



# GLOBAL Grandmothers COUNCIL NETWORK

Voices of Wisdom in Times of Chaos

Magazine

October 2025 Issue 11

**Mulberry  
Dyeing Ritual  
for Cotton,  
Lace, or  
Light Fabrics**

**GALACTIC  
GRANDMOTHERS**

**Debriding  
your  
Wound**



**CONNECTING  
THE DOTS**







## Welcome Grandmothers

This is not a season for control. It is a season for trust. I'm learning to just listen, not fix, not force or rush. To let things unfold like a story still being written. To honour the mystery, even when it makes no sense. Let's keep walking like that, open, curious, and ready for whatever beauty finds us.

### 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.*

- Advertise with GGCN
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Email your articles to [submissions@globalgrandmotherscouncil.org](mailto:submissions@globalgrandmotherscouncil.org)

*Mail your submissions to:*

*4334 Salem Hwy, Stuart, VA 24171*

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.

Contact

[submissions@globalgrandmotherscouncil.org](mailto:submissions@globalgrandmotherscouncil.org)  
with any inquiries or questions

Even when we're feeling frustrated, unsure, or wounded, and our hearts feel tender, ready for whatever finds us.

This season is stirring something deep. It's a time of thanksgiving, not just for what we've gathered, but for what we've released. For the courage to let go, and the grace to receive what's quietly waiting around the corner.

Let's trust that even in the ache, something sacred is unfolding. That the Unknown isn't here to scare us, but to surprise us.

To all my sisters navigating change: May you walk with wonder. May you greet the Unknown like an old friend. May you find, tucked within its folds, the treasure that was waiting for you all along.

I see you walking this path too. Even when it's hard. Even when your heart is tired. You keep showing up. I just want to say: I'm walking with you. You're not alone, love. Let's keep walking side by side.

*Kalina Bains*

*Editor of GGCN Magazine*

# Global Grandmothers

Celebrating stories, voices, and wisdom of our GGCN Grandmothers

## FEATURED GRANDMOTHER

Becky Big Canoe

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## T A B L E O F C O N T E N T S

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.



*Becky Big Canoe*

Weaving Connection  
with The Kinship Way

Page:



# Weaving Connection with The Kinship Way

Throughout human history, people have connected with each other in many forms of Kinship or clan council in relationship with water & governing lunar cycles. In more recent times, with the quest for so-called 'progress', humans have shifted away from living in alignment with natural law while moving toward extractive practices. Much of this shift is the result of colonization which has been destructive to all forms of Kinship separating & isolating us while disconnecting us from nature.

Extractive colonized choices have led to our current predicament, where we have reached or exceeded 6 or 7 of 9 planetary tipping points. Exceeding just one of these tipping points is a disaster, but exceeding 6 or 7?

Are we able to recognize the urgency for Kinship & identify the current state of planetary collapse we are living in?

Many people are feeling overwhelmed, isolated, frustrated & traumatized. To continue without changing course would be to choose the charred path that is expressed in Indigenous prophecies & teachings. If humans are to survive, it is urgent to choose another path, one that reconnects us with our gifts & responsibilities.





**This vision is inspired by the teachings & wisdom of Indigenous community members, the way of water & how Mother Earth humbly regenerates herself.**

**Can we remember that, like Mother Earth, we are 70% Water, we are all Water beings? Can we create water cultures of care that reconnect us to sacred sovereignty? Can we share our gifts generously, identify our responsibility to Water by re-adopting her sovereignty model in a Kinship commons to heal & regenerate our broken water cycle?**



**Designing new practices invites us to live into our gifts, listen, witness, feed, nourish, tend, teach, share & care for ourselves and all beings in reciprocity.**



Waterloom is an ongoing immersion that weaves water consciousness & connection to create & demonstrate new ways of thriving with the Kinship Way. We are weaving the teachings of The Kinship Way (Becky Big Canoe), The Way of Water (Bree Leggett) & The Creative Way (13 Moons by Jennifer Luxmore-Begin) to design & create Kinship commons frameworks to responsibly care for each other at all stages of life alongside Water & all beings.



Through The Way of Water, we weave new fabric with water, our common thread, to create tapestries that connect & heal our broken water cycle in harmony with Grandmother Moon & her gracious governance. Participate in immersions or arts in action installations to lift water & create a healthy circulatory system with Kin so we can weave in & honour our gifts with reciprocity.

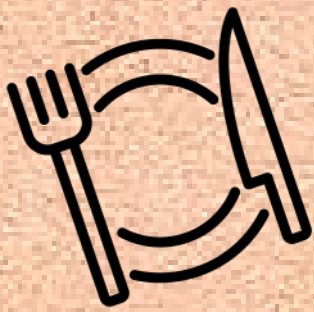
Through The Creative Way, we are inspired by Anishinaabe moon teachings, ways to be together creatively with invites to find your way to ceremony & celebration where we flow with art, music, dance, feasts, fashion & fun. We follow fun to create healthy cycles within our watersheds. This is a culture of care where we thrive, recognize & celebrate Water as Kin within Kinship clans created according to the The Kinship Way.

The Design School for Regenerating the Earth is a wonderful place & platform where we can connect with people who understand the urgent need for change from all over the world & find inspiration, teachings, resources and courses to assist and support us in our regenerative efforts to create this new culture of care. We encourage you to investigate the Design School. In the very near future you will be able to learn about The Kinship Way, connect with Kin there & find upcoming gathering dates where you can receive your Kinship designation in person from the 'Sorting Hat'!

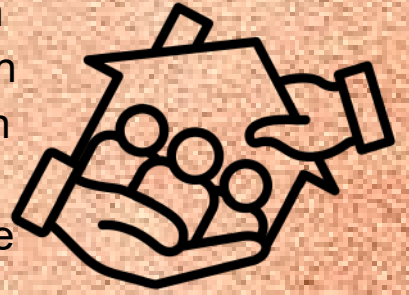
**Are you interested in joining local Kin to help us live into the first cohort of Kinship members that will help us model the Kinship Way for sister Watersheds?**

**Contact: Becky Big Canoe  
-bigcanoeb@gmail.com**





In many Indigenous cultures, being a member of a kin group confers certain privileges, such as being in council with other members to inform the Headman and/or Headwoman of the kin group about the state of wellbeing within the group and about measures needed to enhance the wellbeing of the group as a whole. It would also include the right to assistance with matters such as housing and food, as well as medical and spiritual care.



## **The Kinship Way embraces a new way of introducing ourselves,**

a practice that honors and deepens our connection to place and our vital role in restoring the relationship with the land. As a member taking part in council, you will rise and share:

- Your name.
- Your kinship group.
- Your watershed and bioregion, acknowledging the land you belong to.
- Your age advisory council designation (youth, adult, middle, senior, or elder).

A statement about your relationship to your bioregion, articulating your commitment to representing and stewarding a chosen species or element of the ecosystem.

This act of sharing underscores our belonging to our kin, establishes our connection to the land, and reinforces our commitment to being mindful and responsible stewards of the earth and all its relations. Finally, every community that becomes a Community of Care and has all 12 kinship groups in operation, if it has an opportunity to choose a name, should make reference to the watershed it is in, in its name.



I've been working in the trenches, mostly outside of public view, on many areas of a good life. My first passion is natural building, mostly because I built a straw bale house to live in, and I'm well aware of the despicable housing conditions a great many of my people live in. So I involve myself with other women and grandmothers who are trying to create some assistance to those who need homes and housing.

At this time, I formally work for the Ecological Farmers Association of Ontario as the Indigenous Outreach and Engagement person, and I find this work so rewarding. As our people reclaim food sovereignty, we have so much to relearn about gardening, farming, ranching, and wild harvesting. This wonderful organization is so helpful and supportive to both new and experienced farmers in Indigenous communities. We have our 2nd Annual Indigenous Growers Gathering coming up in December in London, Ontario, and we have a full roster of interesting presentations, keynotes, and workshops.

I'm also a founding member of the Mno Aki Land Trust, which seeks donated lands for the benefit of our people to have spaces to reconnect to Mama Aki (Earth) and practice many forms of land-based learning and cultural revitalization. The idea with Mno Aki is to bring Grandmothers into the stewardship role by determining what the donated lands will be used for, as it is possible that grandmothers know best what is needed by the people of their communities.

**“When  
renewal is  
needed, a  
vision must  
be enacted  
for the  
people.”  
Black Elk  
teaches:  
“You must  
do your  
duty and  
perform  
this vision  
for your  
people  
upon  
earth.”**





Finally, the idea of the Kinship Way was preceded by a vision in which I saw the many colors of mankind dancing a sacred dance and coming together in unity. Shortly after, sitting at my keyboard, I suddenly wrote pages and pages of this new way we can utilize Indigenous wisdom to bring us all together under totemic symbols and the colors of the medicine wheel, which in one particular teaching symbolize the races of mankind. I have worked on refining and defining it in ways that make sense to the people of today. I feel that at first it feels complex and challenging, but in fact, it's really very simple. The challenge is that people have a program in their minds already of how governance works, in which they cast a vote every 4 years and give their power to a personality/party. The Kinship Way so beautifully and simply takes that power back so the PEOPLE determine the kind of life they will have.

