



*Lynn Andrews*

Ancient Teachings for a Modern World

## The InSpirit Newsletter

With Shaman Healer

**LYNN ANDREWS**



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

My Dear Friends

Our Joshua Tree at Camelback Mountain last week was such a wonderful gathering, and I came away filled with so much joy!

To be in circle with you all renews and re-energizes me.

To watch each person there step away from the world, retreat into our Circle and enrich themselves and each other filled my heart.

I realize how much I am nourished by this tremendous joy.

I am remembering what my teachers taught me about what joy truly is and where it comes from....



JT 2016 –  
***Lynn Awakening the Elk Pole***

I recall one day with Shakkai, sitting in her Sacred Garden, talking about so many things. Shakkai had several exquisite wind chimes hanging in the bamboo, in the trees, and from the eaves, the kaeru-matu beam supports, of her house. A gentle wind was drifting through one of the chimes. It sent a melody of gentle sound throughout the interior of the room.

"Do as I do," Shakkai said.

She took a very deep breath, and I took one also. Then she settled her hands in her lap, and I did so too.

"Gently," she said, "the wind is calling you. It is calling us to pray, to listen to her. She asks for peace, for peace of spirit. And she asks that you return to your original joy." She closed her eyes, and we meditated together for some time.

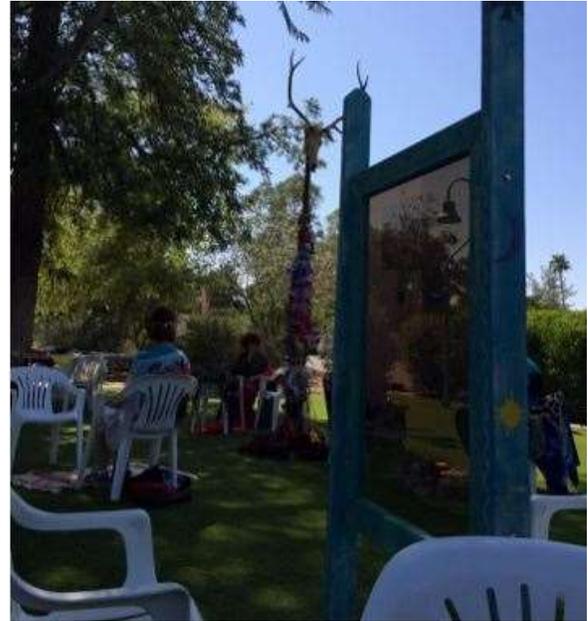


**JT 2016 – Sacred sharing in  
*Circle of Relationship***

Joy is our original nature – It is intrinsic for us to be in the state of joy.

It is not the same as the emotional feelings of happiness and delight, because both of those are transitory, and often come from an outside source.

Joy is always within us, always available to us, no matter what emotions we might be experiencing.



**JT 2016 – Working with  
*Oracles & Sacred Mirrors***

In my Power Deck, I relate the teaching of the Sisterhood of the Shields on Ecstasy:

"Ecstasy is a buoyant state of joy. One of the finest ways to maintain a state of joyousness is to examine the dark side of your being, that instinctual nature that most human beings repress in civilized life. We tend to live in our minds, in our emotions, occasionally in spirit, and almost never in our instinctual depths.... Sit on the earth and with your back against a tree, and get in touch with your roots, which move deep into middle earth; this will restore your joyousness and balance...."

**"Ecstasy"Card  
THE POWER DECK**



Why is shamanism so important to the world today?

Why is it important to you?

Shamanism is about harmony between the Earth Mother with the Sky Father, spirit and body.

As we walk the path of Shamanism, we seek and embrace that harmony, embark on a new way of thinking, find new ways to make choices, to experience life.



We step into experiences that lead to wisdom.

We choose to return to our original nature of joy, allow our light to shine in the world, bring joy to others.

In a world that seems overtaken by hatred, fear, indecision and divisiveness, each time we move out with the energy of Joy we create a ripple of healing that is felt around the planet.

We enrich our lives, the lives of those we love, the lives of all beings on the planet!

**What a wonderful choice!**

In Shamanism, we are presented with Gateways, portals that offer experiences and lessons along our path of heart.

They lead us inward to our intrinsic joy, allowing us to express beauty that mirrors our soul.

Throughout the year I offer you several such Gateways that give you the opportunity to choose your inward journey as you choose to renew your state of joy.

Joyfulness is an inner sense of peace and happiness.

Joyfulness allows you to appreciate the gifts each day brings.

Without joyfulness, when the fun stops, our happiness stops.

Joy can carry us through the hard times, even when we are very sad.

Joy gives us wings! The gentle wind is calling you....

