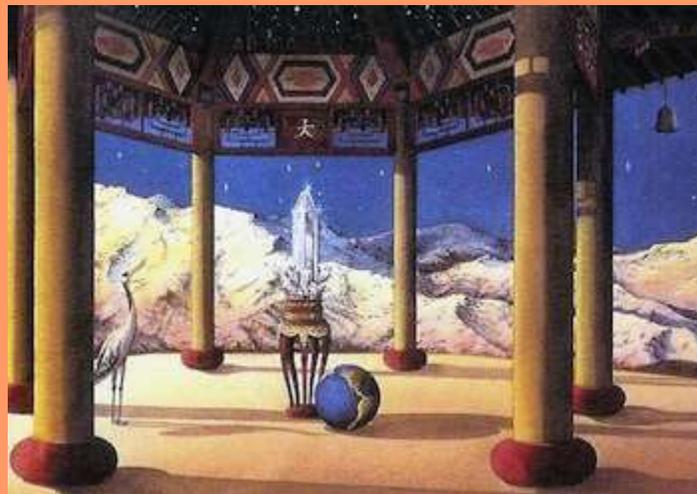




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“Your creativity is like a story; it needs a voice, a way to be heard in the world. Creativity has moved into your hut. Creativity is part of your future life. People think that creativity is like stories, that it is outside of them. But it inhabits you like your own life force, and it animates your being. Creativity is within the crystal palace of your mind. You are about to go on a long journey. It is called your life. You will learn to heal the evil forces of darkness. The dark sorcerers in life are created within each of us when we live a life of unexpressed creativity, when we live someone else’s truth and not our own. Define your own creativity and live that creativity in the world.” (“Creativity” card, [The Power Deck.](#))

Dear Friends,

Not so long ago, I was privileged to travel to Egypt with a number of my students, to walk among the pyramids and temples of this ancient land and immerse myself in the powerful and beautiful spirits of place, even to hold ceremony there. At St. Catherine's Monastery, I was given the great honor of touching one of the first manuscripts of the Bible that was handwritten in Aramaic, and I sat with a Polish scholar who had been there for five years, deciphering this particular manuscript.

While I was there, I also met with Amina, a member of the Sisterhood of the Shields who is the guardian one of the Seven Clay Pots. We spent much time talking about the scrolls that are held within these Clay Pots and the teachings of the Clay Pot she holds.

I came away with a great appreciation of how intimately the Ancient Egyptians understood the process of alchemy. Their mystery schools and mystery schools all throughout the ancient world taught their initiates that alchemy is first and foremost a spiritual process.

The alchemy of life is about transformation, about nurturing the lead of your every day existence into the gold of inner balance and the mystical harmony of your spiritual and physical being. When you work with the alchemy transformation, you go to the very source of your being and then you peel away the layers of accumulated conditioning which define our lives in the modern world so that you can transform your life into the gold of pure existence. As Carl Jung said, the alchemist has to live through the process of transmutation in order to become transformed, and this is exactly what we do through the study and application of shamanism. The women of the Sisterhood of the Shields say that shamanism is the process of alchemy.

“Creativity” is card of the east in my Power Deck, Cards of Wisdom. It is a teaching of the east because it takes strength to delve into the deepest part of your spirit, the very source of your being, and then to manifest the truth that you find there. It takes the strength and wisdom of the sacred masculine, the god energies within you, to bring your acts of truth and magnificence into the world.

“Transformation” is a teaching in the west of the sacred wheel. It is about delving into the serenity of your unconscious mind to find the rebirth of your awareness and your own personal truth in life. You access your unconscious mind through introspection and intuition, the goddess energies of the sacred feminine within each and every one of us.

When these magnificent god and goddess energies meet in the middle of the wheel, when they meet in your own power center, a spark is created which ignites your inner flame. This is when all of possibility is at your fingertips. This is when you truly begin to understand the

process of alchemy, when the alchemy of transformation begins to work its magic in your life.

One of the reasons why we have lost touch with the importance and magic of alchemy in today's world, I believe, is because we have lost touch with the sacred masculine and the sacred feminine energies we all carry within ourselves. Both have been all but wiped out by the ravages of many thousands of years of the patriarchy. We have been taught that God is male, that God is someone or some thing that lives outside of us, and that the Goddess is no longer relevant to modern life.

