



The InSpirit Newsletter

with Shaman Healer
LYNN ANDREWS

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MYSTERY SCHOOL

ONLINE COURSES

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WRITING SPIRIT
THE SCHOOL

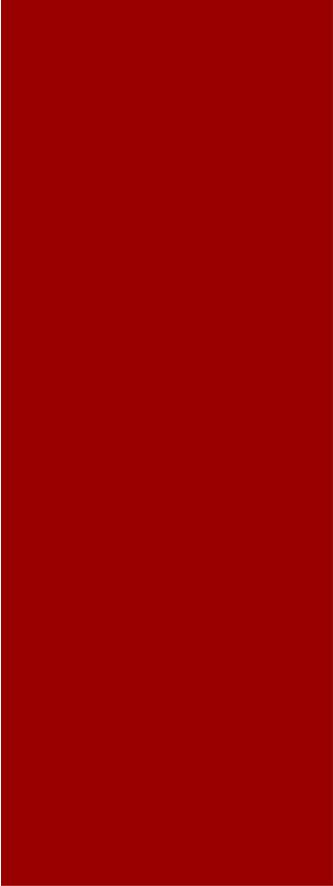
COUNCILS OF THE
WHISTLING ELK

BOOKS

My Dear Friend,

Agnes Whistling Elk and I sat quietly together by the side of a flowing stream, watching the water rush past us. Then she spoke. "You see, this river, this creek, speaks to you of movement. It is life force reflected through the water, and as it flows by you, it, too, tells you of truth. You are surrounded by truth. You are surrounded by your teachers, and the teachers are in nature, in the trees, in the grass that moves in the gentle wind. You see, movement is very different from activity. If you are moving around in a fit of anger, scrambling things, throwing things, stomping around, that is activity. Movement is quite a different thing. It is like an action that comes from the heart and soul of your body. It moves out into the world as an expression of power." [from "Shakkai, Woman of the Sacred Garden"]

Over this past month or so, I have been blessed to spend time with various members of the Sisterhood of the Shields. With each visit, the question that seems to arise is one of urgency – ***If not now, when?*** **The beautiful women of the Sisterhood and I know that we are all "standing at the crossroads to Power"** meaning that we are crossing from one level of human consciousness into a ***new age of wisdom*** where the possibilities of all things are within our grasp. Wherever I travel, as I meet with people of all kinds, you talk about how you are exploring your reasons for living. You all want to find a better way of living each day, of finding balance between the demands of jobs and family life and the need for more profound spirituality. I recognize that what so many people crave right now is a way to ***live their daily lives with intention and awareness, allowing their own spiritual power to ignite their passion for living. Our lives are overflowing with activities. But where***



is the movement that Agnes described, the movement that reconnects us with the wisdom all around and within each of us?

There are many ways in the world and many paths. The important thing to remember is that we are together, here now on this planet at this time. My role in life and my purpose in bringing you these teachings in so many different ways is to provide a bridge between the ancient shamanic teachings of my teachers, the Sisterhood of the Shields, and those of you who are seeking higher knowledge along the shaman's path, walking with one foot in the world of the physical and one foot in the world of spirit.

I see so many opportunity to bring sacredness into our lives in everything we do. We each have such creative brilliance within us, and when it is combined with today's technology all of possibility is literally at our fingertips. Just look at the incredible opportunities there are for us today just to connect around the planet with others of like mind and spirit, for instance, or to study the works of masters all around the world right on our phones! But the choices we make need to feed our spirits, not use up our time. Choosing to live life in a shamanic way entails choosing movement over busy-ness, changing hectic activity into thought-filled intentional motion.

At the same time, around the globe we are all literally standing at a crossroads where the decisions we make now have the potential to affect the course of life on earth as we know it. My teachers in the Sisterhood say that modern societies are living in greater chaos and

confusion now than at any other time in history, but that humans were never intended to live in this kind of pressure. Yet here we are, in the chaos and confusion that we have created by poisoning the air, soil, water, even the seeds we plant for the foods we eat. We have bought into the paradigm of perpetual warfare instead of harmony, creating weapons of mass destruction so powerful they are capable of wiping out entire cities in the blink of an eye. There are serious choices we have to make, and it begins right here, with how we each stand on our planet. If there is war in the world, where is that war within me? Will we continue to fill our days with activity? Or will we choose to learn from our teachers, from nature, and allow intentional movement to flow out from us, heart-felt movement that brings positive change into our individual lives, so that it flows out to heal the planet as well?

The rising again of the Divine Feminine is gaining attention around the planet. It marks the end of the old consciousness of victimization and blame that says, "Take care of me, regardless of the cost to everyone around me." This is the old consciousness of the patriarchy, which had us believing that we can't take care of ourselves, that we must give all of our power and our beliefs over to someone or some government who claims to know more than we do about what is best for us and for our world.

