



GLOBAL GRANDMOTHERS' COUNCIL NETWORK

Voices of Wisdom in Times of Chaos

Magazine

August 2025 Issue 09

BEYOND
HEALING
RETREAT

The Clan of the
Brave Bears



Introducing
Academy of
Timeless Wisdom

ARTISTS | AUTHORS | HEALERS | TRAVELERS | VISIONARIES



Welcome Grandmothers

August arrives like a soft sigh, warm, golden, and quietly generous. It's the month that reminds us to slow down, to breathe deeply, and to listen to the heartbeat of life around us. The gardens are lush, the days long, and the evenings invite reflection.

This season, I've been thinking about the pause, not as an interruption, but as a gift. A moment to notice the small things: the laughter of grandchildren echoing through the yard, the comfort of a friend's voice on the phone, the peace found in a quiet morning alone. These are the moments that shape us. These are the moments that matter.

In the stillness, we begin to see clearly. We remember that what's truly important isn't the noise or the rush, it's our relationships. The love we share with family. The connection we nurture with friends. And perhaps most tenderly, the relationship we hold with ourselves. August invites us to return to what grounds us. To celebrate the people who make our lives rich. To honour our inner voice. To find joy not in doing more, but in being present.

So let this be a month of gentle gratitude. Of meaningful connection. Of remembering that the heart of summer, and the heart of life, is found in the pause, and in the people we hold close.

With warmth and reflection,

Kalina Bains
Editor of GGCN Magazine

Editors' Thoughts Kalina Bains

Continue The Journey
Be part of the
GGCN Grandmothers commUNITY.

Share your stories, connect with others, and find inspiration in the wisdom and experiences of women like you.

- Femvertise with GGCN
- Register to our Directory
- Submit an Article
- Volunteer

Email your articles to
submissions@globalgrandmotherscouncil.org

Mail your submissions to:
4334 Salem Hwy, Stuart, VA 24171

We're all about spreading knowledge and wisdom, and we genuinely appreciate and thank our featured partners for their amazing articles.

Just a quick note though: all the information on the GGCN online magazine is based on the authors' experiences, so it's meant for reference only. It's not a substitute for professional services. While we make every effort to present accurate and current information, we can't guarantee its completeness or adequacy.

Hope you enjoy exploring the content as much as I do!

Happy Birthday!



We are One!



It was just one year ago on August 7, 2024 when Peace Production's Peace Council met and approved the adoption of Global Grandmothers' Council Network and agreed to provide administrative oversight for becoming a 501(c)(3) nonprofit organization that would benefit the world.

~ ~ ~ **Now we are 1** ~ ~ ~

We have completed our first year of life and are ready to walk and talk and play!

Growing into our Terrific Twos, the foundation we have established energetically offered a creative playground for our grandmothers.

Our grandmothers are launching books, academies, teaching programs, podcasts, and much more. We are listening to the younger generations and finding ways to come together in the same place and time.

Through this next year our GGCN Playground will grow.
We all learn best through play and playing together is the best fun!
Come play with us! Let's discover what we don't know yet about the world emerging!



*Be a light
You are the
light*



Shine Your Light
Submit your Article

submissions@globalgrandmotherscouncil.org

GLOBAL GRANDMOTHERS'



Celebrating stories, voices, & wisdom of GGCN Grandmothers

FEATURED GRANDMOTHER

- **Victoria Savage**

Channeling Love, Wisdom & Healing ...

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Each month, Global Grandmothers Council Network honours a remarkable grandmother who empowers and inspires. She leads by example, showing that life is a continuous journey of growth, love, and resilience.

Her impact reaches beyond her own experiences; it shines in the lives she touches, the hearts she strengthens, and the stories she helps shape.

Through her wisdom, she nurtures confidence, reminding us that every stage of life holds new possibilities.



Victoria Savage
Channeling Love,
Wisdom & Healing
...the Truth About
Pollyanna
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Victoria Savage: Channeling Love, Wisdom & Healing ...the Truth About Pollyanna

Victoria Savage entered this life channeling Archangel Uriel—the angel of love and wisdom. She didn't know it at the time, but even as a small child, she carried a depth of insight and compassion far beyond her years.

Her solo spiritual journey began at just four years old. By the age of nine, she had lived in seventeen different homes. In every new location, she instinctively sought out the nearest church or spiritual sanctuary. This early exposure to a wide variety of belief systems gave her a rare and powerful understanding: there is more than one way to connect with the Divine—whether you call it God, the Universe, the Central Sun, or the Great I AM.

She came to see that spirituality is vast, and no single path holds all the answers.

Victoria Savage



What If?

- *What if almost everything you've been taught, conditioned to believe, or told you "should" be simply isn't right for you?*
- *What if all of that could be released, dissolved, and replaced with your truth—where your desires become the compass for your reality?*
- *What if... You are all that and a bag of chips?*
(Spoiler alert: You absolutely are.)

Does that sound boastful, arrogant, self-promoting, or conceited?

In truth, it's the opposite.

When we fully own and understand our unique, divine spiritual energy, the entire world benefits. This isn't grandiosity, it's physics. We are all made of vibrating particles of energy, constantly exchanging frequencies with the Earth, with others, with animals, and with the spirit realm.

*And the energy we carry, and share
always returns to us in kind.*

So when we begin the process of transmuting our thoughts, words, and beliefs from those of a victim of circumstances to a conscious creator of experience, we change the life we're living. And that higher frequency we embody radiates outward, touching everything and everyone around us.

Victoria Savage

**This is where spirituality meets
science.**

**When we choose to find the good,
the growth, and the gift in every
experience (especially the most
challenging ones), we step into
our divine creative power. We
begin to transmute the energy we
carry and consciously select the
vibrations we want to embody.**

**We can choose anger, blame,
chaos, and victimhood...
Or we can choose responsibility,
healing, wisdom, and peace.**

**The truth is, we chose these
circumstances.**

**They didn't happen to us.
They happened for us.**

**Every challenge offers us an
opportunity to evolve, expand,
and remember who we really are.**

**This is what Pollyanna does.
She's not naive, she's a master of
energy alchemy.**

**She transmutes energy and uses
it to change the world around her.**

Victoria Savage



Hello, I'm Victoria Savage—integrative wellness practitioner, registered nurse, spiritual guide, energy healer, channel, and way-shower.

If there's one thing I'm deeply passionate about, it's helping people harness their divine energetic power to heal themselves, uplift others, and support the healing of the Earth.

Does that sound a little grandiose? Again, it's just science. When we begin to heal ourselves, we automatically begin to affect others. Our energy, no longer weighed down by unprocessed pain or limiting beliefs, vibrates higher. And that higher frequency touches everyone we encounter. Some may rise with it. Some may step aside. But the ripple continues, spreading healing across the universe.

Many people are just waiting for a gentle nudge... a smile... a moment of love... Something to help them remember who they truly are.

A Message from Victoria

*What is Energy Healing?
What does it really mean—and how is it done?*

You may already know that, at your core, you are made of energy. Your skin, organs, bones, thoughts, and even your beliefs are all composed of energetic vibrations.

Energy healing works with these subtle frequencies. An energy practitioner tunes into this energetic field to help release blockages, restore balance, and support natural healing. This powerful work can be done in person or from across the globe, because energy knows no boundaries.

Victoria Savage



Embrace the Power

WITHIN YOU

Victoria Savage



Nature as Your Guide:
Feel the grounding energy of
water, connect with the
earth, and find peace amidst
the lush surroundings of
Idaho's breathtaking
landscapes.

Learn about how various plant allies can heal, soothe, enhance,
and assist you in your physical, emotional and mental health.

- **Rediscover Your Inner Power:** Tap into your vast energetic and spiritual potential. Learn how your intentions can profoundly shape your relationships, health, and overall life.

Release and Renew: Let go of anxiety, self-doubt, and fear as you unravel years of tension in a deeply relaxing and rejuvenating setting.

Healing and Empowerment: Experience personal healing sessions guided by two expert healers, helping you unlock your ability to heal yourself and others.

Energetic Alignment: Explore the transformative power of sound healing and frequency alignment, designed to harmonize your mind, body, and spirit.

The Creativity Connection: Discover how tapping into your creative essence can heal and energize your life in unimaginable ways.

- *Massage
- *Sound Bath
- *Energy balancing tools
- *Learn how plants can assist in the healing journey

What Awaits You:

Are You Ready to Break the Cycle?

If you're done feeling powerless and ready to reclaim the life you deserve, this is your moment. Take the first step toward a life of intention, creation, and boundless potential.

There are only a few spots available so don't delay. Now is your time!

Join us at the "Beyond Healing"

Retreat in Emmett, Idaho—
because you've always known
there's more. Let's explore it
together.

Empowerment through

TRANSFORMATION

My mission is to help people uncover their gifts, embrace their truth, and awaken their power.

This is how we birth a new world, together.

I do this through Zoom classes, in-person workshops, and my favorite modality of all: **retreats**.

Retreats are intimate, sacred, and focused. They create the perfect container for deep, lasting transformation. It's in these spaces that I witness the most profound breakthroughs, moments of healing, empowerment, and spiritual rebirth.

Your Journey
Starts Here.....

RESERVE YOUR SPACE

"Beyond Healing" Retreat

Victoria Savage, RN is mother to two amazing women and three powerful granddaughters. She loves spending time in nature with her healer dog, Jack and her husband of 43 years.

She's an Integrative Wellness Practitioner, Spiritual guide, Energy Healer, and Retreat leader.

Known for her intuitive clarity, grounded wisdom, and compassionate presence, Victoria helps people awaken their self-healing power and step into their highest potential. She offers 1:1 guidance, group programs, online classes, and transformational retreats.

About Victoria Savage:

📍 Based in Emmett, Idaho
Serving clients worldwide

🌐 SoulerPower.net

☎ (208) 473-8254

✉ victoria@soulerpower.net

🌀 Follow on Instagram:

[souler_power_nurse_savage](#)

Facebook: [victoria.savage.77](#)

YouTube: [Victoria Savage333](#)

Would you like to see the
what's, how's, when's, where's,
and why's of energy healing?



