



MAY 2015 – Vol. 9, Issue 5

***Please Join Hands & Hearts With Me, The Sisterhood Of The Shields & People The World
Over Send Prayers Of Love, Comfort, Support & Courage To The People Of Kathmandu
Folling The Devastating Earthquake There...***

Dear Friends,

One Spring day, I was sitting on Agnes Whistling Elk's porch in the far north of Canada with Agnes, Ruby Plenty Chiefs and Betty Fast Bear, a woman of the Sisterhood and one of the great dreamers of the shaman world.

As the sun moved toward the western skies, the ladies started talking about the 'time before sand,' a time when twelve different ways of wisdom from twelve different regions had been brought to a great labyrinth in Egypt that ultimately held twelve different cities within its embrace. Each of these ways of wisdom, Betty and Agnes said, was distinct in its own understanding and practice, but there was no war between the people who lived there. They settled their disagreements peacefully and honored the differences among them.

I knew that Herodotus, the ancient historian from Greece often called the 'father of history,' had written about a great labyrinth that existed in Egypt over 5000 years ago, near the City of Crocodiles. There is even a similar labyrinth mentioned in the Bible. Today we have nothing from that labyrinth except a few histories, but archeologists using 'sub-surface surveys' have found what they believe are massive ruins covered by tons of sand near Hawara in Egypt, along the Nile River.

"I believe, Lynn, that you have several pots from that Sumerian area," Agnes said to me. I nodded my head in agreement. "They were a gift to you," she continued, "a gift to help you remember."

She grew silent for a time, and then she looked at me and asked, "What was the feeling that you had when you were in Egypt the first time? What was the first sense you had when you arrived in that beautiful place?"

I had been captivated by what Agnes and Betty were saying about the labyrinth in Egypt. Our knowledge and understanding of the ancient world – and of the worlds that existed on earth in the time before the ancient world – are filled with controversy and misunderstanding, even with the advances in scientific technology and new discovery.

“I had the sense that I was going back to the source,” I said quietly. “I had the sense that even though I’d thought I had been at the source when we were with Ani in the Himalayas, I hadn’t been.” There is a feeling that comes over you when you hear the truth spoken no matter how wild its premise. It is a certain sense of Knowing and contentment, and I realized I had that feeling now.

There is a place within you that is also intimately connected with the great wisdom and balance of the ‘time before sand,’ and you don’t have to go to Egypt to find it. That place is your body-mind, your primal mind which is located within your shaman center. It is through your primal mind that you are connected to the great wisdom of the universe and of all ages. It is through your primal mind that you discover the universal truths of existence and find true freedom from the differences and difficulties that have people today at one another’s throats, the inner harmony and balance to live a happy and successful life, at One with all existence.

“People today have to fight to live,” Agnes said to me. “But a true warrioress fights from the heart, and that is what is forgotten. The primal nature is not integrated into the whole of consciousness and it must become so.”

The third Online Course in my 2015 series, Accessing the Wisdom of the Body-Mind and Heart will show you how to do just that and it is registering now. Join Betty Fast Bear, Agnes Whistling Elk, Ruby Plenty Chiefs and me on an extraordinary journey into your own primal consciousness to connect with the great wisdom you were carrying when you were born into this lifetime.

In love and spirit,

A handwritten signature in black ink, appearing to read 'Agnes', with a stylized flourish extending from the end.



ONLINE COURSE 3,

Accessing the Wisdom of the Body-Mind and Heart

May 8 – May 21, 2015

with a live video webinar with Lynn on Saturday, May 16th!

[Registering Now! Click here for details.](#)

In this Course, I will teach you how to become aware of and access the Heart and Body-Mind through visualization, meditation, toning, and the creation of a Holy Warrior Mandala – and so much more!

