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How do you handle risk in your life?

How do you handle risk in your life? How do you push the boundaries of your existence past what you ever dreamed you could be or do in this world? Remember this concept of risk: wiping away laziness of spirit. Human beings are by nature lazy. This is not a judgment of us. It is simply a statement that most of us have to learn to take our power the hard way.

I had to learn to risk.

I had to learn to take my power in my work with the Sisterhood, and it was not easy. All of my books are filled with my fears and my vulnerabilities, all of the ways that I tried to sabotage myself instead of stepping into my own power. I had to learn to risk. I had to learn to understand the importance of overcoming not only the laziness of the physical but also the laziness of spirit.

Move into Impeccability

Anger, humor, and fear awaken our will. When we take a risk in our lives, like writing a book or learning something new, we are exercising our will and our intent; we are moving into impeccability. We pull our focus, our intent and our ability together, and then we take the risk of doing something out of our own truth that is based in love. That is how we grow and we shift. Impeccability implies a time of gathering and going within, and also a time of letting go of what you do not need so that you can be unhampered as an impeccable warrior of spirit.

What risks can you take to heal “spirit sleep”?

What is it in your life that creates laziness of your spirit? What thoughts do you hold in your mind that feed your fears, that keep you lazy in the world and in spirit? What risks can you take to heal this "spirit sleep" and move into creating your wonderful acts of power and happiness?

Focus on your impeccability this month, on what you do well and what you love to do!

In Spirit,



Acts of Power in Energy Magazine

Thank you Energy Magazine for featuring Acts of Power, Daily Living for Inspired Living.

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Energy magazine
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Soulful Reads

with Allison Bruce

As this issue of *Energy Magazine* is centered around energetic environments, I thought choosing reading on presence was a meaningful connection. When beautifully present we are our higher selves. I recently read a comment expressed in *Calling in the One* by Katherine Woodward Thomas: "The greatest gift you can ever give anyone is your complete and undivided attention. Never underestimate the importance of simply listening to others." If you are an author or publicist and would like to see your writing featured please email me at allison@journalingforhealth.com. Joyful reading to you!

1 | Rituals of the Soul, Using the 8 Ancient Principles of Yoga to Create a Modern & Meaningful Life By Kori Hahn

"I am a human living my soul's purpose."

Rituals of the Soul by Kori Hahn is empowering, restorative, and educational. Kori offers interpretations and illustrations of the eight principles of yoga including the tools of meditation, breathwork, and affirmations, in a simple fashion. Her aim is beautiful, to help the reader discover and live their dreams. I remain with three valuable takeaways. The first is a steady reminder to bring my presence into my heart space and listen to its wisdom. The second gift is a stronger meditation practice and inspiration to write more meditations. And lastly, I have gained clarity about dreams. I hope you find the adventure the author intends for you in this book.

"As you teach your mind to live in the present, you will start to find the natural peace that exists within you."

2 | The Power of Now, A Guide to Spiritual Enlightenment By Eckhart Tolle

"Being is the eternal, ever-present One Life beyond the myriad of forms of life which are subject to birth and death."

For this issue's classic book selection, I choose *The Power of Now, A Guide to Spiritual Enlightenment* by Eckhart Tolle. If you have not read the New York Times Bestseller (as the title alludes) it is about the healing benefits of being in the present moment. This book flows with insight. My biggest take away has been a shift in consciousness. Prior to reading, I thought of my spiritual presence as being mostly outside of my body. Since reading, I am stronger tapped into a higher state of being inside my body. I also gained more comfort with the concept of surrender. *The Power of Now* is a page turner for knowledge and direction.

"Transformation is through the body, not away from it."

3 | Acts of Power: Daily Teachings for Inspired Living By Lynn V. Andrews

"Healing from the conditioning and changing your patterns, takes time, repetition, and remaining committed to your intent. But the breakthrough comes, and one day you wake up in your authentic self, and you know it to be true."

Acts of Power by New York Times best selling author Lynn V. Andrews might look minimalistic but it is nothing short of powerful. Lynn shares 365 daily Shamanic readings intended to "offer pivotal insights for living a joyful life." Soon after beginning to read a page each morning for inspiration, I sensed a shift of energy moving through my life that felt nurturing and dynamic. I most appreciate the compelling archival messaging.