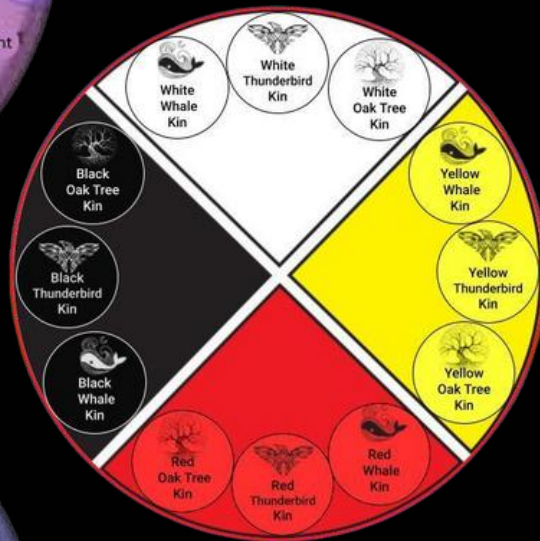


Continue the journey with Becky:

- [Brave Indigenous Conversations with Joan Jack & Becky BigCanoe](#)
- [Discovering the Kinship Way A New Path 2025](#)
- [The House that Becky Built](#)
- [The Kinship Way - Becky Big Canoe](#)
- [The Kinship Way... Becky Big Canoe Unity Work!](#)
- ["Solutionaries" Kinship Way w/Becky Big Canoe](#)

The Kinship Way has officially launched since July of this year, but we are still in the process of developing the website and other platforms, including a video production we are working on. The whole thing will eventually be put into both book and PDF form, in as many languages as possible, so that it's accessible to people around the world. This IS the way to deploy a system that is both local and GLOBAL. As you'll see when you grasp the concepts embedded in the Kinship Way, it is both freedom and security in one simple, yet multi-dimensional organization system. I hope you'll check us out and become kin to the rest of us soon. Miigwech.





The Kinship Way is taken from many models of traditional indigenous governance, providing each member with many benefits, as well as teaching how to live within natural laws that ultimately create our cradle of civilized relationships. The Kinship Way provides a path of relationship and reconciliation between peoples of all cultures and races for the systems to be fair, equitable, and determined by the people themselves.

As in indigenous

## What the World Needs Now

We live in a time of deep fragmentation -social, ecological and spiritual. The Kinship Way arises in peoples' philosophy.

response to this crisis. It is not a return to the past, but a deep collective evocation of how to live well with each other and with the Earth. Welcome to The Kinship Way, a completely new way for humanity to arrange ourselves into a coherent circle of relationships that gives us all a new chance, collectively and individually, to live up to the potential given to us by our creator.

**Excerpt from The Kinship Way: By Becky Big Canoe, Adrienne Rayna and Dale Hamilton**

*Read it All*

Born out of Indigenous lifeways, this vision emerged during a time of global pause and personal healing. It carries the medicine of circles, councils, and stories that have long guided humanity toward balance. This idea was born from several inspirations but is mostly attributable to 'spirit', that mysterious force in our lives that we should listen to with humility.

It also comes from my love of and respect for my people, the Anishinaabeg of the Great Lakes region of North America, and our doodemag system that pre-dates colonialism. Also known as a clan system, it provided guidance and stability to our everyday lives and helped all of us to know our roles and responsibilities as we moved through life. It also helped all clan members know the parts of society to which they are meant to contribute to the best of their ability, building on their strengths and talents.

As I was listening to conference presenters at the 7th Generation Bioregional Earth Summit 2024, I heard various speakers talk about how we need to put lots of effort towards stewarding and healing large parts of our ecosystem that have been damaged by industrialism and colonialism. The speakers were both Indigenous and non, and as I heard the Indigenous presenters speak, each one began their presentation by giving their name, their place of origin and their clan affiliation.

**WE**

**ARE ALL  
RELATED**

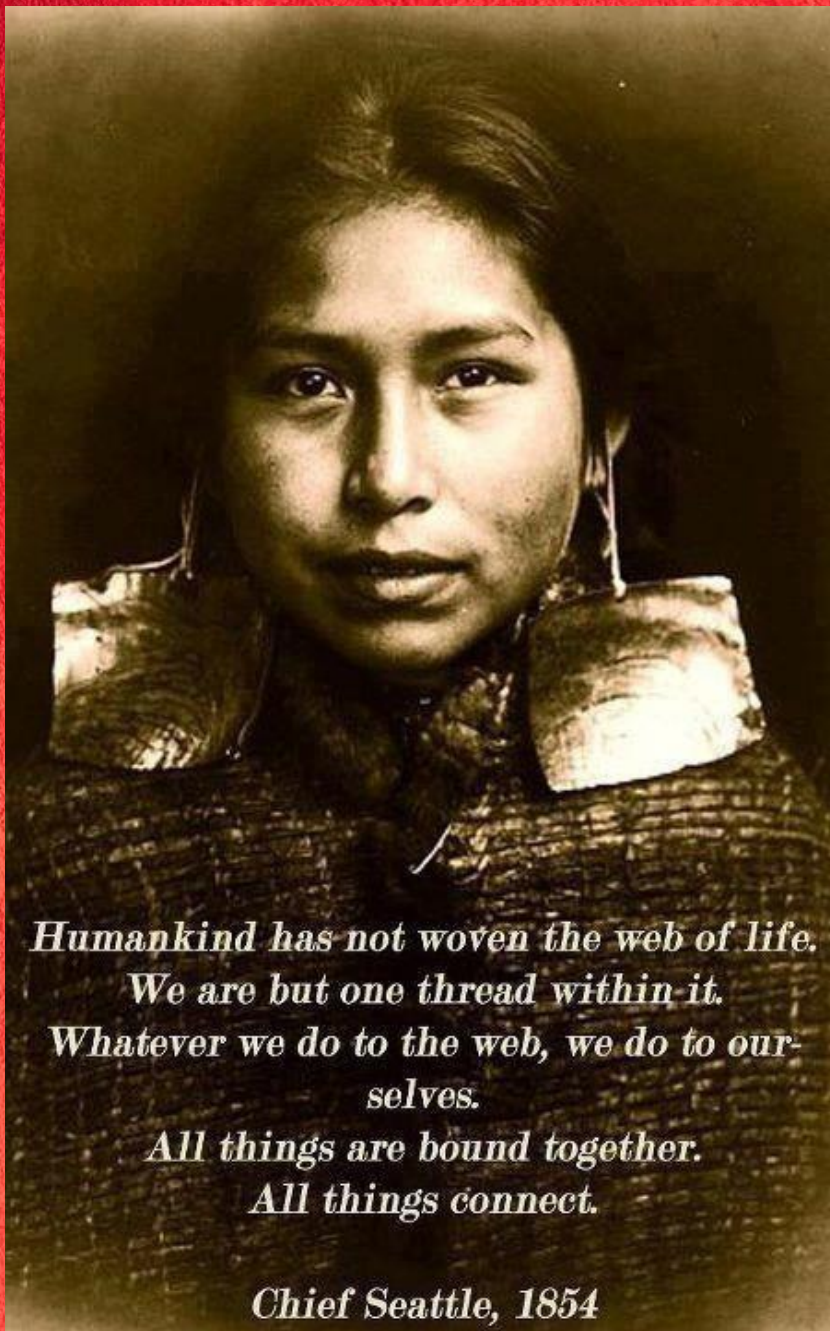
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# Guiding Principles of Kinship

Kinship begins with the principle that all life is related. It is not a metaphor, it is a worldview. Each action, decision, and relationship in The Kinship Way is guided by values such as respect, reciprocity, humility, accountability, and equity. Humanity can draw upon the enduring legacy of indigenous peoples worldwide, who masterfully employed such systems to organize themselves and to disseminate knowledge, standards, stories, observances, responsibilities, and protocols. One of the main features of a kinship system is the creation of relationships among members and in relation to members of other kinship groups. All members of the same kin group, no matter where they are in the world, are 'kin' to one another. The relationship of brotherhood and sisterhood is promoted as the ideal because it is important that everyone experiences a feeling of belonging and connection in the world.

However, personal autonomy and personal boundaries are always respected because each being is naturally endowed with a sense of sovereign-self and the right to personal self-actualization within mutually agreed upon societal boundaries, such as "do as thou wilt and harm none".





*Humankind has not woven the web of life.  
We are but one thread within it.  
Whatever we do to the web, we do to our-  
selves.  
All things are bound together.  
All things connect.*

*Chief Seattle, 1854*

When I heard the main presenter stating that we needed a way to help connect people to the land and restoration work, it occurred to me that the answer had already been spoken by the Indigenous presenters - the best way forward is the clan system! Clans effectively tie you to family, land and your specific role. This includes the natural world as the inspiration to help humans understand their connection to the web of life.

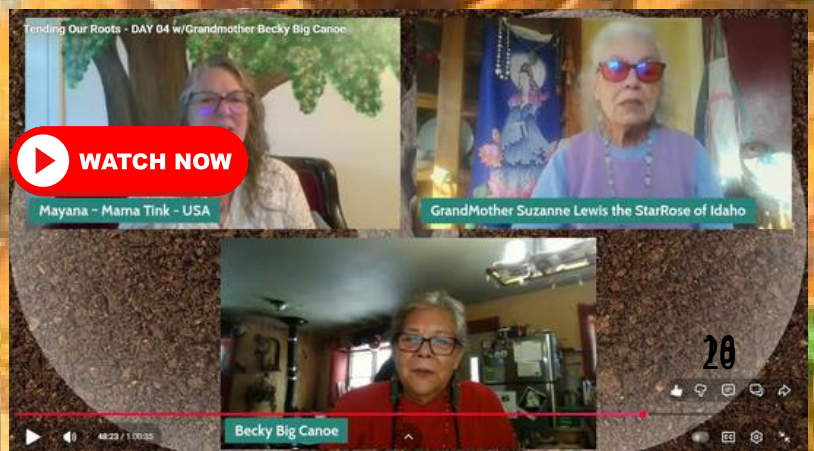
This need for connection was heightened by the pandemic. With people everywhere feeling so disconnected, isolated and lonely. With so many people suffering, it occurred to me that we needed an antidote that connected us into a community of caring and peer support. Most of all, I was totally convinced that we need to co-create a self-governing society that is prosperous and stable for the wellbeing of the children of the world and the next seven generations to come



**Becky Big Canoe is an accomplished AnishinaabeKwe mother, sustainable housing proponent, writer, artist, activist and powwow dancer.**

**She lives on Georgina Island. She is actively involved in the Mno Aki Land Trust. Becky works with EFAO's Indigenous Outreach and Engagement Steering Committee to support knowledge sharing events, mentorship and soil testing for Indigenous growers and communities.**

**WATCH our  
Tending Our Roots  
DAY 04  
w/Grandmother  
Becky Big Canoe**







**In July 2025, Becky launched The Kinship Way in Ireland at the Kindred Spirits World Peace Gathering— a circle of hearts, a ceremony of nations, a rising of kinship. This offering is more than a program. It is a remembering. A weaving of teachings, stories, and sacred steps for those ready to walk in relation, restoration, and renewal.**





# INTRODUCING MNO AKI LAND TRUST

"THE GOOD EARTH"



[GlobalGrandmothersCouncil.org](http://GlobalGrandmothersCouncil.org)



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LAND  
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CONSERVATION ON INDIGENOUS TERMS

SCAN  
ME



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Day for Truth and  
Reconciliation



Balance within, brilliance beyond.