FREE
30 MINUTES
SESSION

ENERGY HEALING



I'm offering 10
free 30-minute
sessions to the
first 10 people
who respond to
this ad

Email
victoria@soulerpower.net

FREE VIDEO: LEARN SELF MUSCLE TESTING – STRENGTHEN YOUR INTUITION & INNER TRUST

Have you ever wished you could get a clear “yes” or “no” from your body when making decisions?

Self muscle testing is a powerful, simple tool that lets you tap into your body’s innate wisdom — no special equipment, no outside validation, just you and your intuition.

In this free video, you’ll learn how to practice self muscle testing to get clear answers from your subconscious mind. Whether you’re choosing the right foods, exploring supplements, or seeking clarity on emotional or energetic questions, muscle testing offers a direct connection to what’s true for you.

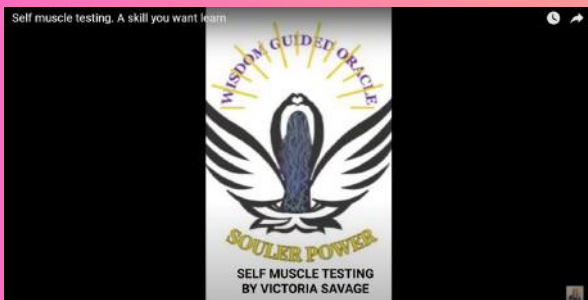
But the benefits go deeper than practical decision-making.

Self muscle testing helps you build radical self-trust. As you practice, you’ll begin to notice just how intelligent and responsive your body is, and that inner guidance you’ve been second-guessing? It gets louder, clearer, and easier to follow.

If you’re ready to move beyond doubt and reconnect with your truth, this video is a perfect place to start.

👉 Watch the free video now and begin trusting yourself on a whole new level.

Reply to this email and in the subject line write “more self-trust”



Our higher selves, our higher power, and our physicality all come together in muscle testing. We can receive the answers the guidance and the awareness is we are asking about by using our physical body in the process.

Victoria Savage

September 12-16-2025

Join Our Retreat

We invite you to go on a transformative retreat for a complete reset and a new outlook on life.

Alignment, ceremony, creativity, magic, transformation, and more



*Awaken Your Inner Wizard
Beyond Healing Retreat*

Imagine a life where you are the creator of your reality—where possibilities are infinite, and your intentions shape your world. Step into this transformative journey on the mystical banks of the Payette River, nestled in the serene beauty of The Gem Valley, Idaho.

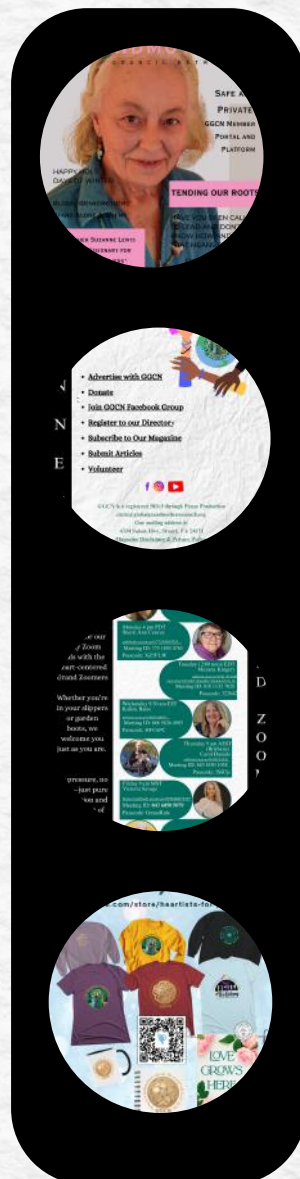
And as a special offer for GGCN magazine subscribers, you'll receive an additional 10% discount on the cost.

(And there is another way to save even more!)

Email victoria@soulerpower.net



Balance within, brilliance beyond.
Celebrating and empowering others
who lead from within, grandmothers
who rewrite their stories, and
changemakers who RISE!



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Past GGCN Magazine Issues



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Suzanne Lewis
The Time Has Come to Gather the Grandmothers

Sharon Riegie Maynard
Sleeping Women Wake!

Mayana Kingery (Mama Tink)
Personal Guidance System
Blue Lotus Chakra Bloom



Grandmother Flordemayo
The Path

Kelley Springer
Weaving Ancestral Threads: Healing the Past to Awaken Our Future for Peace

Michele Margaret Telfer
Healing from the Inside Out: The Sacred Work of Emotional Debridement

Susan Meeker-Lowry
Love, God, Prayer, Gratitude

Gayle Crosmaz
Icelandic Ceremonial Tour



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**GGCN is a registered 501c3 through Peace
Production**

circle@globalgrandmotherscouncil.org

Our mailing address is

4334 Salem Hwy, Stuart, VA 24171

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SUNDAY 8 pm EST
Sandra Laub

us06web.zoom.us/j/85627803215...

Cancelled until further notice

Monday 4 pm PDT
Sherri Ann Conroy

us04web.zoom.us/j/77518054765...

Meeting ID: 775 1805 4765

Passcode: XZ5FLW



Tuesday 12:00 noon EDT
Mayana Kingery

[us06web.zoom.us/j/81811327028?](https://us06web.zoom.us/j/81811327028?pwd=ebnZAlFrIB6YzRwkbHclVK4akAgN2n.18..)

[pwd=ebnZAlFrIB6YzRwkbHclVK4akAgN2n.18..](https://us06web.zoom.us/j/81811327028?pwd=ebnZAlFrIB6YzRwkbHclVK4akAgN2n.18..)

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Passcode: 322042

Wednesday 9:30 am EST
Kalina Bains

us05web.zoom.us/j/86858264993...

Meeting ID: 868 5826 4993

Passcode: HFC6PC



Thursday 9 am AEST
(Brisbane)
Carol Daniels

us02web.zoom.us/j/84385501038..

Meeting ID: 843 8550 1038

Passcode: 5SB7js



Friday 9 am MST
Victoria Savage

<https://us02web.zoom.us/j/89949007859?>

Meeting ID: 843 6050 5079

Passcode: GmasRule



Saturday
Grandmother ?

Hold our Saturday circle
Contact us today

marketing_media@globalgrandmotherscouncil.org



Join us for our
Daily Zoom
Calls with the
heart-centered
Grand Zoomers

Whether you're
in your slippers
or garden
boots, we
welcome you
just as you are.

No pressure, no
prep—just pure
connection and
a whole lot of
love.

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Heartists for Peace

bonfire.com/store/heartists-for-peace





Embracing, Empowering, Elevating GGCN Grandmothers Events Connect Inspire



Academy of Timeless Wisdom



Grandmother Gayle Crosmaz – Black Bear

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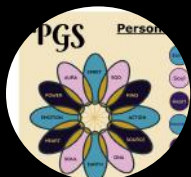


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Academy of Timeless Wisdom

I have been approached by many students around the world who got to know my work, my way of thinking, and my understanding of the multidimensionality of the world. Those students asked me whether I would take them on as my students and walk a stretch of our path on this planet Earth together.

I feel honored by their request. Thank you so much for your trust! So, with this Academy, I welcome everybody who feels called to walk with me. This is my Academy of Timeless Wisdom, which I have been setting up with my sisters from Germany – a country that I have visited many times.



May we all grow in self-awareness and well-being.

May we all stand in our power and

Take confident action on our dreams and desires.

May we contribute to a better world,

A world filled with love and mutual respect...

Let us sit together in circles, share our stories, pray, and perform a ceremony, learn, and grow together.

Let us enjoy this life on our beautiful planet.



The goal of my teachings is to act as an intermediary between the Natural and Supernatural Worlds of Existence. The teachings shared by the Natural World of living and non-living Beings provide guidance. Once we allow ourselves to let go of our present belief patterns, the insights we gain encourage growth. The messages are often powerful and emotional experiences, as we each delve deeper into our own beliefs and challenges to obtain self-realization.

We will cover prayers and ceremonies that I have been taught or guided to perform by mentors, guides, and ancestors. You will uncover insights into dreams, Visions, and discover your inner wisdom and Life Path Purpose. We will explore the Quantum Field within us and explore the cosmic field of the Universe.

Grandmother Gayle



Founders of **OUR ACADEMY**

**GRANDMOTHER GAYLE CROSMAN -
BLACK BEAR**

Storyteller & Inspirational Speaker



SUSANNE STEINEL

Strategy & Communication



MELANIE REINEKE

*Photographer, design wizard, mystical
storyteller, HR professional*



DR. RAMONA HOERMANN

Event Co-Ordinator



Grandmother Gayle Crosmaz / Black Bear

A storyteller and inspirational speaker, encouraging others by transforming herself through a lifetime of challenges and trauma.

From personal experiences, growth, and cellular memories, Grandmother Gayle shares her insights on overcoming trauma. Her wisdom, rooted in the primordial knowledge of the ancients, was gleaned from her ancestral DNA, which spanned many cultures of Mother Earth. Gayle-Black Bear trained for several years with Inuit Elder Angaangaq Lyberth/Ice Wisdom International. Grandmother Gayle is invited to travel the world to share her teachings and her ceremonies. As a professional artist, she is the creator of spiritual ceremonial drums and rattles worldwide.

Her Movie: Ann's Story: Life story of overcoming childhood trauma.

Her Books: Challenges of Awakening – Living Parables; (translated into English, German, and Greenlandic)

Her CD: Walking the Path of the Ancients, drum meditations awaken divine abilities

Susanne Steinel

Strategy & Communications Professional, Author, Crystal Skull

Method (CSM©) Practitioner, Arcturian Healing Light Method Practitioner (Gene Ang)

Apprentice of Lynn Andrews' Mystery School & Writing Spirit – The School

Melanie Reineke

Photographer, design wizard, mystical storyteller, HR professional

Dr. Ramona Hoermann

Professionally, a veterinarian, and working as a clinical programmer for clinical trials. She has always loved math because it describes nature and the universe with simple, unambiguous signs. In her free time, she enjoys all kinds of outdoor activities and being around animals because they always understand her without the need for words.

