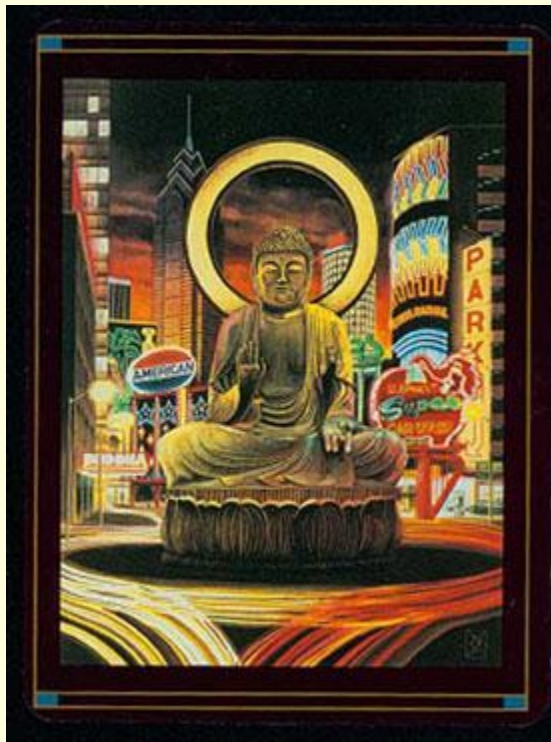




Dear Friends,

Never leave your center. Count your bad points as well as your good. What is good and what is bad are most often purely relative. If you sense a weakness within yourself, explore it. It may become the source of your greatest strength. As you sit like a sacred Buddha amid the pandemonium of your life, always remember that the situation or person who has the ability to upset you the most, to pull you off center, is your greatest teacher in the process of centering. Such negativity can become your addiction. Center yourself in your power, and release your need for constant distraction from your center.

("Centering" card, The Power Deck)



The illustration left is the face of the "Centering" card in my **Power Deck**. It is entitled "The American Buddha," and it is a picture of Buddha, sitting in the middle of the chaos of a large city, with the brilliant distractions of neon signs and traffic, honking horns and blaring music swirling all around, crushing into one another in their mad dash to somewhere. But Buddha sits there in silent serenity, his right hand raised as if in reminder or perhaps even greeting, a golden halo of light encircling his head.

Imagine yourself like the Buddha. You are a shaman, a Buddha sitting amidst the chaos of a large city. The whirl of traffic and people around you does not disturb you. Breathe deeply. As you inhale, fill your belly with air which is the breath of the Great Spirit. Allow this breath to reach all the way into your shaman center, and become one with it. As you breathe in the breath of the Great Spirit, pull all of your own energy into your shaman center, your place

of power which is around your navel. Meld your own energy with this Divine breath. Then, as you exhale, visualize all of the chaos that is within you leaving your body. Blow it out with your breath. Do this several times, so that you become the Buddha sitting in serenity, centered in your own divinity.

Centering is one of the most important aspects of your own personal power. If you do not live in your center, you live on the perimeter of power but never inside the world of power.

Witness the people around you in life. Witness how they seem to be stuck in their conditioning and their belief structures. Witness how rigid they are about changing, about growing. Just sit like the Buddha amid the pandemonium of your life and watch this chaos all around you.

To the shaman, Buddha signifies the higher self, the self that has grown out of worldly

distractions. When you sit like the Buddha in meditation, even in the center of a busy city but especially in the center of your busy life, you ascend to the world of spirit and your higher self. There is a city of activity around each of us which is often an assault on the senses. When you focus on your inner self and staying centered, you transcend the daily distractions clamoring around you. You do not become attached to them. You simply witness them as they whirl around you.

Instead of focusing on all of the chaos and pandemonium around you, imagine it as a landscape of many rivers heading towards the great sea of enlightenment. In truth, this is the landscape of your life right now, and not the raging rapids of chaos.

We are all on these rivers of life. It is up to you whether your river is heading towards enlightenment, or whether it is heading into the rivers of chaos and distractions.

There is an order in creativity, even though in creativity there is always destruction, because in order for something new to be born, something old must give way. The chaos we're feeling at this time in our world is part of the creativity of new beginnings. Don't fixate on the destruction that is happening around you. Instead, try to perceive what is being created out of the fragments that are flying all around you. Remember this, when there is war somewhere in the world, there is also a war within you. So look inside of yourself for the answers. What is needed inside of you to find peace? Remember, you don't hate war; rather, you love peace.

Close your eyes and imagine yourself sitting like the Buddha or a shaman. Imagine that you are in a magnificent garden in the center of this busy city. It is an oasis of peace. In this garden, you are approached by two elder women. They sit with you on soft, cool grass. You can see the leaves changing in the trees above you.

One by one, the leaves begin to fall onto your shoulders, wrapping you in a shawl of immense beauty. One of the women says to you, "These leaves represent all of the demands on your attention at this time, those things to which you want to pay heed as well as those which simply want your attention. You have accomplished much in this past year. Can you choose the leaves of your accomplishments?"

You begin to choose the leaves that remind you of all that you have accomplished, and you set them in a pile between you and the elder women. Now the other woman touches your cheek gently and says, "Now choose which of these leaves represent your negativity, all of that which keeps you from your place of serenity and centering within. Choose the leaves that speak to you of your excuses and false beliefs that keep you from being the magnificent being of light that you are. Pluck them from the shawl and place them in a separate pile."