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



- Butterfly Woman's Transformation Station:  
The Sacred Art of Transformational  
Foundational Healing  
-Kelley Springer Page: 22



- First Light Rising: The White Whale and the  
Awakening of the Mu Mothership - 3iAtlas &  
Sonar Intelligence  
- Nani T - Te Raukura Turuku Page: 24



- Healing The Soul Wound  
-Michele Margaret Juliet Page: 30



- The Sunset of Our Lives Is Not the End—It's  
the Beginning -Kalina Bains Page: 34
- With Love From Your Costa Rica Connection  
-Cindy Heider Kaliff Page: 36



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## Butterfly Woman's Transformation Station: The Sacred Art of Transformational Foundational Healing

There is a time in every woman's life when the inner call to heal becomes louder than the noise of the world. It is a whisper that says, "Return home, Beloved. It is time." For me it was an inner shout, a cry that called for my soul to find its way back to the light of who I am.

It took years of learning the inner map for wholeness and practice but I finally got home. When I did it changed my life forever.

Discovering what it meant to be a whole human being was enlightening. I met my inner council - archetypal map of five and they know exactly what to say to me to help me know my purpose. I like many of you, I wanted to understand who I am and what my purpose was.

The Soul knows it knows what it's here to do yet our human self is riddled with doubts and questions that seem to be an endless sea when you're young, uncertain and not yet trusting yourself. As I grew I became increasingly self trusting, clear and certain of who I am and confidence became more a part of who I am.

### EMERGENCE: The Breakthrough/First Steps of Change

That metamorphosis has now become the heart of my newest creation:

**Butterfly Woman's Transformation Station**, a podcast for Women's Stories of Awakening and transformation. In this sacred storytelling space, women from all walks of life come forward to share their personal journeys of transformation, the raw, real, and radiant experiences that shaped them. Each conversation is a window into the alchemy of change: how life's challenges become medicine, and how vulnerability becomes power.

These stories are more than interviews; they are transmissions of courage and remembrance. When one woman speaks her truth, she gives permission for another to do the same. Together, we build a living tapestry of collective healing, weaving love, wisdom, and power into the next generation of women's voices.

Kelley Springer





## Taking Flight - EMBRACING the NEW SELF/FREEDOM

Every guest who joins me at the Transformation Station carries a spark of the Great Mother's renewal. Some have healed from illness or grief, others from relationship loss, spiritual awakening, or rediscovering their creative fire. All have touched the mystery that lives within transformation, that moment when we finally spread our wings and fly free. If you feel called to share your story, I warmly invite you to visit:

[lovewisdompower.org/butterfly-womans-transformation-station](http://lovewisdompower.org/butterfly-womans-transformation-station)

Here you can learn about our launch date in November of 2025 and if you have a story to share you can apply to be a guest on the show. Your story may be the very light another sister needs to find her way home.

Flourishing in the New Form - Living Authentically I teach about the awakening of the White Rose Song Lines. There are the eidetic memory of our original light on Earth. Many of us were the makers of these original songs. This is our moment to become increasingly more connected to each other.

Unity is a deep soul calling. It is inviting the indigenous memory of everyone on the Earth to awaken. We are here to remember more than ourselves alone. We are here to start to remember how to be the new united tribe on the New Earth and to step fully into the act of co-creation with one another. Something is waiting for us in the circle together, something yet to be born. That from our gathering together to share our hearts and stories will rise and reveal itself to us as we grow. It is with this intention that I have started "Butterfly Women's Transformation Station" to create a sanctuary for women's voices to be met, heard as we build and become united women tribe.

Kelley Springer



Kelley Springer is visionary founder of Love Wisdom Power – Paths to Wholeness and White Rose Sanctuary. Her work bridges ancient feminine wisdom, Divine Celestial Mother teachings, and embodied healing for the New Earth. Kelley's podcast, Butterfly Woman's Transformation Station, invites women worldwide to share their stories of becoming, illuminating the sacred path of transformation, one voice at a time.



# GUARDIANS OF THE GATEWAY

## Watch the replay



Teachings that Pass the Test of Time with New  
Codes for Tomorrow

PRESENTERS

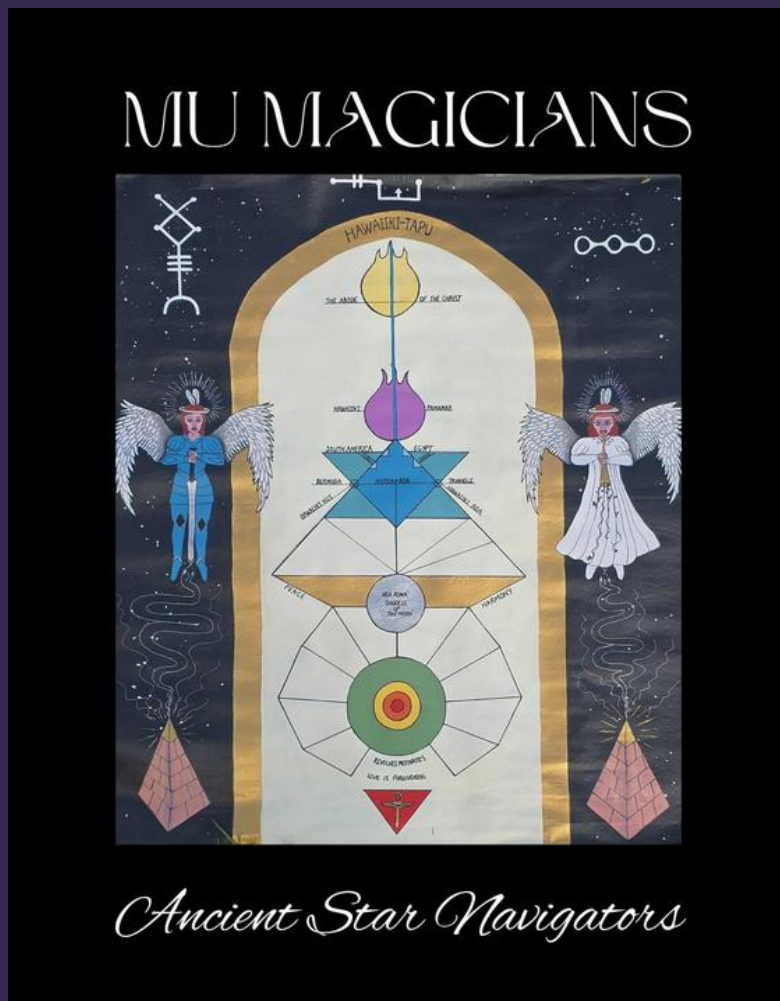
*Te Raukura Turuki ~ Helen Cradock*  
*Anharatanui Celestia Arstaria*  
*Kelley Springer ~ Mayana Kingery*



# GGCN & GALACTIC GRANDMOTHERS OF MU

You know those creative moments when two people collide into one? That's what Mayana with Global Grandmothers and Te Raukura Turuki, Helen Cradock, and Anharatanui Celestia Arstaria with Galactic Grandmothers of MU experienced together.

What insights come to you when viewing these images?



The Ancient Star Navigators' teaching and map is totally aligned with Mayana's Blue Lotus Chakra Bloom that maps the energy field of the evolved homo-sapien - who has become homo-spiritus. The Blue Lotus Chakra Bloom calls itself the

**ANTI-VIRUS FOR MIND CONTROL and FEAR EXTRACTOR**



## FIRST LIGHT RISING: THE WHITE WHALE AND THE AWAKENING OF THE MU MOTHERSHIP - 3IATLAS & SONAR INTELLIGENCE

### MESSENGERS OF FIRST LIGHT



A few days ago, 13.10.25 in Kaikōura, the East Coast of the South Island, Aotearoa, NZ, we were blessed with a profound celestial visitation: a White Humpback Whale. Not just any White Humpback, it was believed to be Migaloo, a 38-year-old White Whale was first spotted in Byron Bay on the East Coast of Australia. This sacred Tohora (Whale) is a being long prophesied as the Navigator of Peace and herald of cosmic alignment.

This rare White Tohora, a guardian of ancient Dreaming and bearer of stellar transmissions, has returned as a creature of the deep oceanic currents, as a living messenger of Sirius, the spiritual Mothersun Star of Hine Takarua, and an ambassador of the cetacean language of light and sound, the divine frequencies that realign us with our own inner sonar, our truth-compass through this epic planetary unfolding.