Outline of the School

- Eleven-month online program starting October 3, 2025
- Monthly meetings on Zoom, featuring a ceremony, sharing of challenges & achievements, and storytelling.
- Monthly assignments to grow and reflect.
- One private monthly Call with Grandmother Gayle
- One monthly call (optional) with either Melanie or Susanne to reflect on assignments and life.
- Pricing: Contact for pricing in your currency
- German translation (if required) will be made available.

Materials

- 3 quarterly Manuals with content, meditations & assignments.
- "Drum meditations": Walking the Path of the Ancients; (mp3) by Grandmother Gayle
- Please note: Gayle's books and cards will be available shortly for purchase (some German).

In-person Gatherings & Journeys

- There will be opportunities for us to gather twice a year for a long weekend in Germany (Bavaria most likely) to share our growth and celebrate. Those gatherings are not included in the fee.
- We also plan journeys to the Bosnian pyramids, Guatemala, Australia, and other countries for ceremonies with local shamans that Grandmother Gayle knows and works with



01.

Introduction to
Ceremony

Your book of life and
what lies between your
pages.

02.

Space In Between
Realities



03.

Fears and Control

Through forgiveness,
we clarify our contracts
here on earth.

04.

Forgiveness



05.

Trust Your Own
Authority

Hollow bones, empty
vessels, and our own
"Heart Knowledge"

06.

Truth Versus Ego



07.

Ancestors' DNA

The void of all
creation and your
internal universe

08.

Collective
Consciousness



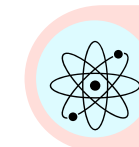
09.

Life, Death, and the
Aftermath

Other Dimensions: Our
memories guide our
life journey of self-
awareness.

10.

Parallel Worlds



09.

Quantum Mechanics

Manifesting life here on
earth, astral projection,
shapeshifting, and remote
viewing.



Informational zoom gathering September 7th, 1 PM Toronto, 7 PM Europe.

Register for link on our website: www.academyoftimelesswisdom.com

Topics Below

October: Introduction to Ceremony



Living Ceremony with intention versus ritual from patterns. Ceremony is a living entity, and nothing is more powerful than a living ceremony and heartfelt intention. We will cover various ceremonies and take turns creating and performing them.

November: Space In Between Realities

Everything that has ever been known and taught has its page within the cosmic book of knowledge, but beliefs are limited to their page. We can read the pages and learn from them, but remain detached. Step out of current realities and view life from the place of observation. Step out of the persona of who we were told to be, step out of the books, step out of the imposed restrictions of beliefs. When we stand in the space between the pages, we can connect to infinite wisdom.



December: Fears and Control



Analyze the source of fears and the need to control or be controlled. Examine our fears to determine if they are real, imagined by society, or innate. Our need to control life stems from fear. In our various cultures, religions, traditions, and within our own families, many rules induce fear. We are taught that if we do not follow these rules, there will be negative consequences.

January: Forgiveness

Master plan of our Darma and Karma here on earth. It's about the feeling in the heart, not the feeling in the mind, and then, through forgiveness, we can clarify our contracts here on earth. We blame others and ourselves for experiences we had planned to have. Once we realize that our experiences were all part of a master plan, we can forgive ourselves and others. It was all part of the scenario that we wanted to experience in this human experience.



February: Trust Your Own Authority

Trust that you are enough and not too much. Once we have forgiven ourselves, our ancestors, and society, we can have faith in our own authority and wisdom. Now that we have clarity about our challenges and successes, we feel competent in our life choices and allow life to flow.



March: Truth Versus Ego

Process feelings that appear to be true to determine if they are from the mind or heart knowledge. We often hear various phrases about this; Lakota Elder Fools Crow said be “Hollow Bones”, spiritual teachers frequently say, “Be an empty vessel”, many indigenous wisdom keepers call it “Heart Knowledge”. One of the interpretations carved on a temple in Mexico of the condor and eagle prophecy states that the eagle and the condor can fly together in alignment with a mind free of attachments.



April: Ancestors DNA



Let us look at the cellular memories of all our ancestors from across time. There are several ways to connect with your ancestors; the most powerful one is through cellular memory. Everything your ancestors experienced, their wisdom, their skills, and their talents from across time are inborn. Some ancestors are also with us in spirit form, guiding our daily lives. Connect with your ancestors through dream times and meditation to receive answers and guidance.

May: Collective Consciousness

Humanity’s consciousness is connected across space and time. The collective consciousness can be universal, worldly, or local within your environment. We often need to take the time to discern whether our thoughts and feelings are our own or if external sources are influencing them.



June: Life, Death, and the Aftermath



We are energy that can never die; we are here having human experiences, lifetime after lifetime. Interactions with those who are looking for reassurance near the end of physical life, those who connect with the spirit of those who have died, and those who have had near-death experiences. We will clarify the channeling of spirits who wish to convey information to loved ones here on earth, as well as the process of remembering and recovering lost soul fragments from past lives.

July: Parallel Worlds - Other Dimensions

Tap into your existence in alternate worlds and dimensions
We are not the only ones here on earth who come from the same source of our creation, our higher selves. Other selves are walking this current Earth, past Earth, or even on other Earths or in other planetary forms.



August: Quantum Mechanics



Manifesting life here on earth, experiences of time and space looping, astral projection, shapeshifting, and remote viewing. Manifesting: THINKING is merely icing over a negative thought; it just makes it easier to swallow. A positive belief is all-encompassing, with no negativity in the mix; it becomes your reality. Explanations of experiences of outer realm energies, such as time and space looping, or remote viewing. Shape-shift into the energies of your power animal to experience the depth of your true self.

Outline of the Academy

Eleven-Month Online Program Starting October 3, 2025

- Monthly meetings on Zoom, featuring a ceremony, sharing of challenges, achievements, and storytelling.
- Monthly assignments to grow and reflect.
- One private monthly Call with Grandmother Gayle
- One monthly call (optional) with either Melanie or Susanne to reflect on assignments and life.

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*Please note: Gayle's books and cards will be available shortly for purchase (some German).

- In-person Gatherings & Journeys
There will be opportunities for us to gather twice a year for a long weekend in Germany (Bavaria most likely) to share our growth and celebrate. Those gatherings are not included in the fee.

We also plan journeys to the Bosnian pyramids, Guatemala, Australia, and other countries for ceremonies with local shamans that Grandmother Gayle knows and works with.

Contact us!

Student Information Zoom Gathering: September 7th, 2025, 1 pm EDT - 7 PM CET

Please email to register for the link.

Website: www.academyoftimelesswisdom.com

Grandmother Gayle: Email: wisdomdrumsinternational@gmail.com

Susanne: Email: susanne@murannah.house

Melanie: Email: melanie.reineke@googlemail.com



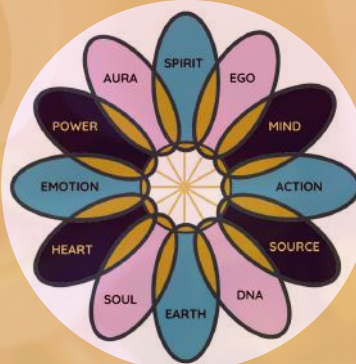
GGCN ACADEMY



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PGS Personal Guidance System Intro Course \$11



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Global Grandmothers' Academy offers enriching programs focusing on education, community service, health, and cultural preservation to empower elder women and bridge generational gaps.

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Grandmother Suzanne Lewis

Peace Planter

Lisa takes The **Peace Wheel Practice** on the road! She shared this powerful teaching in Spokane, Washington and Monona, Iowa this spring. Lisa brings her clear voice through her music, guidance, and integrity that are intertwined with the teachings of **The Peace Wheel Practice.**

Discover all her work and offerings!



Lisa Luna Stravers



Goddesses of the World



12 around 1 Reading 8/2/2025
Personal Guidance System
Goddesses of the World cards by
Relmi, Sacha, & Sylvia Damiano

The Reading Process for the Personal Guidance System



The 12 around 1 pattern is seen throughout all cultures and history. The **Personal Guidance System** is a specific pattern with 12 dimensions of one's self for the purpose of harmonizing within. Any cards may be used. For many years I used Sacred Geometry Cards,, but with the PSI Games International presentation last week, I felt the need for a set of cards that would embody the Feminine Divine. These cards were the ones I chose, and this is my first reading using them.

12 Dimensions of Self - I stand in the Center CORE as my physical presence that holds peace for all other dimensions to harmonize with. For this reading, I began with the 12:00 position and moved clockwise around the circle. Many of these Goddesses are new to me, and I look forward to getting to know them.

CORE: Saraswati reminds us to Express Your Creative Self.

Holding our creativity in the core allows us to consider new perspectives for each other's dimension and find new and enlivening ways to listen, respond, and act.

SPIRIT: Cerridwen reminds us to Embrace Life's Lessons.

Embrace inner alchemy as Spirit is guiding that change is here and resistance is futile. Make the changes necessary to bring harmony to your creativity.

EGO: Vairaumati reminds us to Discover Your Allure.

Ego likes to be in charge, and our personal allure could get us stuck in mind games. However, when we recognize our Divine Allure, the Ego is nurtured in a healthy way.

MIND: White Buffalo Calf Woman reminds us to Strive for Harmony.

Our minds are where most conflicts reside, and striving for harmony means we must allow thoughts that are not at peace to depart. Find creative ways to reconsider our thoughts of fear, conflict, anger, or control.

ACTION: Durga reminds us to Conquer Your Fears.

Action is what we do in the physical world, and it is vital to be creative and in harmony with our actions. Conquering our fear is an activity that is the most important work we could do in these moments.

SOURCE: Lilith reminds us to Assert Yourself, Boldly.

Deep within our Source of energy wants to express Boldly in our lives to be Seen and Heard. Now IS the TIME and WE ARE the ONE. When our fear is gone, we may boldly express our true self and wisdom.



DNA: Oshun reminds us to Celebrate Your Beauty.

We must see the beauty of our physical bodies, the beauty of our lineage, and the generations. Celebrate your ancestors who passed their beauty to you, and where you have not honored your own beauty.

EARTH: Nuit reminds us to Reach for the Stars.

At the base of our being, Earth needs us to remember the heights we might reach when we extend ourselves beyond limitations. Reach for your star knowledge and RISE!

SOUL: Nanshe reminds us to Advocate for Those in Need.

