



May 2016  
My Dear Friend,

*"If your point of view is one of knowledge, of understanding, if your point of view comes from an open heart and a place of love, then you begin to see with the eyes of love. If you simply manipulate and consume the goods of the earth, then you will miss the teachings that are all around you, that are in the trees, in the light, in the wind, in the earth that you walk upon."*

*From "Shakkai, the Woman of the Sacred Garden"*

Are you at ease in your life? If we answer that question truthfully, the answer is most likely either "no" or "not entirely." We don't accept ease into our lives these days; it seems to be viewed as a lack of, somehow. To be at ease means to many that we aren't stepping up into all the demands and stress of modern life. And yet, a person who is truly balanced, standing with one foot in Spirit and one foot in the physical world, can be extremely busy and at ease at the same time.

I have found over the years that many people carry around a bagful of rocks, a whole bagful of conceptions and beliefs that weighs them down, that limits their growth, and puts a fence around their consciousness so that they cannot see beyond that fence. It is important to have ideas and feelings, because with those ideas and feelings you create mirrors, and those mirrors are great teachers for you. But when you are full of ideas, those ideas give you what you think is the right to pass judgment on what other people do or think. That is one of the greatest wasting processes of life. People do that a lot, and it is a tragedy, because they get lost in their judgments. They get lost in their criticism and they forget where they're wrong, why they're alive, and what their purpose on earth really is. They will tell you what their purpose is, but in reality they have lost their way, and they are frightened.

It is so easy to criticize, isn't it? When we criticize, we are simply putting something down that someone else has done, that perhaps we are jealous of, or because they've made a commitment, an effort, which we have been unable to do. But to talk constructively about a piece of art, about something in the world that has been done well takes creativity. It takes some talent to express that.

The theme of my teachings this year is Living a Shamanic Life. I have focused on topics like How Wisdom Comes; Standing at the Crossroads of Power; The Art of Sacred Relationship; Awakening Our Shamanic Heart and more. Each of these is a gateway, allowing you to step into your life with awareness by working on the state of ease that you so dearly need. It is what we need as a civilized society today. The stress that people are under is inhuman. It should not ever be as it is today, and yet we cannot go back to the old ways, at least not now. So one of the great teachings of this particular time in history is to learn how to live one's life with the stress of three or four lives all at once and still maintain your center and your ease and your joy – a very difficult thing to do. But it is like solving a problem in logic, like a mathematical equation, using trade beads. It can be done, but the right symbolism has to be learned. The right thoughts must be written for the outcome to be beautiful.

To move into life with ease, you must be secure in your knowledge of the physical and the spiritual, the emotional and the mental hoops of power. Your understanding of your spirituality, your ability to thrive and to work with the good spirits and the light is what gives your life its character and its integrity.

In a few weeks we will join in Circle at Joshua Tree, where we will not only gain the knowledge of How Wisdom Comes, but we will experience it first-hand, find it's symbolic language, and draw that into our body-mind and heart. We will learn the "laws" of Sacred Relationship, but more importantly, we will experience it first-hand in the most unexpected of ways. It is the experiencing of something that moves from the mental knowledge of the mind into the wisdom of our soul. Without the experience, we become knowledgeable, but cannot access the wisdom inherent in the actual experience.

I offer you the same opportunities in my Online Courses. Our next course, "The Lodge of Joy; Becoming a Light in the World" will take you beyond the mental understanding of the effect of joy in your life, and into the experience of that joy, the heart and soul acceptance of joy and the ease that it brings with it. Agnes once told me that the reason I was unable to feel at ease in my life was that I cared too much.

"But if I didn't care about this earth and the people on it, I could not do what I do. I could not have given up my life as I have, to write and teach and be with you," I told her.

"But there are many kinds of caring," Agnes said, gathering up stones and placing them in a circle. "Just like alcohol or drugs or addictive relationships, you can be addicted to caring to the point that it pulls you off center. Caring is important, but it is only part of the whole of who you are. You cannot care so much that it becomes an obsession. You must see the totality of things and realize where your caring, like everything else, fits into the perspective of your life. Emotions are important; all of what you feel and think is important, because these things make you who you are. Negative ideas are parts of you that need to be honored, so that they can then be healed and brought back into balance. To judge yourself is simply being hard on yourself unnecessarily."

So I ask you again: are you at ease in your life? It is such an important question, because when you are not at ease, you are setting yourself up for dis-ease, which can, over time, become disease. Our lives are so short, so temporary, and to waste even a moment in addiction, in what I call "the weirds," which is a state of discomfort, is something you can't afford any more. When you feel desperately off center, when you feel

frightened, when you don't know whether you are coming or going, when the words of other people hit you like arrows in the heart and you feel sad, and you don't know the trail home any longer, you have stepped off the path of illumination.

