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MYSTERY SCHOOL

ONLINE COURSES

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WRITING SPIRIT
THE SCHOOL

COUNCILS OF THE
WHISTLING ELK

BOOKS

My Dear Friends,

We are warriors of the spirit and our journey is to learn and to be hurled into unimaginable new worlds. A shaman who sees the energy of life and all living things knows that there is no end to the mysterious and magical worlds that the Great Spirit has given us for our vision.

The holidays remind us of life and death, and those who have already passed on. A great shining spiral is before us and its name is death. Death is a cloud of brilliant radiance over the horizon; death is you talking to me; death is you and your writing notebook; death is nothing. It is here for all of us; and yet, it isn't here at all. When you embark on the Shaman's path of heart, you become aware and life becomes a gradual opening and your ordinary life has been left forever behind. As a Shaman, you adopt a new curiosity, and a new way of living. It is in these moments of Samadhi or enlightenment that you string your experiences like beads on a prayer necklace and nothing is as it was, and yet everything is the same.

Joseph Campbell once said, "Find a place inside where there's joy, and the joy will burn out the pain." For me, happiness is a sort of environment that you sometimes experience when life is going smoothly. Joy, however, is a light that is always within you, and when you can access it, you become filled with hope and faith and love. Bliss is our natural state, and yet we so easily lose it.

Did you know that joy is always within you? Things can be so difficult these days. It is easy to fall out of harmony and balance, to absorb the negativity that swirls all around us. It can be very difficult to stay happy for very long when friends are suffering, when disputes begin to intrude into long term friendships or even our own family, or we find ourselves alone on days when so many others are celebrating with others. But happiness is an emotion, and like all of our emotions, it comes and goes.

*JOY is not
in things,
it is...in us.*



If we can move deeper within ourselves, we can get back in touch with the joy that we each carry in our body-mind and heart, not matter what emotion we may be feeling. Joy becomes then a decision we make, with courage and a brave heart, to react to the chaos and difficulties of life in a way that holds us in our center, balanced and in touch with our ecstatic nature. Our bliss becomes a light in the world, and in this season where our ceremonies and celebrations are all about Light, our Joyfulness is a gift to ourselves and to all who see it.

Thich Nhat Hahn tells us, “Sometimes joy is the source of your smile, but sometimes your smile can be the source of joy.” Isn’t that the best part of these wonderful holidays – sharing enjoyment!

Once, when I was feeling particularly frustrated by a feeling of overwhelming sadness that I just couldn’t seem to move out of, I shared with Agnes that even though I understood the impermanent nature of life, I still could not shake the anger I was feeling that all of my experiences of this life, my relationships with my beautiful teachers of today would one day end.

“Maybe it’s all wasted on me,” I said, feeling desperate. “I see it intellectually, I truly understand it, and I can even teach it. But sometimes I fail to feel it.”

“Don’t you know we are all the same?” Agnes answered. “Don’t you realize that we are all perfect mirrors for each other? Your sadness is my sadness, your impatience is mine. There will come a time when you will understand with your heart and not just with your mind. You won’t buy into the dream of everyday life.”

My dear friends, your sadness is my sadness, but also, your joy is my joy! Close your eyes for a moment, and take a deep breath. Take your consciousness into your body and move it to where stress seems to be alive. Find that place of tension or discomfort. Taking your awareness into that place, fill it with beautiful golden green light, the light of the Heart Chakra. Now expand that golden green light,

allowing it to fill your entire body. See golden white light and splashes of the green light of Love move out from your body, filling your aura, surrounding you like an egg of light and healing.

Remember that only the mind creates tension; there is no way that the heart can create stress – if you fill your body with green heart light, your stress will mist away like summer clouds over the sea. Feel it with your heart; find where wonder lives in your body-mind and remember how extraordinary it feels when it fills your body. When you can do that, the dream of everyday life will fade, and you will be able to choose exultation instead of fear, to respond with joy to burn out the pain of all the sorrow that swirls around and through each of us.

Joy is not in things, it is in us. When we can live in a state of joyfulness and we begin to share that treasure with others, we are sharing a powerful healing energy that ignites the Light of Love and then happiness becomes an emotion that is not fleeting.

At this time of Solstice and the many holidays of Light and Love that we all celebrate, my wish for you is that you reconnect with your inner Joy, that your heart be filled with your own Divine Light, and that you and those you love create festive and wonderful memories together.