In Spirit,  
Lynn

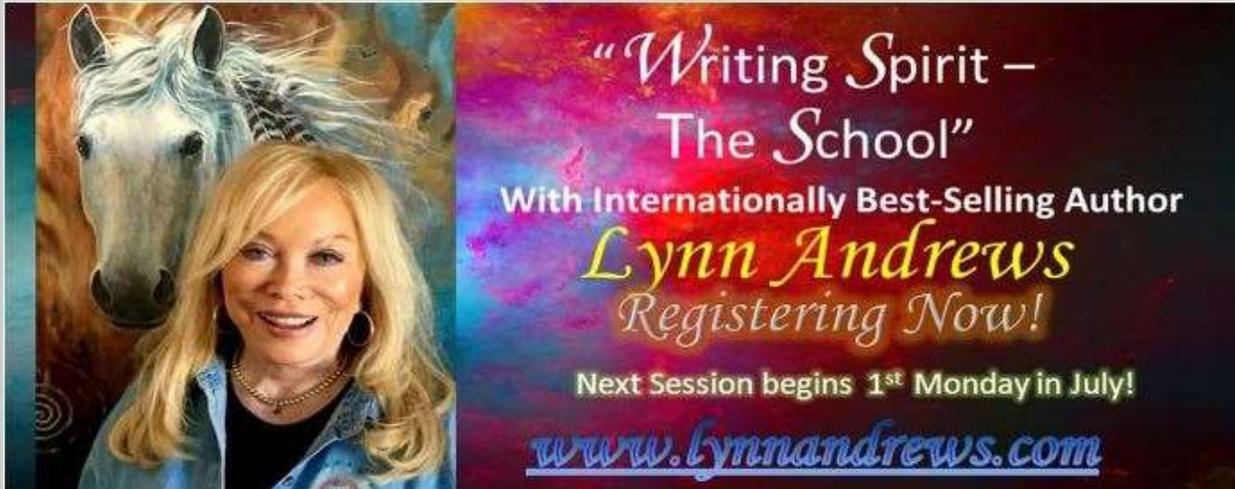
The Sisterhood of the Shields and I have worked to energetically craft my next Online Course as a way for you to move shamanically through a number of Gateways.

In "**The Lodge of Joy; *Becoming a Light in the World,***" you will prepare yourself to **live in a state of joy**, to ***choose ecstasy*** as a state of being.

Using the Sacred Wheel, beautiful meditations, exercises and other shamanic tools, you will discover what Joy really feels like, how you block yourself from it, and ***re-discover your Core Essence.***

You will create a Sacred Art Task that ***expresses your own Inner Flame as it shines with the light of your Joy.***

Register Now at:  
[www.lynnandrews.com](http://www.lynnandrews.com)



One Gateway that is opening for you right now is my  
*"Writing Spirit – The School."*

"The writer's soul is where my passion and curiosity live."

The Sisterhood of the Shields and I chose this portal for those of you who feel compelled to write, to be authentic, to express the voice of your creativity. The school is ***crafted with shamanic energy, choreographed to move you "into and out" of yourself using writing as your tool for divination and discovery.***

It is not about ***how*** you write, or ***what*** you write, ***it is about finding your Writing Spirit, your creative soul,*** that matters.

As you write, you will uncover blocks to finding your own story, your soul's song, and allow the *joy* of manifestation; your inner essence, to fill you. Exploring the ***depth of your talents*** through writing is a beautiful way to awaken your joyful soul.

Writing is a marvelous way to absorb the mystery, understand and translate it, and live within the essence of the magic that is...

*Living in the joy of your original nature!*

**Register Now at:**

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How would you envision your life if you had nothing holding you back? Do you know what your deepest dreams are???

If your life today isn't filled with joy and purpose, that's understandable. In today's world, our pressures are enormous, and many of us are dealing with so much stress, with no apparent time for dreaming.

But you deserve your dreams!

Join us before the rush of the holiday season to step away from the busy-ness of business, as we dream with the dolphins on the sunny, warm shore of Hawaii.

Our days will be filled with rejuvenation, the energy of the ocean waves, Grandmother Pele, the Menehunes and Sacred Fish Ponds.

You will go home with a new image of your life, one that is open to joy and filled with renewed purpose!

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## **COUNCIL CORNER**

# **Councils of the Whistling Elk**

The International Councils of the Whistling Elk are busy! At this year's Joshua Tree, Dianne Riesen led various Council members as they took charge of our beautiful Elk Pole Ceremony. Everyone there was blessed by the beautiful energy and love they brought to this task.

All around the planet, Councils of the Whistling are gathering each month, sharing the Sacred tasks and Teachings created by Lynn and the Sisterhood of the Shields, providing their members with the Sacred space and opportunity to explore their Shaman selves in deep and often profound ways. Councils also provide the latest news regarding Lynn's workshops, trainings, and new book releases.

If you are interested in participating in a Council in your area, you can get more information on Lynn's website. Or perhaps you feel called to organize one yourself!

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