



*Lynn Andrews*  
Ancient Teachings for a Modern World

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**“Shaman power is the power to bring harmony and balance into your life and into the life of others....”**

Agnes Whistling Elk is not just one of my greatest teachers, but someone near and dear to me. I learned early in my work with her to listen carefully to everything she said, because there is a lesson in every word. It has been my joy for the past decades to bring her words to you, because although she said them to me, she was teaching us all. It is also my joy to offer you many different ways to walk your path towards a shamanic, balanced life of harmony.

“When you begin to balance yourself in a shamanic way, you begin to see magical glimpses because you are telling the beings of the earth that you believe in beauty. As a storyteller you must understand this. You are becoming a woman spinner. To learn about power is to spin or to weave the concept of life into tangible forms. To lift beyond your ordinary

vision and see the forces that give us life. That is why I am teaching you to understand things with all of your being, with all of your senses. Your sight, hearing, taste, smell – all that you are as woman.”

Agnes Whistling Elk  
*Spirit Woman*

I hear people every day complaining that their lives are incomplete, they have no choices, they can't fix it. It hurts my heart to hear them giving up on themselves, believing that someone else or the government is responsible for their well-being and happiness. Certainly we've all experienced what seems like bad things happening to good people. We all go through tough times. It is how we react to those challenges, the choices we make, however small or meaningless they may seem at the moment that gives us the power to create our lives of power and harmony.

I have dedicated my life to giving you many different tools you can use to create your lives in harmony with your dreams and talents. When we accept that we are the weavers of our lives, and each thread we chose for that weaving is significant in the overall pattern, we are able to claim our own inner power. Within each of us is a universe filled with meaning and potential. Every choice we make, from how we treat animals to the words we use in dealing with others becomes a thread in our weaving, and strengthens our lives in beautiful and meaningful ways.

Use all of your senses today as you walk through your ordinary day. See the miracles that surround you, and the beauty and strength that you have within to help you with whatever obstacle may present itself. Truly, have a shamanic day!

InSpirit,

A handwritten signature in black ink, appearing to read 'Agnes', with a large, sweeping flourish extending to the left.

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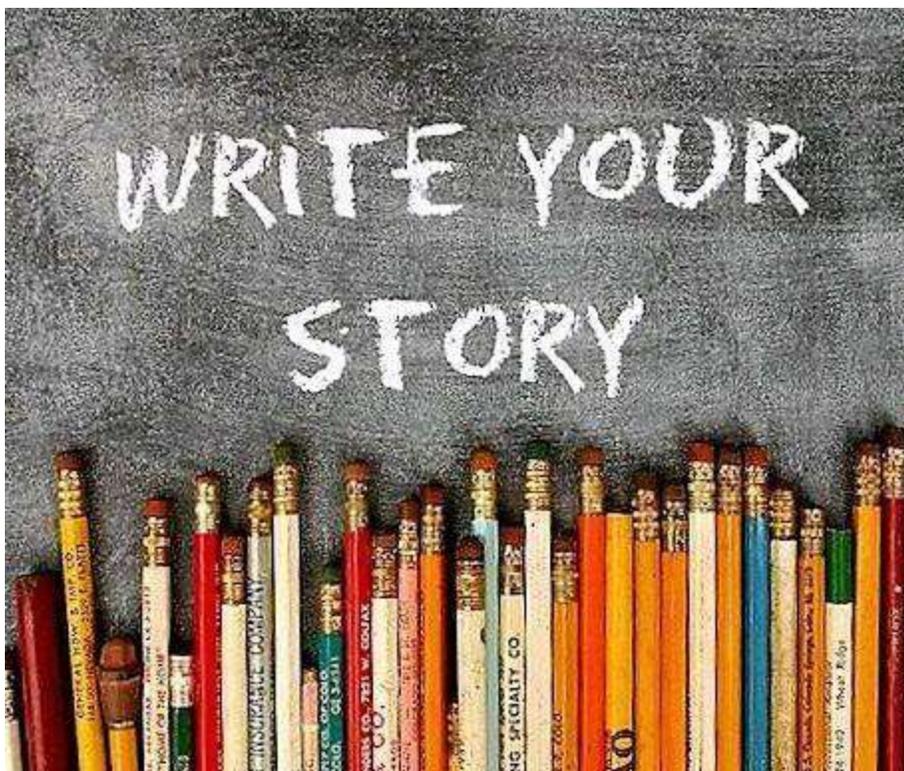
Creating Emotional Freedom

[www.lynnandrews.com/mystery-school](http://www.lynnandrews.com/mystery-school)



For more information on how you can join our Mystery School and weave a new, shamanic pattern for your life, visit

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with

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*Lynn Andrews is the New York Times best-selling author of the*



*Medicine Woman Series, which chronicles her three decades of study and work with shaman healers on four continents. Today, she is recognized worldwide as a leader in the fields of spiritual healing and personal empowerment. A shaman healer and mystic, Ms. Andrews is widely acknowledged as a major link between the ancient world of shamanism and modern society's thirst for profound personal healing and a deeper understanding of the pathway to enlightenment.*

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