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MYSTERY SCHOOL

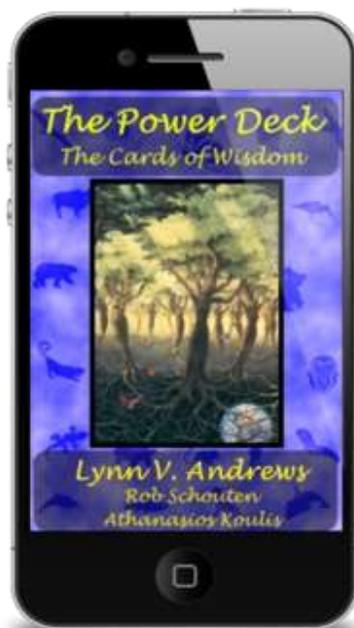
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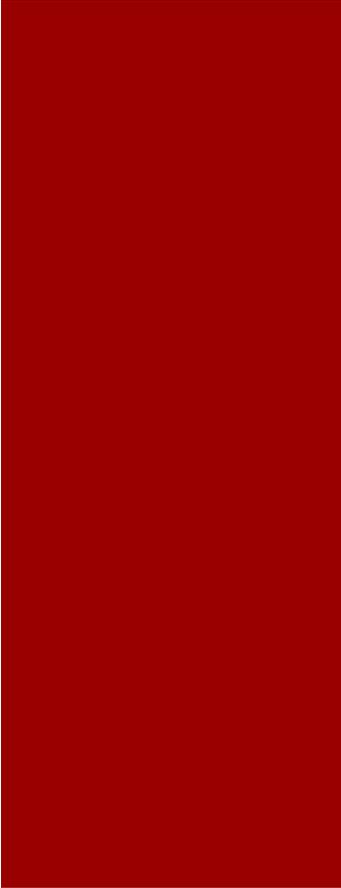
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Dear Friends,

Not long ago I wrote you about the passing of my dear friend, Paul, and my travels to the Grand Teton Mountains to do ceremony and honor his transition. I shared with you about putting my hands into his ashes and spreading his body over the land, there by the Snake River, in the shadow of the majestic Grand



Teton Mountains. It was a deeply moving experience for me, and one that has stayed with me every day.

Each morning as I look over the beautiful shadows on the mountains that surround my home, I am reminded that each of us handles grief and loss in our own way. We send prayers for those who have gone on and we eventually learn to live with the grief. But even more important is to struggle to comprehend the parallel dream and to call in the compelling vastness of our knowing and intelligence. Coming to terms with grief and loss is more than learning to live with it. It is an acceptance of the beauty of death, and a knowing in our deepest soul that death and loss are no more than a part of the entire process of what we call life.

The Lama Shingdo decided through prayer and ceremony that Bahni had led a good life, and her soul has moved into what they called the "luminosity"• and so he decided her body would be dismembered and fed to the vultures. As Ani explained this, I stopped in my tracks.

Ani, I can't do this, "I sobbed. I sat down on the path and clutched my shawl around me. I cannot bear the reality of this kind of funeral. • "

Reality does not disappear because of death, Ani answered. Life is eternal. In reality there is no death. What you will be watching is the dismemberment of maya, of the illusion, of the dream we call life. Ani sat down next to me and wiped away my tears with the back of her fingers.

What you fear is not the spectacle, she went on, but the truth that you are witnessing. It is your own truth, not Bahni's. She has already moved into luminosity. She has journeyed into what is real. You know you've lost the trail. You know in your heart and she poked my chest what dies is only the unreal. Death proves that.

Ani was right. I had stepped off my trail of knowing into the abyss of fear. It was a fear of death, even my own death, and a fear that perhaps all there to life is this life on Earth. Even though I knew in my deepest soul that wasn't true, my ego grabbed that fear and shook it in front of me. Fortunately, Ani was there to help me fight through my fear and face the reality of the illusion.

She told me, "If you are afraid of death, you will not live your life. You will be immersed in your addictions to fears, to phantoms in the night."

As I spread my friend Paul's ashes last month, I remembered that day with Ani so clearly, and realized how many of my dearest friends and apprentices are still struggling with this. I realized how important it is for each of you to look at your attitudes about loss and death, even the small, everyday deaths we each face and begin to dismember them, to feed them to the vultures, so to speak. A divorce, the loss of a job, or a friend, the illness of a loved one, even the loss of a hope or dream can send us spiraling into grief. When we can find our way out of fear to our inner Wisdom and Gratitude, our whole perception about loss and grief shifts, and we move to a place of healing and joy.