Nani T - Te Raukura Turuku



## SHE SINGS THE SIGNAL: MU IS RISING.

To the Galactic Grandmothers of Mu, this whale's arrival is a radiant sign from Aunty Rose (Dr Rangimarie Rose Arikirangi Turuki Pere) — the matriarch of the AIO Peace Trail, that aligns with the frequencies of Peace, Love, Joy, and Truth. She is now believed to have become a white whale in spirit. Her presence is felt in this sacred encounter. He Tohu, the symbol, the sign, declares: She has returned to guide us through the convergence, not of calendars, but of consciousness.

### The Cetacean Call: Remembering the Language of Joy

On my 60th birthday this January, we voyaged to Whale Island (Moutohorā), East Coast of the North Island, Aotearoa, NZ . There, among sea songs and wind whispers, we were greeted by a Tuatara (the oldest reptile, known as the living stargate) and a pod of laughing, leaping Dolphins. No one else aboard spoke Dolphin, so I did. Boldly. Authentically.

The moment I vocalized the cetacean tones, they responded, spiraling, playing, matching my joy with theirs. I witnessed golden spirals rising from the water, a luminous affirmation that when we meet creation with authenticity and love, it meets us back with miracles. This is why we are being called to re-attune to the cetacean frequencies. To sing again with the living ocean of sound. To become sonar beacons of truth in a world relearning how to feel.



Deep beneath the surface of this mythic moment lies a greater convergence still, the meeting of the Ether Plasma Dragons, guardians of the planetary grid, and the Sonar Whales, carriers of the Galactic Songlines. In Aotearoa, they share the same name: Taniwha. Whale and Dragon one breath in two forms, both holding an octave bridge between worlds, singing the same tone through different expressions.

At the sacred threshold of Te Rerenga Wairua, the leaping place of spirits, First Light and First Dreaming converge. This is where Heaven and Earth have always touched, written into our creator god stories for millennia.

**Now, the stellar consciousness of 3iAtlas enters, pulsing every 11:22 seconds, a hyper-intelligent plasma architecture never before seen or felt.**

Light reflecting into itself. A mirror matrix duplicating planetary forms. A splitting of realities happens in its wake, witnessed by scientists who cannot explain what is happening, defying known science to date. Is this the long-prophesied Timeline Split? Are we now walking the path where two worlds gently part, one releasing, one ascending?

From deep within Antarctica, Earth now pulses in sync every 11.22 seconds, a new planetary heartbeat, synchronizing with the galactic engine of the outer skies. The Mu Mothership awakens beneath us, her crystalline circuits activating.

We are not waiting for the new world. We are it. We are now called back to the hearth, to community, to the sacred center. As the old timelines collapse, we are invited into the New Dreaming the Golden Spiral, the next evolution of Homo Sapiens to Homo Luminosity and soon Homo Galactica.

We are morphing into something we have never known before and what it takes it the lens of the innocence of the child. The Grandmothers lead the way now.

Nani T - Te Raukura Turuku







We are asked to:  
Stand in the Storm with  
courage.  
Embrace uncertainty with  
innocence.  
Witness miracles with  
open hearts.

Let the Song of the Whale Move Through  
You. May our hearts become sonar beacons  
of truth. May our voices become waves of  
joy. May the Waters of Creation once more  
flow in unity, clarity, and grace.




Peace in our words. Love  
in our tone. Joy in our  
movement. Truth in our  
sound. We are the Plasma.

We are the Song line. We  
are the Ones we have  
been waiting for.

Transmission from Te Raukura & The  
Council of Galactic Grandmothers of Mu



The background of the page is a painting. It features a hand, rendered in warm, golden-brown tones, reaching out from the upper right. The hand is positioned as if it is about to touch or is gently holding a deep, vertical wound that runs diagonally across the center-left of the image. The wound is a rich, dark red color with a bright, glowing yellow-orange light emanating from its base, suggesting a source of pain or healing. The overall texture of the painting is soft and painterly, with visible brushstrokes and a warm, monochromatic color palette dominated by shades of brown, gold, and red.

The thing about our scars and wounds, pain lies deep within you. It can make you a victim or a survivor or even a hero... it can transform how we see events in our life, it can enable or debilitate. It is up to us, it is entirely possible to heal it and use the experience as your power, your wisdom, and your infinite worth. The wounds you carry, honour of the battles we survive, this is an introduction to my handbook (Chapter 1) to transform wounds to growth, understanding, and finally, even peace. I hope this assists you in understanding and gives you the insight that follows when we dare to heal.

### Healing The Soul Wound



## Foreword

Healing is not a linear journey. It spirals through lifetimes, through cellular memory, through subconsciousness, through emotions. The wound we experience, whether emotional, physical, or spiritual, is not a weakness. It is an initiation.

In this Handbook, I do not seek to offer a quick fix, but rather an invitation: to meet yourself wholly, gently, and truly.

## Introduction:

There comes a time in our lives when the pain we carry can no longer be ignored. It seeps into our thoughts, our relationships, our lives, and spills over, often affecting us when we didn't see it coming. At first it once impacted it may seem like a permanent problem and may even derail us from our usual daily activities, gradually in time it manifests on occasion, as a distraction or something annoying that we tend to push to the side, there are the other more impactful experiences, life changing things that completely change the world we live in ... our responsibility to ourselves during these changes in our lives can be measured from acceptance and understanding to extreme denial, self medicating and present in emotional outbursts, anxiety and sleeplessness, the aspects of the dis-ease that we are trying to bear.

It's in the unpacking, revisiting, and understanding the wound, because over the months and years to follow, at times it raises its head. demanding our attention.

It is when we gently take time out and gradually return toward the wound, with curiosity and intention, that we can begin to see how the wound has been ignored to some extent, and that feels incongruent. We need to take the time to lean in and rethink and re-associate, reflect and understand that if we want to solve the problem, and get past it, we need to begin to open it up, to debride it healing from the inside out.,

**To debride is a term meaning to reopen the wound. to clean away at the source... and to prepare the wound to heal from the inside out.**

This book is an empathetic guide, an invitation for the reader to join me journey from pain to healing. You are invited to feel deeply, honestly, and remember to open up, as we shine a light into the abandonment of denial, to those areas in your life that have until now been cast aside. The power lies within you. We learn that pain is a personal lesson about growth and mending and choosing to heal, and furthering our understanding.

# Debriding your Wound



The wound bears silent testimony to what has been broken. It speaks without words, marking the place where life was altered. Through its ache, we are reminded of the moment of sudden impact. It is both an injury and a messenger. In tending it, we come face to face with truth, the impact of the wound itself bearing witness to the potential need to defend and to cleanse, protect our being.

#### *Invocation:*

Let the wound reveal itself now, as a mark of survival. Let me listen, feel, understand, and reassess myself anew.

#### *Reflection:*

The wound is often seen as something to cover up or shun, ignoring it. In its reveal, the rawness can point towards what matters, on a deeper level, where what was unhealed, with understanding and attention, was seeking to share an aspect of our journey we have until this moment ignored. Welcome the opportunity to explore the feelings surrounding the wound. To witness without shame or fear is to reclaim our story.

#### *Steps:*

1. Notice the wound
2. Bring your attention to where the wound resides physically, emotionally, and spiritually.
3. Focus on control
4. Identify your ability to stand in your power while focusing your attention and energy
5. Select the wound that feels most present or the one that wants to be addressed
6. Unpack it gently
  - Explore its impact on your life, experiences, and perspective, without judgment.
  - Acknowledge that consciously, you are allowing it to speak.
  - Listen and honour the experience.
  - Note your feelings.
7. Prepare for release
8. Begin to soften, acknowledge, and hold the love and support for yourself as you release what no longer serves you.
9. You have debrided your wound

#### *Affirmation*

I acknowledge the wound I have carried.

I stand in control with my intention and understanding.

I begin my journey of release, relinquishing that which has held me back.

#### *Mantra of Release:*

"I have begun the journey of letting go. I release this pain fully and invite the life force, the energy of life force, to now fill the space I have cleared with light, healing, and renewed vitality."

Congratulations, you have begun clearing your way to your own source of being, to a better you.

*I honour the wisdom in my wound and allow it to teach me.*







**TOGETHER, WE DON'T JUST MAKE CHANGE,  
We Become It!**

**YOUR WISDOM IS NEEDED,  
YOUR VOICE IS POWERFUL  
THIS IS YOUR TIME TO RISE,  
SHARE, AND BE SEEN.  
TOGETHER, WE LEAD. TOGETHER,  
WE CHANGE THE WORLD.**



**CONTACT US**

[globalgrandmotherscouncil.org/magazine-subscribe](https://globalgrandmotherscouncil.org/magazine-subscribe)





**The Sunset of Our Lives Is  
Not the End**

*It's the Beginning.*



The Sunset of Our Lives Is Not the End—It's the Beginning  
From one siSTAR to another

I want to speak to you, as a woman who's been cracked open and still chooses to shine. You might be standing in a moment that feels like the end.

Maybe you've just heard the word cancer.  
Maybe you're grieving someone who held your whole heart.  
Maybe you're walking through divorce, estrangement, or financial loss.  
Maybe you're simply tired of being strong, of holding it all together.  
I see you. I feel you, and I want you to know, this is not the end. This is your beginning. We are in the sunset of our lives, not fading, but flourishing. This is the golden hour where grief meets grace. Where we say goodbye to what was, and gently begin again.

We Don't Rush Healing, We Ritualize It  
We light candles for our losses.  
We speak names that deserve remembering.  
We write affirmations for the woman we are becoming.  
We gather in quiet, in rhythm, in truth.

This is the work of legacy. This is the work of Kintsugi Woman. This is the work of continuing, begin again, beautiful one.

You are not too late.  
You are not too broken.  
You are not alone.

