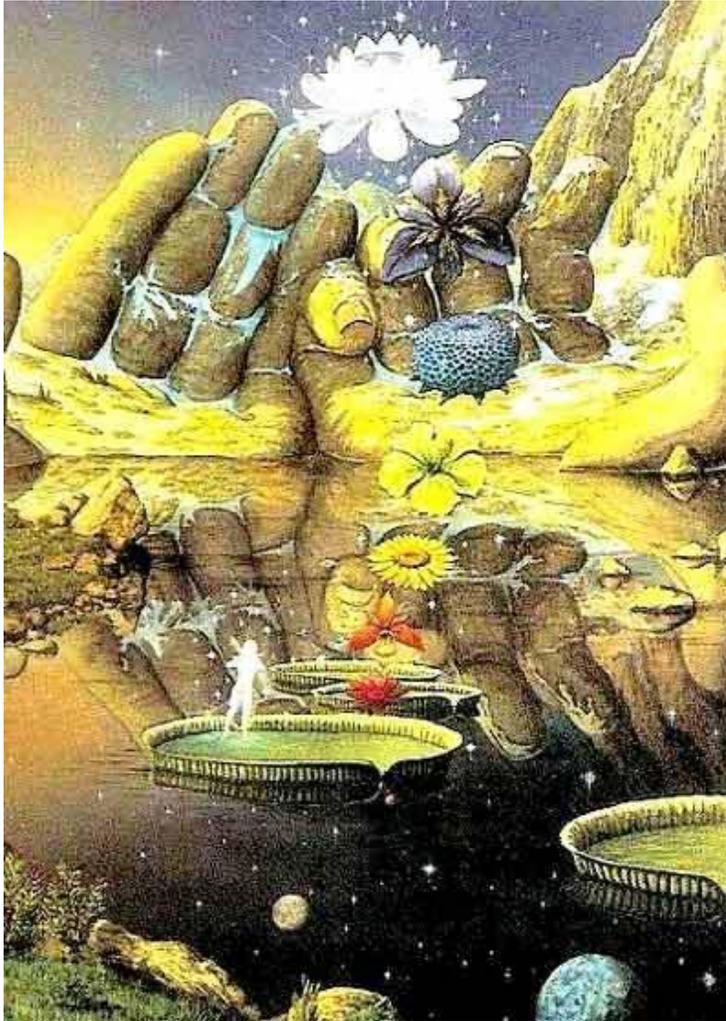


InSpirit Newsletter

Volume 5, Issue 10, October 2011



"Nurturing" Card, *The Power Deck*

We are the only ones who can heal ourselves – sometimes with assistance, sometimes without. Our energy or chakra system corresponds to the energy flow from the earth. If you listen and feel, the earth will heal you as you heal her – with the nurturing force of timeless

Lynn Andrews

Events and
Courses
Now Registering!

"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 click on the image below to learn more.*

[The Mystery School](#)



place it in the hands of the deities of the earth and sky. Try to see through the mirage of social barriers that cloud the eyes of women and men the world over. Nurture your dreams. Act in your dreams as you want to act. Find the guarded kivas and sacred places where you have hidden your heart, and nurture your spirit.

Monthly InSpirit Message

Dear Friends,

Many years ago, Twin Dreamers, one of my teachers in the Sisterhood of the Shields, told me a story about a mountain lion who thought he was a sheep.

A pregnant mountain lion was about to give birth but she needed food to give her the energy she needed. She went down the mountain to a meadow, where she saw many sheep grazing. She killed one, but the exertion sapped the last of her strength and she died giving birth to her cub. The sheep herd took in the lion cub as one of their own.

A few years later, a grandfather mountain lion came down the mountain for food. He saw the young mountain lion frolicking in the field with sheep. Thunderstruck, he walked up to the young lion and sniffed him; it even smelled like a sheep. Disgusted, the grandfather lion took the young lion by the scruff of his neck, dragged him to the river and told him to look at his own reflection in the water. The younger lion saw that he had not been living his true nature, and he returned to the mountains with the grandfather lion to learn more about his instinctual self.