More than anything, I want you to take that step now. We came here to complete a task; it was an agreement we made with our ancient teachers in higher realms, imprinting our souls and spirit shields with experience. We came here because the relative world is an extraordinary gift and Mother Earth is a schoolhouse. When we return, we do not know. What we do know is we have a moment in time to learn what we agreed to learn.

My next online course is entitled "**Healing Grief and Loss**,"• and in it, I will lead you through grief where we are able explore every aspect of our dark side anger, pain, abandonment, terror, loneliness; these are aspects of the sacred wound that in our daily lives we usually try to ignore. Grief forces us to look at those parts of ourselves that are not yet healed. If you can look at grief as a teaching, you will grow. Sorrow and pain are reminders to choose growth. I hope you will join us.

In love and spirit,

A handwritten signature in black ink, appearing to read 'Lynn', written in a cursive style.



Our Next On Line Course is Now Open for Registration!

"Healing Grief and Loss" is a two-week Course with Lynn Andrews

August 21 to September 3, 2015

REGISTER NOW

We all experience loss in life, and death is not the only cause. A divorce, the loss of a job, or a friend, the illness of a loved one, even the loss of a hope or dream can send us spiraling into grief. Through grief we are able explore every aspect of our dark side anger, pain, abandonment, terror, loneliness; and these are aspects of the sacred wound that in our daily lives we usually try to ignore. Grief forces us to look at those parts of ourselves that are not yet healed. If you can look at grief as a teaching, you will grow. Sorrow and pain are reminders to choose growth.

In this course, we will look at grief as a gateway rather than an obstacle, as I learned and have shared with you in my books and my teachings. I will give you practices and exercises that will:

- Help you look at your grief in new ways that help you to really see it for what it is.
- Help you to refocus your feelings of loss and fear into new ways of expressing your true self.
- Help you find ways to deal with your pain-body as it tries to overtake you.
- Renew your commitments to a higher path.
- And rejuvenate yourself through your connection to Mother Earth.

Grief is our greatest teacher and when we can find our way to our inner Wisdom and Gratitude, our whole perception about loss and grief shifts, and we move to a place of healing and joy. Please join us for this two-week experience!

www.lynnandrews.com



WRITING SPIRIT, THE SCHOOL
2015 Session 2
Register Now!

The writer's soul is where my passion and curiosity live. It is not how or what you write that is important, but rather, your Creative Spirit. The writer within needs to be held as precious, coaxed, admired, and cared for. It is our personal history, the lessons that life has taught you, the knowing that comes from your personal history that animates your writing, gives it depth, and makes it so readable.

In this course, we look at your personal reality, which is your power within you, and make it the source of your writing. This two-year School I have designed is here to take you through your own journey of finding truth within yourself and then giving it a voice through your writing. Together, we will stretch our imaginations and explore our writing nature in bold, exciting ways. We will stretch the bounds of what we think our abilities are until finally you take down all the fences that you have allowed to stand between you and the writer you've always known you can be.



**Join me for 3 days together on the
*East Coast!***

**At the Omega Institute in Rhinebeck,
New York**

www.omega.org

Voices of the Wind

Celebrating Spirit at the Crossroads of Power

October 09, 2015 to October 11, 2015

Ancient traditions understood that the crossroads is a place of great power, a place where decisions are made and acted upon. In this experiential workshop with shaman healer and mystic Lynn Andrews, we learn to harness that power, to make wise choices, and to follow the path of heart. Through the practice of active dreaming, meditations, ceremony, and lectures, we:

- Journey back to our wholeness, to the vision of our soul
- Learn to work with Twin Dreamers
- Explore the sacred feminine within the crossroads of power
- Meet our power animal
- Gain new shamanic tools

Supported by the powerful energies of the Sisterhood of the Shields, a society of 44 women from various cultures worldwide, we learn to make decisions in a sacred manner, becoming warriors of spirit at the crossroads of power.

Update On Councils!



*The newest clan in the Councils of Whistling Elk, the **Painted Pony Clan** met in July to share and explore the wisdom of Lynn Andrews' Medicine Woman book series. They prepared to make personal shields and as the moon grows will create those shields together, using shamanic materials, meditations and the Lynn Andrews' book "Spirit Woman". Previously, their meeting opened with a meditation from Lynn and passing the talking stick for new members to share and learn about each other. Picking a card from Lynn's Power Deck, they each discussed how their card was pertinent to the focus of their life at the time. This powerful group includes things like using the rattle and drum to chant their vision for healing of one of their members who was ill, and to move energy forward for their own personal projects.*

Painted Pony Clan of the Councils of the Whistling Elk invites anyone interested in the Ocala, Florida area to join them!

You can email Aurora Collins at avalon.biz@gmail.com Their next meeting is scheduled for August 21, 2015.

For more information on The International Councils of the Whistling Elk, please visit Lynn's website: www.lynnandrews.com