You are a siSTAR, A woman who continues, even when life says pause.  
So today, I invite you to look deep within. To gather your stories, your scars, your sacred truths. Begin again, not despite what you've been through, but because of it. Take a quiet moment.

Light a candle. Write down one thing you're ready to release, and one thing you're ready to reclaim. Whisper this:  
"I honor what was. I embrace what is. I begin again."  
Then breathe, rise and continue.

We're walking this path together, siSTAR.  
Arm in arm. Heart to heart. Soul to soul.

## *With Love From Your Costa Rica Connection:*



All in a day in Costa Rica!  
I dreamed, early in the morning... that I went into a restaurant and there was my brother. (He died at age 70 in Jan. 2025 from complications from diabetes).

I approached Garey (who I have been estranged from for the last 6 years). He had a product of some type he was getting ready to promote/sell. I told him I would help him.

We had a cordial, nonchalant conversation, friendly, collaborative as I asked him about his product. The most vivid part of the dream was me, meticulously packing a bag for him. We were going to go out together. I realized we each had a car. This dream probably has many meanings, but what I came away with was a special bond and closure with my brother!

That ...same morning about 6 am, I was walking on the beach. It was low tide. I was walking amongst the rocks when one of the rocks moved! On close inspection, it was a marooned sea turtle, probably an Olive Ridley. (This is the season when the sea turtles come up on the shore to lay their eggs.) (Had she seen the new turtle tattoo on my ankle and identified me as a friend?) Her shell body was the size of my arms held out, creating a big circle. I squatted down to reach her. She was very heavy! I looked up and down the deserted beach...searching for help.

All of a sudden, Riggo, the owner of a beachside café, appeared from the shoreline. He was able to lift our turtle twice to larger and larger tide pools till she was in a place with a passage way to the open sea. He assured me (in Spanish and Pantomime), that the tide would come and allow her to swim out! I was so relieved, I hugged him and he disappeared! I felt a sense of awe! I imagined Jane Goodall was smiling!





Still early, around 8:30am...I received a call from Susan. She and her husband, Paul care for Migo, a free-wheeling dog that has adopted our Villa Development. Last week, I had sent an SOS to our Canto del Mar Community, telling them that Migo had wandered into my porch area and seemed to want a lot of attention. I had discovered he had an infected ear that had ballooned to 3 times its size! So many of the people who live here are gone, renting out their Villas.

I wanted to know...was anyone feeding Migo? Looking after him? Paul, Migo's best friend, fosters cats and dogs, supporting and promoting a spray and neutering program in the local community and area of Dominical, Costa Rica. I discovered that Paul was in the states, recently having received a diagnosis of pancreatic cancer.

There was a response from the owners of villas in our HOA. What could they do to help? Susan...now back from the states for a week to take care of things here...had a plan. Get Migo on a leash, get him into the car, and get him to the vet. (Migo is basically a jungle dog who hates cars, vets, and being owned!). Three of us reported for duty and got Migo into the car and on his way to the vet. Neighbors who often spar with each other offered \$ to help with Migo's vet bills. He is a symbol of freedom in Canto del Mar, wanders on a whim, and is friendly to everyone. He is our mascot! We want him around! Two saves and a healing in one morning!

Even though there is strife in the world...there is collaboration, compassion, and miracles! This month, with the October Full moon representing a sense of harmony and balance in the Universe, may it infuse each of us with equanimity!

Addendum: Migo had his ear lanced, had surgery, and now has stitches. He currently sports a cone on his head. Susan is caring for him and handing him over to me to continue his medication regimen and his next vet appointment! Please send positive vibes out to Migo, but especially out to Paul for recovery from his upcoming year treatment program. Gracias!

With Love From Your Costa Rica Correspondent: " Please send thoughts of healing energy to Paul Reynolds in Portland Oregon."

Cindy Heider Kaliff





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



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# 2025 HALF MOON CALLS

**1st  
Quarter  
HALF  
MOON**



**3rd  
Quarter  
HALF  
MOON**



## ***Half Moon = Balance***

Bring your inner connection with “Mother.” We are  
GATHERING all our perspectives into ONE UNITED ACTION ~  
inspired in the moment and emerging 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’s  
Foundation ~ for New Earth to thrive in *their* Garden

### **1st Quarter ~ HALF MOON**

Wednesday, October 29

Friday, November 28

Saturday, December 27

### **3rd Quarter ~ HALF MOON**

Wednesday, November 12

Thursday, December 11





Unci Rita Long Visitor Holy Dance



# In Loving Memory of Unci Rita Long

## Visitor Holy Dance

### Oglala Lakota Elder

Beloved Grandmother of the  
International Council of Thirteen  
Indigenous Grandmothers  
Born on Pine Ridge Reservation,  
South Dakota

She walked with grace.  
She prayed with power.  
She taught with tenderness.

Unci Rita Long Visitor Holy  
Dance was more than an elder, she  
was a bridge between worlds. A  
keeper of Lakota wisdom, a voice  
for healing, and a heart that beat in  
rhythm with Mother Earth. Her  
presence in the International  
Council of Thirteen Indigenous  
Grandmothers was a blessing to all  
who gathered in circle with her.  
From the sacred lands of Pine  
Ridge to global gatherings of  
prayer and ceremony,

Unci Rita carried the medicine of  
compassion, resilience, and truth.  
She reminded us that healing  
begins with humility and that  
every woman carries the power to  
restore balance.

Her prayers echoed across  
generations.

Her laughter softened grief.  
Her teachings live on in every  
grandmother, daughter, and siSTAR  
who chooses to walk the path of  
peace.

As part of the Global Grandmothers  
Council Network, we honor her  
legacy not with silence, but with  
song. Not with sorrow, but with  
ceremony. We remember her not only  
for who she was, but for what she  
awakened in us.

May her spirit soar with the  
ancestors.  
May her wisdom guide our steps.  
May her light continue to shine  
through every woman who rises

Thank you, Unci Rita.

With love, light, and legacy,  
The Global Grandmothers Council  
Network





A GLOBAL GATHERING



UNITY

CONNECTION

HEALING

# EARTH HEART

FIND A SACRED PLACE OR MOUNTAIN THAT SPEAKS TO YOUR SOUL.  
GATHER A GROUP OF PEOPLE. MAKE YOUR QUEST TO THE MOUNTAIN ON  
NOVEMBER 20TH. CREATE YOUR OWN RITUAL. BRING EARTH, WATER,  
FIRE, AIR AND ETHER TOGETHER. CONNECT TO THE HEART OF THE EARTH.

NOVEMBER 20TH, 2025





## JOIN EARTH HEART A WORLDWIDE CEREMONY FOR THE EARTH

On November 20th 2025, parallel to the Climate Conference in the Amazon in Brazil, we organize a worldwide ceremony; a moment to connect humankind.

Let's unite and plant the seeds for the future.

How to join? Create your own ceremony, in your own place, in your own way. And empower a worldwide network connected to the heart of the Earth.

ADD YOUR OWN CEREMONY ON THE WORLDMAP  
FOLLOW US ON FACEBOOK AND ON INSTAGRAM

We would like to invite you for Earth Heart, a global ceremony for the Earth, happening on November 20th, 2025, parallel to the Climate Conference in Belem, Brazil. A moment to connect as humanity with spirit, with nature and with the heart of humanity, to plant the seed of the new. How to join? Create your own ceremony on November 20th - or bring your cup of tea and set your intention with Earth Heart.

Find a sacred place near you.

Bring your friends or network together.

Connect to the heart of the Earth and of Humanity.

Use dance, music, ritual or prayer to create sacred space.

Then create silence and listen to your heart.

Listen to the Heart of the Earth. Listen to her message.

And if you want share her message on the Earth Heart Facebook page. Let's create a world wide moment of ceremony in honor of the Earth!



# CREATE YOUR OWN CEREMONY FOR THE EARTH

## November 20th, 2025

Add your ceremony to the WORLDmap

In about a month from now there will be a next Climate Conference, COP30, this time in the Amazon in Brazil. At the same time thousands of people will connect to the Amazon by synchronizing a ceremony for the earth, everywhere on the planet. Each in his or her own way, be it a prayer or a meditation, with music or in silence, with large group or just individuals.

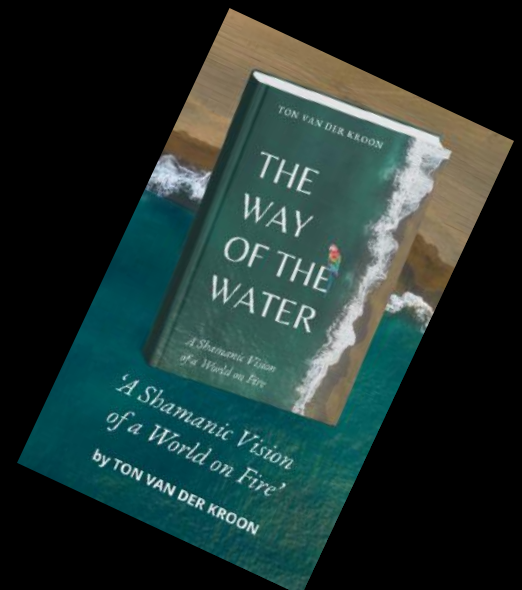
Connecting with the 'heart of the earth', and with each other. Because more than ever we need connection, from heart to heart.

Join this vision by organizing your own event or ceremony on November 20th or by spreading the idea in your network!

You can put your own ceremony on the world map: <https://connecting-the-dots.eu/earth-heart/>



 **CONNECTING  
THE DOTS**





## Everyone's Whole

In a world that works for everyone - all thrive  
Everyone has a safe place to live and sleep  
Everyone has nutritious food to strengthen their body  
Everyone learns how to be human, compassionate, and creative.  
Everyone discovers their passion on purpose

It's hard to imagine from where we are now  
How to arrive there... where  
Everyone cares. What's the distance from here and now to there?  
How can we travel it? How do we change?