Why do we study shamanism amid the pressures of our daily lives? With all of the demands on our time and attention today, why go in search of something more to add to our already over-filled platters?

I think that the answer to these questions lies in the very questions, themselves. We are almost universally way off our own center of equilibrium. We know in our hearts and souls that something vital is missing from our lives, something vital is missing from our consciousness, missing from our spirit. There is a voice within each of

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 by clicking on the image below.

[Hawaii Retreat](#)



Online Master Tutorial

Registration is now live for my 4th Master Tutorial in the series, "The Fundamentals of Shamanism, The

know. You have known for many lifetimes. Recover your lost sense of self now."

Shamanism shows us how to do that. It is an ancient world view that is grounded in bedrock, having survived the storms of many millennia. It is a world view that centers you within your own personal truth, a truth which arises out of the certain knowledge that you are within and a part of the Great Spirit, the greatest power in the entire universe, just as the Great Spirit is a part of and within you. When you study shamanism, you recover your lost sense of self by reconnecting with the great Oneness of all of life.

You learn to travel to other dimensions through conscious dreaming, other planes of existence where the great Masters of all time are waiting to share their wisdom with you, as your ancestors' ancestors did for thousands of years. You learn to go deeply within yourself, to the center of your own individual existence, your core essence, to meet your own power animal and the guides and allies that have always been within you, waiting for you to discover them. You sit across the council fires and say to them, "Teach me." And they do, showing you how to awaken to the voice of truth and wisdom within yourself.

Through shamanism, you learn to harmonize with the natural world, a world that grows out of the rhythms, the very pulse of Mother Earth, herself. If you want to understand the timelessness of your existence, sit with a rock and meditate; go into its slow, steady vibration. That rock has perhaps been part of this earth for millions of years. It has witnessed things that our minds cannot even begin to fathom, and it will share the essence of these mysteries with you if you will open yourself to the oneness you share with it.

We have so much to learn from the plant and animal kingdoms, once we open ourselves to the willingness to listen and to learn. Sit with your back against a tree and allow yourself to feel the movement of the sap, the very life force of the tree. Go into that movement and reach up to the universe through the highest of the tree's branches to gather sustenance from the universe, then flow into its roots deep within Mother Earth and receive her nourishment. Experience firsthand the

Dynamics of Sacred Energy."

Master Tutorial 4 "The Hoop of Fire"

Nov 4 – 17, 2011

Click on the image
below to learn more
and register!

[Master Tutorial](#)



Follow Lynn

Get Lynn's news on
your phone or delivered
to your email box.

[Newsletter](#)

-or-

[eNews!](#)

Chat and comment with
Lynn on her Facebook
Page

What greater harmony can there be than being at one with the natural rhythms of the very planet on which we live?

Then, when life stands you on your head, as happens to all of us from time to time, you remember to pick up your shaman drum and follow its beat back to the natural rhythm and flow of life within you and around you. You learn to go into a crystal, which has an extremely high frequency, and discover the gateways to healing and power that lie within the crystal. We are like crystals. It is our flaws that create our beauty in life. It is your flaws that teach you your path, that give you direction, that tell you what you need to heal.

"To live in civilization," Twin Dreamers said to me, "we become sheep at a very young age. We become tame. But we are not house pets. We are fierce and wild by nature. Movement between one life situation and another is essential. Movement or action is the key that unlocks the door to understanding. Dream on this: Consider what is left of your instinctual nature. Remember that action is not a reaction. It has a lodge of its own. When you see a horse, you become happy and sad. That horse represents the wildness within yourself that you have never dared to become."

When you see a shaman, you realize the potent energy around that individual. This is a person of power swimming upstream, against the current, when necessary. A shaman warrior knows how to use the energy of the current. When enough people swim against the current, it will change the direction of that current forever. Shamans live with vision among people who have eyes but cannot see. A warrior of spirit is preserving a tradition that is ancient, sacred and unknown to most. Life is an adventure of the spirit.

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

[Facebook](#)

Contact Lynn

Lynn Andrews

2934 1/2 Beverly
Glen Circle
Box 378

Los Angeles, CA

90077 USA

-or-

[Contact Form](#)

Copyright © 2011

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