

Lynn Andrews'

# InSpirit Newsletter

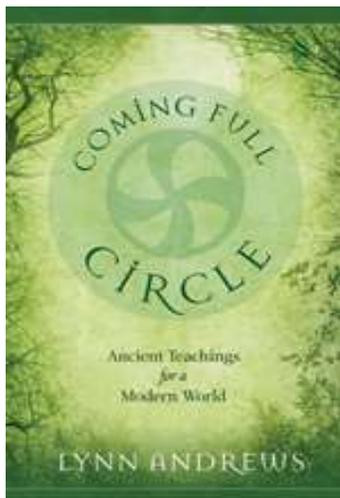
May 2012

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## *Lynn's New Book Release!*

*Coming Full Circle: Ancient Teachings for a Modern World* will be available in stores in May 2012. You may also order this book NOW through [Amazon.com](http://Amazon.com), [BarnesandNoble.com](http://BarnesandNoble.com) or go on Lynn's website to the [Online Store](#).



For anyone who has purchased *Coming Full Circle*, you can **enter to win one of 2 Kindle Fires**. On Lynn's entry page you can read all of the books and CD's also included with this new Kindle Fire!

Just visit [win-kindle-fire](#) and ENTER YOUR RECEIPT NUMBER for Lynn's book or download you purchased to win.

For anyone who has purchased *Coming Full Circle*, you can ...

***ENTER TO WIN!***  
**One of 2 Kindle Fires**

*No purchase necessary to enter to win. If you are NOT purchasing Lynn's book, just send your name, email, address, and phone number to: Dancing Word Group, 8400 E. Leigh Dr., Unit A, Prescott Valley, AZ. 86314*



**Welcome, welcome everyone, to my May newsletter! Please remember to scroll down for the announcements for this month's Inspirit teaching! In this beautiful Spring month we are stepping into our JOY as we bloom with the powerful energy of Light Waves available to us now!**

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**The 24th Annual  
Joshua Tree Gathering**

**“Riding the Light Waves of 2012”**

**May 31st – June 3rd, 2012**

**[Registering Now!!!](#)**

**Please go to Lynn's website for more details on this amazing gathering. This year, we are offering something new...**

***Bring a friend and get \$200 off  
your own event fee!!!***

**Joshua Tree Gathering Event Fee is \$950.00. To receive your**

**discount, please follow the instructions to register, then mail in your payment and email the LAP Registrar at [LAPRegistrar@gmail.com](mailto:LAPRegistrar@gmail.com)**

Lynn offers a limited number of volunteer positions each year for the Joshua Tree Gathering. Please strongly consider attending the event as a full-paying participant if this is your first time. The reason we urge you to do this is that the Sacred Joshua Tree Gatherings with Lynn contain an enormous amount of information, involve very deep inner processing and often a need for extra sleep and personal time.



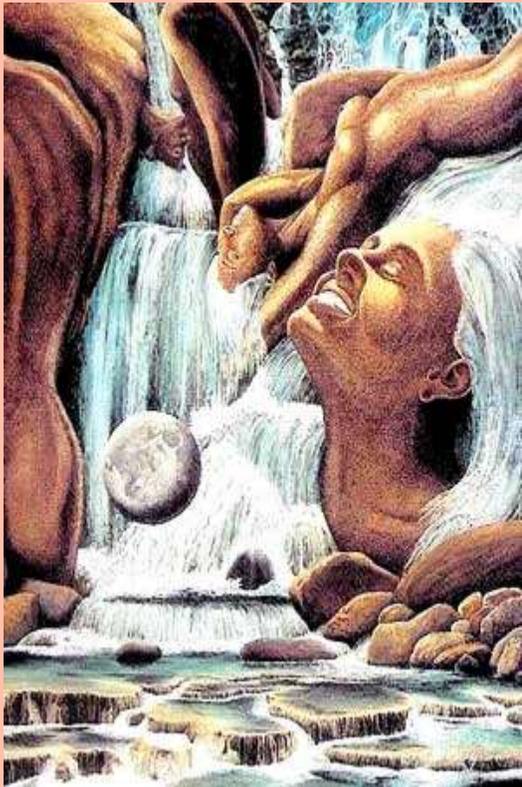
Though volunteers are guaranteed presence at all meditations and event lectures, they do not always have the time to attend to themselves that participants do. However, if you are unable to pay the full fee, enjoy hard work & being of service, we invite you to apply to volunteer! You may request information directly from Suzanne: [Sgedison@aol.com](mailto:Sgedison@aol.com)  
**Or call: 800-554-7414 USA, 561-265-1838 INTERNATIONAL**

**Here is what a few of our Joshua Tree participants have had to say about the event:**

*“I feel the energy start three months before I go. I know from past experiences the magic that will take place. My shaman center bubbles as I prepare to see Lynn and my shaman family. My dreams take me there....and then while I am there, my dreams take me further.....J.T. is fun and love and the meditations explode within me over and over again!” -Ramona Copeland*

**“Give yourself the gift of Joshua Tree and let the beauty and magic transform your life forever!” -Carol Holden**

“Joshua Tree is a special event to me because of the people. The people make J.T. a loving and supportive place where we can come together and just be who we are and learn what is there for each of us to learn. I feel like we are safe to let our own light fully shine. As I let my light shine at J.T., I find that it is not quite so scary to share it while in the day-to-day world. For me too, it is wonderful to spend four days, totally immersed in the Teachings of the Sisterhood of the Shields, without having to work around my normal day-to-day routine. I always learn so much on all levels and at the end of the event, I feel rejuvenated in my spirit, my being.” -Rebecaa Doolittle