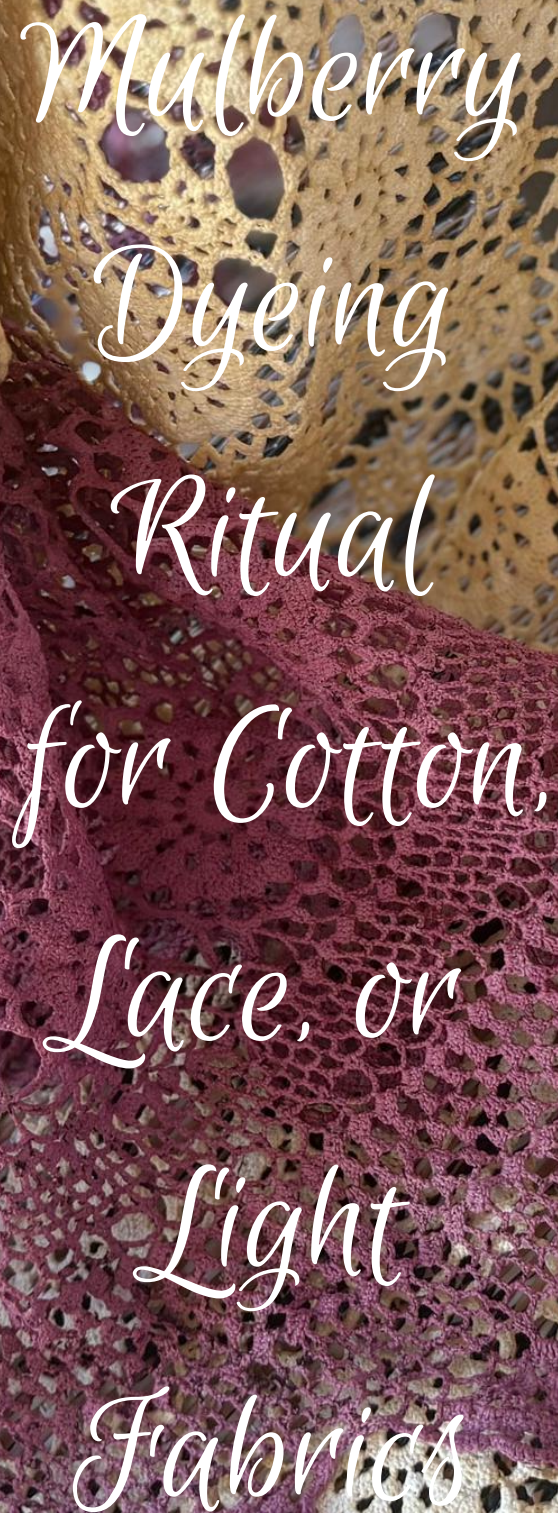
So many are lost, afraid, and alone. Broken and friendless,  
hungry and tired. Used up, thrown out, beaten down and  
oppressed  
How can a world work for everyone?

So many don't want to care for another  
So many just long for wealth and power  
So many believe that if one gains, they lose  
So many are ignorant of compassion's call

How can we get there... to the place where we share?  
How can we combine our strengths to repair?  
How do we teach so that everyone learns  
The power of love and respect that is earned?

When I heal my heart, and you do it too  
We then come together and know what to do  
We share what we know and how we've transformed  
With another and others til Everyone's Whole





# Mulberry Dyeing Ritual for Cotton, Lace, or Light Fabrics

When I was a teenager I was always sewing and creating clothes. And, in amongst that, I discovered the beauty of being able to work with colour. It was with great enthusiasm that I set out to dip into dyeing... though in my first efforts I learned there was more to it than the colouring only. I'm not sure now if I took on the challenge, or volunteered for my brother and his friends to create purple single styles as they played their gig they were looking sharp and edgy, but it wasn't until after the gig that they realized that they were wearing purple imprints for days. Oops, LOL, a bit more refining, tweaking, setting the dye fast, and rinsing, there was more to this, ah, but the colours worked ...

The little Dylan tins were so powerful in transforming old T-shirts and scarves, and old vintage dresses. I got more proficient with raffia tied off in circles, I'd create suns and stars strategically placed...

So recently, I was inspired by these memories, and as I had some old lace on hand, I decided to take a friend up on the offer of harvesting some mulberries.

I was working with the season, this inspired me ... it felt aligned. A creative venture I'd been wanting to get back to for decades... where colours changed with the season. The thought of dyeing some lace from its vintage fade to a vibrancy with seasonal fruit inspired me.

In this case it was mulberries and black tea I photographed the out come and have given you the recipe for the mulberry dyeing ritual for cotton, lace, or light fabrics



### 1. Prepare the Fabric

Begin with dry cotton lace or a soft cotton T-shirt. If it's new, wash it first to remove any factory finish. Let it dry, then soak it in strong black tea; this acts as a gentle natural mordant and softens the fibers. Once soaked, hang it to dry again.

### 2. Prepare the Mulberries

Choose ripe mulberries, the kind that almost fall into your hand. Place them in a bowl or pot, mash them slightly, and let them rest overnight. As they sit, their juices will begin to flow, deep and wine-like, releasing the essence of their colour. If some berries have already begun to ferment, all the better, their natural alcohol helps the pigment bloom.

### 3. Create the Dye Bath

In the morning, cover the berries with fresh water. Bring to a gentle boil, then lower to a simmer for 25–30 minutes. Turn off the heat and let the mixture rest, allowing the colour to deepen as it cools.

### 4. Dye the Fabric

Once the liquid is cool enough to handle, place your tea-soaked, dried fabric into the pot. Press it down gently so it is fully submerged. Cover and let it sit in the dye until the bath is completely cool. The longer it rests, the deeper the tone will become.

### 5. Finish and Set the Colour

Put on gloves and carefully lift the fabric from the dye. Squeeze the excess liquid back into the pot, save this dye for your next piece. Hang your dyed garment in the shade to dry slowly. When it's dry, rinse gently in cold water with a splash of vinegar to help fix the colour. Hang again in the shade to dry completely.

### 6. Et Voilà

You now have your own mulberry-dyed creation — touched by fruit, time, and patience. Each piece will be unique: a whisper of the season, the earth, and your hands.



You will need:

- Ripe mulberries (the darker and softer, the better)
- Cotton lace, old T-shirts, or natural fabric
- Strong black tea
- Gloves
- Stainless steel or enamel pot
- Vinegar (white)





# *Thank you ... The Power Within*

When you learn to see  
how nature breaks through stone,  
and all the way through mountainous ridges  
remember,  
That same power lives within you.

Worrying about time  
can make you feel old, or late,  
as though you've missed your moment.  
But time is only an echo.

A resonance.

What is key is now.  
Sing, dance, breathe  
Let the sound of your own aliveness  
spill over the space you stand in.  
Just as melting snow creates the rivers,  
Down the mountains to the sea,  
You will find the way through.

You can see the glass as half full or half empty.  
as one season fades,  
we begin to create a harvest of what remains.



You may choose the sentiment of your nostalgia,  
You may smile on the inside,  
Or bring your joy to light,  
But remember the choice  
is the highest use of who and what we are  
your time and the resources rest there  
In the moment of your talent.

To live in abundance  
is to clarify being on your way.  
Sometimes that means removing  
flotsam and jettisoning the jetsam  
habits, doubts, people

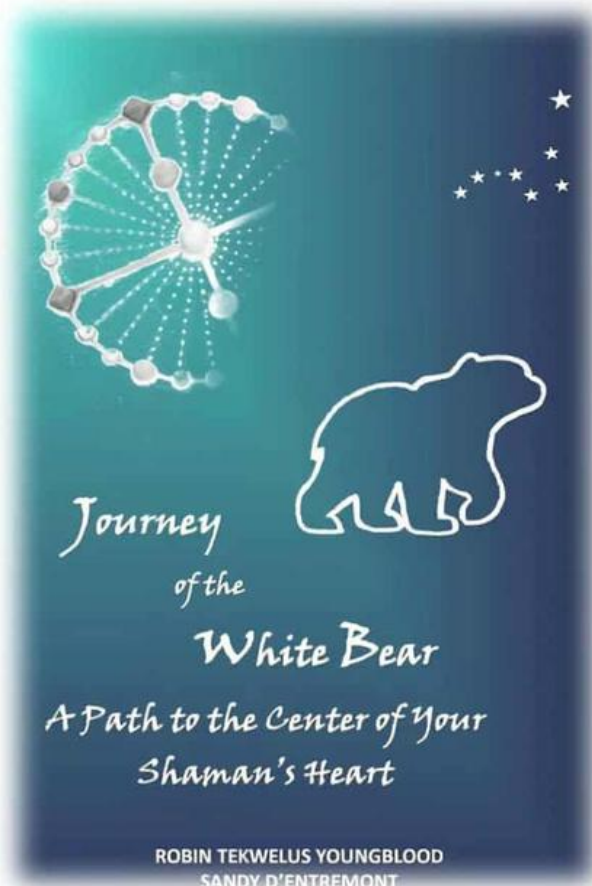
Don't let them stand in your light.  
You are ready  
to grow.

Remember before you choose,  
Look kindly at both the good and the hard.  
Embrace the challenge  
Find the best way for your heart to guide you,  
Opening the vista to clarity,  
or a touch newly discovered vision,  
May shift what seems unworkable.

Judge need not have its way with you,  
Breathe.

Trust the power  
that breaks through your barriers.  
Dissolving as resolving your heart again and again  
The tide has turned  
It is, was, and will always be...





