

NOVEMBER 2014 – Vol. 8, Issue 12

**The 20th Session of the Lynn Andrews Shaman Mystery School, Registering Now!**

**There are still spaces available at Lynn's end-of-year Hawaii Retreat, "Return To Eden," at the beautiful Mauna Lani Bay on the Big Island, December 3-6, 2014.**

**Limited Time Offer: Special Sale on the Royal Caribbean 2015 Spirit of Alaska Holistic Cruise with Lynn Andrews and a Host of Spiritual Leaders and Teachers.**

**See Below for Details and Links to Registration!**

**Getting Down to Basics**, by Lynn Andrews

*I was sitting before an open fire with an old Indian woman. Her face was creased like that of an apple doll. Her cheekbones were high, and her long braids fell well below her shoulders. She wore a beaded medicine wheel necklace over her green plaid Pendleton shirt.*

*"Your life is a path," she said, her thick accent at first difficult to understand. "Knowingly or unknowingly you have been on a vision quest. It is good to have a vision, a dream."*

And thus began nearly four decades of apprenticeship to and then membership in the Sisterhood of the Shields, a society of shaman women from indigenous cultures in many parts of the world that is my passion and joy and my life's work.

Shaman power is the power to bring harmony and balance into your life and into the life of others. To learn about power in the shaman way is to weave the concept of life into tangible forms, to lift beyond our ordinary vision and see the forces that give us life. As you begin to balance yourself in a shaman way, you begin to see magical glimpses of the vast possibilities that life holds for you, the magical possibilities that life holds for all of us if only we would give ourselves permission to dream and act on our dreams.

The study of shamanism teaches us how to enter into an understanding and experience of life that so many people in modern cultures have long dreamed of living but have never really known how to access. It shows us how to find the substance of being alive, those things that animate our entire being because they resonate with harmony, balance and the great joy of knowing who we are in our core essence. It teaches us how to live in harmony with Mother Earth, our first and greatest teacher once we relearn how to listen to and learn from her in the ways of the Ancients.

The body has an amazing ability to heal itself once we learn how to work with it. Shamanism is the oldest form of healing on earth, at least 50,000 years old. When you look at shamanic cultures today, you discover that, although their life is not easy, these people do not have anywhere near the incidence of stress-related, serious illness that people in modern cultures do. The reason lies in what they know about harmonious living that we must relearn.

As Agnes Whistling Elk teaches, “Every thought you think in your lifetime has a life of its own and has a will to live and survive. This is particularly true when our thoughts are unresolved. Thoughts are like people. They have to be buried properly. If a thought is negative or unresolved, it’s lurking around for you to finish what you started and bury it in the right way, make it complete. When our thoughts are contradictory and have no clarity we create a universe of thought forms (often negative) that actually live off our energy. And why not? We are their mother in a strange way.” We create so much stress for ourselves because we do not know how to change our thoughts, how to truly let them go even when we know they do not serve us well.

#### **Agnes Whistling Elk teaches us:**

*“Too often people trip over an eagle feather as if it were blocking our path. An eagle soars above and sees all the vast complexities and interrelationships. When an eagle feather falls from a medicine eagle to the earth, it is full of that knowledge. If you’re smart, you will talk to that eagle feather and ask the spirit of it to guide you. All eagle feathers have that power. You have to pick it up and talk to it. Then you have to know how to listen to the answer.”*

*“When you can talk to a plant, when you know that a plant is alive, has a spirit, you eat the plant and the plant gives away to you. You have the power from the spirit of the plant.”*

*“Watch carefully now, Lynn. A magical being is about to show herself. She is the jeweled mist known as the rainbow. She crosses the world over and has brought us harmony. A rainbow is a great teacher. She has come as a helper. Her spirit presence sought you out, so catch her and learn from her before she vanishes.”*

*“When I tell you you’re the black wolf, you look within yourself and you know that you truly are. When you understand the powers of the black wolf (or whatever your power animal is), you too will have those powers. All the medicines are good and have power. Many people say, ‘Oh, I’m not a snake. I’m not a squirrel. I’m something important,’ instead of learning about the wisdom and insight their original power animal can awaken in them. They separate, and that’s their tragedy.”*

When Agnes told me she was going to teach me how to talk to the rocks, I was flabbergasted. I said, “*Agnes, you’re not going to tell me that rocks make a sound?*” “*Yes,*” she answered me. “*I am saying that rocks do indeed make a sound. All things that the Great Spirit has put here continually cry out to be heard. The problem is, there are few who hear them. I will teach you how to hear them.*” Take a stone in your hand and meditate on it. Go into the stone and experience her quiet soul. Let her experience the inside of your heart. See how you are each an enduring mirror for the other. The stone absorbs you, and you absorb the stone. How can you be alone if you are part of everything?