Especially in these times, so many are needing care - food, shelter, safety, compassion, resources, and life. Our Soul feels the pain that others are experiencing. Creativity shows the way.

HEART: Yhi reminds us to Take Care of Your Energy.

Just as our Soul is caring for others, our Heart calls us to take care of ourselves. Don't give more than you have. Keep your body, mind, and spirit nurtured and healthy. Be care full for YOU.



EMOTION: Aphrodite reminds us to Practice Self-Love.

Loving our self is the best way we show the world how to be in peace. The emotions that exude from our creative core are felt by others who feel nurtured by our simply being a loving presence.

POWER: Yemqja reminds us to Remember You are Not Alone.

Our power is in our togetherness, co-creation, and gathering together. No one wants to walk alone, and none of us is ever alone. There are presences around us at all times, whether we see them or not.

AURA: Arnarquagssaq reminds us to Dive Into the Cold.

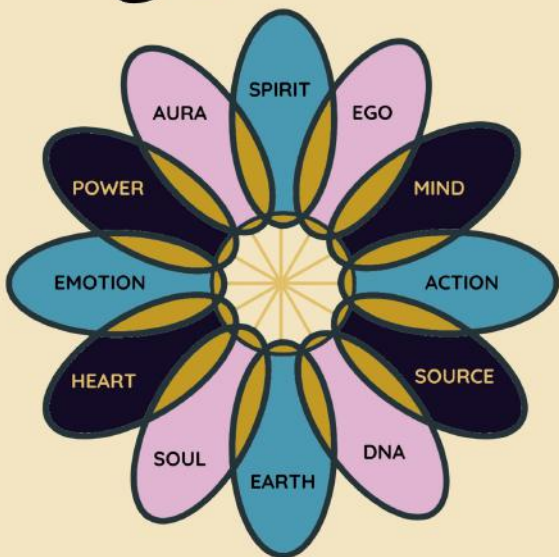
The world feels cold-hearted. Allow strength, resistance, survival, and adaptability of being in the icy waters of the north gives us the training we need to meet the moment we are in.

PGS MANTRA

I stand in my center with Creativity providing various lenses through which to perceive the world that allow me to embrace change and alchemize my lower frequencies. My own allure and magnetism draws situations and relationships that assist my journey as I remember to Be my OWN harmony and unique individuality. Overcoming Fear is my work in the world as I show the way to others with Bold assertion of the truth I carry. My journey and family have blessed me with beauty of mind, heart and body and I am eternally grateful. I reach for the vision of myself that I see when I'm in the silence and know my own beautiful wisdom and presence. I feel the sorrow and loss of my brothers and sisters in the world and offer what comfort I am able to give through my words and actions. As I feel the care for others, I am also diligent to care for my own body, mind, and emotions so I have more to give. Because I love myself first my giving to others is rich and nourishing. I am empowered by knowing there are others who have the same vision of a new world whom I can work with as my angels, guides, ancestors and the elementals support all I create. I boldly dive into the coldness of the world and bring warmth and wisdom to all.

PGS

Personal Guidance System



Earth

"my body is made of physical matter"
our relationship with our environment

Soul

"my truest desires lead me to growth"
our relationship with longing

Heart

"my inner guidance"
our relationship with trusting intuition

Emotion

"how I feel about myself"
our relationship with our feelings

Power

"this is how I create"
our relationship with personal power

Aura

"my energy interacts with the world"
our relationship with everyone & everything

Spirit

"this is who I am"
our relationship with our deepest self

Ego

"are you sure?"
our relationship with our doubts

Mind

"what does this mean?"
our relationship with our thoughts

Action

"the steps I take toward my goals"
our relationship with our progress

Source

"we are all connected"
our relationship with where we are One

DNA

our ancestor's contribution"
our relationship with inheritance

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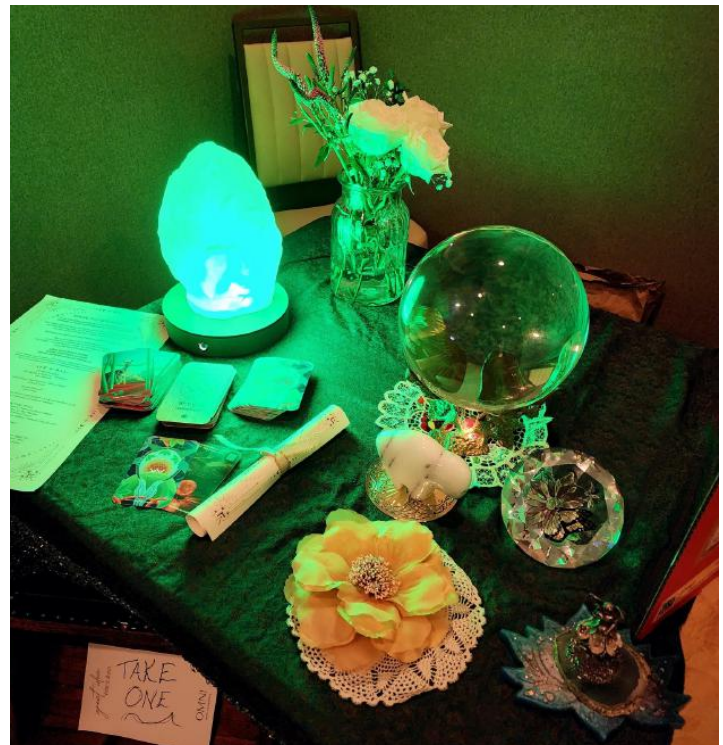
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Charlottesville, VA on August 2 & 3 *Mayana's Experience*

The invitation came through a dear soul friend, Jane Cuva ~ aka New Bee Jane. Jane was with Andras and me on our Heartist Journey 2024 in Glastonbury, UK, just as Michele Telfer brought me to this group. Jane was invited to present her original music and visual presentation to VIPs at the event. Jane's friends at Wyrd (Matt and Jericca) joined her, and a collective room was obtained for her technology, Wyrd's research technology visuals and sound healing, and a large table for Global Grandmothers' Council Network.

In preparation for the event, I considered all my own biases about the PSI concept, government-based remote viewing projects, and learning to use our full range of senses in the world. I went with an open heart and full desire for GGCN to be announced to the world in a deep way. This was a perfect first tabling event!

For the table display, I took small amber spray bottles of Heartist Waters that have been gathered through our journeys and from multi-dimensional giftings. We toned the waters for CLARITY to be used during multi-dimensional experiences, Mother/Father harmony, and Grandmother Love. I offered these as gifts to anyone who donated to GGCN each day. **We raised \$250 through the waters.**

A highlight of the event was when Jane and Jericca presented the story of Isis (Jane) observing Humanity in the form of a girl named Sophia's (Jericca) awakening. The original music was written by Jane, whose vocal tones inspire shivers. She and Jericca sang and danced the story for those who could hear. Jericca created a somatic visual display that included cymatics. Someday I'll be more able to share their heartistry in video.



Our space was private ~ away from the busyness of the event and other vendors. We set a tone together. Those who entered the room were touched. Some stood at the door but eventually were drawn in. One young man spent 30 minutes in conversation about how his Grandmother taught him as a child and still walks with him, guiding him, and how he listens through the veils. A mother and her two teenage children came in several times, each alone and together. They listened deeply. All were heart-centered.

One of the Executive Team from PSI Games interviewed me about my experience as a vendor. I must say I've done tabling a lot throughout my business career, and this was the most rewarding experience I've ever had. EVERYONE loves our Mission and wants to see our group accomplish what we have envisioned. All felt the importance of our work.

It was so exciting when a woman came in and asked, "Aren't you a Facebook group?" I said yes, we are. She's a member of our group and was a judge at the event. Nicola's masterpiece is a program she developed for Children's ICU Academy, where they can learn to see without using their eyes, advancing their spiritual and psychic skills, and increasing educational learning abilities. Watch for Nicola Farmer to be featured in Grandmothers' Magazine very soon!

icuacademy.co.uk

Sharing a favorite recipe, a game, or a special memory



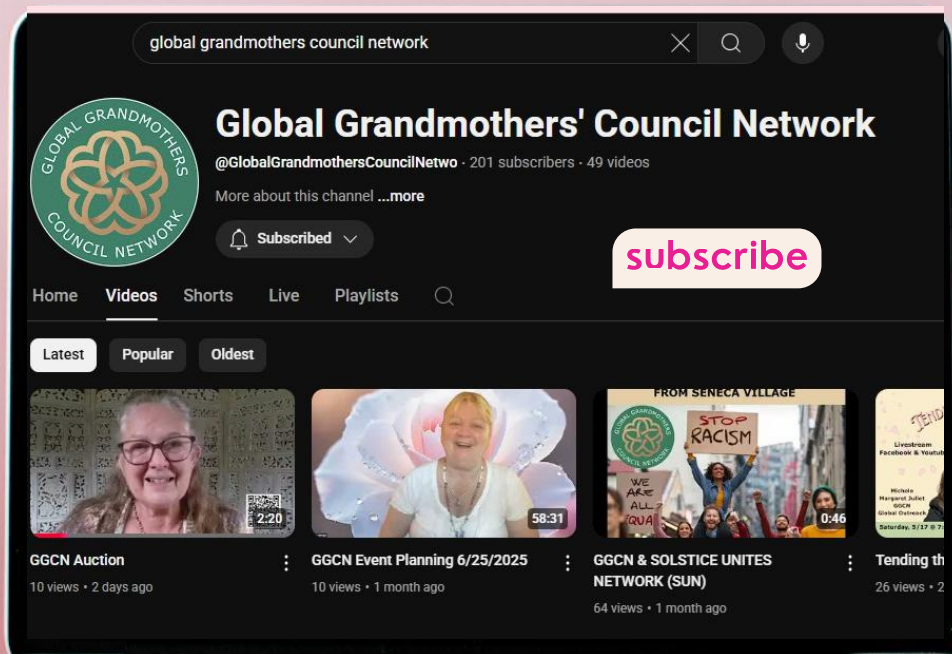
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GOOD VIBES





**FROM COSTA RICA!
QUESADILLAS!**

Delicious

One of my favorite meals to make is Quesadillas! Here is how I make them:

Use a large skillet. Spray the pan with your favorite cooking oil. Place a flour tortilla in the pan. Spread 1/4-cup of refried black beans on the tortilla. Sprinkle 1/4 cup cheese on top. Top with a 2nd tortilla. Spray the top tortilla with your cooking oil. Turn your burner to medium and gently toast the bottom tortilla... about 8 min. Flip the Quesadilla over and toast the other side... about 4 minutes. Lift to a serving plate. I shred bib lettuce for the top, add a sliced avocado, and some tomatoes.

