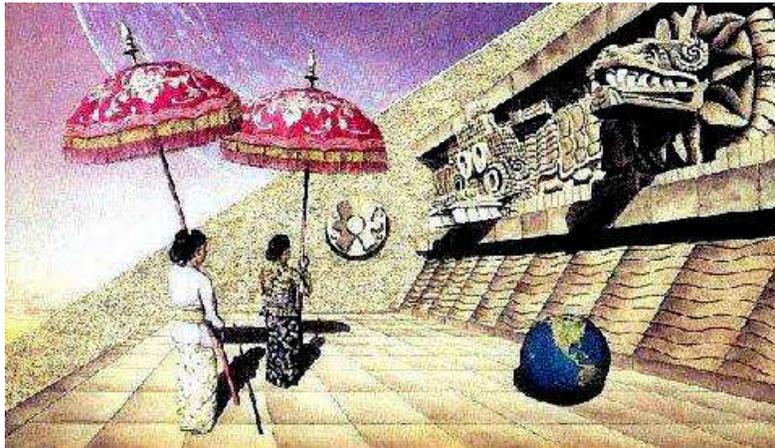


InSpirit Newsletter

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"Trust" Card, *The Power Deck*

In love there must be trust. Without trust, there is no love. Jealousy is an illness of the mind and heart. Trust lives in the lodge of your innocence. The heyoka is a warrior of the Native American tradition who goes into battle backward on his horse with a broken lance, knowing that the Great Spirit will protect him. It is this kind of trust that you need. The imbalanced aspects of patriarchal history reside like stone carvings within each one of us. Welcome the new aspects of feminine power in your being even though they may seem foreign. Trust in the ways of power and the Great Spirit. Know that you are made of power, and live with trust in your heart.

Monthly InSpirit Message

Dear Friends,

Welcome to my new website!

What does it mean to truly trust and love yourself? Can you love yourself enough to stay in your own center of truth? This is a tremendous challenge for all of us in the best of times, but it is particularly important to remember this in the difficult times of our lives. We must trust our own resilience, our beauty, our

Lynn Andrews

Upcoming Events, Online Courses and the Mystery School



**Online Course
Registering Now!**

"Healing, Balancing and Empowering Your Sacred Masculine and Sacred Feminine Shields,"
September 29 – October 26, 2011. Registration open through Sunday, 10/2.
[Online Courses](#)



with Great Spirit and all of our relations.

I'd like to share a story with you. It is an example of loving yourself and attaining a sense of mastery in your life with regard to something. In any kind of learning, the modeling and teaching of those who have achieved a degree of mastery in some endeavor makes all the difference.

All my life, I have loved horses. I was working with my horse trainer one afternoon many years ago, and I was having a hard time getting my horse to respond in the way that I wanted. My trainer, a very wise fellow, came out of the center of the ring and asked me to stop. He asked me to get off of my horse, and he got on.

"I want to show you something," he said. "The difference between a world-class trainer and an amateur is understanding 'hold and release. "Let me show you."

He took hold of the reins and pulled the horse's head gently into position. When he then released his hold, the horse's head remained in that spot without pressure on the reins.

"The difference is one of timing," he told me. "I know when to hold the horse in place, and I know when to release the horse when he has found the right position. Then timing becomes an issue of knowing when to pick up the reins again when the horse is moving out of position. It's a feeling, an intuition you get if your intent is focused. You begin to hold just as the horse is beginning to move out of position, and it's a split-second reaction. You have to learn and understand when to release that horse so that he gets comfort and a reward for moving into the right position."

I'm telling this story because it's hard to explain timing to people who don't have a real sense of it. Timing is something that comes from your gut, from visceral understanding and your ability to sense the right moment to hold or release. To master this technique requires a deep and abiding love of your essential self. When you hold onto a situation in your life, do you hold on until you have learned what you need to learn in this particular situation? Or do you hold on because of some need to try to control the situation? There is a difference and it is an important one.

Life is a process of learning, and timing is part of our education. Timing comes through your intuitive sense of timing, through your female shield. When it informs your male shield because the two have been awakened and work together within you, you learn to hold on and then to release the situation when the moment is ready.

Feeling and understanding this process of timing is not an easy thing, but one way to learn it is through the keys of love. Remember that trust is part of love. So when you trust in yourself and your process, when you forgive yourself for your mistakes on your path to love and power, you begin to develop an intuitive sense of timing.

And always remember this love and timing both exist in the

13th Annual Hawaii Retreat

Registration is ongoing for
my 13th annual Hawaii
Retreat for Rejuvenation
and Renewal: *Reclaim Your
Passion and Love
Unconditionally.*

Nov 30 – Dec 4, 2011

at the elegant Mauna Lani
Bay Hotel on the Big Island
of Hawaii. Learn more and
register at

[Hawaii Retreat](#)



2012 Pre-registration The Mystery School

Pre-registration is ongoing
for the 2012 session of the
Lynn Andrews Center for
Sacred Arts and Training,
my 4-year "Mystery School"
for shamanic study and
training. The benefits of pre-
registration are manifold.
Please visit the Mystery
School page on my website to
learn more.

[The Mystery School](#)

that is dragging us down, that no longer serves us, usually because of some wound from the past or fear of the future. When you do this, you don't give yourself the chance to sense the timing of your actions. You do not develop any consciousness of the harmonies of life and how your body as well as your mind and emotions relate to these harmonies. We become trapped in our heads, afraid to let go of fear. That is why trust is so important, to help us move through our fears. It is important for us to understand our fears, to move into the center of them, and come out on the other side - not only healed, but with less baggage. Then the ability to sense the proper timing in your life becomes strengthened

The "Release" card in my **Power Deck, Cards of Wisdom** teaches that anytime you are possessed by an emotion that you cannot control, know that it does not belong to you. Someone or something is creating negative energy within you. Instead of dwelling on that negativity, instead, imagine that the negative emotion is muddy water pouring down through your hands, legs, and feet and into the earth. Or take that emotion into your hands and release it like a hawk – let it fly away. We tend to hold on to fears and negative energy in an addictive way. Negativity can only control you if you let it. Release your fears and let power come into you. Create a welcoming void within, through the power of release. Then you will be open to the intuition of timing in your conscious life.

Great Spirit, whose voice we hear in the winds and the trees, Mother Earth, whose breath gives us life: Help us to walk in beauty and strength, and to learn the lessons that are hidden in the stones and the trees and the waters of the sea. Give us the strength to fight our greatest enemy – ignorance. Great Spirit, hear the sounds of our grateful hearts, and help us to find the wisdom and joy and power that is locked within each of our souls. We are the reflections of you, Great Spirit, join us on our path as we join you, for all the days of our lives. HO!

In love and spirit,
Lynn

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