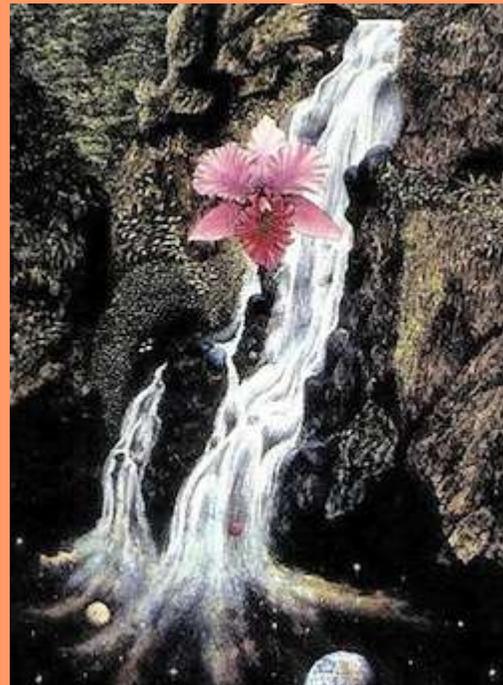




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The flower of your being begins to bloom when you move with the flow of life. This is a process of letting go, of moving your consciousness out of your mind and into your body-mind, which is an inch or two below your navel. Feel your receptivity as you become still. Watch the river flow as if you were a mountain high above. Be serene, at ease, and totally within your power. Then let the waterfall of life work for you, as you become like a twig carried on the surface of the rushing water. Become one with the river, dissolving the sense of mind and living totally in your instinctual nature. Let go, and relax into the eternal flow. ("Flow" Card, [*The Power Deck, Cards of Wisdom*](#))



Dear Friends,

Welcome to a brand new year, one that is filled with all of the beauty and joy and love that life can hold! What will you choose to do with this New Year? Join me on a journey into the power and the mystery of love, and together, let's celebrate being alive.

*“Think about how you can change when you are in love. Love is a word for transformation. When you say, ‘I love you,’ you are saying, ‘I transform you.’ But since you alone can transform no one, what you are really saying is, ‘I transform myself and my vision.’ I am always living in the lodge of love and I share it with you. (Agnes Whistling Elk, from [Spirit Woman](#)-Teaching of the Shields, formerly published as *Flight of the Seventh Moon*.)*

What do you think of, when you think of love? Does romantic love come to mind, or the love of a parent for a child? Do you consider how you love animals, nature, Mother Earth, or the divine love of the Great Spirit? Do you recognize self-love?

To have power has to do with arriving at a goal and remaining whole as a person – not trading away aspects of yourself that you believe in to please another person or corporation. If you lose your balance and move out of your center, you may have attained a job or a spouse, but you have lost your soul. To truly have power, you must first love yourself enough to stay in your own center of truth.

Once you embrace love as a feeling about yourself for yourself, it will never go away. When we understand that the love we feel is our own – that it is not generated by this man or that woman – then we perceive love differently. It becomes a state of being that is not dependent on any other person or thing. It is maintained by the constant awareness of keeping your heart open to yourself and others.

Lucille Ball once said, “Love yourself first and everything else falls into line.” Learning to love yourself is the first step on the road to mastery. When you really love yourself, you naturally express who you are in the world. You do not ‘hide your light under a bushel.’

Many years ago, I worked with a woman named Janice. She could do many things well and she was a born leader, like the alpha wolf. Janice, however, lived her life like a beta wolf, always trying to become ‘one of the pack’ and fit in with others’ expectations of her. She lacked self-love, so she could not truly live her power; she could not express herself in the world as she truly was. Janice became ill and was diagnosed with Epstein-Barr. I believe that the dis-ease in her spirit weakened her immune system.

So how did this beautiful woman heal this self-defeating dynamic? Janice learned to expand her heart. She learned simply to love being, not doing, not making a mark, just allowing her own spirit and soul to be. Through creativity, dance, art, and deep contemplation in order to heal her wounds, Janice stopped sabotaging herself. As she expanded her heart toward a new sense of being, she began slowly to rejuvenate the

feeling of loving herself just as she is. Then, suddenly, it seemed to her that being the alpha wolf, being a leader, was simply her rightful state of being.

Ruby once said to me, *“One day, Little Wolf, you will understand that to be loved, it is not necessary to accomplish. It is only necessary to be, simply to exist in your state of awareness. If you want to accomplish something out of that state, that is fine, and if you do not, that is fine too. There is unconditional love in the universe.”* (From [*Shakkai, Woman of the Sacred Garden.*](#))

Close your eyes now, and take your breath deep into your belly, around your navel area. Take a deep breath, hold for a few seconds, and release. Do this at least three times. Just follow your breath.

Imagine you are sitting under a beautiful tree. I am sitting with you. Keep breathing deeply, but go into your shaman center, around your navel. What color do you find there? Remember this color and what it means to you.

Next, travel up into your heart and see if there is anything there that is keeping you from feeling self-love, the love that is within your center. Watch as you gently yet forcefully dissolve that block. See it melt away. If you have difficulty with this, visualize us removing it together, you and I.

Now the block is gone. You can fully move into your heart space and feel your heart and spirit expand. How does it feel?

You are one with the Great Spirit and are part of everything. We are part of one another. You allow yourself to feel the love that is waiting there for you, your love for yourself as a unique expression of spirit. Bask in this. Feel it expand as much as you can.

Whenever you feel alone or separate, remember this feeling of oneness, of self-love. We all do feel alone or separate at times, so it is important in this process to explore and hold self-love for ourselves.

Great Spirit, let the guardians of our dreams stand as sentinels around our beings as we move into the silence, as we move into that place of stillness and quietude where spirit dwells.

Listen to the winds as they come out of the four directions. Name the winds that are your allies.

Listen to the birds and the language of nature.

You are each reflections of the Great Spirit. The Great Spirit blesses you and comes when you are most silent. Let your silence be like a prayer in the night, soft and quiet, full of integrity.

Let your bliss move up through your body from Mother Earth, up into your heart, opening your heart chakra, making you vulnerable to something new and radiant that wishes to become a part of you. The first lesson of power is that we are alone. The last lesson of power is that we are all one.

Great Spirit, there is an enormous chasm between these last two statements. Most of us spend lifetimes bridging that gap.

Silence of the mind, silence within our spirit, is a great bridge for that movement between body and spirit and aloneness, and loneliness and aloneness.

Great Spirit, let us feel your hand on our backs. May the wind caress us as the breath of your spirit as we move into the sacred silence, so that we can hear your words.

Thank you, Mother Earth. Thank you, Great Spirit. Thank you, my ancestors, the four-leggeds and the winged ones, and all the sacred beings that surround me. Thank you for being with us now. HO!

In love and spirit,

Lynn

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**OPPORTUNITY TO PARTICIPATE IN A LIVE CALL WITH
LYNN ANDREWS ABOUT THE MYSTERY SCHOOL**

Date: Wednesday, JANUARY 12, 2011

Time: 6:00 PM PT - 9:00 PM EST

You can check your time zone at <http://www.timeanddate.com/worldclock>

**If you are dialing from outside of the
United States or Canada dial 001 first**

**Teleconference Number:
323.417.0075 PIN: 568688#**

Please send any question you have for Lynn to Sqedison@aol.com



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