I also add my favorite poppy seed dressing on top. Serve with slices of fresh pineapple for a yummy Costa Rican meal! Pura Vida!



Cindy Heider Kaliff



CLAN OF BEARS



The Clan of *the Brave Bears*

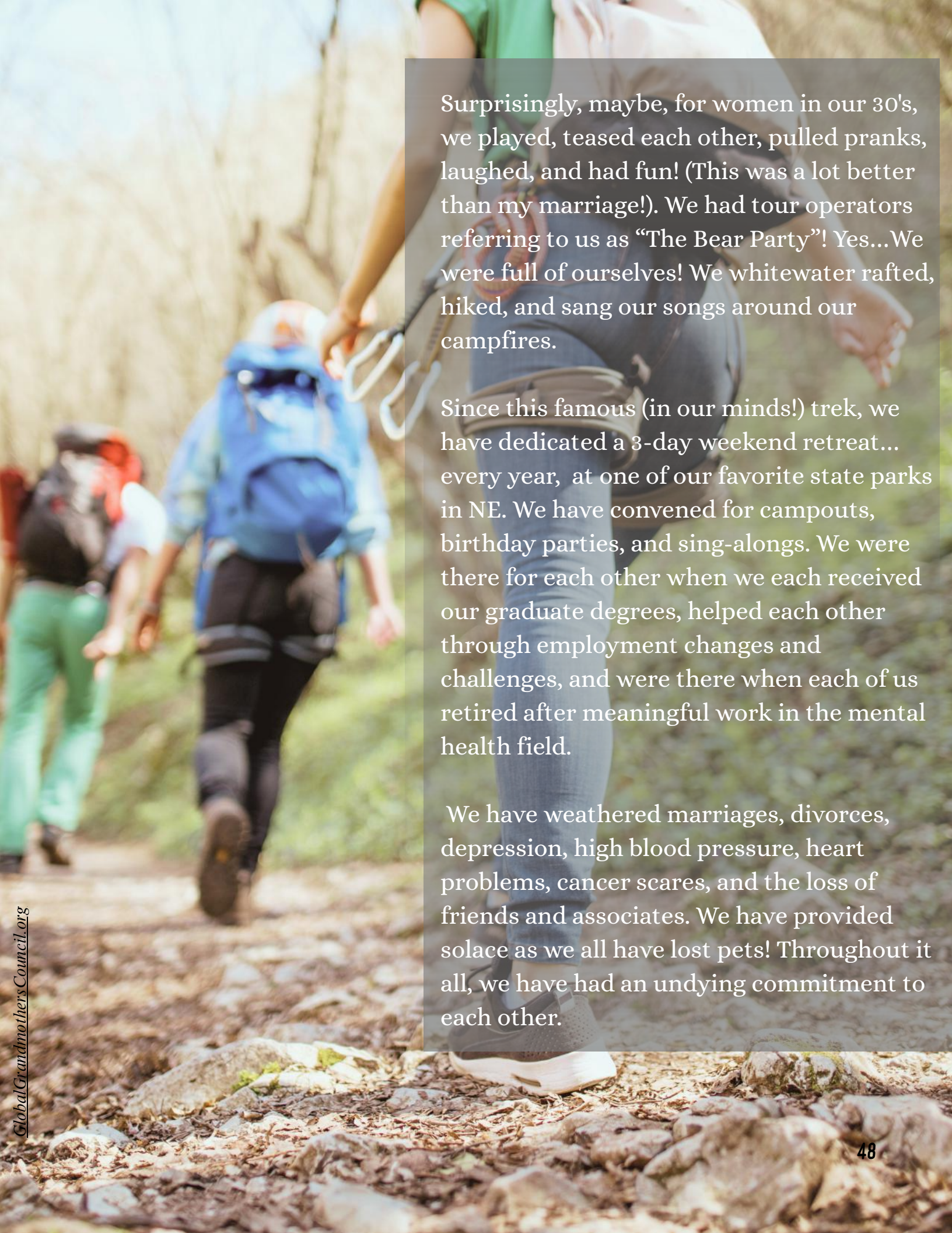
In 1984, I was beginning graduate school and making my way in the world after my divorce. I invited a friend of mine, Carol, who had also been recently divorced, to become my roommate.

I was pursuing a Master's Degree in Counseling Psychology, and she was seeking a Master's in Marriage and Family Therapy. One night, a friend of mine who I had met in one of my classes, called with an invitation. We were to join her and 2 other women for a sing-along. We all hit it off famously, as we sang golden oldies together! This was the beginning of lifelong friendships. We added a couple more friends, also graduate students, and had regular sing-alongs, long talks, and fun outings. We went to a concert of "The Turtles".....Happy Together! (That was us!).

As we all graduated, we decided to take a celebratory trip to the Grand Tetons in Wyoming. Because we were going to the mountains, we thought we should be "The Bears"! Our transformation into ,our new identities became a serious endeavor. We rewrote the lyrics of the Chicago Bears' old theme song "We Are the Bears"... with our own choreography, no less! We each assumed Bear names. We made songbooks and got personalized Bear t-shirts. We equipped ourselves with squirt guns, frisbees, and a camper full of an extra tent, Coleman stove, sleeping bags, our cooler, etc.



FRiendship



Surprisingly, maybe, for women in our 30's, we played, teased each other, pulled pranks, laughed, and had fun! (This was a lot better than my marriage!). We had tour operators referring to us as “The Bear Party”! Yes...We were full of ourselves! We whitewater rafted, hiked, and sang our songs around our campfires.

Since this famous (in our minds!) trek, we have dedicated a 3-day weekend retreat... every year, at one of our favorite state parks in NE. We have convened for campouts, birthday parties, and sing-alongs. We were there for each other when we each received our graduate degrees, helped each other through employment changes and challenges, and were there when each of us retired after meaningful work in the mental health field.

We have weathered marriages, divorces, depression, high blood pressure, heart problems, cancer scares, and the loss of friends and associates. We have provided solace as we all have lost pets! Throughout it all, we have had an undying commitment to each other.

We currently share WhatsApp texts about the performance of whatever Nebraska sports team

is playing. Nebraska Volleyball is our favorite! Our singing get-togethers, while less frequent, continue to reflect the joy we have always brought to songs like “That’s What Friends Are For”; “All My Life’s A Circle” and many Rock n Roll songs that promote dancing and singing.

Actually...we don’t sing that well and we will never rival the Pointer Sisters! We do keep on moving despite knee & shoulder replacements, heart problems, and inhibitions! Yes, we are Brave in that we have challenged stereotypes, extended ourselves emotionally to each other, and embraced play, which has been one of our trademarks.

As I am now living in Costa Rica, I find several times a week, Zoom exercise sessions with some of the Bears, and weekly WhatsApp conversations, a lifeline for me. I just can’t advocate enough for the power of women coming together for each other. I am in hopes that the legacy of “The Bears” inspires my children, grandchildren, and nieces to gravitate towards lifelong friendships! I hope this is for you, too, dear readers! I see the Global Grandmothers as a forum that can encourage deep feminine connections and incite world change! May we be all strong and brave and make it happen!

Cindy Heider Kaliff MA, is a retired Career Counselor and Grandmother to five! She is a Martha Beck Life Coach, Shiloh McCloud Intentional Creativity teacher, and a graduate of Christine Page’s Navigating the Soul’s Journey. She is a Muse painter. (See her Images of the Divine Feminine that are available for purchase in the April GGCN Magazine). She has been a happy resident of Costa Rica for the past four years. She invites you to enjoy a personal retreat with her in Costa Rica (Ad in March GGCN Magazine). You can reach her at cindy@careerlifeoptions.org Whatsapp: +506-894-79505



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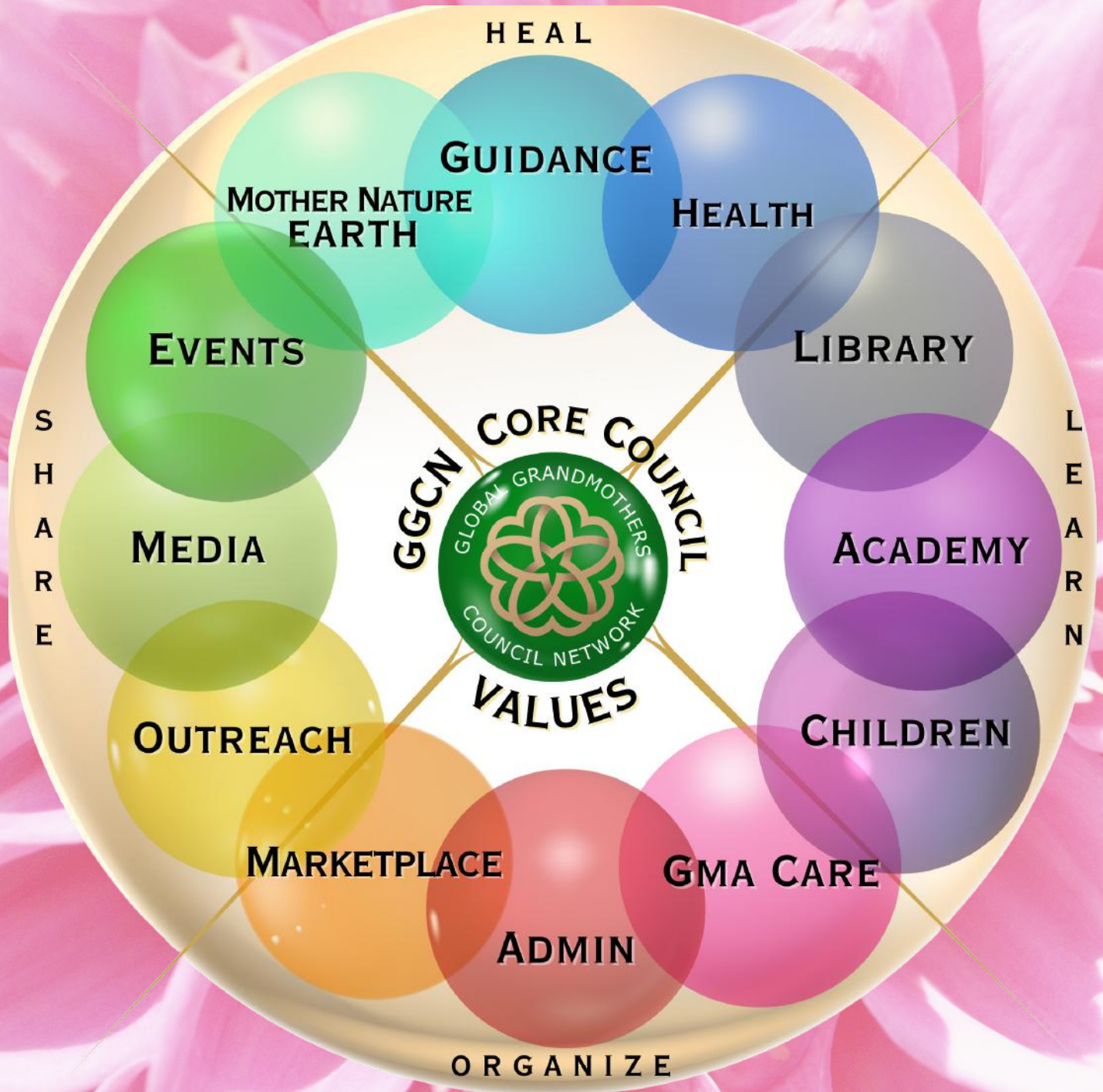