In January of 2026, I'll be starting a 9 months long course, ***Journey of the White Bear, a Path to your Shaman's Heart***, to heal our traumas and the divisions within and without. Together, we will begin to understand our roles as leaders in our communities. We all seek connection, understanding, and inter-relatedness. Our experiences, multi-generational traumas, cultural traditions, family dynamics and belief systems may be different, yet we want the same outcome.

The Medicine I carry comes from Indigenous Wisdom Keepers around the world, the Caretakers of Mother Earth and Planetary Life. It cannot be learned and lived in a few moments. As one begins to see, heal, change, the Circle of Life becomes a pathway to wholeness for self, family, community and the world. This Medicine cannot be diluted if its to be effective.

All beings are worthy of the recovery of our true humanness. You can expect the discomfort of facing dysfunction, an urge to run from your authentic self, a sense of revelation, and the pregnancy of possibilities. You may even return lost pieces of soul and power. And then you'll integrate it all.

This 9 months long course is a re-birth. It requires commitment and a desire to be a leader in the renewal of Life. These teachings, this Medicine, will challenge you and grow you to the next level in your evolution.

To participate, please PM me on Messenger or email me at [whitewolfclanmother@yahoo.com](mailto:whitewolfclanmother@yahoo.com). The course is \$1800 if paid in full by January 1, or \$225/month.\* The first 4 registered and paid by December 1, 2025 will pay \$1500.\* As always, if you have a financial hardship, please contact me privately. Books and ebooks may be purchased in English on [www.Amazon.com](http://www.Amazon.com) in the US and the UK. You can get it in Dutch at [www.walkingmyrevolution.com](http://www.walkingmyrevolution.com).

\* Payment is non-refundable if you drop out.

## ***Journey of the White Bear, a Path to Your Shaman's Heart***





# Embracing, Empowering, Elevating GGCN Grandmothers Events Connect Inspire



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# Walking Together with GGCN



## A Call to Our Grandmothers & Others



### Ways you can serve:

- **Moderating our Facebook page** – keeping the hearth warm, welcoming, and safe.
- **Supporting our websites** – tending the living archive that holds our message.
- **Publishing our Magazine** – helping our stories and teachings reach the world.
- **Creating video clips** – shaping short, beautiful pieces from our content to share far and wide.
- **Managing auction submissions** – helping organize the offerings that sustain our work.
- **Sharing our message** – amplifying our voice so it can reach the ones who are waiting for it.

If you value what we bring and feel called to lend your time, your presence, and your skills ~ please join us. Together, we weave the fabric of remembrance and keep the flame of this work alive.



Every role matters.  
Every hand helps. Every act of service ripples outward.



# NEW GGCN FACEBOOK GROUPS!



This is YOUR  
invitation to RISE.

CONNECT. CREATE. CELEBRATE.  
With Global Grandmothers  
Council Network  
Community

- Global Grandmothers' Magazine
- Global Grandmothers' Events
- German GGCN Group

We also are walking  
together with  
Learn With Grandma  
International  
and their 50 + country &  
language-based groups

Image created to represent  
Grandmothers as Sacred  
Guardians.





# WHO WE ARE

## *Our Founders*



**1940 - 2025**  
**Grandmother**  
**Suzanne Lewis**  
**Star Rose of Idaho**



**Grandmother**  
**Sharon Reigie-Maynard**  
**Waking Women Moving**  
**Mountains**

## *Global Outreach*



**Grandmother**  
**Michele Telfer**



**Grandmother**  
**"Black Bear"**  
**Gayle Crosmaz**



**Grandmother**  
**Joan Enoch**  
**M.D.**

## *Guidance*

## *Facebook Moderators*



**Br**  
**wyn**  
**Griffin**



**C arole**  
**Schaefer**



**Pamela**  
**Sutton**



**Mayana**  
**Kingery**  
**ADMIN**



**Kelley**  
**Springer**  
**EVENTS**



**Kalina**  
**Bains**  
**EDITOR**

## *Working Team*

## *Regional Ambassadors*

**EAST USA**



**Mayana**  
**Kingery**

**WEST USA**



**Kelley**  
**Springer**

**EAST Central**  
**CANADA**



**Kalina**  
**Bains**

**GERMANY**



**Vera**  
**Bartholomay**

**COSTA RICA**



**Cindy Heider**  
**Kaliff**

*And You?*



# Stitching Dignity ~ Sewing Futures

Around the world, many young women miss school each month simply because they lack access to menstrual pads.

**Together, we can change this.**

By sewing reusable cloth pads, we not only protect our Earth from disposable waste, but we also help girls stay in school, continue their education, and step into their future with dignity and confidence.

Imagine a young girl holding a pad made with your hands — knowing a grandmother cared enough to make sure she didn't have to hide, miss class, or feel ashamed.

***This is a gift of love that lasts far beyond the fabric.***

Join us in stitching hope, dignity, and opportunity for the next generation of women.

Tufoin Mercy who lives in Cameroon washed a few pads until they fell to bits! She worked out that the pads lasted about 4 Years!! Think of the saving for a family, especially if they have 2 or 3 girls.



This film was created by Ugandan - Allan Kakinda.

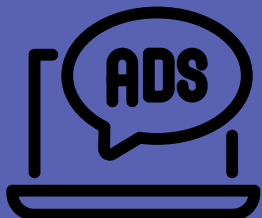
55

**With every stitch we sew, we pass on love, care, and possibility.**



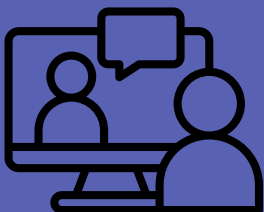
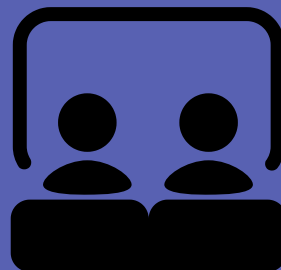


- **GRAND SPONSOR** Submit a full page article to our special edition of Global Grandmothers' Magazine "Guardians of the Sacred" with prayers, intentions or your sacred work. \$499



- **ADVERTISE** in Special Edition Magazine 1/2 page advertisement in our special edition of Global Grandmothers' Magazine "Guardians of the Sacred" with your prayers, intentions, and sacred work. \$299

- **WATCH PARTY** Host a Watch Party in your community! Your donation will allow you to livestream Guardians of the Sacred in your community space and participate in a private follow up online gathering for all GGCN / Guardians of the Sacred Watch Party Hosts. \$300

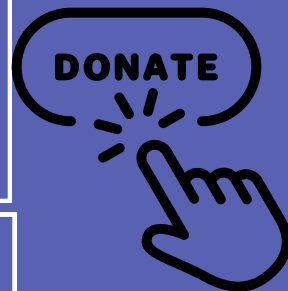


- **GGCN Interview** Join GGCN for a 20 minute interview session where you may share your practice, prayers, and wisdom related to Guardians of the Sacred that will be shared with all attendees of the event. \$100

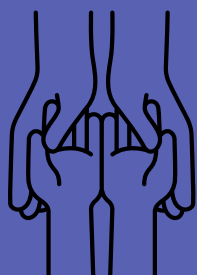
- **PRAYER TREE** Submit your one line prayer to the special edition with your name on our Prayer Tree in Global Grandmothers' Magazine "Guardians of the Sacred". \$25



- **DONATE** Your donation will help GGCN participate on the ground with Guardians of the Sacred. You will be recognized in the special edition Global Grandmothers' Magazine Supporter page. \$11



- **SPONSOR A GRANDMOTHER's Travel** Your donation will cover some travel expenses for a grandmother's drive to this event. Travel expenses can be hard for elders and your support is valued highly! You make it happen! \$100



Grandmother Flordemayo is giving away three tickets to three lucky winners, and each winner may choose to join in person or via livestream to participate in this powerful circle of elders, teachers

Be part of the  
Guardians  
of the Sacred Event





# GUARDIANS OF THE SACRED

ANCESTRAL TEACHINGS FOR GLOBAL AWAKENING

NOVEMBER 14TH-16TH, 2025  
SANTA FE, NEW MEXICO

## *Why New Mexico*

This sacred land is not only where Grandmother Flordemayo calls home, it is where The Path exists — a sanctuary for prayer, ceremony, and the Temples of Humanity, including the Temple of the Golden Child. Santa Fe and the surrounding land carry a deep spiritual resonance, making it the perfect place for our circle to root, expand, and blossom. This gathering is a call to remember, a call to heal, and a call to protect the sacred.

## *Why This Matters - The Golden Child Vision*

In 2010, during sacred prayer, Grandmother Flordemayo received a vision. She was shown an egg of Earth, which as she sang prayers of love, transformed into crystalline snowflakes. From within, a golden newborn child emerged — a symbol of humanity's highest potential. Her words remind us: "We all have the capacity to become that Golden Being, whether we are male or female. When we reach that place of spirituality, we transform into this Golden Being."



*This vision gave rise to the Temple of the Golden Child, and it continues to guide the heart of our work today.*



## Ways to Support & Participate

On behalf of my mother, I humbly ask for your support in helping us bring this vision into form. There are many ways you can walk with us:

**Stay Connected** – Sign up for our newsletter and follow The Path on social media to receive updates, prayers, and teachings.

**Spread the Word** – Share this gathering with your family, friends, and communities. Your voice helps us weave this sacred web.

**Travel Support** – Consider donating air miles so we can bring Elders and Wisdom Keepers from across the globe.

**Fundraising Circles** – Gather your community and create a fundraising team. Every contribution sustains this prayer.

**Creative Offerings** – Share art, crafts, or small gifts for Elders. These carry your heart and prayers into the circle.

