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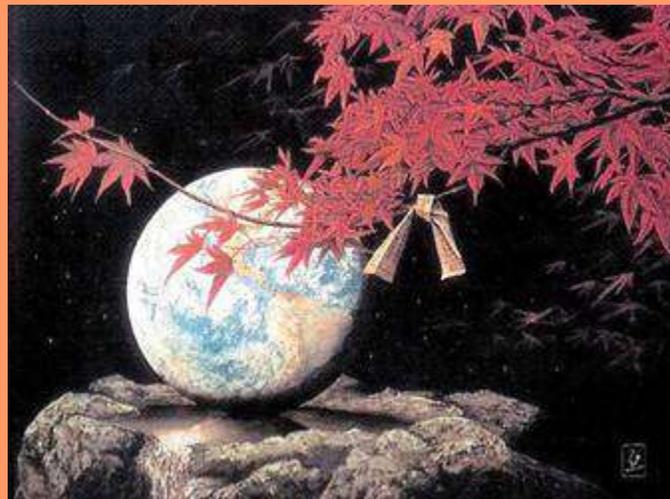
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“Let me explain what I mean by power. That is a word whose meaning has been twisted in your world. When you say power, people become afraid. They think of the police and the tax collectors and someone having power over them. That is not what I mean by power. Power, in my way, is the understanding of the spirit of energy that flows through all beings. A shaman person can translate that energy into healing and transformation for herself or others. Power is the strength and ability to see yourself through your own eyes and not through the eyes of another. It is being able to place a circle of power at your own feet and not take power from someone else’s circle. True power is love.” (Agnes Whistling Elk, [Spirit Woman, The Teachings of the Shields](#))

Dear Friends,

To have power in life has to do with arriving at a goal and remaining whole as a person – neither forsaking aspects of your self in order to please someone else nor requiring that someone else conform to your notion of who they should be. Yes, there is usually negotiation and often compromise involved. Few situations in life will ever give you all that you think you want or need.

When you are in this position, do you know what your own personal truth is? Do you know where your virtue and impeccability reside within you, the voice of the sacred person you are at your center, where you are one with the Great Spirit? Are you strong within yourself, so that you can look through your own shaman eyes and answer the question, "Is this truly about a higher purpose in life?" Always leave room for the unknown. Nobody owns the truth.

When you lose your balance and fall out of your center, guided by the ego mind and your need to win regardless of the cost to the world around you, you may find you attain the goal you seek, but you have lost your soul in the process. Then where are you, really, in life?

To truly have power, you must first love yourself enough to stay in your own center of truth, the truth that is grounded in your oneness with the Great Spirit and all of life. This is when you move into the unconditional love which is the Great Spirit. This unconditional love is the life force which pulses throughout the entire universe, and it is the greatest power in the world.

The unconditional love of the Great Spirit is there for you always. It is limitless, without condition, and it will never fail you, not even when you feel the most poorly about yourself. The Great Spirit loves you. Know that. Believe that, if you believe nothing else.

Through the unconditional love of the Great Spirit, you move into a new understanding of love as a feeling about your own self and your life. This is when you know true love, for if you don't love yourself, how can you really know love for another as anything other than a transitory rush of emotion or the desire to control? Love of self is the love of the Great Spirit and, like the love of the Great Spirit, it is what sustains us through the best and worst of times. That is when you hold true power in your life.

Love of self can be a very tricky thing, because when you are not balanced within yourself or in the world, when you do not embrace a Oneness with the Great Spirit, with the God or Goddess of your existence, however you know divine inspiration in life, it is an open invitation for the ego mind to move and start nattering at you. It is the ego mind that tells you that you are right and everybody else is wrong, that you are entitled to place your needs and wants above all else, even when the consequences will be disastrous, including for yourself if your need for control has stripped away all hope of a relationship with others. You may gain temporary power over a situation or another person, but you lose any chance of a mutually supportive, respecting and loving relationship, the give and take which is part of love. You have stepped out of your own circle of power and tried to usurp the power of others. When this

happens, all that the object of your "love" wants is to get you out of their circle of power at the first opportunity.

When you understand that the love you feel is your own, that it comes from your Oneness with the Great Spirit and all of life and is not generated by your wants in this or that person, job or situation, then you perceive everything differently. *Love becomes a state of being not dependent on any other person or thing.* It is maintained by the constant awareness of keeping your heart open to yourself as well as others and not by your 'ability' to control.

The Great Spirit resides within each one of us and in all things, the plants, animals, the wind and the rain, the oceans and waterways, within all that lives. It is important to know this, to recognize and embrace it as you move through your life. What is the wind but the breath of the Great Spirit? We are living as part of a sacred dream that encompasses all of life. To achieve illumination for our spirits, we need to be open to the love that is Divine, the unconditional love that is of the Great Spirit, without limitation.

The Hawaiians have a magnificent way of greeting one another that is thousands of years old: *Aloha 'aina, literally, 'love of the land.' Aloha 'aina, "In nurturing and caring for the land, the seas and the skies, I acknowledge the breath of Creation within you and in all living things."*

In Hindi, there is a similar greeting. It is *Namasté*. Translated from Sanskrit, It means, literally, *"I bow to your form."* In common usage, it is a way of saying 'Hello' by actually acknowledging one another, often accompanied by a nod of the head. In the practice of yoga and beautiful spiritual tradition, it means, *"I bow to the spirit of the Divine within you,"* or *"The Divine within me bows to the Divine within you."*

How do you know what is a higher purpose in life?

Every day of our lives we take from Mother Earth our energy for life. We forget the ancient tradition of the sacred giveaway. Take a moment to sit in silence and count the magnificent things you have in this life, even if only the wondrousness of being given life. Reflect upon the Great Mother, Mother Earth. Ask yourself, "What have I given back to her lately to heal her?" Then think of the higher vision of life and balance on this earth, and realize that the greatest gift you can give this earth and your fellow humans is your own enlightenment. In this way, you tear away the veils of ignorance and present the magnificence of your being to everyone who experiences you. Everyone around you is lifted up and inspired. This is your offering. (["Offering" card, The Power Deck](#)).

You are love, and life responds to you in like kind.

Great Spirit,

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 by 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

Registration will remain open through 8:00 p.m. Sunday, 8/7

Online Master Tutorial:

"The Hoop of Air : Conscious Dreaming, Luminous Fibers and

August 5 - 18, 2011

Register at: www.lynnandrews.com/tutorial-details.php.

A promotional banner for the 13th Annual Hawaii Retreat. On the left is a photo of Lynn Andrews, a woman with blonde hair wearing a patterned jacket. The text on the banner includes: "13th Annual Hawaii Retreat" in yellow, "November 30 to December 3, 2011" in white, "with Author - Shaman - Teacher" in white, "Lynn Andrews" in large red letters, "MAUNA LANI BAY HOTEL BIG ISLAND, HAWAII" in white, "Reclaim Your Passion & Love Unconditionally" in white script, and "REGISTER NOW!" in yellow. The background features a large pink hibiscus flower.

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REGISTER NOW!

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!

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