



INSPIRIT NEWSLETTER VOLUME 12, ISSUE 11 NOVEMBER 2018

**My Friends! I have three things I want to share with you for next year. I know it seems like a lot to present, but the nature of these experiences are so diverse, and such treasures for you. Please stay with me and take time to read through these opportunities below. Love, Lynn**

My Dear Friend,

How often do you feel pulled in different directions; perhaps your physical being feels exhausted and stressed as if somehow you can't get mind and body to fit together? I think we all struggle with that at times, and as the holidays approach, it is so difficult to juggle all the demands we place on ourselves, and can feel as if we never get anywhere. It is so frustrating.

I remember when I was traveling in the Dreamtime to work with Shakkai, how difficult it was for me to have one foot in the future and the other in the present. It was Ruby who helped me to understand my frustrations and what was happening to make me feel that way.



*"The Great Spirit has been trying to enlighten the beings of this earth for all time. It is a very difficult task, as you well know, for when you tear away a veil of ignorance from someone's vision, another replaces it. As we move through this existence, problems beset us at every turn. But there comes a time when you begin to understand the greater patterns in life, the energy flows.*

*We are involved in a sacred dance. We have chosen this dance but it is very difficult to walk with a foot in each of two worlds, the material world and the spiritual world."*

*"But what is the meaning, Ruby? I understand that I am moving through this, but is there an underlying meaning to the deaths and rebirths each life experience offers that I am missing somehow?"*

*"Yes, this earth is a schoolhouse," Ruby replied, "and you have a great privilege to be here amidst the beauty of this Great Mother. She teaches you whatever you need to learn. For each of us, those teachings are different. In this lifetime, you have hard lessons – lessons about family, about commitment, about God. You have lessons that we grapple with every day in our work with you. Sometimes those lessons are very painful, because they demand that you change, no matter how hard it may be. You have to shift and change to grow. And you experience trials, difficulties, and a whole new world that is now unknown to you. And you will learn that we each have the possibility of becoming a great shaman in this lifetime, but only a possibility. If you do not have the intent and the wherewithal to follow what is offered, to experience the death of what is in order to make room for the birth of what is to come, the possibility will be lost, and you will simply move to another one."*

*"Sometimes, Ruby, I know what I have accomplished, and yet I don't feel that I have truly accomplished anything."*

*"One day, Little Wolf, you will understand that to be loved, it is not necessary to accomplish. It is only necessary to be, simply to exist in your state of awareness. If you want to accomplish something out of that state, that is fine. There is unconditional love in the universe, not only from your friends and teachers, but somehow there are times when you don't feel that."*

*"Yes, it is true, Ruby. Sometimes I feel so very alone, and other times I feel at the center of the universe, and know that I am one with the Great Spirit."*

*"Those movements, those shifts are very important," Ruby said. "Remember, enlightenment is within the process and contained in the process of movement. Without that movement, there is no life."*



As winter approaches and we watch the splendor of autumn fall to the earth and die, remember the process is necessary. It is Mother Earth's movement, her renewing of self through death in order to prepare for rebirth, allowing herself a season simply to exist in her state of awareness. And when she is ready, the colors of spring will begin to sprout, bringing rebirth and joy to us all.

May this time of moving into darkness and hibernation bring wondrous change into your lives. Allow yourself to exist in your state of awareness, and if you wish to accomplish something from that state, let it bring you great joy. **Remember, you are loved simply for being.**

In Spirit,



**There is still room for you to cruise the  
Blue Danube River with Lynn  
July 3-14, 2019**

Our cruise starts in Prague, and ends in Budapest as we journey into our authentic history, for some, and explore our inherited DNA that so affects our daily life and our point of view. The Blue Danube, the river itself, contains so much history of war and peace from Attila the Hun to Mary Magdelene.

Explore your DNA and all that means with us as we see for the first time the ancient structures of kings and queens, and magnificent architecture, art and beauty. Understanding your genetics and your DNA will *change your life and be quite an adventure!*

DANUBE CRUISE 2019

## WRITING SPIRIT, THE SCHOOL



**Please join me in my Writing School.**

**The school is evolving and growing, and  
now is a perfect time for you to grow with us.**

**In Year 1, you enter the *Writer's Room*,** writing about your world, searching for your own voice and style, and discovering what you want to write, while looking at the world from First Attention. Learn the elements of plot and story, and how to create the beginning, middle and ending of anything you want to write.