Because of this profound male and female imbalance, however, our earth is in danger of dying. Remember that the power of the masculine moves outward as the power of the feminine implodes inward, and when they meet, a sacred spiral of life is set into motion. One cannot live without the other. The masculine God is in search of the feminine Goddess. He brings gifts of driving force to her powers of intuitive, creative receptivity. Both are equal warriors in the fight against ignorance.

This imbalance needs to be healed, and it needs to be healed now. The sacred masculine within us is wounded; the sacred feminine within us has been suppressed for so long that we have all but lost touch with her.

Discovering, healing and balancing these sacred masculine and feminine energies within us is very much what the alchemy of transformation is all about, and the Sisterhood of the Shields say that there is no more important work that we can be doing today. The very health of our dear Mother Earth depends on it.

When you walk among the majestic temples and pyramids of Ancient Egypt, you begin to understand what the Ancient Egyptians knew so intimately: they understood and honored both the gods and the goddesses of their existence. From this is born the spiritual alchemy that transforms our consciousness.

Egypt had many gods and goddesses, but I was deeply touched by Isis, as the Mother of Love, and the reverence that both Ancient and modern peoples have for her. She carries a vibration that is heartfelt, that deeply resonates with the sacred feminine. Early in my work with the Sisterhood of the Shields, as I sought the sacred marriage basket, I learned that it, too, was intimately connected with the sacred feminine, the divine inspiration of the great goddesses of the universe that was forced underground so many thousands of years ago. It is time to return the goddess to our conscious awareness in a healed and balanced way, and to balance her with a healed and balanced god within us.

I would like you all to close your eyes and use your power to visualize. You can never really teach anyone about the power and magic of transformation

with words. You must use experience. So, close your eyes, relax, and forget your body for a moment.

See yourself on a long, narrow boat. The sky and the water are turquoise blue. You see hippopotamus lounging on the far shore. Birds with long beaks, Ibis', are wading through tall reeds. I am with you, and you realize we are floating on the Nile River in Egypt. We are in a past, peaceful time in that old land.



We arrive at Isis's temple. We are greeted at the dock by Amina, one of my teachers in the Sisterhood who resides in the Middle East. Amina is often seen wearing the dress of the Bedouin women, or she perhaps chooses to be clothed in the garb of an ancient priestess. She appears to you in a way that is powerful for you.

Amina takes us up marble white steps into the Temple's cool interior. We approach a large statue of the goddess Isis. At the feet of the statue is an ornate fire pit that is crackling merrily with the scent of incense and sacred herbs. We join hands with Amina and allow the loving energy of the Goddess Isis to surround us.

You see a golden white light that suddenly takes the shape of Isis herself, in human form. Next to Isis, a ball of yellow orange light begins to glow and then becomes the form of a man. He is Ra, the Egyptian sun god, and from him emanates the most loving warmth you have ever felt.

Isis hands you a stone and bids you to place it into the fire pit at the base of her statue. As you watch, the stone melts and reveals itself to you as a crystal, or precious metal or gemstone. The heat of the process of alchemy has transformed the stone into a beautiful jewel. What does this alchemical transformation say to you about the power of your own feminine energy?

Then Ra hands you a blank scroll. You place it over the flames, and on the scroll appears a message, a symbol meant to teach you about the alchemy of the sacred masculine. What does this message from the Sun God Ra tell you about the power of your own masculine energy?

We leave gifts of honeyed wine and flowers with Isis and Ra, and together, you, Amina and I head back to the boat and climb inside. As the boat heads down the river Nile, you drift off, and awaken back in your own time, coming back to your own consciousness and your surroundings feeling relaxed, refreshed, and filled with loving energy.

