

www.lynnandrews.com



Lynn Andrews

Ancient Teachings for a Modern World

A scenic landscape at sunset or sunrise, featuring a river winding through a valley with mountains in the background. A circular inset on the left shows a portrait of Lynn Andrews, a woman with blonde hair wearing a red and orange patterned shawl.

The InSpirit Newsletter
With Shaman Healer
LYNN ANDREWS

February 2017 VOLUME 11, ISSUE 2 www.lynnandrews.com

My Dear Friends,

“We can’t change this world through war, only through love” Agnes Whistling Elk once told me. “It is time to celebrate and make our own ceremonies by dancing and singing and learning to live our dreams. But first we must know how to dream.”



Dreaming is a basic shaman skill. One of the most traditional parts of the shaman’s job has always been to journey into the Higher and Lower worlds to seek wisdom, to pursue answers, and to connect with nature and the Divine. Through Dreaming, we create the possibility of a life of magic, soar through the mysteries of the cosmos, and explore our inherent power and love. We nurture our soul by strengthening our Dream Body, that energetic body that we use to move out of the reality of this physical plane into the infinite possibility that dreaming gives us.



“The flow of the water empties me of myself,”



Agnes continued. "I sit here in spirit waiting for the world and my people to stop fighting. In anger and war there is only hardness. People and the world become solid, and they forget the river. They forget how to flow. To find the river of your spirit is to find freedom. There is no need to come up against anyone. When you become rigid in the world, then the world has no more need of you, and your spirit slowly drains away like blood spilled onto sand. Just flow with the water, and let the Great Spirit flow with you," Agnes said.

"I feel an emptiness, Agnes, whenever I sit by the creek."

"That emptiness is a prayer. You are making a place for the Great Spirit to live within you."

"It's the movement of the water, isn't it, Agnes? It's the movement of the physical into spirit."

"If you need to explain this feeling, my daughter, perhaps it is best just to call it an opening that allows something still unknown to happen."

After several minutes had passed, I felt clear and relaxed.

"Come," Agnes told me. "It is time to Dream."



This year, we will explore the power of that emptiness that draws us into movement with spirit. As we move back into the basics of shamanism together and delve deeper than ever before, let me ask you this:



Do you have the ability to connect with all of the very real parts of our physical world in a way that allows you to truly learn from it? Can you work with plants, animals, birds, even rocks, and ask them to teach you their wisdom, to guide you in your times of need, and to sit in silent communion and love with them?



Can you speak with the Wind, and allow it to fill you with its wisdom and Power?

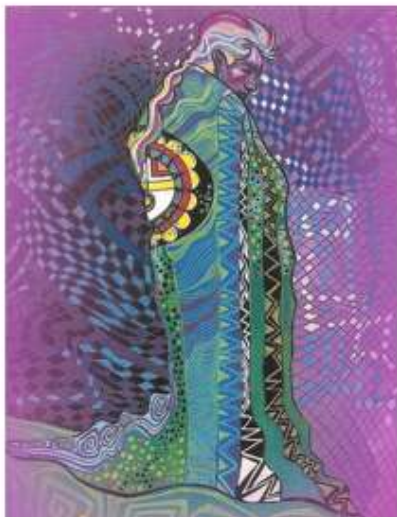
A Shaman can do all that, and so much more through Dreaming – working with the spirits of all the beings that share this planet with us, as well as the Great Masters, our Ancestors and incredible women and men of power who have gone before us.

Shamanic journeying is a way to feel personally empowered in our life, a way to open ourselves to revelation and inspiration, and a straightforward method for accessing the spiritual guidance that awaits us on different planes of consciousness.



Because this is such a valuable tool, I am focusing more on Dreaming this year, and giving you new and more profound ways of using Dreaming. If you are new to this work, you will benefit from learning this amazing approach to spiritual development. If you have been working with me over the years, I am going more into detail on the different types of Dreaming, how to work with new and exciting members of your own Spirit Council in the Dreamtime.

We begin with my new Online Course, "Medicine Woman Visions: Strengthening Your Dream Body." This experiential offering from the Sisterhood of the Shields through me is crafted in a way that will lead you to discover and experience a clearer understanding of how your Dream Body works, and many different ways of using Dreaming to re-write your own life story. By working with the Wind, and understanding the true power of Windhorse energy, you will build your dreaming muscles, and prepare yourself for incredible adventures together with me in the Dreamtime.