**THE WHOLE WORLD IS IN OUR HANDS
SET YOUR INTENTION IN YOUR WAY
SING DANCE PRAY MEDITATE**

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GGCN COUNCILS



As we sit in Council together as Grandmothers in an organization, we become the GGCN Network we have envisioned. Providing structure for on the ground, local Grandmothers' Councils and Circles to connect, collaborate and communicate. We also sit in Sacred Council and Circle together online. for a new world for our children's children's children.

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"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'"

Mary Anne Radmacher



Gaia/Gardening to include Earth-based spirituality, land stewardship, eco-wisdom, and rituals



Prayers of Peace from Our Grandmothers
-Kelley Springer Page: 56



Advertise with GGCN Page: 61



“Each time a woman stands up for herself,
without knowing it possibly, without
claiming it, she stands up for all women.”

— **Maya Angelou**

Prayers of Peace FROM THE GRANDMOTHERS

By Rev. Kelley Springer

80 years and in the silent whisper we still
can hear, “**Never Again**” 80 Years After the
Bombs Fell

Love Wisdom Power – Paths to Wholeness
White Rose Sanctuary



In the quiet of the morning, as mist rises from the river and dragonflies dance above the waters, I hear the voices of the Grandmothers. Their songs thread through the rivers, the forests, in the roots of the trees, dancing on the winds—soft, ancient, and true. These are the song lines of old that carry our best intentions for a well-lived life woven into them. In these times of great unraveling and reweaving, they remind us that we are the living prayers of our ancestors, the keepers of the flame, the water-bearers of peace. As we gather at rivers, springs, and oceans around the world, we anchor a promise: to walk gently, speak truth, and bless the Earth with our every step, our every breath.



Eighty years ago, the world was
shaken by the unimaginable.
What my Angelic Family of Light
The Butterfly People called The
UNthinkable!

**“Join your prayers with the Elder
Prayers, I remind my community,
friends and sisters at the water,
join our prayers with the Elders
praying for peace around the
world!”**

THE SKIES OVER HIROSHIMA AND NAGASAKI OPENED

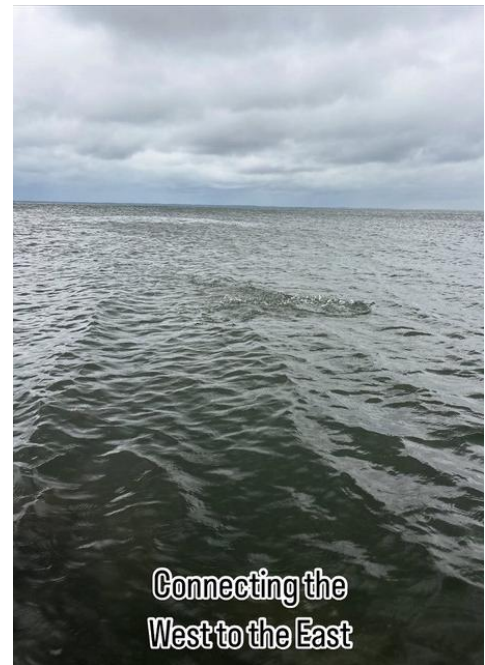
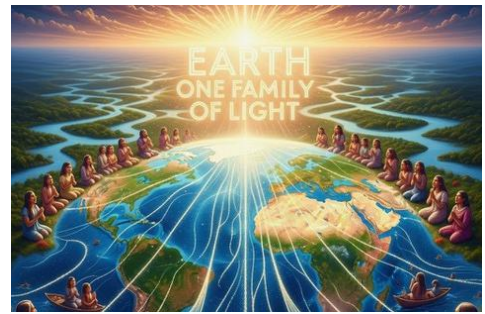
and humanity unleashed a force of devastation that echoed across generations and broke through the dimensions and realms in ways that few understand or even realize to this day.

When a bomb, I call anti-life, was dropped in a blazing ball of fire, entire cities were erased. The People of those cities were extinguished, their voices silenced—the aching breath after the destruction—rose as those who lived through it cried for water. Their throats burning from the radiation in the air, people near water ran to drink from the river and died as the radiation then took them more quickly, and an ache in the soul memory that still circles the Earth sings from that moment to now, “Never again.”

Can you hear it?

We, the Grandmothers, are listening. We feel the tremors still moving through the soil, the sorrow etched into the DNA of every living thing. And we rise now not only to remember, but to

...RESTORE



Rev. Kelley Springer

**“Join your prayers with our prayers
for nuclear disarmament and a
return to peace in our world!”**

Rev. Kelley Springer

The Power of Remembrance

As Grandmothers, Elders, Mothers of the Earth, we hold the stories of our people. We remember the children who were never born. We remember the women who wept over dust and ash. We remember the broken bodies and the broken hearts. And we choose not to turn away.

We remember so that we may return. Return to the sacred. Return to the heart. Return to the holy truth that we are one family, one human body, walking upon one beloved Earth.

Let our remembrance become a vow. Let our grief become a gateway.

Let our prayers become a living White Rose Flame For Peace!

Water Carries the Song of Peace

This month, we gather at the waters. We stand by rivers, lakes, and oceans across the globe, placing our hands upon the surface, whispering ancient prayers, and calling the spirit of peace to rise like mist from the deep.

Water remembers.
Water heals.
Water, like peace, is a force of life.

In Southern Oregon, we gathered by the Rogue River at 3:33 PM PST to pray for peace, joining hearts across time zones, cultures, and faiths. We offered song, silence, and the sacred language of intention. We called on the ancestors of Japan and the ancestors of all lands to bless this Earth with a great turning, away from destruction and toward renewal.

We are holding an intention for no more Nuclear weapons on the Earth when we reach the 100th anniversary of Hiroshima and Nagasaki, let's be done with self-destruction!

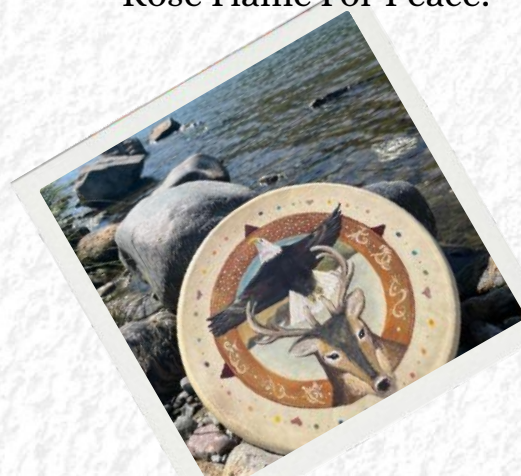
Grandmother Wisdom

The Song of Returning Peace is not passive. It is not absence—it is presence. It is an active, embodied remembrance of who we truly are. In the lineage of Divine Mother Sophia, and through the White Rose Path, I walk with the Dragons of Light, the Celestial Guardians of Creation. Their wisdom speaks clearly now:
Lay down the weapons of fear. Speak the language of love. Restore the codes of harmony.

As Grandmothers, we carry within us the original instructions:

- Speak gently.
- Walk softly.
- Guard the sacred.
- Teach the children to listen again.

Let us become the songlines of peace. Let us become the rivers of reconciliation. Let us choose life, again and again and again.





Final Reflection and Intention

- Let the memory of Hiroshima and Nagasaki call forth not shame, but awakening.
- Let us bear witness with compassion.
- Let us honor those ancestors who perished by how we choose to live.

We, the Grandmothers, are standing now...

With our hearts in prayer, for Peace!

Kelley Springer, along with her sisters of the water "Water Wombyn," holds a water pillar for our community and world. We pray and offer ceremonies by the waters often, and are here listening and praying with all of our Elders. We join and unite our prayers with all those praying for Peace around the world.

A Global Grandmother's Prayer BELOVED MOTHER OF ALL

Rev. Kelley Springer

Wrap this Earth in your
mantle of Peace.
Hold the wounded places
in your
arms of light.

Wash us clean in the
sacred waters of
remembrance.

May we rise not in
vengeance, but in vision.
May we choose creation
over destruction, love
over fear, unity over war.

Let peace live in our
bones, our words, our
choices, our breath.

And let us walk, as
Grandmothers of the
New Earth,
With steady feet and
open hands

Big hearts overflowing
with love...
Singing peace into the
heart of the world.
Amen. Aho. And so it is.