*Oh Great Mother, as I look out across the desert, green from rain, and see the mountains in the distance, I ask that you guide me along my path of heart. I ask that you help me to understand my powers of creativity.*

*As the clouds above me cast shadows on the desert floor, I know that I have often lost my way, and when the shadow aspects of myself diminish my life, I become afraid. Oh Great Mother, take my hand. Help me to see the trail, so that I may find my way home. Sometimes I think I will be bereft of balance forever, that there is no one to help me.*

*But as I look at the great mountains in the distance, as their silhouette is etched against the sky with such clarity, I know that somewhere in my heart I have known such clarity before, and that you are there for me. It is only I who sometimes refuse to see you. I will open my eyes now, and I will see your face, just as the sunlight bursting through the clouds illuminates the flowers all around me. I will begin to shine as they do. I am flowering for you,*

*Great Mother. I am lending my beauty to the universe for a short time, and I realize that this life is a process of seed and stalk, growth and flowering, then death. But death is only a rebirth back into spirit, a rebirth back into life. And you may call me anytime, Great Spirit, back into your arms.*

*So I am here for you, Great Mother, Great Spirit. I am like a hollow log with your love and energy flowing through me forever. Help me to walk in beauty and power all the days of my life. HO!*

In love and spirit,

Lynn

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**The Alchemy of the Inner Shift:**

*Empowering your consciousness and your life  
by understanding, healing and balancing  
the sacred feminine and sacred masculine energies  
that reside in your power center.*

**March 10 - April 6, 2011**

**[REGISTERING NOW](#)**



**A Special Invitation for you from the  
The International Councils of the Whistling Elk:**

**Please join us at Lynn's 2011 "Joshua Tree on the Mesa"  
Spring Gathering, May 26 – 29, 2011  
"The Great Sky Shields: End of Illusion"**

**and come to the 22nd meeting of the  
Joshua Tree Council of the Whistling Elk! All are welcome!**



**[PLEASE CLICK HERE](#) to locate a Council near you or start a new Council  
in your area!**

**A *Special Welcome* to our New Councils listed with asterik (\*) below!**

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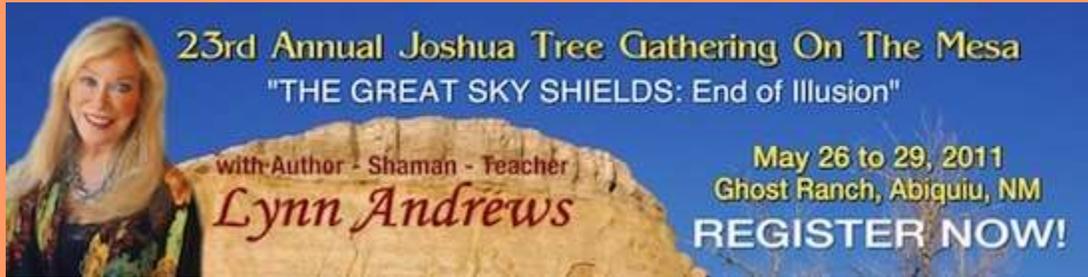
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**United Kingdom**

**Brighton, East Sussex\* (Moonflower Council)**

**Somerset\* (Morning Star Woman Council)**



23rd Annual Joshua Tree Gathering On The Mesa  
"THE GREAT SKY SHIELDS: End of Illusion"  
with Author - Shaman - Teacher  
*Lynn Andrews*  
May 26 to 29, 2011  
Ghost Ranch, Abiquiu, NM  
**REGISTER NOW!**



### [WRITING SPIRIT, THE SCHOOL](#)

I just could not wait to share with you our very first Writing Spirit – The School event! For three days, we drank in the beauty of the desert, wrote until our fingers were numb, listened to each writer's voice sing out their poetry, then wrote more. There was laughter and tears, praise and critiques, hugs, and throughout the entire event there was Spirit. On the last night, we drummed down the sun and in the morning I sent these wonderful women back into the world, to inhale deeply, put pen to paper and gift the world with their writing spirit. Their efforts inspired us all and it is with great pleasure that I announce we have added even more to this School for 2011.

Join me in an exciting writing adventure of inspiration and creativity.

### [WRITING SPIRIT, THE SCHOOL](#)

April 2011 – January 2012

[Registering now!](#)

*"Just wanted to say what a blessing this year-end gathering was for me and how very grateful I am for the chance to be with you all in person. I am humbled and inspired by your beautiful writing spirits. Thank you for the courageous and generous sharing of yourselves." Sarah Telles, Class of 2010.*

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*"The Lynn Andrews Center for Sacred Arts & Training"*



Registration will remain open through March 15th.

If you have any questions, please call Suzanne Edison the Enrollment Director at **800-554-7414 (USA and Canada)** or **561-265-1838 (International)**

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