**In Year 2, you move into the *Author's Room*.** Imagine what it is like to live the writer's life, and what that means to you. In the Author's Room, you'll approach the abstract aspect of words being put together with beauty, truth and style. The Author's Room is your place to gather with other authors, sharing work and talking about style and creativity.

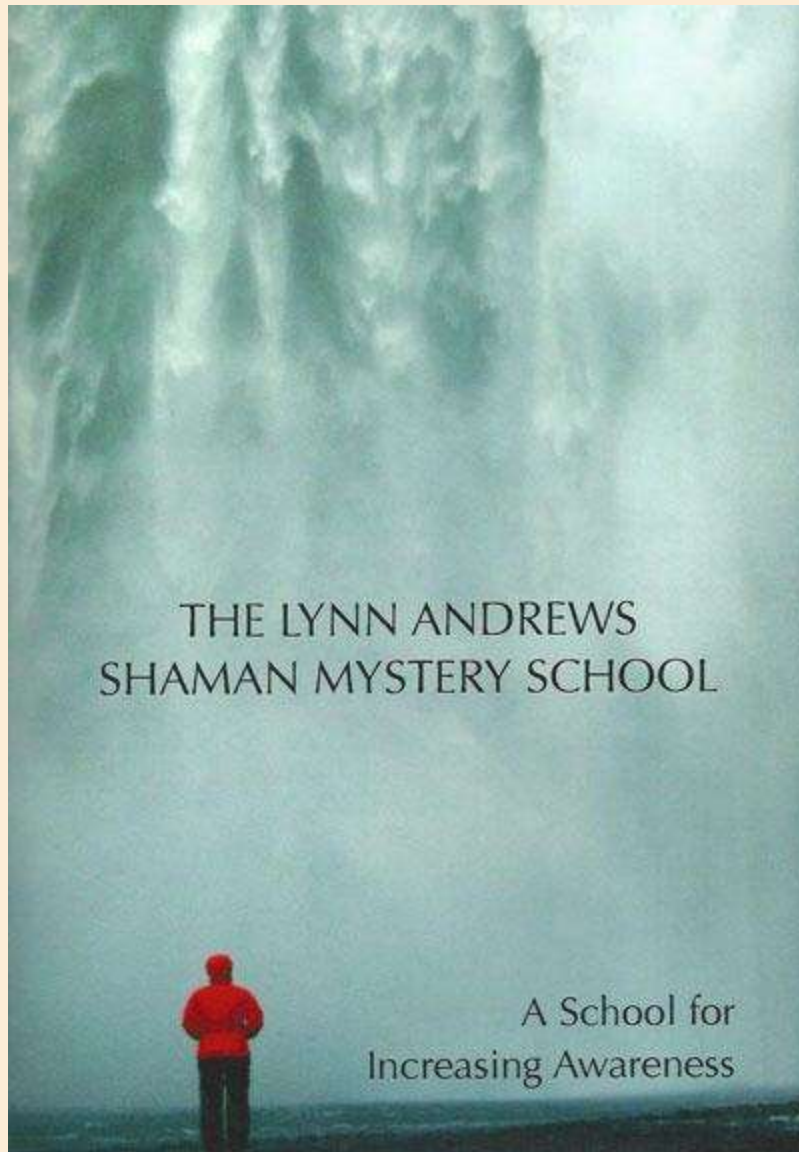
**Are you ready to write Your Story?!**

**WRITING SPIRIT, THE SCHOOL**

**This is your year! Join me...**

Our four year Shamanic Training is carefully and skillfully designed to support your journey of self-discovery and awakening to the beauty and power within you. Discover the ancient teachings of the Feminine Divine and learn how to heal and integrate both your Sacred Masculine and Sacred Feminine Energy Shields into wholeness. Through sound, action and intention, you heal the energy centers of your body – your heart, solar plexus and chakras.

