



DECEMBER 2019 • ISSUE 13 • VOL 12

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## A Season of Hibernation; Joy and Celebration!



O Great Spirit,

As I lie down for the long winter to pray and more deeply understand my true nature and the nature of this Great Mother Earth, my spirit is like a hollow log filled with your light.

**May I never lose touch with what is real and true. May I touch the snows of winter with my fingertips and be reminded of the purity of your being.**

**May I see the reflection of your face in all of the beings who surround me.**

**In my long dream, through the long winter night, may I receive symbols from you that will deepen my understanding and help me to go beyond the limits of language, into the dreamtime. I await the imprinting of your knowledge into my emptiness. Help me to understand, Great Spirit all that I have come here to learn in this lifetime.**

**As I move into the sacred dreamtime of winter, I offer my prayers of gratitude and love**

*~Lynn Andrews, December 2008*

**Once again we move into the season of winter, Mother Earth's gift to us of hibernation for dreaming and reflection and silence.** Yes there is chaos and darkness around us and our lives have become so jam-packed with distractions and "responsibilities" throughout this year. We think we don't have the time to take a good look at where we've been and where we are going. *Close your eyes for a moment, and take a deep breath...*



## **Dreaming**

As you prepare yourself for going into the cave of hibernation with Great Dreaming Bear this winter, really sit down and look at your life. Write it down, what is working for you and what is not. Write down what your great dream for your life is, and then look at how you could better spend your time to move towards it.

*"Dream this winter on the stars, little one," Twin dreamers says to you.*

*"See what knowledge and wisdom they have for you. Remember the lesson with Agnes and Ruby, and remember that you do have the ability to create your dreams in the world, no matter how hard it may seem at the time. The magician remembers the trail and takes a different one, even if it is more difficult. In this way, you build strength."*



## Reflection

It is a time of resting, a time of gathering your thoughts and going around the sacred wheel to look at the health and well-being of your spirit, your mind, your body, your emotions and where you are in life. It is the time to take stock of your life as your own, appreciate and celebrate all that you have accomplished over the past year. Take the time to write down in your journal all of your accomplishments this year. *Celebrate!*



## Silence

The hibernation of Spirit also means the rebirth of understanding of your physical realm. It may not seem so, but now is a great time in human history. You have the opportunity to join in the rebirth of your creative spirit into an expanded being. In stillness, move deeper within yourself, get back in touch with the joy that you carry in your body, mind and heart, and not matter what emotion you may be feeling. Joy becomes then a decision you make, with courage and a brave heart, to react to the chaos and difficulties of life in a way that holds us in your center, balanced and in

touch with your ecstatic nature. Your bliss becomes a light in the world, and in this season where our ceremonies and celebrations are all about Light, your Joyfulness is a gift to yourself and to all who see it.

*"Sometimes joy is the source of your smile, but sometimes your smile can be the source of joy." ~ Thich Nhat Hahn*

**Remember this is the time of year to be in gratitude for all the wonderful gifts of our lives, the profound gifts of life, beauty, and, yes, the challenges we are all sharing.** We are all feeling ragged during these days of so much upheaval and turmoil. Even if it's not going on in the middle of your own life, it is happening all around you, and all of life is feeling the stress. Be kind, gracious and nurturing to your entire being. Love your body, love your mind and love your feelings. Yes, we don't always take very good care of our bodies. We let our mind and our emotions run away with us and make us absolutely miserable. So love yourself for the wonder of life that you are, and love yourself for your frailties.

This is a sacred time for everyone in the world, no matter what your religion or beliefs, and I send you my heartfelt wishes for a very special and beautiful season. I love you, and I am deeply grateful for the joy you give me and the gift of having you in my life!

A handwritten signature in black ink, appearing to read 'Lynn', written in a cursive style.

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**COMMENT on Facebook to WIN!**



To Enter, COMMENT on Facebook using the link below with one of your favorite quotes from Lynn's book, "*Medicine Woman*".

The winner will be notified on Dec 23, 2019 via Facebook or LinkedIn messenger.

[COMMENT on FACEBOOK LINK HERE >>](#)

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## MYSTERY SCHOOL OPEN CALL with LYNN



Tuesday, Dec 10, 2019

**6:00 - 7:00 pm (PT)**

**Mystery School Open Call with Lynn Andrews.**

Call in Number: **712-770-4160**

Enter code: **459882#**

Lynn will discuss the Shaman Mystery School and answer your questions.

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**HOLD The DATE!**



**Summer Joshua Tree Gathering 2020**

**July 22-26, 2020**

**Wednesday to Sunday**

This will be our **31st Annual Summer Event**. Location and details will be coming soon. *Stay tuned!*

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**Lynn Andrews' The Shaman Mystery School**



**Come join us for an extraordinary year of learning!**

**ENROLL TODAY!**

**Study with Lynn Andrews!**

See what the Mystery School has to offer YOU.

## The Shaman Mystery School

### Lynn's Shaman Mystery School Scholarship Fund

#### Would you like to help a Shaman Apprentice in 2020?

**Make your donations count by donating to the Lynn Andrews' The Shaman Mystery School Scholarship Fund!**

We encourage the public, Councils of the Whistling Elk and Kindred Spirit Lodges to donate to Lynn Andrews' The Shaman Mystery School Scholarship Fund. Your donation will help with the expenses for a current apprentice in need.

*The minimum donation amount is \$10. Scholarship donations are non-refundable.*

**DONATE to the Shaman Scholarship Fund**

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### Writing Spirit, The School



**Find Your Glorious New Style in a New Year!**

**Join us in my Writing Spirit, The School!**

**ENROLL TODAY!**

Have you ever dreamed of becoming a writer? Is there a Story inside you wanting to be born? Find Your Voice. Discover the book within You.

## Kindred Spirit Radio Show



**With Host Lynn Andrews**

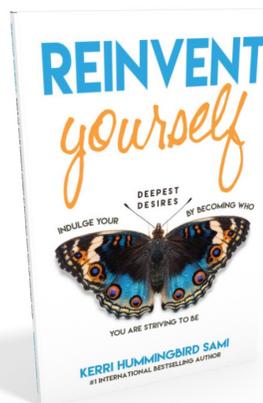
On HealthyLife.net Internet Radio

**Tuesday,**

**December 24, 2019**

**9:00 – 10:00 a.m. (Pacific Time)**

Lynn's guest: **Kerri Hummingbird Sami**



Join Lynn on her monthly Radio Show, *Kindred Spirit*, as she talks with Kerri Hummingbird Sami, author of *Reinvent Yourself!* and How to claim your deepest desires.

Kerri Hummingbird Sami is a soul guide, shamanic healer, award-winning author and inspirational speaker. Kerri has over 20 years of experience in leading by inspiration, and a special passion for empowering women to be the artists of their lives. She mentors women to rewrite the story of their lives through inner transformation, connection to essence, remembrance of purpose, and realignment to authenticity and truth.

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

**Kindred Spirit Radio Show**



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