You take some time, and when you have completed your second pile of leaves, the two women gather them up and throw them high into the air. As the leaves fall to the ground, they transform into a beautiful mandala, or shield, composed of all of the leaves from both of your piles. What does the face of this shield say to you about your center of peace within you? Do your excuses dominate its face, excuses, false beliefs and the conditioning that hold you back in life? Now is the time to change that.

Close your eyes again and imagine these wise elder women taking your hands in theirs. As you stand, the wind begins to blow. You see the sun setting and the stars beginning to twinkle. You watch as the women become like two stars, shooting up into the sky. In the fading light, your mandala also spins into the air, and then it enters you through your shaman center. As you receive this mandala, you realize that you feel whole, calm and centered in your own power and truth. Using your shaman vision, you can see that all of the leaves that represent the excuses and distractions that hold you back have blown away on the wind. They are no longer part of the

shield that you carry in your center, and you feel strong, magnificent, beautiful and greatly empowered.

Now that you have experienced this feeling of wholeness, having released the distractions and negativity that you are carrying around, let this feeling of freedom and oneness motivate you to do what you need to do in the physical world to let go of the negativity and move it all the way out of your life, scattering it to the winds like the leaves in your vision. It is one thing to sit in silence and feel whole and complete within your own center of truth, but if you get up from that meditation and go back to the same old distractions and negativity, what have you really accomplished? It is time to realize that all of the distractions and pandemonium of your life are of your own choosing. You can choose to place your focus on them, or you can choose to place your focus on your own great dream in life. Choose wisely, please.

Great Spirit, Mother Earth, Powers of the four directions, My allies, my medicine animal, my ancestors, and those who love me, be here with me now, and hear my prayer,

Beyond the landscapes of ordinary life lie dimensions of higher consciousness and perfected reality.

Somewhere in your dimension, oh Great Spirit, the Great Mother opens her arms and receives our spirit shields, which spin for all eternity. This earthly life is a gift from you, Great Mother.

I honor your presence in my life, Great Spirit, and your gift of eternal life. I know that my spirit shield is in need of balancing, that in this lifetime I have the opportunity to tear away the veils of ignorance and walk the earth in my sacred androgynous form, balanced equally between the male and female energies, within myself and the cosmos. I will manifest within this lifetime my true destiny by finding the hidden passions that live within my soul, those hidden passions for truth, for harmony and balance and goodness, that live within me.

I will not be afraid to look at the dark side of my being. The dark side is my instinctual nature, which I have denied in some way in my life. To repress who I really am is to live a lie, and to live my life through the eyes of others, not through my own eyes.

I pledge, Great Mother, to take responsibility for who I am in this life, for my weaknesses and my strengths. I pledge to walk the path as a spiritual warrior of heart. As I see the many mirrors I have created around me in my life, I will not be afraid to look in them. And I will realize that no matter what reflection I see, it is the reflection of some aspect of you, Great Spirit, and for that I will love all that I see.

To take my power in this lifetime is to understand that I am made of power, and that power is the reflection of you, Great Spirit. I understand that the first lesson of power is that we are alone in the struggle toward enlightenment. I also understand that the last lesson of power is that we are indeed all one. You are my light and my love and my way, Oh Great Spirit, and I honor you all the days of my life. HO!

In love and spirit,
Lynn

Online Course with Lynn Andrews, "4th Initiation of Light - Initiation of the Star Chamber," October 29 - November 25, 2009. Final Online Course for 2009. Registration will open shortly. [Online Courses](#)

Lynn Andrews 11th Annual Hawaii Retreat, Soul Retrieval - Discovering Your Inner Wealth, December 2-5, 2009, on the Big Island of Hawaii. Explore the true magic of this ancient land as you rejuvenate your spirit and renew your sacred relationship with all of life with shaman teacher Lynn Andrews. *Registering now.* [Hawaii Retreat](#)

The Lynn Andrews Center for Sacred Arts and Training, Lynn's 4-year Mystery School. 16th magical session begins February 2010. Registration is ongoing now. *"Every soul on earth has a mission. You can achieve this awareness in the Mystery School. The Sisterhood of the Shields and I invite you to join us if you possibly can on this amazing journey into enlightenment and self-empowerment through ancient shamanic teachings and tools."* [The Mystery School](#)

Lynn's 22nd Annual Joshua Tree Gathering, at the beautiful Ghost Ranch in Abiqui, New Mexico, May 27 - May 30, 2010. *Mark your calendars now!*

Out and About with Lynn Andrews:

Tuesday, October 13, 5 p.m. PDST -- Lynn will be the guest of William Constantine on The Awakening with William Constantine, <http://www.blogtalkradio.com/search/william-constantine/>

Friday, October 16 Friday, 8 a.m. PDST - Lynn will be the guest of Lorain Danus of *Energetic Solutions* and *I am Success Now*. www.EnergeticSolutions.net

Tuesday, October 27, 9-10 a.m. PDST -- *Kindred Spirit Radio Show* with host Lynn Andrews. Lynn's guest will be Mick Quinn, author of *The Uncommon Path of Awakening Authentic Joy*. Listen at www.HealthyLife.net Mick Quinn, <http://theuncommonpath.com/>.

Lynn has a new video on YouTube! Her newest video reflects the annual Hawaii Retreat on the Big Island of Hawaii. Watch now on YouTube.com by clicking on the button below!



Read Lynn's monthly articles in *Kinetics Magazine*, published by Dannion and Kathryn Brinkley, at www.kineticmag.com.

Review archived copies of past **InSpirit Newsletters** at www.lynnandrews.com/newsletter.htm

Discover archived broadcasts of Lynn's "Visionary Series." **Kindred Spirit Radio Show**

with Host Lynn Andrews, at www.lynnandrews.com/radio.htm

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