**This is a joyous journey, and I want to share it with you!**



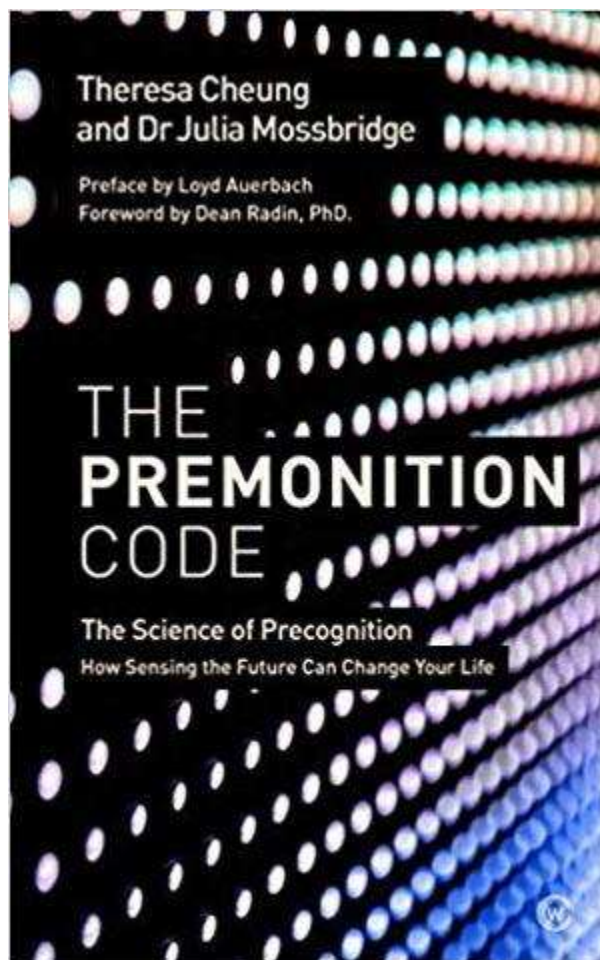
THE LYNN ANDREWS  
SHAMAN MYSTERY SCHOOL

A School for  
Increasing Awareness

THE SHAMAN MYSTERY SCHOOL

**Kindred Spirit Radio Show**  
with host Lynn Andrews

November 27, 2018  
Tuesday, 9-10am Pacific Standard Time



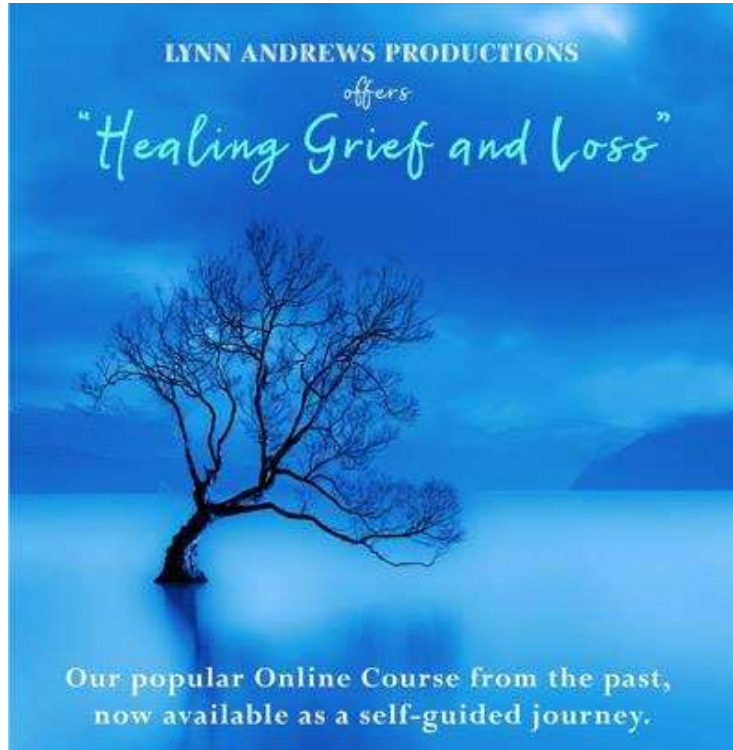
Lynn's Guests: **Teresa Cheung and Dr. Julia Mossbridge**

Join Lynn on her monthly Radio show as she interviews Teresa Cheung and Dr. Julia Mossbridge, authors of the groundbreaking book, "***The Premonition Code.***" Together they reveal revolutionary new research showing that sensing the future is possible, and provide practical tools and techniques you can use to develop your own powers of precognition.

**Listen Live or Later on the Podcast click below.**



## KINDRED SPIRIT RADIO SHOW



### "Healing, Grief and Loss" Online Self Guided Course

**This course, as well as the Oracle of the Talking Stick,  
Parts 1 and 2 are available today!**

**VISIT LYNN'S ONLINE STORE**

Read the Newsletter Archive on Lynns website, [Click here](#)

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