

Winds of Change

New vision and inspiration for the journey.

A Mystery School Newsletter from **Linda Heron Wind** published on each Full Moon

June 7, 2009, Full Moon in Sagittarius

Moon full at 2:12 PM Eastern Daylight Time

*Come back to yourself
When you get off-track and lost
Love will be waiting*

What's Happening?

The Full Moon in Sagittarius calls us to get out, dance in the moonlight, walk in nature, and explore the possibilities! The recent intensities are likely to continue through the Full Moon into the Summer Solstice on June 21st, so make use of this energy by focusing on the beauty all around and the amazing transformation that we are undergoing at this moment. Transformation has a known starting place, a very unsettling in-between place, and an end place that includes all possibilities. Embrace it and focus on your dreams!

Time continues to be challenging as it speeds along its merry way. I was facilitating a retreat this past weekend and time ran away from me as I was preparing for it, thus, we have an After-the-Full-Moon Newsletter this month!

*Creativity
Flows through me when aligned with
Vibration of joy*

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2009 Retreats with Heron

Held at Shequaga Retreat Center in Dansville, NY

Join us for lots of fun and loving community at the Beauty Way retreat in Sept.! Registration forms are available on www.circleinc.org

Beauty Way Retreat – September 4-6

A weekend of creativity awaits you as our beauty flows through our hands into beadwork, leatherwork, stonework, basketry, drums, rattles, and other modalities of sacred art. While you learn techniques we will work and play in loving community.

Check out www.circleinc.org to register and for more camps and retreats at Shequaga.

Other Learning Opportunities with Heron

[Online Mystery School Course](#)

Reduced price - now \$99 Enroll on line (visit www.heronwind.com) using paypal, credit card, or check. Join the twelve people already enrolled – discussion group, meditations, lectures, written material, email dialog with Heron on homework.

Includes weekly discussion lessons that stimulate growth and awareness.

(Available in workbook form with CDs, without email support or discussion group – \$40)

Pathway to the Stars: Entering the Circle of the Soul

Mystery School takes us on a journey to higher consciousness and the embodiment of the divine energy that we are. A prerequisite to using the laws of the universe, such as the Law of Attraction, in a conscious and deliberate way, is to be in alignment with your Higher Self or Soul. Manifestation from a lower level of consciousness usually brings us more lessons on mastering ourselves rather than the result that we desire. This course helps you to master each level of consciousness so that you may become a more conscious creator in your life.

This Mystery School course consists of five lessons. Each lesson includes written material with illustrations for study, a lecture, meditation exercises, homework that is emailed to Heron, and discussions questions for the discussion board. Everyone taking the course has access to the Discussion Group so opportunity is available to connect with others who are studying the same Material. You may work through the lessons at your own pace.

Lesson 1 – Circles of Consciousness

Lesson 2 – Mastering the Circle of the Mind

Lesson 3 – Mastering the Circle of the Heart

Lesson 4 – Mastering the Circle of the Soul

Lesson 5 – Living from Awareness

*Each experience
A custom curriculum
In this mystery school*

Ritual

A Bundle of Dreams – For the time between the Full Moon and the Solstice, and perhaps through the summer, create a bundle that contains the dreams that you want to manifest. Take a piece of cloth and put in it any symbols of the dream or dreams that you wish to energize. Tie it all up and put it on an altar. When you wish to work with it, open it and visualize your dreams in action.

*Dreams live with me
Seeded before birth they grow
Through my thoughts and words*

Meditation Exercise

Visiting the Void – Get in a comfortable position and close your eyes, taking a few deep breaths to ground yourself and to open to the universe. Imagine that you are looking up into the night sky. Each star is a possibility, some can be seen and many more cannot. See what star you are drawn to and then fly up to investigate that star and that possibility. Visit as many as you wish until you find one that makes your heart sing. Tuck that star away into your heart and come back into your physical body. Spend some time

with that star each day, allowing it to guide you into making real the possibility that it holds.

*Void is all that is
Contained in a swirling mass
Like endless night sky*

Article

Believing and Being

Linda Heron Wind

In this time of great intensity and great shifting that we have all been waiting for, we must continue to examine the beliefs within us that support the old world. On a conscious level we say we believe in love, peace, beauty and goodness, yet our thoughts, words, and actions do not always support these qualities. How often do we go into fear, doubt, anger, frustration, and conflict? Perhaps we have learned not to put these out into the world but if we are holding them inside, they still conflict with the world that we wish to see.

This is not to say that it is "wrong" to feel these things, as there really is no right or wrong, but when we are at choice, do we really want to put the energy of the lower vibes into the world? I certainly do not want to see more fear, doubt, anger, frustration, and conflict in the world. What often create these feelings are unconscious beliefs that are left over from childhood or are part of the ego's attempts to control the world. The feelings themselves are just there to alert us that there is an inner belief that is creating conflict. When these feelings arise, follow them their inner source and discover what old belief is creating the conflict.

There are so many old unexamined beliefs that create our experience without our awareness. For example you might say that you want abundance in your life while at the same time holding a belief that there is not enough to go around. You might say that you understand that we are all one, yet when someone else has good fortune, you feel

jealous. Or you may say that you believe that nothing happens to you that your soul has not chosen, but then worry and are fearful about the future. Really, what's to worry about if your soul is doing the choosing? Until we clear our unconscious of these old beliefs, we are at their mercy.

You might start by looking at what you wish to believe and then look for any old beliefs that might be in conflict by paying attention to your emotions. Have an intention to release these old beliefs. Then visualize what you wish to believe while meditating or before going to sleep to insert it into the unconscious where it can create a new world for you. Now is the time to be doing this work as we prepare for the shifts to come.

*Believe in goodness
For you are what you believe
Belief creates all*

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