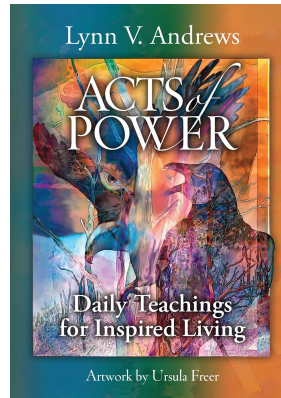
"Pray for the betterment of wrongs that you see all around you, and embrace that which symbolizes the holy paradise on this earth. Walk in beauty all the days of your life."

10 May/June 2022

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Featured Graduate

**I would like to introduce you to one of my graduates
from the Shaman Mystery School, Lisa Bell**



Conditioning. Letting go of my conditioning was the hook that got me into Lynn's Shaman Mystery school. I read Medicine Woman, jumped in with both feet sight-unseen, and never looked back. After graduation and ordination, I went back to college (an act of power) and learned to teach children with disabilities.

[Learn More About Lisa](#)

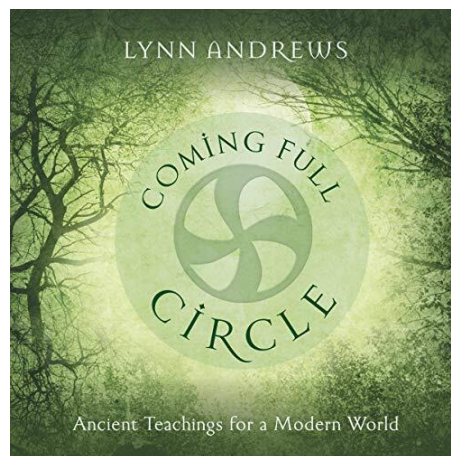
Schedule a Session With Lynn



"Sometimes it is important to speak with your teacher or someone who has walked the path of healing the mind and heart before you. I have worked with my teachers for over 30 years and still, I rely on their wisdom and guidance, often daily. If you would like to deepen your journey, schedule a Private Intuitive Session or Personal Reading phone session with me, please use the online scheduler to select the date that works for you."

Book Session

Audio Books By Lynn Andrews



***Coming Full Circle* is available in Audio Book format.**

Coming Full Circle reminds us that there is no beginning and no end to the circle of life. In this time of great fear and confusion in the world, Lynn shows

how her teachers have led her - and by extension all of us - to confront her deepest fears and accept without hesitation that there is a spiritual solution to every one of life's problems.

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Haven't you always wanted to write a book about your life? This is a very propitious time to write about your innermost experiences and perceptions as you experience through my books. I take you on a journey into your heart. This is a wonderful time in our human history to produce in writing how you see your world. This school, **Writing Spirit, The School**, is about finding your creative soul. You have a very unique voice. It is your style, your vision and it is purely your own. How wonderful it is to share your beauty.

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Kindred Spirit Radio Show



With Host Lynn Andrews

On HRNradio.com Internet Radio

July 26th, 2022

Tuesday

9:00 – 10:00 a.m. (Pacific Time)

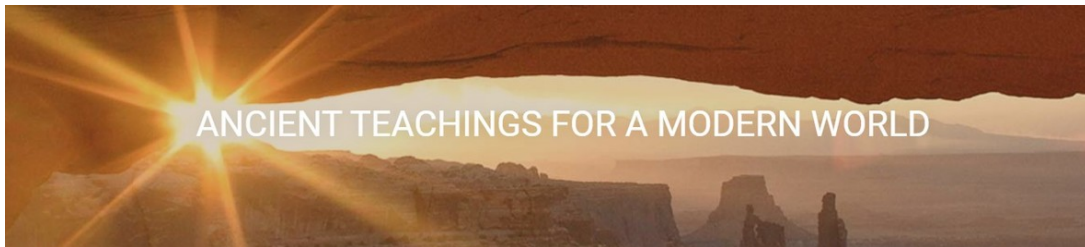
Lynn's guest: **Vincent Genna - The Secret That's Holding You Back**

Listen Live or Later on the Podcast link below.

Kindred Spirit Radio Show



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