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Before making a decision of power, move into that place of silence and serenity deep within you. Sit anywhere. Close your eyes and follow your breath in and out. On the third inhalation, take the breath down into your belly and locate your place of power just below your navel. Visualize your place of power holding the golden sun, a disk of radiant brilliance within you. Observe the silence like a deer in a meadow. If you are in pain, use your consciousness to find where the pain lives within your body. Then move into that pain and beyond it until you find the sources of silence. In this silence lives your sacred witness, that which sees all and knows all and is all that you are. Power is born within the silence. "Silence" card, [The Power Deck](#))

“You are always faced with choices. You have the choice to nourish or you have the choice to destroy with your power. When you teach apprentices about power, it is very important to take them through their fears in the beginning, because evil and manipulation are caused by greed and envy, which are born of fear. To go through your own fears, you have to learn of yourself. It is hard to know of yourself without making an act of power or an act of beauty.
(Agnes Whistling Elk, [Spirit Woman: The Teachings of the Shields](#))

Dear Friends,

I have been blessed to work with the Sisterhood of the Shields, a society of shaman healers from across the globe, many of them elders in their communities. After many years with my mentors, Agnes Whistling Elk and Ruby Plenty Chiefs, I was told that it was time for me to make my spirit shields, five of them to be exact: one for each of the four sacred directions and a fifth shield which represents the shield of self. I was told that one of the purposes for creating spirit shields is to learn how to focus protective energy. When you make your shields, you learn how to balance the conflicting parts of yourself. Your shields stand as a record of who you are in the world and they stand for your sacredness within. You can call upon them to lend you power when you need it most.

Over a long period of instruction, introspection, craftsmanship – including forays deep into the northern wilderness, sometimes with my teachers, sometimes alone – and much prayer, I completed my shields. Along the way, I began to absorb on a much deeper level the teachings that these powerful women had been gifting to me. I became aware of my physical body in entirely new ways; I became aware of Mother Earth and the natural world in ways I had never before envisioned, even learning to speak the language of stones. I experienced my own spirituality with a new sense of purpose and vision, and my dreaming changed profoundly.

Finally, the night came when it was time for me to take my shields out under the stars and introduce them to the universe.

“You should live with a rattlesnake,” Agnes told me as we gathered our things together to make this offering.

“A snake?” I stammered, trying futilely to remain focused on what I was supposed to bring.

“Yes. Rattlesnakes are good protection for women,” she replied.

“But I wouldn’t feel safe living with a snake.”

“You didn’t feel good about living with me, either. You would get used to living with a sister rattlesnake, too. It is not that different.”

Agnes would often do this, confuse me before I went off into the night to face what I thought would be yet another of the life-and-death situations that I encountered so often with these unflappable women. I had the feeling she was trying to rattle me.

A few minutes later, we were driving down a deserted dirt road towards the grey mountains grey in the night sky, and then up a long series of switchbacks. Finally, Agnes abruptly told me to stop next to a dark stand of trees. She had me wrap my shields in a blanket, and I scrambled to follow her up a hidden trail that wound up between the rocks at a very steep incline. Finally we reached the top, a rocky, barren distance stretching in all directions around us.

“Grandfather Mountain is very old,” Agnes said. “He was very sacred to the ancestors. He will be here a long time and he has seen many things. Always show respect, and honor him by giving him tobacco before you come here. He calls out to many kinds of power and many kinds of power answer him. Here, within the ancient wheel, many new powers are born. This circle is the earthly shield of the sky beings. May their four winds blow gently on you for all the years to come. May they illuminate your shields.”

Then she reached over and took my hands. “Remember to hold your attention,” she said. “Whatever happens, keep centered and work with the energy here tonight. If you are still in this world and have not been taken away, come down the mountain at dawn. I will be waiting.”

So saying, she left.

In a rush of panic, her words tumbled through my mind. What had she meant, “taken away?” I began to pray. I unwrapped my shields and placed them in their four directions around me, singing the powers of each direction as I placed my shields carefully. I was trying very hard to trust that things would unfold as they should for my highest good, as I struggled to remember all that Agnes had taught me to do during this ceremony.

Suddenly, I heard the most incredible cracking noise somewhere in my back, and a mirrored wheel began to whirl around me, in me, like a multicolored whirlpool sucking me into itself. The whole sky seemed to be filled with

flashing lights “ red, gold, white, blue. My back arched involuntarily as a great wind hit me, and I was thrown flat on my back as if a great weight were pressing down on me. I could feel the ground under my blanket turning hot and undulating in a vibrating rhythm.

Now there were spinning silver things above me in the air and more lights became visible, lights everywhere coming out of the black sky. I couldn't move, yet I fought with every ounce of strength I had to get to my feet. There was such a great wind that my hair was being yanked by it. I thought that my shields had been lifted up with me. They were now shoulder level, or above. Certainly they were going to blow away, but I could not move to save them. They turned so amazingly fast, and I thought for a moment I was standing in a different place.