*“Ecstasy is a buoyant state of joy. One of the finest ways to maintain a state of joyousness is to examine the dark side of your being, that instinctual nature that most human beings repress in civilized life. Within your instinctual nature are the seeds of ecstasy. We tend to live in our minds, in our emotions, occasionally in spirit, and almost never in our instinctual depths. We are born as wild as mountain lions but live most of our lives like sheep, forgetting and denying whole parts of ourselves. Sit on the earth with your back against a tree, and get in touch with your roots, which move deep into middle earth; this will restore your joyousness and balance. Each day, listen to your body-mind and your heart. What are they telling you about a given situation? Ecstasy is like a windhorse waiting to be ridden – the last wild ride before your passage into enlightenment. Take*

*courage and live your passion in ecstasy.” (The Ecstasy card, from The Power Deck-The Cards of Wisdom)*

Namaste’ Everyone,

I do hope you all can join me at the 24th annual Joshua Tree gathering this year, in beautiful northern New Mexico. We will learn to ride the Light Waves of this extraordinary year of 2012. What does that mean, to ride the Light Waves of energy we are experiencing now? It means that Spirit is demanding that we step up into a higher vibration, or frequency of light. One of the best ways to do this is to develop our Joy and cultivate Gratitude.

How do we do this? We are pulled this way and that in our everyday lives. We live with more stress, and more demands on our time now, in the 21st century, than ever before in history. Our lives have quickened, time has sped up, and I think it’s a wonder that we all don’t just turn into big blobs of goo with everything we are expected to accomplish! I want you all to think about this for a moment. Think of everything you do, day after day, and give yourselves a big hug and honor yourselves for your courage and strength.

We balance with one foot in the physical, and one foot in the spiritual, everyday of our lives. When we dream, we are working on other levels of consciousness. When we create something, or extend a kindness to a friend, co-worker, or family member, we move into a state of grace. To ride these waves of higher energy takes focus. I know you can do it! Focus on your joys, on what you are grateful for.....if you have trouble finding something to be grateful about, and this can happen if your life is difficult or you are moving through a tough situation, just breathe. Breathe in Joy, breathe in Light, allow yourself to feel gratitude for your life, for your breath, for the present moment.

One of my teachers, a woman known as Grandmother, once said to me, “Remember the nourishment you get from sitting in the center of your own being, and when you begin to feel hungry inside for time, for space, you can take that time, and you will know how to nourish yourself and replenish yourself. Every day the body needs food and it needs sleep. Your spirit is just the same. The spirit shield, too, needs to be nourished. For there to be flames, for you arouse the inner fire, there must be something to burn. For there to be power, there must be life force. So it is important for you to see how to nourish yourself.” (Grandmother, The Woman of Wyrdd)

One way for you nourish your inner flame is to reside in joy. I want you to think about your inner flame, and then to feel it within you, in your center. Just close your eyes, and feel a warmth in your shaman center, around your navel. Picture what gives you joy. It can be anything, just feel your joy and the inner flame ignite and grow inside of you.

This is a time of gratitude and grace. Allow yourselves to experience gratitude and joy on a profound level. As you open your heart to gratitude, you open your life to joy. Now is the time, in 2012, to choose the way you ride the light waves of this magical energy. Choose to live with an open heart, with the brilliant energy of light and joy that is within you.

In Love and Spirit,  
**Lynn**

*Spirit of the winged ones,  
Great Eagle Mother,  
Fly into my body,  
Fly into the bodies of us all,  
And bring to me, Bring to us all,  
The flaming power of the sun.  
Power of the salamanders,  
Awaken now!  
Quicken my blood.  
Quicken the blood of us all.  
Power of the sun,*

*Carrier of my star shield,  
Power of the inner fire,  
Arousal of the inner flame,  
Center within our spirits, Now!*

(Invocation of the Fire Spirits, Walk in Spirit-Prayers for the Seasons of Life)



**REGISTERING THROUGH MAY 7TH, 2012:**

***WRITING SPIRIT-THE SCHOOL!***

Writing Spirit, the school, is still taking registration through the first week of May.

We are beginning and welcome you to join us for a spirit filled journey into creativity as you find your own 'writing spirit'. In this course, you will write exercises and experiences using a workbook filled with fun and inspiration, challenges and ceremony. Join us for this 10 month course ending with a private gathering with Lynn in January, 2013. For more information and to register visit: [Writing Spirit, The School](#) .

**More offerings and opportunities to study:**

More courses will be conducted during the summer months, so be sure and go to Lynn's website for more information, and watch for further announcements in our promotions, e-news, and future Inspirit newsletters.



We will begin **REGISTERING** for the Second **ONLINE COURSE** in our "Flight of the Seventh Moon" series the end of the first week of May.

**Online Course 2**

**June 7 – July 5, 2012**

**THE "DREAMING BEAR SHIELD"**

Please check Lynn's website at [Online Courses](#) for more information.



**THE INTERNATIONAL COUNCILS OF THE WHISTLING ELK** wishes to invite you to participate or check out a council near YOU! Please go to [Councils](#) to find out more, and fill out the information form on the sidebar. The International Councils of the Whistling Elk welcomes the newest council: **NORTHERN LIGHTS COUNCIL, LOCATED IN ICELAND!**



A new **Special Feature** available monthly on Lynn's website! Read your astrology written exclusively for Lynn Andrews' readers by the certified astrologist, Brenda Black. Visit Lynn's ["Astrology Page"](#) now!

Last but not least, check out Lynn's radio show, "Kindred Spirits", on the last Tuesday of every month.

You can listen in online at [www.healthylife.net](http://www.healthylife.net)



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