



JANUARY 2015 – Vol. 9, Issue 1

Dear Friends,

Welcome to 2015! Did you know that making New Year's resolutions dates back at least 4,000 years, to the ancient Babylonians, who believed that worship kept creation going? Each year, on the first new moon following the Vernal Equinox (one of two days of the year that have equal sunlight and darkness), they began a 12-day celebration to mark the beginning of a new year by making amends to their gods, goddesses and one another for wrongs done in the past year and making promises to the gods and goddesses to do better in the coming year.

For millennia, civilizations across the globe celebrated the beginning of a new year on one of the solstices or equinoxes, or on an important agricultural event. It was Julius Caesar, in 46 B.C., who made January 1 the first day of the New Year in honor of the Roman god Janus, the two-faced god who looks backwards to the old and forwards to the new, god of endings and of new beginnings, upon the advent of the Julian calendar.

What better way to begin this New Year than with a commitment to yourself and all that you hold sacred in life to break away from the old that no longer serves you and move into the life you've always dreamed you would live, new beginnings for all that is good and important to you? In the teachings of the Sisterhood of the Shields, winter is a time for taking stock, for going within and sitting in contemplation with the Great Spirit to understand more fully what has occurred in the past year and pray for guidance for the coming year. Prayer is a way of establishing contact with the present moment. Make this moment the time to think about the life you have created as you review the past year, determine what needs to be changed going forward, create a road map for change and begin making those changes!

2015 is a year of wisdom, creativity and the passion for a higher vision in life as we welcome the return of the Goddess to our world, the Divine Feminine with her gifts of intuition, compassion, nurturance, and the harmony that comes from understanding and embracing Oneness with Mother Earth and all that lives upon her. How are you going to welcome her into your life? What changes are you and she going to make in your life going forward?

As you make these decisions and begin your journey into this New Year, I would like to share with you some of the powerful conversations I have had with different members of the Sisterhood of the Shields along my own journey. Print them out if you can, or bookmark this mailing; their wisdom gives us excellent trail markers to draw upon!

Struggle Is a Challenge to Grow, from Ani

This is a time of great planetary change. Many of the great time calendars are ending now because we are entering a new age of wisdom. We have the possibility of creating a new world of heightened understanding. We live in a time of great vision. There is much for you to learn, but truth is never reached without struggle on the human path.

Melt into Enlightenment, from Agnes Whistling Elk:

We come into this earthwalk for only one reason. This turtle island is a great school house. We have chosen to come here to become One with the Great Spirit; to become enlightened. Yet it's the one thing we're most afraid of. We come here like everyone else, like an ice cube trying to melt into the all-surrounding sea of enlightenment. But how do you do that? You come to a teacher. And that teacher holds up a mirror. And if you're willing to look into it, the mirror becomes like the sun and you begin to heat up. You begin to melt into that ocean.

Risk Taking, from Grandmother, the Woman of Wyrrd:

People are afraid to become wise. Human beings are afraid to try anything new. It is the tragedy of human life, as we have spoken about before. Even though something new may make us feel better, we are still afraid.

Are You Coaxing Your Fears? From Agnes Whistling Elk:

There are many who coax their fears, and the fears are sure to follow. When you are hunting for new ideas or wisdom, one way to call in your "prey" is to find a place in your mind that welcomes it. Your fears function in a similar manner. The more energy you give to entertaining them, the more they find a place to live within you. Quit coaxing them and stay out of sight. Otherwise, you will draw your enemy and it might not go well for you.

Dream Your Passion, from Agnes Whistling Elk:

Dream your passion. Fly away. Go through the hoop of your innermost fears and desires. Meet them and conquer them. Come through your own reflection. Act in your dreams as you want to act and find the guarded kivas where you have hidden your heart.

Sit in Stillness, from Ruby Plenty Chiefs:

Only within the void does truth enter. Within emptiness you become pregnant with what you are searching for.

Never Stand Outside Your Power, from Grandmother of Wyrdd

You stand here in the center of your being. This point marks the essence of who you are. When you become powerful in life you stand at the center of your own will and your own intent. There is no one who can move you. You become the immovable one. You become the one who is never outside her power no matter what happens on a physical or a spiritual plane.

