Whistling Elk and the Sisterhood of the Shields often teach that it is our perceptions that create our reality. In this seemingly chaotic world where we are experiencing huge earthquakes and volcanic eruptions, it is more important than ever for us to focus on the light. Right now, at this particular time in human history and in the cycles of life on earth, there is tremendous power available to you to bring your life into focus as you focus on the light.

Mother Earth is balancing herself as she has done throughout her existence. The changes and transformations that are occurring at this time are part of her natural cycles; the world is not coming to an end. The more we learn about earth's cycles and the rhythms of life as it courses throughout the universe, the more we will become able to move into harmony and balance in our world. If we build on the floodplain, we have to expect floods and prepare ourselves accordingly.

Is your life in balance? Where in your own life is change needed? The tremendous energy that

Mother Earth is generating at this time is also available to you. Use this energy to balance your life and make the changes in your world that need to be made.

The transition from late spring into summer is always a time of great power. Just look at the amount of energy it takes our First Mother to make this transition, as witnessed through the amazing storms of the season. This power is also available for you to use right now, the energy and teachings of the sunlight that radiates through the edge of the storm clouds, effervescent, ethereal, the soft edge of the masculine thunder clouds which accompany the raw power of a storm.

Speaking both metaphorically and physically, spring is the time when you plant the seeds for new growth in the coming year. Then, in late spring as earth moves towards summer, you nurture and cultivate these seeds toward full bloom and the spiritual light of creation, the celebration for the harmonies and the balance that exist in all of life.

Summer, itself, is a time of mirrors. These mirrors celebrate your reflection and teach you what is needed to complete the cycle of new growth in your life. For the warrior of spirit, summer is a time to shoot your arrow toward the target you have chosen, and let the arrow take flight. It is a time of power. It is important that you choose your arrows carefully.

Do you know what arrows you are ready to shoot at this time in your life so that you can move into a place of balance and harmony within yourself and with the world? Do you have acts of power that are waiting for you to nurture to full bloom? Do you need to make changes in order to focus on your own acts of power in your life? During these waning days of spring, move deeply into introspection and look for where you need greater harmony and balance in your life and choose your arrows with great care. Use the energies that are available to you right now to begin to make the changes that will allow this growth to happen.

A vital and vibrant way to move into balance within yourself is to find balance and harmony between the male and the female aspects of your own being. Every person who is born carries both a male shield and a female shield into this life, although we have been conditioned and even brutalized away from honoring the female shield within us throughout the life of the patriarchy. It is time to change that. One of the great teachings of 2012, "The Crossing Times," is that it is time to honor the goddess within ourselves and the Goddess of the universe as we welcome her back into our lives.

The energy of the sacred masculine moves outward into the world in an organized and powerful way. The energy of the sacred feminine moves inward to the place of intuition, introspection and receptivity within, the place where you go to remember the sacred dream for your life and connect with the Great Spirit and the oneness of life. Both are equal warriors in the fight against ignorance.

To live the life of your dreams, it is essential that you bring your male and your female energies into balance and harmony with one another. Do you make the time to go within, into your female shield, to discover the great dream for your life and reflect on what you need to do in order to realize it? Do you use the driving force of your male shield to bring your great dream out into the world, take the physical steps necessary to realize it? These are the seeds that you want to plant within you right now, so that you are using both shields toward the same goal in your life.

At this year's *Joshua Tree on the Mesa Spring Gathering* in May, we worked with Bright Cloud Woman and Live Arrow, great sky beings that led us into an initiation which enabled us to balance our male and female natures, the energy of the sacred masculine and the sacred feminine within. These energies are also available to you. Can you begin to see the extraordinary line up of forces that are available for you to use at this time?

Bright Cloud Woman is a bringer and teacher of the rewards of a prosperous physical and spiritual life. She is known for her ability to direct healing energies to you. She helps you connect with your internal sense of heaven on earth as she invites you into deep and meaningful inner reflection through which you may draw out a feeling of joyousness. Hers is the power of the softness after the storm.

Live Arrow is a bridge of energy between the Sky Fathers and Mother Earth. It comes alive when it connects heaven and earth, the bridge from Bright Cloud Woman to our physical ability to manifest our dreams and transformations on and in this earth reality.