My shields were separating now and there were several shields, enormously enlarged and spinning above me. It was impossible to judge their distance. Lights flickered off the shields into the night. There were many hovering over me on different levels. A beam of light fell on me, then another beam, in a circle. The light seemed to vibrate at an incredibly high frequency. It was jamming my mind and making me dizzy. I began to lose consciousness, and then everything shot out of sight.

The next thing I knew, it was dawn. I was laying flat on my back. My shields were gone. I looked everywhere, even beyond the pyramids of rocks that surrounded me, and I thought perhaps they had been blown down the mountain. Then I wondered if they had actually flown off into space?

I packed my things together and then ran, slid and tripped my way down the mountain to get to Agnes. I needed an explanation. My brain was bursting with incredulity. After I told her everything I could remember and begged for an explanation, she said,

“They have taken your shields. I touch the earth in gratitude. You saw the flying sky shields.”

“The flying who?”

“The flying shields. What you saw is called the Flight of the Seventh Moon. The sky beings came down to honor you and your shields. They came because you had the power to call them.” ([Spirit Woman: The Teachings of the Shields](#))

We are entering a time of higher consciousness as the waves of the energy of "2012" sweep over us. There is an aspect of this higher consciousness that is aware of us. This is a powerful time for fresh beginnings, as we are witnessing the world over.

It is also an uncertain time. So when you feel pushed and pulled by these tides of change and chaos, rest upon the shore of your love for your divine spirit. Allow your sacred intent for your life to remain constant, and trust that you are where you need to be right now. You are not alone. There is a reason for your life. Manifesting your own personal dream is also the dream of the Great Spirit. Balance the conflicting parts of yourself now and learn how to focus your protective energy.

Please join me in a prayer for daily empowerment:

I am a new warrior of spirit. I exist in a world of sacred balance. I balance with one foot in the physical world of material substance and one foot in the dimensions of spirit and sacred life. My course is set by my ally, the winds of time.

Mother Earth gives me life force, the life blood of my sacred body. The plants give me nourishment and healing, as I ride the windhorse of my intent "my sacred warrior's transport of buoyant joy" into a new and unknown world of harmony.

I am truly a new warrior, an androgynous spirit being of light, like the angels who surround me. My weapons are the shields of awareness, the symbols of ancient trust and the sacred give-away. I share my heart with those who need me, but few see me for who I really am.

I do commerce in the world. I raise my family. I live a life dedicated to freedom. I immerse myself in the physical world so that one day I can give it up, because I can only give up what I truly have.

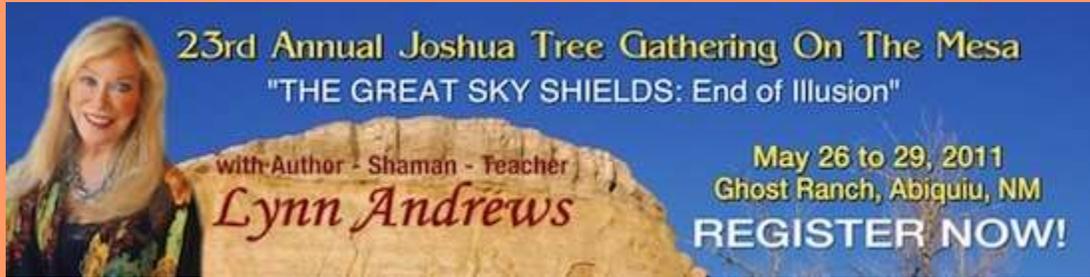
People learn from me through example, because of the integrity of my own life and spirit. I move into the world with confidence and wisdom. I am open and innocent. I am always learning tools of knowledge, and I share these tools with my sisters and brothers.

I am a warrior of the light, and I live the integrity of that truth with great care from a center within myself that is pure goodness, the embodiment of the

*peaceful soul. I walk with confidence the path of heart and personal power.
HO!*

In love and spirit,

Lynn



**2nd Master Tutorial:
The Hoop of Water,
Working with Power Animals and other Spirit Guides.
May 6 – May 19, 2011.**

In this second Master Tutorial, we will focus on the powers of the west of the wheel: transformation and the sacred dream, home of water, emotion and the great power of love and forgiveness. You will dive into the sacred waters to find and bring back your own personal power animal. As you learn to work with the powers of the west, you will also journey to the Crystal Domain of the Sacred Masters to meet one of the great masters of enlightenment. And you will learn to use the shaman's Talking Stick to communicate with your power animal and higher spirit guides.

Look for registration to open around April 8th.

www.lynnandrews.com/courses.php



Tuesday, April 26, 2011, 9-10 a.m. Pacific time/USA. "Kindred Spirit Radio Show" with Host Lynn Andrews. Listen at www.HealthyLife.net. Lynn's guest will be "lawyer turned peacemaker" Doug Noll of [Elusive Peace \(www.elusivepeace.com\)](http://www.elusivepeace.com).

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