Truth, from Ruby Plenty Chiefs:

When you feel the presence of great truth, when you have an opening of light like an eye seeing something that it has never seen before, it is, perhaps, a glimpse of perfection and beauty. And then the eye closes and that vision is extinguished. You cannot describe that vision, because to describe it exactly is to destroy it, to destroy its power and to lose it. When you describe such a magnificent happening, you must circle it, just as a story that is stalking you circles you. You must describe it in a circular fashion, because all life is a circle, and to reach truth, we must move within the sacred circle to its center. When you move in such a way, you create an atmosphere for truth to live.

You Are Magical, from Ani:

Always be receptive to the wilderness of the world – the wilderness of spirit. Allow the mysterious and the strange to become part of your life. Be receptive to the non-ordinary mysteries of life. Many things that we humans need to learn cannot be taught in ordinary ways.

Love, from Ruby Plenty Chiefs:

You are made of love. You can live more fully in your heart. Love is the bridge you have built with faith. Now you must have the trust to walk across the abyss of a vast darkness. That bridge is love, and it forms the connection between your body and your spirit.

Acts of Power and Beauty, from Lynn:

Agnes has never told me what I must learn. She has simply put me into situations where I must grow and change to survive. In its own way, life, itself, does this to all of us. I have learned that when I face hardship by making an act of beauty, I create a mirror for myself so that I can begin to know intimately who I am. It is how I learn and grow.

The Sisterhood of the Shields and I are always here for you on your journey. With hearts filled with joy, hope and love, we send you blessings and prayers for an abundant and wonder-filled Happy New Year!

In love and spirit,



Please join me in 2015. For the first time in 27 years, I will not be holding a Spring Gathering. Instead, I am committing this year to traveling to be with you, from Taiwan to Alaska to Peru, from the Arizona Enlightenment Center in Phoenix on January 7th to Los Angeles for Earth Day to the Omega Institute in New York, and beyond, wherever you are and wish to go! If you know of a venue in your area, I would love to come there and hold a Workshop. Just let me know.



Join me on Tuesday, January 13, 2015, at 8:00 p.m. Eastern Standard time/USA for an open discussion about my Shaman Mystery School! 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 to get details for our call and to learn more and Register!](#)



"Alaskan Adventure with Lynn Andrews"

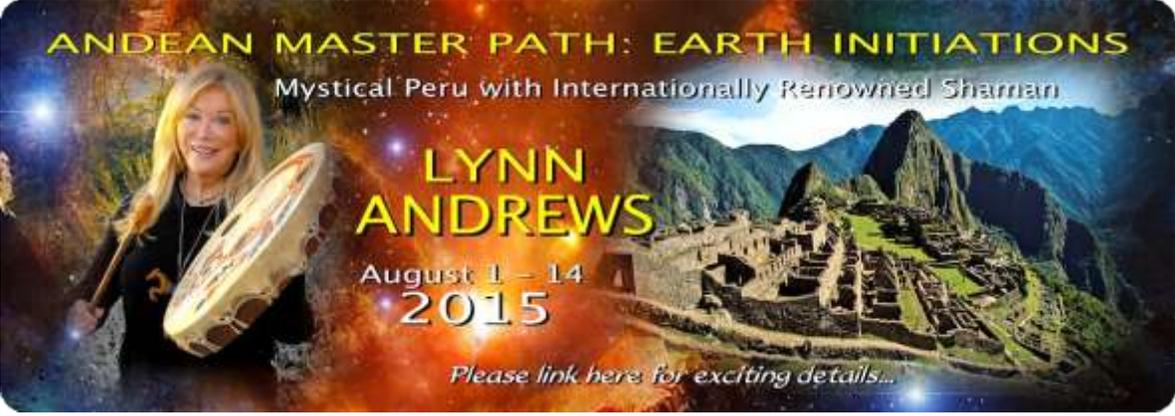
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LYNN ANDREWS
 August 1 - 14
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I am so honored and excited to invite you to join me and a team of expert guides on an extraordinary, once-in-a-lifetime, life-changing journey into the heart of Sacred Peru, a land steeped in ancient wisdom that is vital for our planet during these transitional time, **August 1-14, 2015**. [Please click here to begin our journey, learn about this amazing opportunity and find links to the complete itinerary and Registration!](#)