It is important that you know that the energy from each Joshua Tree Gathering spirals ever outward, beyond the confines of the event, itself, until it reaches the greater energetic fields of the world to create a layer of much needed healing all around the world. That energy is also available for you to use now.

This is a prayer for bringing together these many circles of energy into the circle of your own life.

*Great Spirit, Mother Earth, powers of the four directions, our guardians and allies, the Ancestors, power animals and all the beings of light that love us,*

*I call in the sacred powers of all directions to be with me now. I banish any energies that wish me ill will. I call the power of Mother Earth, the Great Turtle, slow one, necessary one, the one who carries us on her shoulders, the earth spirit who teaches us patience, who teaches us to take one step at a time, powers of the earth, come in!*

*Powers of the South, Sacred Mouse, come into the center of my circle. Sacred Mouse, teacher of*

*trust and innocence, teach me to see what is right in front of me so that I may gather learning, gather trust, gather the power of touching others in gentle, healing ways. Power of the South, the Mouse, come in!*

*Powers of the West, place of intuition, of looking within, woman place inside all of us, home of the Great Bear, come into my circle here and now. Bear, with your sacred task of hibernation, of dreaming, come into my circle. Teach me to go inside and listen. Teach me to go inside all the winter of my life, into the darkness, without fear, with excitement, with your great power, Sacred Bear. I pray that I will learn to be quiet, to hear my inner voice, to distinguish the voice of my intuition from the false voices of fear, doubt and indecision. Powers of the West, sacred intuition, Sacred Bear, come into my circle now!*

*Powers of the North, place of storms of wisdom, mountains of knowledge, come in, Buffalo, to my circle now! Teach me how to give away, to share what I have learned, to nourish others with the bounty of my being. Teach me to face the cold, to stand alone when I must, to take care of others like a tribe, like a true circle. Buffalo, sacred provider, provide me with wisdom, with knowledge, and with the ability to share what I learn. Powers of the North, come into my circle, now!*

*Powers of the East, come into my circle. Be in the middle of my life now. Teach me how to rise above my daily vision, my tired eyes, into new vistas of sight. Teach me to take my vision to my higher self. Teach me to let the vision of my higher self down into my daily mind to revitalize my life. Teach me to prey upon whatever does not feed my higher purpose, and to rid myself of false paths that do not serve me. Great bird of spirit, Sacred Eagle, powers of the East, come into my circle now!*

*Powers of the Sky, Great Spirit, fill my circle now with your great light as I envision my circle surrounded by infinitely bright yellow light. I am enveloped in your great glow, touched deep inside by your power of healing. I stand here in the center of my being and call my brothers and sisters to the center of their being.*

*May the Great Spirit, the one who carries us, nourish our circle and allow the powers of the earth – the south, west, north and east – to shine in and through us, enlightening our circle and teaching us peace, joy and wisdom. May all the powers of all directions guide us and keep us. Ho!*

In love and spirit,  
Lynn

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**Out and about with Lynn Andrews:**

**Tuesday, June 29, 9-10 a.m. PDT/USA – Kindred Spirit Radio Show with host Lynn Andrews.** Lynn's guest will be Dr. & Master Zhi Gang Sha, author of *TAO I, THE WAY OF ALL LIFE*. Dr. Sha trained as an MD in China and a doctor of traditional Chinese medicine, [www.drsha.com](http://www.drsha.com). Listen at [www.HealthyLife.net](http://www.HealthyLife.net)

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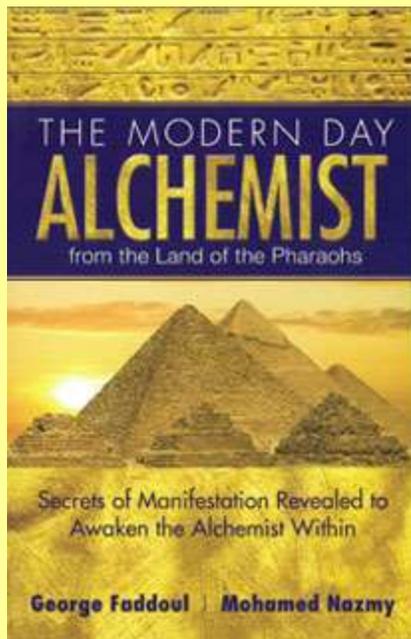
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