



NOVEMBER 2022 • ISSUE 16 • VOL 11

"If you speak to a person who is standing in a powerless position and ask her to take her power, she becomes frightened because you are implying change. She must take a step into the mystery of the unknown to become powerful." -Agnes Whistling Elk

My trusted teacher and friend Agnes Whistling Elk often says that we are frightened of the unknown because it is so unfamiliar to us. Why is it that we have grown so afraid of the unfamiliar, especially when much of what is "familiar" is exactly what is blocking us in life? What has happened to the great human spirit of discovery and invention that has brought so much good into our world? This is not a question that anyone can answer for you. It is something you must answer within yourself. Then, when you find yourself standing in a powerless position, you will know what you must change in order to become powerful in your life.

Become willing to venture into the unknown

If you could sit in front of Stonehenge or the great pyramids of Egypt, you would understand that you are in the presence of great power, power that comes from an unknown source yet is as undeniable as it is mysterious. You don't have to travel to Stonehenge or Egypt to find the mysterious world of the power that already resides within you. All you have to do is become willing to venture into the unknown wilderness of your very own self, the place within where your own personal truth resides, the place where you are one with the Great Spirit and all of life.

I know this because it is something I have learned from my own experiences

with my teachers, experiences that were often as terrifying as they were difficult, at least for me. When I first found Agnes Whistling Elk and Ruby Plenty Chiefs – and through them the other women of the Sisterhood of the Shields – I was filled with fear. In the beginning, I so desperately wanted change, but it was the thing I feared the most. I was terrified of the unknown. As my training progressed, it became imperative that I lose this fear, that I learn how to grow beyond it and stop using it as my crutch and excuse for staying stuck in a life I did not want. My teachers showed me that if I would become willing to let go of my fear of the unknown, I could move into the sacred mystery, where the miracle of existence emerges from the darkness and transforms us into the higher spirituality that we so want to attain.

It's all a matter of perspective

When you are ready to bring much-needed change into your life, you discover that it is all a matter of perspective. You can either choose to see change as something to fear or you can see it as something to embrace, a gateway to discovering the seeds of success, harmony and your own potential in life that are already within you. So how do you take this step into the unknown? How do you really change? Are you frightened of change, or do you embrace it?

If you want to change, you must look at your fear of change for what it really is: Your own self-imposed limits that come from unhealthy life conditioning and the layers of fear that your mind tells you to believe as fact. Agnes says, if you want to have power in your life, you must make a place for power to live within you. You do that by letting go of your fear of power, letting go of your fear of the unknown, letting go of your fear of change.

Power is something that you build

Power is something that you build through having faith in yourself. When you back away from your power, as I did so often when I began working with the Sisterhood, what you are really doing is expressing a total loss of faith in your own capacity. But how will you ever know what you are truly capable of doing until you take the risk and try? Take the risk of seeing yourself as the co-creator of your own life, along with Great Spirit; you have the capacity to do that!

Step into the Mystery of the Unknown

As you move toward your own capacity, you move toward embracing change. That is when you step into the mystery of the unknown, simply by doing something you didn't think you could do. Take the time now to look at all you have done in your life and be proud of yourself and what you have

accomplished. Look at all of the changes you have already embraced and recognize that change is only frightening when you stand on the edge and do nothing. If you want to move forward, use the strength you have gained and what you have learned about yourself from what you have already accomplished and let them energize you for the changes you are about to make as you continue this amazing journey called life. Then you can replace your fear of change with your passion for what you want to accomplish and move forward with beauty and strength!

In Love and Spirit,



Lynn's Legacy Continues!



School starts on January 8, 2023

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.

Want to find out about being an apprentice in The Lynn Andrews Shaman Mystery School? Begin by Pre-Registering in Lynn's Shaman Mystery School and receive some wonderful meditations, teachings, and other benefits. The \$250 goes towards your tuition as an Apprentice in the Mystery School. Learn more by clicking on the button below.

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JOIN US FOR QUESTIONS AND ANSWERS

THE LYNN ANDREWS SHAMAN MYSTERY SCHOOL

WEDNESDAY, NOVEMBER 16, 2022

5 P.M. PACIFIC TIME (8 P.M. EASTERN TIME)

Use this link to receive the Zoom Link to participate:

<https://lynnandrews.com/pages/live-call-in>

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Featured Graduate of The Lynn Andrews Shaman Mystery School

Meet Cheryl Downey



Cheryl Downey is a shamanic grief-healing practitioner, teacher, and author. She graduated from the Lynn Andrews Center for Sacred Arts and Training in 2003; and founded Sacred Wheel Center for Grief and Healing in 2014, later Sacred Wheel Center, Inc., for 1:1 and group sessions, teachings, workshops, and retreats. She leads a one-week Healing Grief Around the Sacred Wheel fall retreat at Ghost Ranch in New Mexico. Cheryl has written several articles for local publications and is currently the author of *Emerging: Mysteries of Grief and Other Awakenings*, which is nearing publication.

Website: www.sacredwheelcenter.com

[Learn More About Cheryl](#)

Kindred Spirits Radio



November Show:

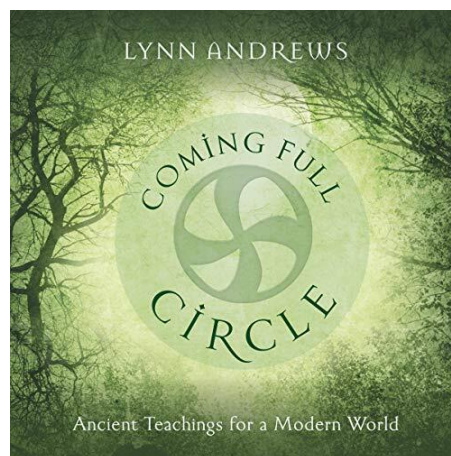
Date: Tuesday, November 29th, 2022

Time: 9:00 – 10:00 a.m. (Pacific Time)

**With Guest: Beth Beurkens - Shamanic Wisdom:
Pathways to Soul Purpose**

Kindred Spirit Radio Show

Audio Books By Lynn Andrews



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A banner image featuring a landscape with a bright sunburst effect on the left side, casting light across a valley with mountains in the background. The text "ANCIENT TEACHINGS FOR A MODERN WORLD" is centered in white capital letters.

ANCIENT TEACHINGS FOR A MODERN WORLD

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