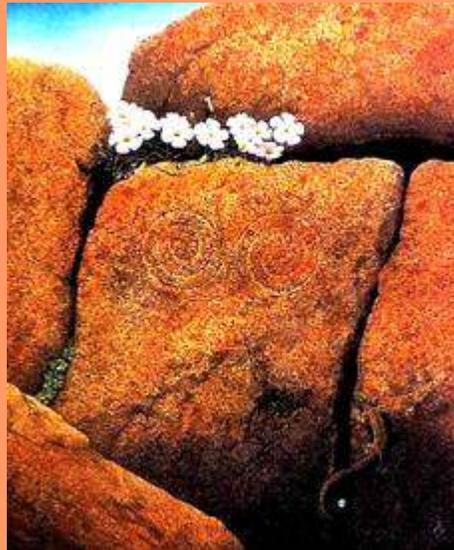




Volume 5, Issue 6

June 2011



Take a stone in your hand and meditate on it, or use the stone surface pictured on the card. Go into the stone. Experience her quiet soul. The stone welcomes your visit. Let her experience the inside of your heart. See how you are each an enduring mirror for the other. You are everywhere, mirroring everything. The stone absorbs you, and you absorb the stone. How can you be alone if you are part of everything? You are the totality of enduring existence. Therefore, nothing in existence can upset you. ("Enduring" card, [The Power Deck](#))
Dear Friends,

As we move towards the summer solstice, the season of full bloom on our beautiful Mother Earth, I urge you to spend as much time out of doors as you can. Go for wonderful walks in nature and absorb the sacred spirits that are all around you. Go for intriguing walks in your city or village and marvel at the wonders that human beings are capable of creating when we use our creative

brilliance with conscious intent.

Agnes once told me that woman has extraordinary endurance, like a sponge. You can squeeze her and get out all of the water, and, like a sponge, a woman tends to go back into her original shape.

Men, too, have their special way of endurance. Most men in any patriarchal society have so many expectations of them. And yet, they endure, often sharing the joys of raising their families while, perhaps, their wives return to the work force!

The world is changing. It has shifted from what it looked like even twenty years ago. However, we can see the shifts occurring even more swiftly than ever before as we witness climate and political disturbances on very large scales. The old paradigm is breaking down so that we can create something new, something wonderful, something more balanced and more in tune with our true spiritual nature.

I know that it often does not seem like balance is within sight, let alone harmonies. It is difficult to see this new paradigm emerging at the same time that we are paying more to fuel our vehicles, more to feed our families, and our employment and economic futures appear shaky. Yet, with all of this, we have that core within us, that core of endurance that is a part of our sacredness. It is a core spirit that can learn from all of our worldly experiences and show us how to see our lives with a new perspective and a new gratitude.

Come with me now, to a pyramid in the jungles of the Yucatán of a beautiful summer's eve. We will sit here, together at dusk, and begin to do a ceremony to honor the stars, the Pleiades, which are our home stars. We came from stars, and to stars we will one day return.

You and I play our drums, sitting across from one another on a red medicine blanket. On the blanket is copal, a type of incense, and sage and sweet grass. We take turns smudging one another with my large feathered fan, and we continue a slow, steady beat on our drums.

As the sky darkens and the stars all begin to shine and twinkle, I stop drumming and motion for you to do the same. Taking your hands, I look deep into your eyes.

I tell you, "You must prepare for the changes that are coming with the Great Dreamer's awakening. We are experiencing the energy of a great transformation. I see that you already have great strength within you, and you have endured much in your life. Think back, now, to times in your life that were difficult. See those scenes in your mind's eye, as if they are happening right now. Notice your endurance, embrace it, and celebrate it. We all have the capacity for great endurance, but we often forget that."

I give you some time to remember. We sit quietly, listening to the sounds of the night. Then you begin to tell me of your experiences. After you have finished, I pick up my drum and we stand up. I drum over you, allowing you to feel the beats entering you, the vibration of the drum as it resonates through each of your chakras, releasing any negativity or old hurts. Finally you stand surrounded by

starlight, feeling a sense of strength, and serenity.

You pick up your own drum, and together we play and chant to the stars above. You notice one star shining more brightly than the others. This is your special star. You know that during the summer nights, you will find that star and it will remind you of the incredible endurance you have.

We are all experiencing these changes and energy shifts in one way or another. So be kind to yourself. Know that we are all doing our best to remain centered and within our own circles of trust and innocence during some difficult times. It is time to perceive these changes with excitement and wonder. It is not easy to do this, but we do have endurance, and endurance teaches us strength and wisdom through the process of patience. Above all, be patient with yourself as you navigate these transitions in your own life and in the world around you. The stones are of Mother Earth. Some were born within her, some came from the stars. All of them know the laws of the land. They are the teachers of silence. If you can become like a stone, you will experience the stillness of the stones, and the flower of your spirit will brighten into full bloom with patience and enduring grace.

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 and the breath of summer. 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 two statements. Most of us spend lifetimes bridging that gap. Silence of the mind, silence within the 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



Online Course with Shaman Teacher Lynn Andrews
[Registering Now](#)

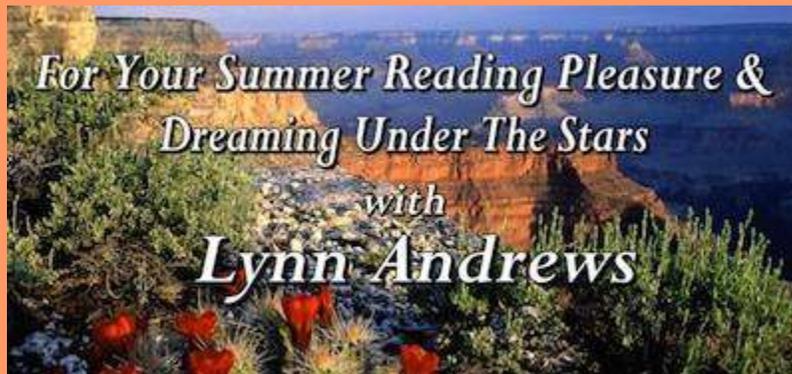
"Hero of the Dream, Part I, Unveiling the masks of your sacred feminine power using the ancient shamanic tools of drumming, breath work, conscious dreaming and sacred art as you learn how to go into the wildness of your own true nature where instinct and intuition reside, unclouded by judgment, criticism and emotion.

June 15 – July 13, 2011.

Part II in "The Alchemy of Transformation"
series of Online Courses for 2011
www.lynnandrews.com/courses.php



Begin making plans now to attend Lynn's
[13th annual Hawaii Retreat for Dreaming,
Rejuvenation and Renewal](#)
November 30 – December 3, 2011, at the
elegant Mauna Lani Bay Hotel & Suites on
the Big Island of Hawaii.



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 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 Inc., PO Box 28040, Scottsdale, AZ 85255, 1-800-554-7414
or +1 954-725-1706**