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Kelley Springer

Inner Mastery
Teacher



Kelley Springer is the visionary founder of Love Wisdom Power – Paths to Wholeness and White Rose Sanctuary- Path of the Rose Lines. A spiritual counselor, Dragon Speaker, and elder wisdom keeper, she guides souls through the Rose and Dragon Mysteries of Divine Mother Sophia, offering healing, ceremony, and teachings for the New Earth



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"By being
yourself, you put
something
wonderful in the
world that was
not there
before."
Edwin Elliot






Mayana's Musings

By: Mayana Kingery

Wisdom Speaks (the name of my Crystal Ball) went with us to the PSI Games International and sat at the end of the table in the center of an Altar space with her hat on. She wears a hat when not Reading and through the event she kept her hat on until WYRD technology was turned on and I let Her entrain as She wished - uncovered.

Returning home, I spent some time with Her to see if there was a difference in our communication. Oh my. such a difference! I've had several sessions where She illuminates me on one thing or another since coming home. Today ~ the message is for us all on this LION'S GATE of 8/8.

The message asked me a question. "Are you ready to lead? Are you ready to stop cowering and acting like a coward?" Honestly, I know when I've not stepped up AND I know I was stepping up as much as possible in each moment. So without any self judgement I responded YES! and in that YES I saw how since birth I have been cowered by those in control over me. That cowering was necessary to live - self protection.



Happiness of the
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heart, and spirit!

I also saw how the word cower become labeled on a person as coward. That is not who I am. I have cowered but

I am not a coward. I am BRAVE even when I cowered I was brave. I'm still here. Still alive. Still breathing!

There is nothing for me to fear any longer. I have overcome my own shadow and our collective shadow. I stand in the blackness of creation/the Mothers' Womb and see the Pink, Blue, and Gold sparkles that shine within. I hear the Music of the Spheres in the Inners. I hold my Crystal Ball and imagine us all within. WE are safe, protected, and ALIVE! I hold ALL with me there in my tender care ~ GGCN, our members, our volunteer staff, our founders, and all who are destined to hear our Call.

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Open your camera or QR code scanning app and point it at the code below.

02

Fill out the required details, such as your name and email, to subscribe to the magazine for FREE.

03

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Register Today

globalgrandmotherscouncil.org/magazine-current

Our Vision

We envision a world where the sacredness of all life is honored, not only in word, but in the daily actions of individuals. A world where generations are woven together in love, wisdom, and mutual respect.



Our Mission

- To nurture deep care, reverence, and wisdom through meaningful gatherings, creative expression, community initiatives, publications, and online spaces that honor the sacred nature of life.
- To foster inclusive and just communities, social, economic, political, educational, environmental, cultural, and spiritual, that uphold the health, dignity, and well-being of all beings across all realms.
- To preserve, protect, and share the wisdom of our Elders and Grandmothers, offering their guidance to a world urgently in need of rooted, compassionate leadership.

Bringing it to life

The Global Grandmother's Council Network (GGCN) began as a vibrant and thriving Facebook community, inspired by Brooke Medicine Eagle and founded in 2019 by Suzanne Lewis and Sharon Reigie Maynard. It has seen exponential growth, expanding from 1,600 members in 2024 to 55,000 and growing. It has been granted 501c3 non-profit status in the US under the Peace Production* umbrella.

Your Voice. Your Gift. Our Global Circle.
Celebrate your unique contribution and discover
siSTARS around the world.



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We Are the Living Web



GGCN DIRECTORY

It is not just a directory
It is a constellation of hearts,
a tapestry of wisdom keepers,
a field of radiant points
lighting up the Earth.
Across time zones, languages,
and lifeways we gather.

We remember.

We share.

We rise.



Add your light.



Visit: ggcndirectory.org

Together, we are the network.



GGCN Directory

Connect, Share, and Grow

Grandmothers, Elders, & ALL Heartists

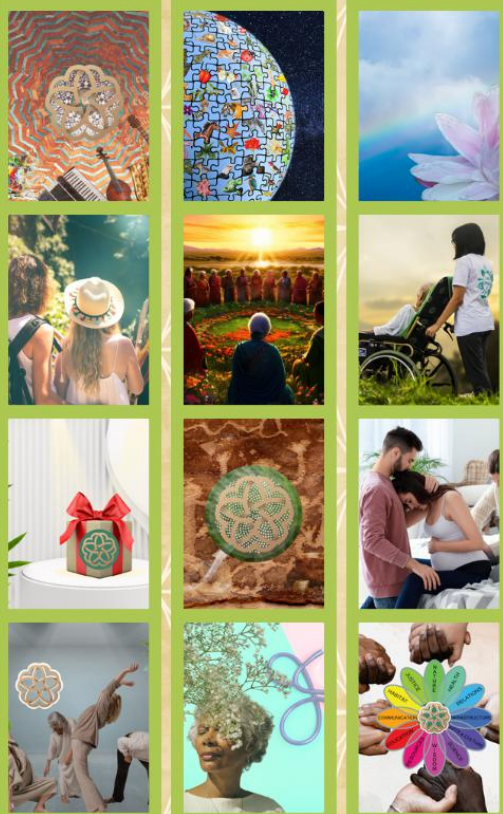
OPEN NOW!



Add your Business, Organization, Group, or Circle to the Directory

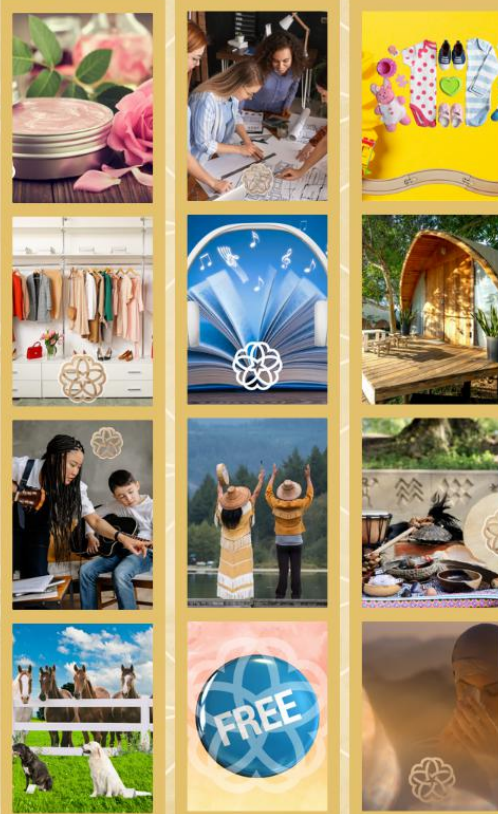
LISTINGS

Here is where you list your business, group or organization



CLASSIFIEDS

Here is where you offer your goods and services



EVENTS

Here is where you post your events & happenings



GGCN SUBSCRIPTIONS



FREE

Register and create your profile.
Free to Join - for all who walk with wisdom, care, and kinship.

Free

Get started

SEED - Individual

\$5.50/month
or \$55.00/year

10 days free trial

Unlock exclusive content

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12 Articles +

12 Events 1st level +

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3 Listings 3rd level +

Unlimited Events 3rd level +

Unlimited Classifieds 3rd level +

Unlimited Articles +

1 Banner Large mobile

2025 HALF MOON CALLS



Half Moons = Balance

Theme based Zoom series

Bring your inner connection with “Mother.” We are
GATHERING all our perspectives into ONE UNITED ACTION ~
in the moment and of the moment ~ to:

- Influence what is created in our world
- Offer safety and protection to those in need
- Combine our Wisdom into a broad perspective
- Use our Authority together for our children’s children
Foundation ~ for New Earth to thrive in *their* Garden

1st Quarter ~ HALF MOON

Sunday, August 31
Monday, September 29
Wednesday, October 29
Friday, November 28
Saturday, December 27



3rd Quarter ~ HALF MOON

Sunday, September 14
Monday, October 13
Wednesday, November 12
Thursday, December 11

Wisdom in Action:

A Call to Grandmothers Everywhere

By Mayana Kingery, Administrator, Global Grandmothers' Council Network (GGCN)

In a time of growing uncertainty, we are being asked: **What can we do?**

My answer is simple and strong: **We must gather. Not in fear. Not in protest. But in wisdom, unity, and purpose.**

At the Global Grandmothers' Council Network, we believe that being a Grandmother is not about having grandchildren — it's about carrying wisdom, and the responsibility to use it. Now is the time to come together across borders and generations to guide humanity through this evolutionary turning point.

We propose action rooted in clarity and courage. Let us:

- **Write and publish White Papers to articulate what we see and what must change.**
- **Gather in kinship, not to react, but to respond from Right Mind and Right Action.**
- **Lead visibly and wisely, so our youth see a way forward and join us.**

We are not powerless, and we are not alone. History offers models. In Iceland, women once transformed a nation by simply refusing to participate — staying home from work, paid or unpaid, for a single day. What if women everywhere stayed home for a month? What if we collectively stepped back from a system that is harming life, and instead stepped forward into building the new?

This is not about protest — it's about presence. About creating something so rooted, so radiant, that fear no longer holds power. **Let us:**

- **gather in numbers, in spirit, in creativity.**
- **write, declare, and publish.**
- **be the wise ones the world is waiting for.**

Join us at ggcndirectory.org — a growing global network of wisdom keepers, and allies.

**Add your voice. Find your kin.
Step into collective leadership.
The time is now.**



PODCAST PORTAL

Where Wisdom Walks and Voices Rise

"When Grandmothers speak, the world listens."

"One voice opens. The circle grows."

"A council of voices. A world of change."

This is more than a podcast. It is a circle of remembrance— a sacred space where stories heal, where voices cross generations, and where the future listens to the past with reverence.

🌿 Here you will hear:

- Journeys through healing
- Living with Cancer
- Reflections from grandfathers and allies
- Conversations between youth and elders
- The wisdom, vision, and poetry of Grandmothers around the world

🌸 Ways to Join the Circle:

- Be Interviewed - do you carry a story, a knowing, or a sacred truth?
- Join a Panel Conversation - a variety of subjects that address our greatest concerns
- Host Your Own Episode - we welcome Grandmothers to co-create and host their own podcast episodes as part of the GGCN family. Your voice, your rhythm.