Being at ease in your life means you are able to stay centered, always living in your center, looking out from that place of your sacred witness into the world. Being at ease allows your original nature, which is joy, to flow through you unimpeded, no matter what obstacle presents itself. Joy allows you to flow like the river around the boulders, moving with purpose through your life, holding your intent and experiencing all things, both happy and sad, without judgment and with integrity of spirit. We all suffer in life – it is inevitable, and it is a gift being offered as a mirror for us to look into, a way to find joy in the unexpected. Thich Nhat Hanh said, "Life is filled with suffering, but it is also filled with many wonders, like the blue sky, the sunshine, the eyes of a baby. To suffer is not enough. We must also be in touch with the wonders of life. They are within us and all around us, everywhere, any time."

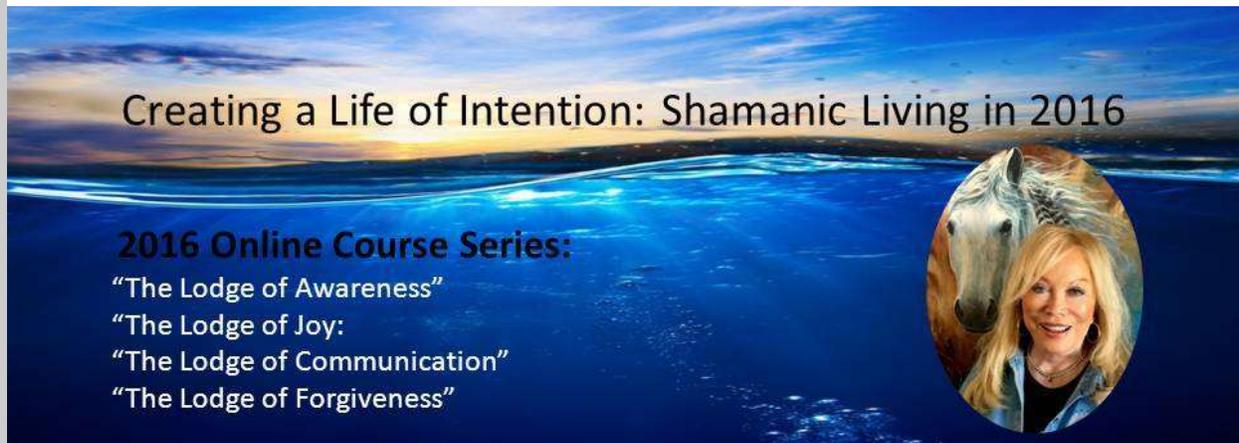
If we are not at ease in our own life, we cannot share peace and happiness with others, even those we love, those who live under the same roof. If we are at ease, peaceful, we can smile at the wonders of life, even in the saddest of moments, then everyone, our entire society, will benefit from our ease and our joy. Wherever we are, each second, each minute of our lives, we have the capacity to enjoy the fresh air, the sunshine, the presence of each other, even the sensation of our breathing. We need to look at the people we love, really see them and make sure they feel seen, to help each other get back in touch with ourselves. Life is both dreadful and wonderful, and it is important to be in touch with both aspects. But even during the dreadful, when we smile, we accept the ease and joy that is available to us no matter what is happening. Does that mean we walk into a funeral and begin telling jokes? Perhaps not, but in reality, doesn't the healing from grief begin when we share loving and funny stories about the person we've all lost? Even in grief, there is a place for a smile, for ease, for joy.

My dearest wish is that when this year is over, you will have stepped into that state of balance, experienced and embraced your inner joy, awakened your shamanic heart to wisdom, and brought ease into your daily life. Together, we can really explore deeply the art of Sacred Relationship, especially with ourselves, learn true forgiveness that gives us the freedom to be peaceful, and open our hearts to the abundance that is awaiting our acceptance. If we can accomplish that together, the entire planet will rejoice.

Work with me! Join my **Writing School**, and move deeply into the language of symbolism that is your soul's voice. Avail yourself of the teachings in my **Online Courses**, as we discover our own joyful light and shine it in the world, heal our relationships through sacred connection, and truly step into our shamanic power by embracing forgiveness of self and others. Start preparing now to join my **Mystery School** next January, giving yourself an incredible gift of stepping with intent and courage on your own path of Heart. Come to my events. Join us in **Hawaii** in December for "Dolphin Dreaming; the Guardian of Solitude", stepping away for a few days from the stress and busy-ness of the holidays so that you can come back and enjoy the holidays with ease and joy! Check my website often to watch for upcoming events in your area. The Sisterhood of the Shields and I work to find new ways to connect with you, offer you opportunities that fit in your travel and

budget. We hold each of you in our hearts, praying daily for your highest good. Please know how important you are to us, and I look forward to hearing from you.