The language of shamanism is the language of the natural world and the great wisdom it has to give us. There is so much we can learn from Agnes’s exquisite way of knowing life through her Oneness with Mother Earth. She has taught me healing power so that I can, in turn, teach you of this Ancient knowledge and wisdom.

**It is true as Zoila Gutierrez, a *chaman curendera* of the Yucatán, tells us,**

*“Too often people trip over an eagle feather as if it were blocking our path. An eagle soars above and sees all the vast complexities and interrelationships. When an eagle feather falls from a medicine eagle to the earth, it is full of that knowledge. If you’re smart, you will talk to that eagle feather and ask the spirit of it to guide you. All eagle feathers have that power. You have to pick it up and talk to it. Then you have to know how to listen to the answer.”*

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Zoila taught me how to find the vanishing point in the center so that I could, in turn, teach you. That vanishing point, according to Agnes Whistling Elk, is where we find bliss: “When we enter the void, it’s like no place we have ever been before. Some people see angels; some see warriors. Some call these beings gods and goddesses. Some call them spirits.”

To me, the void is so often found in the spaces between the words, the place of non-ordinary reality that is filled with all of possibility. That is where the truth of what is being said lies for each one of us as individuals. In our work together, I teach you how to find the truth that resides

between the words, truth as it is for you, and how to go into the Great Mystery of the Unknown and claim your own possibilities!

Whatever you choose to call them, the time to find the masters and guides to bliss and deep personal knowing in your life is now. Our entire sense of being – body, mind, emotion and spirit – has a great capacity to heal itself once we know how to identify and let go of the stresses and excess baggage that have been holding us down.

Will there ever be a better time than right now to begin your own great journey into the shamanic way of healing and knowing life? If not now, when? The Sisterhood of the Shields has taught me so that I can be who Knows the trail. I would love to take you on this journey.



In love and spirit,



*Shamanic healing is the Transformation of Spirit, learning to walk through the chaos and confusion of your everyday life with one foot in the world of the physical and the other firmly rooted in the world of spirit. You become confident in your own abilities, your sacred intent and the conscious awareness of your higher purpose in life.*

[Click here for details](#)

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*Return to Eden is about the resilience and illumination of the human spirit, the healing of worry and self-esteem, and the rejuvenation of your soul. It is about exploring the ability to relax, enjoy abundance and have fun while you experience and learn some of the most important truths of your existence. Give yourself a beautiful gift at year's end!*

[Click here for details.](#)

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**"Alaskan Adventure with Lynn Andrews"**

Join me and a host of other spiritual leaders for a weeklong journey of spiritual awakening, shamanic celebration, readings, healing, and breath-taking beauty as we weave through the stunning glaciers of Alaska aboard the Royal Caribbean "Jewel of the Seas"...

**Spirit of Alaska Cruise**  
June 12 to 19, 2015  
[www.spiritualcruise.com](http://www.spiritualcruise.com)

*Please link here for exciting details...*

*Join Lynn and a host of other spiritual leaders on a fabulous Alaska Holistic Cruise and Seminar-at-Sea aboard the luxurious Royal Caribbean "Jewel of the Seas." When you register, please enter "Lynn Andrews" as your 'Referral.'*

<https://www.spiritualityproducts.com/secure/Alaska20515Register.html>

For Cruise details, go to <http://www.spiritualcruise.com>.



**Join host Lynn Andrews for her monthly Kindred Spirits Radio Show the fourth Tuesday of every month at 9:00 a.m. Pacific Daylight time. Listen at [www.HealthyLife.Net](http://www.HealthyLife.Net)**

**Tuesday, November 25th:** Lynn's November guest will be John Murphy, award-winning author, speaker, holistic business consultant and author of the book "Zentrepreneur."  
[www.VentureManagementConsultants.com](http://www.VentureManagementConsultants.com).

**Tuesday, December 23rd:** Lynn's December guest will be Steve Allen of Steve Allen Conscious Media, "Shining a spotlight on the media's awakening journey,"  
<http://gatecommunity.org/team-allen/>.