🤝 Support Roles:

Do you feel called to help with editing, sound, tech, or sacred listening?

This is a collective bloom. Allies welcome.

🌐 Learn more: circle@globalgrandmotherscouncil.org

Self Transformation Journeys *with Mayana* *a Free Gift for our Readers*



Meditations - PEACE PRODUCTION

SELF HEALING . . .

Experience two processes for self-healing in one meditation. One process uses breath and the other process uses sound/octave. Each time you listen to this meditation, a new healing is experienced. Listen often to completely clear and heal your body.

BE THE BRIDGE . . .

Experience activating an electro-magnetic circuit in your body. The Bridge Circuit stabilizes your body, mind and emotions and helps you "bridge" consciousness levels during these transitional times of earth Shift. Listen regularly for the fullest benefit and full bridge support.

SUPERCONSCIOUSNESS . . .

Experience merging the conscious mind with the unconscious mind (which is programmed according to your dna, society, and culture) and allow yourself to become SuperConscious. Your two minds become one and operate in harmony. Listen often to remind yourself and fully become SuperConscious.

KUNDALINI . . .

Activate your Kundalini energy (located at the base of your spine) and draw it up through your para-sympathetic nervous system to activate your own personal power and reprogram your mind, body, emotions, or experience that needs your attention. Listen regularly for infusion of inspiration.

I AM PRESENCE . . .

Experience your Higher Self entering your body through the Chakra System, filling you and Becoming YOU. Allow your divine essence to fully embody within your mind, heart, and energy field. Listen often for lasting effects.

peaceprograms.weebly.com/meditations.html

Grandmother to Grandmother Free offerings For YOU

1



2



3



4



- 1.10 FREE Pull a card from my Gayle Crosmaz message cards.
2. 10 free 30-minute sessions to the first 10 people who respond to Victoria Savages ad.
3. YOUR Journey into Embodiment FREE Meditations from Mayana Kingery
4. FREE subscription to our Global Grandmothers' Council Network Magazine

Thank You Contributors

You Are the Heartbeat of GGCN

We see you. We celebrate you and we are so grateful for you.

Whether you've shared a poem, a recipe, a reflection, or simply your time—you've helped build something extraordinary. This magazine isn't just pages—it's a living, breathing celebration of YOU.

So here's to the grandmothers who show up, speak out
You're not just part of GGCN—you are GGCN.

FOR BEING PART OF OUR GGCN COMM *Unity*

*Thank you for being the
soul of our community, the
storytellers of our time, and
the contributors who make
GGCN Magazine shine with
truth, beauty, and bold
grandmother energy.*



Submit your articles, email: submissions@globalgrandmotherscouncil.org



With deep spiritual awe and enduring sisterhood, We honor the wisdom shared across these pages—each word, each image a heartbeat in the collective rhythm of our grandmothers' legacy. May this offering continue to illuminate, nourish, and connect us across generations and geographies.

Disclaimer

“Imagination awakened
Images and words midwifed by AI.”

The visual and written materials featured by the Global Grandmothers Council Network may include content created with the support of artificial intelligence tools. These creations are guided by human intention, inspired by ancestral wisdom, and infused with modern technology.

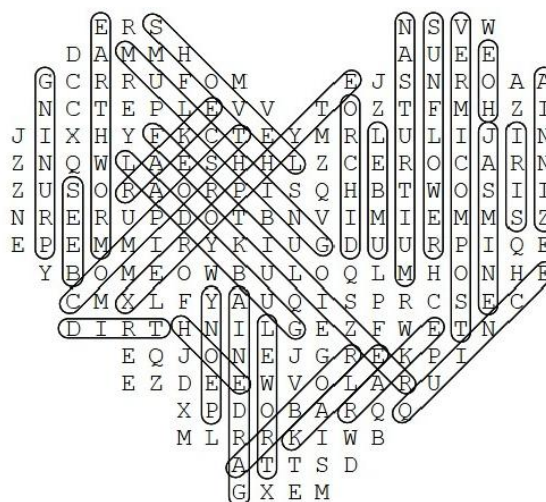
While AI contributes to their form, the soul of each piece is rooted in our collective storytelling and healing vision.

We embrace this digital collaboration as part of our evolving creative journey, honouring both innovation and intuition.

By accessing, viewing, or sharing these materials, users acknowledge that AI-assisted content may be present and agree that such usage is consistent with the Council's commitment to integrity, transparency, and creative innovation.

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Answers to our GGCN Crossword puzzle on page 51



Protocol for Submitting to the Global Grandmothers Council Network Magazine

Wisdom Shared. Hearts United. Voices Rising.



We are honored to receive your voices, stories, prayers, teachings, art, and lived experience for inclusion in the Global Grandmothers Council Network Magazine. This magazine is a sacred offering—a weaving of wisdom that honors the diverse traditions and paths of Grandmothers across the Earth. To ensure clarity, respect, and coherence in our publication, please follow the protocols below:

Submission Guidelines

1. Thematic Alignment: Each issue centers around a chosen theme (e.g., Peace, Water, Ceremony, Ancestors, Healing the Earth). Please align your submission with the current theme and share from the heart, rooted in your own lineage, walk, and wisdom.

2. Word Count:

- Articles/Essays: 300–1,200 words
- Poetry/Prayers: Up to 500 words
- Teachings or Ritual Descriptions: 300–800 words
- Recipes, Reflections, or Messages to the World: 150–500 words
- (We welcome brief offerings and deeper reflections alike.)

3. Style & Tone: We honor authentic voice and oral tradition. Your submission may be lyrical, reflective, direct, or prayerful. Please write with clarity, respect for all traditions, and the intention of unity and healing.

4. Biographical Note: Please include a short bio (50–100 words) about who you are, where you're from (ancestrally and/or geographically), and any councils, lineages, or roles you serve in. You may also include a website or social media link.

5. Images & Art: High-resolution images, drawings, or photographs are welcome. Please ensure you hold the rights or permissions for any image submitted. Submit in JPG format.

How to Submit

- **Send your submissions to:**
submissions@globalgrandmotherscouncil.org
- **Subject Line:** [Month/Theme] Magazine Submission – Your Name
- Include your submission as a PDF, Word, or Google Doc with any images attached separately (JPG).
- **Submission date:** the 20th of each month for publication in the following month's magazine.

Our Heart Intention

This magazine is a living prayer. A place to share our medicines, truths, and hopes. As Grandmothers and wisdom carriers, our voices rise not in dominance but in devotion—to Earth, to the next generations, and to the reweaving of balance and beauty in our world.

We reserve the right to deny publication of content that goes against our mission. We reserve the right to use content that we publish in Grandmothers' Magazine in other ways to promote our mission.

With deepest gratitude for your sacred walk and willingness to share,
Kalina Bains, Editor in Chieftress
and *The Global Grandmothers Council Magazine Team*





GRANDMODS

Thank you Volunteers!!!

Our FaceBook Team

These dedicated volunteers do their best to keep our Facebook Group feed clean and clear for Wisdom to shine forth. Some posts get past us, and we appreciate your "report post to group admin" so we see the ones we miss!

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**Suzanne
Lewis**



**Sharon Reigie-
Maynard**



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Iffla**



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Griffin**



**Carole
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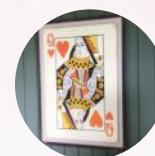
Magazine

Guidance

Gayle Crozmas



Joan Enoch



Gift from our Founder

Grandmother Suzanne Lewis

Teacher of the Heart: A Self Health Journey

TEACHER OF THE HEART: A Self Health Journey

by
SUZANNE LEWIS

Local
Author



An autobiographical story of healing during the decade of 1974-1984.

Self Health / Autobiographical Woman's Healing Journey

What happens to a person's health when the most basic instincts are wounded? Healing is a passionate tale. This is one woman's courageous story of mending.

"A deeply moving, healing journey that touched and amazed me," shared Dr. Peggy Rowe, a cross cultural teacher of heart who uses dreams and symbols for PsychoSpiritual transformation work. Suzanne's conviction is that secrets held hurt everyone involved. Secrets brought out of the deep dark closet of fear in a healthy manner help heal the whole self and the whole community.

"It's Divine" shares Shirley Jones, editor of
The Mind of God & Other Musings

CONTAINED WITHIN HER JOURNEY'S CHAPTERS

- Addressing debilitating chronic pain and suffering
- Exploring the Seventies with planned communities, Earth Festivals and Sacred Messengers
- Teachings of the Cross Cultural Medicine Wheel and the Oriental Five Elements
- Reviewing the decade 1974-1985, as seen by one who lived it
 - Spiritual Unity and Peacemaking
- Gaining authenticity in being a 'Hands on Healer'



Suzanne Lewis was trained in mathematics and the healing arts before becoming a writer. Suzanne maintains a holistic touch practice in a cooperative she co-owns called Integrative Health Building in Boise, Idaho. She actively creates workshops that integrate the Medicine Wheel with the Five Elements to assist individuals to recognize that the outside nature is truly reflected with one's inner nature. Through Sacred Play, Crafting and Ceremony with the Sweet Earth Suzanne stays well. She is currently writing her sequel book, *WATER MEDICINE WOMAN: Healing is the Revealing of Feelings*. This 1985-1998 journey will reflect Suzanne's career in the community as a hands on healer, ceremonial leader, mother and Whole Self.

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of any amount**

OUR CHILDREN CANNOT WAIT!

It's Grandmothers' Time

- ***Write White Papers, Public Letters, Stances, and Directives***
- ***Gather our collective Power for Right Action***
- ***Lead with Experience and Wisdom***

DONATE



globalgrandmotherscouncil.org/donate

YOUR DONATIONS to our 501(c)3 nonprofit (Peace Production), are tax deductible and support this vital work.

Join Our Team

Are you a grandmother with a fire in your heart
and a passion for making a difference?

Your talents, time & wisdom can help build a
global sisterhood rooted in connection, joy &
purpose, your role is powerful.

Join GGCN with like-spirited women and help
shape a more compassionate world. Ready to
join the movement?

We'd love to welcome you!

Connect & Contribute

Learn more & sign up:

circle@globalgrandmotherscouncil.org



When Grandmothers speak, the world will heal.

GGCN

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