In Spirit,  
Lynn



Creating a Life of Intention: Shamanic Living in 2016

**2016 Online Course Series:**  
"The Lodge of Awareness"  
"The Lodge of Joy:  
"The Lodge of Communication"  
"The Lodge of Forgiveness"

**June 17th – July 14th, 2016  
Now Registering!**

## **The Lodge of Joy: Becoming a Light in the World**

Where does Joy live within you? It is your original nature, and yet, with the pressures of today's world, how many of us have lost our connection to the state of being in joy, which brings the ability to live in balance and at ease. In this next course, we will explore the arousal of the inner flame of joy, as we find our Core Essence. We will experience the role of wonder in our lives, which leads us from turmoil and confusion to peace and awe. There is a difference between holding energy and letting energy flow from our heart, and then understanding and embracing that this difference lets us walk in balance. As we allow our comprehension of joy to fill our body-mind and heart, we begin to shine the light of our original nature, our state of being in joy, to glisten in the world. We become a beacon of hope and joy in a weary and stressed-out society, holding up the mirror of our awareness for others to learn from. We will learn the symbolic language of joy that lives in our hearts, and express that in a form that shines our joy-filled light for all to see. Please join me!

[Register Here](#)



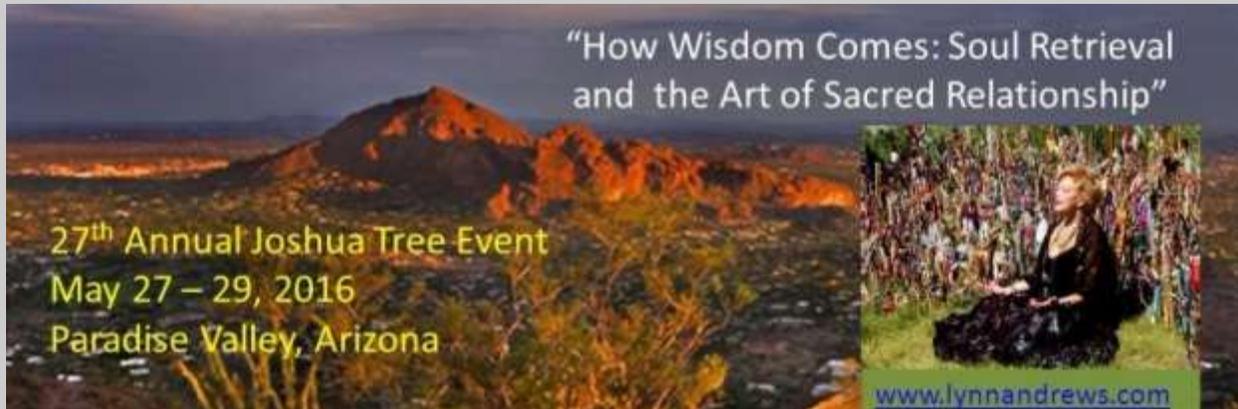
## Registering Now for July 1st Session

### Writing Spirit – The School

*This is a two year program, shamanically crafted to empower you, using writing as your sacred tool of divination and discovery.*

Lynn has choreographed this school to move you "Into and Out" of yourself using the act of writing as a tool for self-discovery through which you find your creative soul, your Writing Spirit and your own authentic voice. Please join us for this exciting adventure of Inspiration and Creativity. Our next session begins on the first Monday of July. You will feel a shift in yourself at the end of this magical journey as you experience the mystery of shamanism, traveling out of those old shadows into the exquisite light of your Writing Spirit. The World needs your story! If a book is your goal, this course may be the gateway to that writing Act of Power and the book that is living inside of you right now. Please, give yourself this extraordinary gift of learning from an internationally acclaimed Best Selling author!

[Register Here](#)



## 27th Annual Joshua Tree Event

### **Last Chance! We Have A Few Spaces Left!!!!**

If you want to join us for this amazing gathering in the shadow of Camelback Mountain, you MUST act today! If you live in the Phoenix area, we have plenty of space for daily “commuters” to attend and a special rate for attendance and meals only! If you want to come from out of town, we have a list of nearby accommodations. Our space is running out, so hurry!

[www.lynnandrews.com](http://www.lynnandrews.com)



## **COUNCIL CORNER** **Councils of the Whistling Elk**

### *Ancient Wisdom Council - Written by Weam Namou*

One thing I learned in Lynn Andrews’ shamanic school is that if you feel something is missing in your life, become that something. That is why I began the Ancient Wisdom Council here in Michigan, US. Each of our gatherings has a unique, magical, and learning experience. Last month, during our April gathering, my council had the honor of receiving the Rainbow Bridge Altar Cloth, which was woven together in 1990 at one of Lynn’s gathering at Joshua Tree. Since the time the cloth has been made, it has traveled the four

directions, to the councils and certain individuals all over the country. This year it is also traveling in Europe. June Milich, the woman who wove it wrote, "A journal travels with the cloth each year, carrying many of the magical stories which have been weaving themselves into the cloth."

She adds, "In my heart I know this rainbow colored cloth is meant to be an inspiration – a bridge from what is now to what can be, a bridge from feeling separate and alone to feeling whole and all one."

This, in my opinion, is a definition that also applies to the teachings of the Sisterhood of the Shields. And this is what the women experienced at the Ancient Wisdom Council gathering as they wrapped the rainbow cloth around them and, those who brought them, around their children.

To learn more about the councils around the world, visit us below

Let the magic begin!

[www.lynnandrews.com](http://www.lynnandrews.com)



Ancient Wisdom Council meeting enjoying the Rainbow Bridge Altar Cloth