To the Sisterhood of the Shields, this is just utter nonsense. It is time for us to awaken from the old paradigm and realize that this is not what life is about, at all. Each of us must decide that *I am the one who is responsible for the thoughts that I think and the actions that I take. I am as responsible for the things I do as I am for the things I choose not to do. And I am taking the responsibility back for holding up my own dream for a better future, no longer waiting for anybody else to do it for me.*

What we must learn how to do is manifest a balance and a harmony *between the technology we create and the heart*, which is how wisdom comes. This is what the Ancients knew how to do so well. Theirs was a world that grew out of and revolved around the balance and harmony that exists in the universe. The Sisterhood of the Shields today is working hard to find ways to show you that balance. I welcome you to find your place in this awakening through some of the many avenues of teaching I offer.

I so hope you will decide that this is the year when you commit to truly step into your own power, and claim your own wisdom. I would be honored to help you find your path out of the chaos that comes from living in reaction to situations that occur each day, into the beauty and peace that comes from living a life of Intention, standing in your own Power as you choose to manifest the life you so richly deserve.

I invite you to join my Mystery School, or Writing School – take my series of On-Line Courses; visit my website which is changing all the time; join a local Council of the

Whistling Elks for free and meet with others of like mind and spirit; come to my events; listen to my radio shows; find a gathering or talk near you and sign up; schedule a private call to work one-on-one with me – the ways of working with me are endless! Join me at UC Irvine on February 9 to discuss “Standing at the Crossroads of Power.” Come to the “Conscious Life Expo” in LA Feb 19-21, and talk with me personally at my booth. Join us in late May at our annual Joshua Tree Gathering as we explore *“How Wisdom Comes: Soul Retrieval and the Art of Sacred Relationship.”* Make plans now for renewal and rejuvenation in Hawaii with me in December – the details are on my website. Check out my Calendar of Events on the website frequently to see when I am coming near you. ***If not now, when?*** Your life is precious, and we can truly explore how wisdom comes, together. Please join me!

In Spirit,



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I am so thrilled to invite you to join our wonderful “Mystery School”, a four-year course of study and training in the sacred healing arts. Learn how to enter the sacred dreamtime to discover the mysteries and wisdom of life, how to create and use tools of perception and awareness that help you See, understand and choreograph energy and develop your own inner power and vision.

The study of shamanism is about learning to go into your own physical, emotional, mental and spiritual self and listen to the voice of sacred spirit as it speaks directly to you.

You discover how to move into the flow of the universe, letting go of the barriers to perception that are so much a part of the social conditioning of our modern world. That is why I have dedicated my life to this path, to healing Mother Earth, healing the mind and heart through the ancient practices of the shaman, the medicine women, the mystics who know that we must retrieve the ways of the Ancients before it is too late. What did they know that enabled them to live successfully on this Earth for so very, very long ... that we have forgotten in such a short span of time?

This work is mystical and life changing. As you go through the stages of shamanic training, you find that you develop a powerful and very individual point of view that is based on what is real and knowable to you. Gone are the days of being blown about like a tumble weed by what someone else determines life should be all about. You move out of chaos and stand firmly in the center of your own Circle of Truth and Knowing. The time is Now! You are standing on the edge of power, and it is time to reach out and claim it, to step into the sacred life of purpose and passion that you have been craving. There is still room for you to join my school, and I would be so honored to work with you on re-creating yourself into the person you truly are.

[Register Now!](#)



“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.”

[Lynn Andrews]

In the Shamanic world, being true to our spirit is the key to fulfillment in our work. For many of us, we hear the call to write, and know that it is an integral part of living our lives

of purpose with passion. If my words resonate with you, how do you begin? How do you move from the idea of writing to becoming an experienced writer?

“Writing Spirit, The School” is a two year shamanically crafted series of exercises that takes you on a journey into and out of yourself using writing as your tool of divination and discovery. You write with the masters, write with your power animal, write in the light and in the dark... all in search of your Writing Spirit, your creative soul.

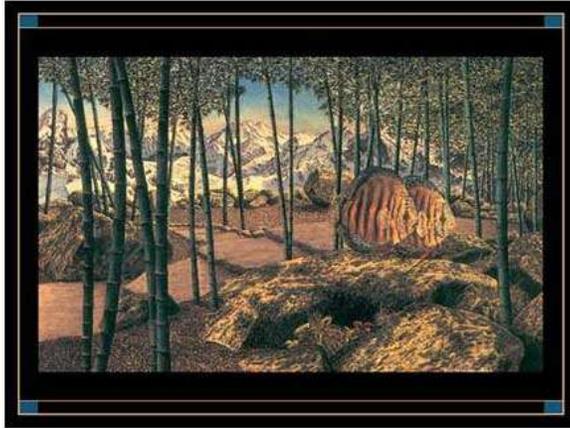
During the first year I introduce you to a myriad of voices as you write your way through forty-four weeks of exercises, reading and dreaming. When you have completed the first year, you will be familiar enough with your writing power animal, your writing spirit and your muses, to call upon them anytime you sit down to write. I will share my own experiences with you, as we work individually or together in a group.