In love and spirit,

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

A LIVE Hour of

HOLIDAY Joy



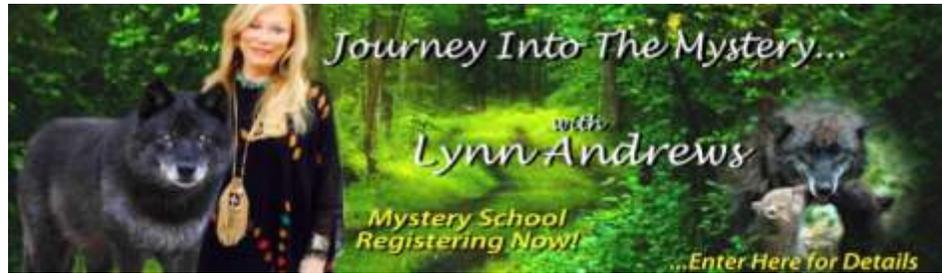
with Lynn V. Andrews

Join me for a beautiful meditation and teaching on Joy and Compassion as we move into the beautiful Season of Light, spreading our joy to the world!

Saturday, December 19th, 2015 at 9:00am
Pacific Standard Time

www.lynnandrews.com

[Register for this Live Session with Lynn Here](#)



Shamanism is the oldest form of healing on Earth, practiced across the globe for at least 50,000 years. When you look at shamanic cultures today, you discover people who live with joy and a sense of purpose and knowing in life, people who do not contract the serious stress-borne illnesses that we in the modern world do, even though they face a world that is encroaching on them and threatening to take away their very existence. It's not that they don't encounter the stresses of the modern world; it's that their way of knowing life and resolving that stress is very different from ours.

As you begin to explore and apply shamanic teachings, you learn positive strategies to remove stress in your life and create a new emotional freedom. You discover the ancient teachings of the Feminine Divine and learn how to heal and integrate both your Sacred Masculine and Sacred Feminine Energy Shields into wholeness. Through sound, action and intention, you heal the energy centers of your body – your heart, solar plexus and chakras. This is a joyous journey, one I want to share with you.

The primary purpose of our work together is to find the voice of your Authentic Self. You will begin to live at the Center of your being and come from a place of self-knowing and self-confidence in all that you do. 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.

Through my Shaman Teachings, which grow out of my four decades of experience with the Sisterhood of the Shields, shaman healers from indigenous cultures on four different continents, you learn to go into the energy within and around you, the animating force of our universe, to look at your life from a circular perspective so that you can see the *whole picture*

before you make and act on the important decisions of your life. In the way of the wolf, you circle the teachings, moving into your own position of power so that it becomes a natural process of gathering your strength and sharpening your perceptions whenever you stand at a crossroads in your life where decisions must be made and acted upon. When you have completed the four years of this magical experience, you will be poised to help others do the same if you choose to become a shamanic practitioner.

[Learn More and Register Here!](#)

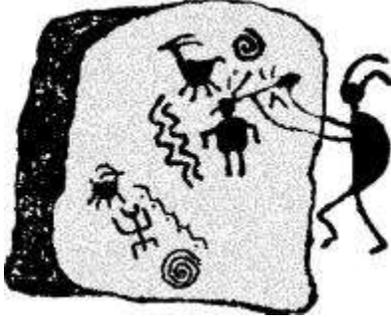
One of the recent graduates from the Mystery School shared these words recently online, and I am so grateful:

“... I had initially signed up to the school to find my literary voice which had gotten lost by the pains of witnessing the Iraq war and by my enormous responsibilities as a wife and new mother. I had no idea then that the school’s ancient teachings would not only heal old wounds that had muffled my literary voice, but that it would also improve my relationship with the



Great Spirit, with myself, and with my family. The work was mystical but also very intense and challenging. I had to put my heart and soul into my family, home and career while doing the schoolwork because the purpose of these teachings is to incorporate what we learn into every aspect of our daily life. Last month, I flew to Arizona to join other apprentices in a gathering

where we graduated from Lynn’s school. This time, I walked at commencements in a most sacred ceremony. I had taken a life-changing journey and was now surrounded by amazing women from all walks of life. For me, this was a real milestone that was worthy of celebration. This Thanksgiving, I give special gratitude for graduating from a school that had, not long ago, only existed in my imagination.” [Weam Namou Yattoo, from her blog [“Cultural Glimpses”](#)]



Upcoming with Lynn...

Check Lynn's upcoming events regularly on her website! She has radio shows, online offerings and other interviews happening all over the world – don't miss out!

www.lynnandrews.com

“Soul Speaks”

An Online Event Coming In December

In honor of the memory of Dr. Wayne Dyer, I am joining with 27 other thought and spirit leaders for an event in which we each bring our teachings to lead you through the awakening process, allowing you to more fully embody your talents and gifts and light up the world. Wayne Dyer was such a light in the world, and his commitment to helping others shine their own brightness continues through each of us. Each speaker brings our own intention of love and service, excited to help you discover your boundless potential and share the extraordinary Being that you are!

Look for an email coming soon to your Inbox from me with more details on this wonderful event AND a link to joining this powerful, loving energy and healing opportunity.