I do hope you'll check out this new online course, and register for our amazing new Joshua Tree Event, "Medicine Woman Visions: Dreaming with Your Spirit Council." You will experience how to awaken your Dream Body in new ways. Together we will journey into the Upper and Lower Realms, where you will meet and work with members of your Spirit Council you've not yet met, and expand your awareness of your place in the cosmos as a Spirit Being with limitless possibilities.

We have such an amazing year ahead of us! I so look forward to working with you – please register today!

In Spirit,

A handwritten signature in black ink, appearing to read "Lynn". The signature is fluid and cursive, with a large initial "L" and a long, sweeping underline.



Online Course 1:

***Strengthening Your
Dream Body***

March 3 – 31, 2017



This four week course is a perfect introduction for those who are new to Shamanic Dreaming, but is also a great opportunity for growth for those who have been Dreaming with Lynn for a while to further strengthen their "dreaming muscles."

You nurture your soul by building your "dream muscles," by intensifying your ability to move in and out of the Dreamtime with ease. Khalil Gibran tells us:

Trust in dreams, for in them is hidden



the gate to eternity."

Dreaming is a way of having a dialogue with the divine. From your dreams, you receive inspiration. Then you manifest this inspiration in your life, and the sacred spiral of your existence is set in motion.

Your dream body is that part of you that dreams, and it is one of the most powerful gifts you will ever have. It is the place of energy within your being of light that travels – sometimes at will and sometimes not – into a parallel reality. As you learn how to access your dream body, you align your point of view with the power and flow of the universe, and you move into harmony with life.

In this course you will:

- Use the Power of Movement to support your chakras in preparation for Dreaming
- Work with the Wind to hear the voices of your dreams
- Wild-Dream to create a new life story
- Experience a variety of meditation practices and Dreaming opportunities

Join Lynn in Online Course 1, as she explores "Medicine Woman Vision: Strengthening Your Dream Body."

Registration Is Open!



**“Medicine Woman Visions:
Dreaming with Your Spirit Council”**

**28th Annual Joshua Tree Event
June 16 - 18, 2017
Paradise Valley, Arizona**

www.lynnandrews.com

Join Lynn Andrews for three wonderful days
and Awaken Your Dream Body in New Ways!!

Move deeply into shamanic journeying to meet and begin working with some of your Spirit Guardians and Guides who love you and are always with you. Surprise yourself with the power of your own gifts. Through meditation and guided visualization, we will

- Journey into the realms of the Higher and Lower Worlds,
- Sit in ceremony with the new members of your Spirit Council that you meet, and
- Honor them with sacred art and join in joyous ceremony as you celebrate this wondrous event.

Prepare to be lifted to new heights of consciousness and most importantly, feel your heart and your entire being expand with unbelievable joy!

[Register Here Now!](#)



"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 gateway is still open! 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.



Living in the joy of your original nature!

Register Now at:

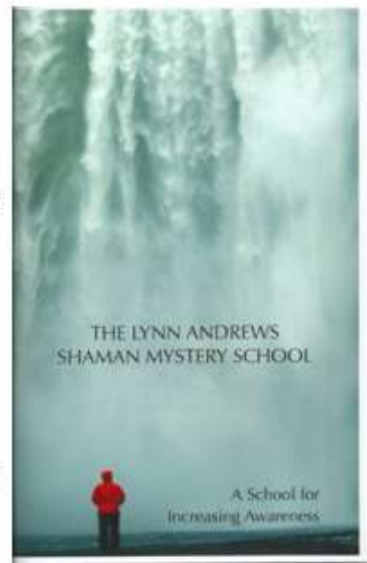
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The study of shamanism is about learning to go into your own physical, emotional, mental and spiritual self and listen to the voice of sacred spirit as it speaks directly to you.

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.



Sign up today! A wonderful journey awaits you!

<http://lynnandrews.com/>



Every month Councils come together in our local areas to share in the Sacred tasks and Teachings created by Lynn and the Sisterhood of the Shields, providing us with the Sacred space and opportunity to explore our Shaman selves in deep and often profound ways.

Check out the current Councils on Lynn's Website:

<http://lynnandrews.com/councils/>