Year two is a totally different shamanic experience, as we journey into your own Writing Soul, through meditations and extensive writing as you stalk your own words to discover, develop, design and manifest the treasure that will be yours at the end of forty-four weeks of exercises. At the end of this second year, it is my hope that you will have not only developed an intimate relationship with your Writing Spirit, your Writing Power Animal, your guides and muses but you will have discovered and developed your own unique Writing Voice; that authentic voice of your truth.

Won't you join us on a writing adventure and celebrate the creativity that is yours for the knowing! You will have a private Facebook group to share and write in, monthly calls with me and your classmates and a personal mentor to encourage you along the way. Our next session begins the first Monday in February.

I look forward to leading you on this journey to find the truth within yourself and teach you what it really means to be a writer.

[Click Here for More Details and to Register Now!](#)



“Action takes courage. We often feel like fish out of water, separate and different from the world around us. Fish out of water can learn to swim in a new air of consciousness with a new purpose in life. Perhaps it is identification with objects and clinging to addictions that keeps you feeling separate and keeps you from the source of your power....addictions like fear of failure, the need for approval or fear of desertion. Discover your own power and meaning by having the courage to give up your addictions. Then live your power with courage [The COURAGE CARD, from THE POWER DECK]

Online Course 1:
“The Lodge of Awareness: Awakening Our Shamanic Heart.”
March 4-31, 2016.

When we choose to begin living an intentional life, choose how we perceive the opportunities that the Universe offers us, and decide what blockages, resistance or addictions to release, we awaken our heart to Love and Power. In this course, I will help you to begin seeing your own world and its daily pressures from a Shamanic viewpoint. We will explore your own attachments and “stickiness” and see how these affect your relationship with Self and Spirit.

There is a term in Buddhism and many disciplines called attachment, which means *giving yourself over to something that you own or would like to own, like things or a relationship*. Often, attachments can be self-divisive and manipulative, and in turn, as in all things that approach attachment, your free will becomes challenged. We become “sticky”, stuck to feelings, tight, and almost always, we have moved out of awareness and are being led by ego. We will examine the differences between the feelings of being sticky and being airy. *When we move out of attachment, we open our heart to the lightness of the wind.*

We will consider *spiritual risk taking, and the effects of laziness of the soul*, which usually is not apparent to anyone around you. Laziness of the soul happens when you give up responsibility for what you believe, or for shifting yourself and embracing the changes inherent in living a sacred life. The antidote to laziness is risk – not jumping

out of plane or climbing a dangerous mountain. Spiritual risk taking has to do with living on the edge of your awareness, where you truly push the envelope of all possibilities that come to you.

We will begin to see how embracing the risk, proceeding to live from a place of passion, brings awareness that can permeate every aspect of our life as we step into the Shamanic Art of Sacred Living. Through the creation of sacred art, we will manifest our deepest feelings in a way that is both healing and empowering.

This four week course includes audio meditations led by Lynn Andrews, access to Lynn's Sacred Forum group called the "Lodge of Awareness," and two live teleconference calls with Lynn Andrews as she answers your questions about this course and your experience. Mentors are available each day via the "Lodge of Awareness" Sacred Forum to support all participants and answer questions. *All participants will need to be able to access Facebook via their own Personal Page in order to participate in Lynn's secret Sacred Forum, and download the Handbook and other materials.*

**[For Details on this year's Series of Courses, CLICK
HERE!](#)**

REGISTRATION BEGINS FEBRUARY 5



JANUARY

- January 26, 2016, Tuesday, 9:00 – 10:00 a.m. (Pacific Time): Kindred Spirit Radio Show with host Lynn Andrews. Lynn’s guest this month is Dr. Mark Mincolla, “The Whole Health Diet.” Listen Live or to the Podcast at [“Lynn’s Radio Show”](#)

FEBRUARY

- February 1, 2016 : Session 1 of Lynn’s Writing Spirit, The School, gets underway. Learn more and [Register Now!](#)
- February 5, 2016, Friday: Registration Opens for OnLine Course 1, “Awakening Our Shamanic Heart: The Lodge of Awareness.” [Details Here!](#)
- February 9, 2016, Tuesday, at “Inside Edge,” University of California at Irvine – “Standing at the Crossroads of Power” Speaking Engagement and Workshop with Lynn Andrews. Find out more [Here!](#)
- February 19 – 21, 2016, Friday thru Sunday, Conscious Life Expo at the LAX Hilton: “Opening Ceremony” by Lynn V. Andrews, 6:00 to 8:00 p.m. on Friday, February 19. Private Consultations available at the Expo. Learn more [Here!](#)
- February 23, 2016, Tuesday, 9:00 – 10:00 a.m. (Pacific Time): Kindred Spirit Radio Show with host Lynn Andrews. Lynn’s guest this month is Itzahn Berry, “Shamanic Transformations.” Listen Live or to the Podcast at [“Lynn’s Radio Show”](#)

MARCH

- March 4 – March 31, 2016, 4-Week On Line Course 1– “Awakening Our Shamanic Heart: The Lodge of Awareness.” Details and Register [Here!](#)

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