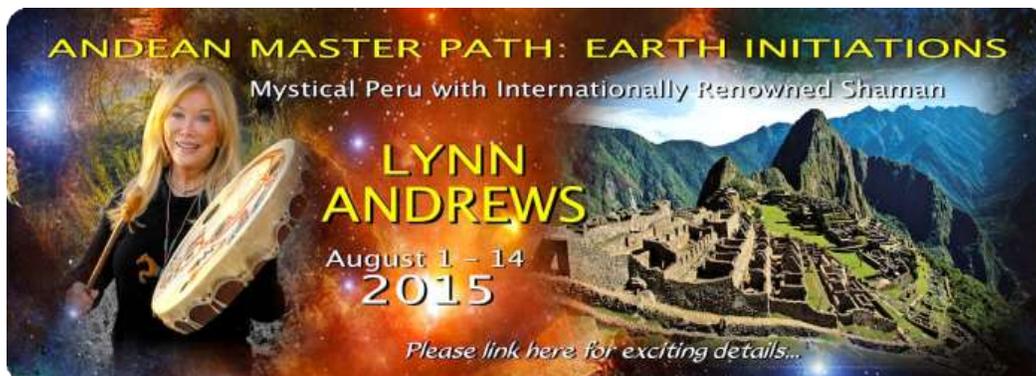
Together we will awaken your senses, especially your intuition and higher senses as we:

- Learn to use the mandala as a tool to guide us straight to the heart of your journey to your serene inner center, leading you to a deeper understanding of your primal body-mind as it relates to your place in the Universe.
- Create a personal “Holy Warrior Mandala” which helps you to find the still-point within as you look deeply at yourself to discover your true feelings, hidden emotions and the majesty of your inner universe.
- Focus on connecting with the wisdom of the “time before sand” that lives in your primal mind, that place which holds your wisdom and from which your intuition speaks.
- Work with sound and visualization to awaken the Heart Chakra, moving through it into your higher chakras, claiming your power and truly stepping into your Sacred Self.
- Tap into those parts of your consciousness that have been missing in your life, but you haven’t known how to identify or access.

This course is about how to get to that place of truth and how to survive joyously. Join me on a powerfully insightful healing journey into higher levels of consciousness through the wisdom of your Body-mind!



Imagine yourself aboard an elegant cruise ship, whale-watching and exploring the magnificent waterways of Alaska with about 50 to 100 of the worlds' leading shaman, intuitive and spiritual teachers! Imagine yourself experiencing a sacred Alaskan Tlingit Ceremony, an authentic Mayan Fire Ceremony and an Inkan Shaman Soul Ceremony in Alaska, and learn how to create and perform your own sacred ceremony wherever you are. Imagine the opportunity to spend a week away from all of the pressures of life as you learn the wisdom and sacred healing ways of other cultures, from the shamans and medicine people of the Americas to sacred Egypt, Japan and more! Join me 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.' For details and to register, go to <http://www.divinetravels.com/AlaskaCruise2015.html>.



Join us and breathe in the sacred wisdom of the ages. Meditate in temples thousands of years old. Participate in life-changing ancient ceremonies and experience the magnificence of your own being as we explore and work with the sacred vortexes, ley lines and ancient temples of Sacred Valley, Peru. Dream consciously with the spirits of Machu Picchu and Lake Titikaka, and expand your sense of awareness, intuition and sacred knowing every day of our journey.

Your spirit will soar as you experience one of the most beautiful and sacred lands on earth and walk in the footsteps of the ancient Inkans through a land of extraordinary majesty and beauty in the “Paradise in the Sun,” where the heart of the Masters still reigns.

I am so honored and excited to invite you to join me, Andean archeology expert Mallku, and a team of fabulous guides on an extraordinary, once-in-a-lifetime, life-changing journey into the heart of Sacred Peru, a land steeped in the ancient wisdom that is vital to our planet during these transitional time, **August 1-14, 2015.**

Come to www.lynnandrews.com/mystical-peru/ to learn more and be inspired! Come to www.peruspiritualtravel.com for a detailed Itinerary, dazzling photography and to **Register**



Have you ever dreamed of writing a book? Becoming a writer? Is there a book inside you wanting to be born? Enter into the power and majesty of your own Writing Spirit with my ***Writing Spirit, The School.***

In creating a written page of words, which are actually symbols that mean many unexplainable things, a truth is coming to you and to those who read your words. The synchronicities begin to happen without your noticing. You experience that you are not lost and that your eternal dialogue with whatever is divine to you continues no matter what.

Truth is found in the space between the words. In my ***Writing School***, you will learn how to go into that space to find the kernels of truth you have planted through your own choice of words

and ideas. So often we don't realize the full import of what we are saying until we've already said it. As you begin to stalk the truth between the words, magical and wonderful things begin to happen!

You are a writer. Your act of power is the book or the story that you are creating.

It is now time for you to bloom.

Come to www.lynnandrews.com/writing-spirit/ to learn more and to register.