## Guardians of the Sacred | The Path

### MISSION

Our mission is to gather Indigenous Grandmothers, Elders, Wisdom Keepers, and Seed Stewards from around the world to share sacred teachings that reconnect us to the land, the elements, and ancestral traditions.

Together, we will honor:

- The Sacredness of Traditional Knowledge – ancestral ways as guides for healing, balance, and resilience.
- The Power of Ceremony & Ritual – creating spaces of gratitude, alignment, and healing with the Earth and our Ancestors.
- The Sacred Seeds of the Future – uplifting seed keepers and land stewards who protect biodiversity and the spirit of food and plants.
- The Four Directions & Elements – remembering the balance of Earth, Water, Fire, and Air in sustaining life and transformation.

### VISION

We envision a world where Indigenous wisdom, ceremony, and ancestral knowledge are honored, protected, and preserved as essential for the healing of humanity and Mother Earth. A world where ancient ways guide us forward, and future generations continue to walk in reverence, reciprocity, and respect for all life.





# ACADEMY OF TIMELESS WISDOM

*Wisdom since the Beginning of Times*



Grandmother  
Gayle Crosmaz  
"Black Bear"

## Academy of Timeless Wisdom 11 Topics for 11 Months - YEAR 1

### October 2025: Introduction to Ceremony

*The Beauty and Power of Living Ceremonies with Intention*

### November 2025: Space In Between Realities

*Your book of life and what lies between your pages.*

### December 2025: Fears and Control

*How do we handle our fears? How much are they "ours"?*

### January 2026: Forgiveness

*Through forgiveness, we clarify our contracts here on earth.*

### February 2026: Trust Your Own Authority

*Influences on decision-making & faith in our own wisdom.*

### March 2026: Truth Versus Ego

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

### April 2026: Ancestors' DNA

*Guidance, dream time, and the cellular memories of our ancestors*

### May 2026: Collective Consciousness

*The void of all creation and your internal universe*

### June 2026: Life, Death, and the Aftermath

*We are energy that can never die.*

### July 2026: Parallel Worlds

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

### August 2026: Quantum Mechanics

*Manifesting powers, astral projection, shapeshifting & remote viewing.*

## In-person Gatherings & Journeys 2026

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.

## Outline of the School & Pricing

- 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 jointly reflect on assignments.

Pricing: 3.333 Euros in three instalments of 1.111 Euros or pay in one sum: 3.000 Euros (saving 333 Euros).

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)

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

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



Susanne  
Steinel



Melanie  
Reineke



Dr. Ramona  
Heermann



For further information & registration: [www.academyoftimelesswisdom.com](http://www.academyoftimelesswisdom.com)



## Updates, intentions, and behind-the-scenes insights from the GGCN team.



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**Not a Ladder.  
A Circle.**

**We don't climb over each other.  
We lift each other.**

**GGCN is a living circle of  
wisdom keepers, healers,  
and leaders.**

**Step in. Stand tall.  
Shine bright.**

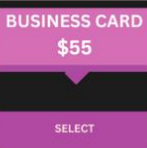
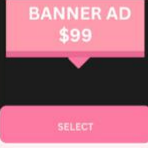








# Advertise in **GRANDMOTHERS' MAGAZINE** Empower Grandmothers & Expand Your Reach



- 
**Reach a Global Audience**  
 Your brand in front of engaged grandmothers worldwide.
- 
**Align with Purpose**  
 Support wisdom, leadership & community connection.
- 
**Multi-Platform Exposure**  
 Digital magazine, newsletter, and social media promotion.

Global Grandmothers' Council Network

<div>  <b>BUSINESS CARD</b>  <b>\$55</b>                  2.18" x 3" ad space with a business card image             </div> <div>Add +</div>	<div>  <b>BANNER AD</b>  <b>\$99</b>                  1.5 x 8.5 Horizontal Ad Space at the top of a magazine page.                  One Month ad in GGCN Grandmothers' Magazine             </div> <div>Add +</div>
<div>  <b>1/4 Page</b>  <b>\$149</b>                  4.25" x 5.5" Vertical                  2.75" x 8.5" Horizontal                  One month ad in GGCN Grandmothers' Magazine             </div> <div>Add +</div>	<div>  <b>Double Page Spread</b>  <b>\$888</b>                  8.5 x 11 twice - two full pages side by side                  One Month ad in GGCN Grandmothers' Magazine             </div> <div>Add +</div>
<div>  <b>1/2 page</b>  <b>\$299</b>                  4.25 x 11 Vertical                  8.5 x 5.5 Horizontal                  One Month ad in GGCN Grandmothers' Magazine             </div> <div>Add +</div>	<div>  <b>Outside Back Cover</b>  <b>\$700</b>                  Feature on the Back Cover 8.5 x 11                  One Month ad in GGCN Grandmothers' Magazine             </div> <div>Add +</div>
<div>  <b>Full Page</b>  <b>\$499</b>                  8.5 x 11                  One Month full page ad in GGCN Grandmothers' Magazine             </div> <div>Add +</div>	<div>  <b>Inside Front or Back Cover</b>  <b>\$600</b>                  Feature on the Inside Front or Back Cover 8.5 x 11                  One Month ad in GGCN Grandmothers' Magazine             </div> <div>Add +</div>

Fall Is Around the  
Corner...  
So Is Something  
Beautiful

The leaves are  
turning, the air is  
shifting, and so are  
we. It's the season  
of change, and you  
don't have to go  
through it alone.

We're here.  
No pressure.  
No prep.  
Just real talk,  
warm hearts, and  
soul-deep  
connection.

Let's chat.

Call a  
GrandZoomer  
Today!



SUNDAY 8 pm EST  
Sandra Laub  
[us06web.zoom.us/j/85627803215...](https://us06web.zoom.us/j/85627803215...)  
Cancelled until further notice

Monday 4 pm PST  
Sherri Ann Conroy

[us04web.zoom.us/j/77518054765...](https://us04web.zoom.us/j/77518054765...)  
Meeting ID: 775 1805 4765  
Passcode: XZ5FLW



Tuesday 1:00 pm EST  
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..)  
Meeting ID: 818 1132 7028  
Passcode: 322042

Wednesday 9:30 am EST  
Kalina Bains

[us05web.zoom.us/j/86858264993...](https://us05web.zoom.us/j/86858264993...)  
Meeting ID: 868 5826 4993  
Passcode: HFC6PC



Thursday 9 am AEST  
(Brisbane)  
Carol Daniels

[us02web.zoom.us/j/84385501038..](https://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](mailto:marketing_media@globalgrandmotherscouncil.org)





# Mayana's Musings

By: Mayana Kingery

What an empowering week this has been — in the midst of much uncertainty and change, both personally and globally.

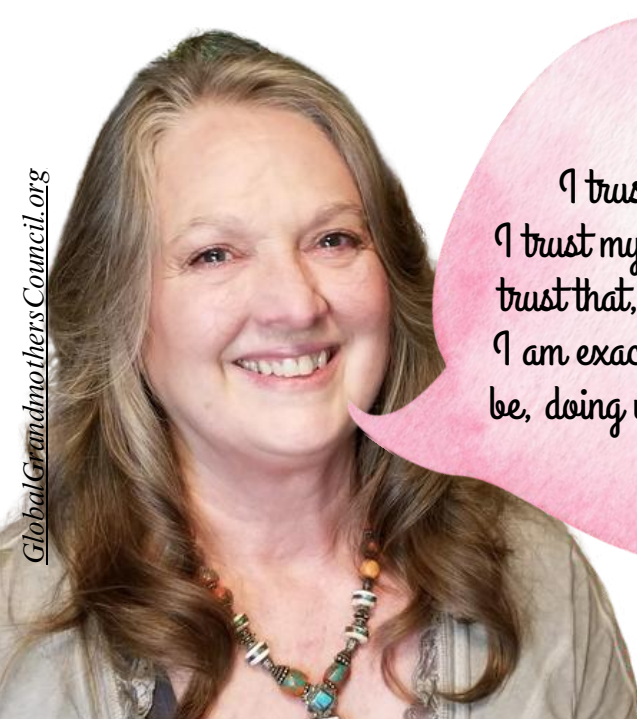
In my personal life, we're doing our best to manage financially, keeping our home up, paying our bills with limited income, while giving our lives in service to Peace Production and the Global Grandmothers' Council Network. Not quite "making do," as one could say.

We've placed an ad for home sharing to help sustain the little homestead we're tending. So far, there's been little response. Perhaps this week a potential couple will appear to rent the upstairs main house? If not, our next option is to sell and leave this place I thought would be our community's home for years to come. Lots of emotions arise around that!

And with GGCN, we've made some fabulous connections with like-hearted souls who see and value our work.

- Guardians of the Sacred continues to inspire and call us into soul-prompted action as we prepare to gather in person with Grandmother Flordemayo and her Family of Light.
- We also had a divine call with the Galactic Grandmothers of MU and are coming together in a co-creative way to guide us through the Gateway that is emerging now.
- Connecting the Dots is a movement uniting us during the upcoming Climate Conference in Brazil (November 20). Their site offers a map where we can each register our individual and group ceremonies that day — weaving a web of prayer and action across the Earth.

What I have come to KNOW is that our greatest treasures lie in the Unknown, when we walk without fear and with curiosity to discover what is emerging for us. I am continually impressed by the knowledge that everything will be quite different by the end of November. What that means, I have no idea, and I don't need to.

A photograph of Mayana Kingery, a woman with long, wavy brown hair, smiling. She is wearing a necklace with colorful beads. The photo is partially obscured by a pink speech bubble containing text.

*I trust the process.  
I trust my inner guidance. I  
trust that, in every moment,  
I am exactly where I need to  
be, doing what is mine to do.*



# Heartists for Peace

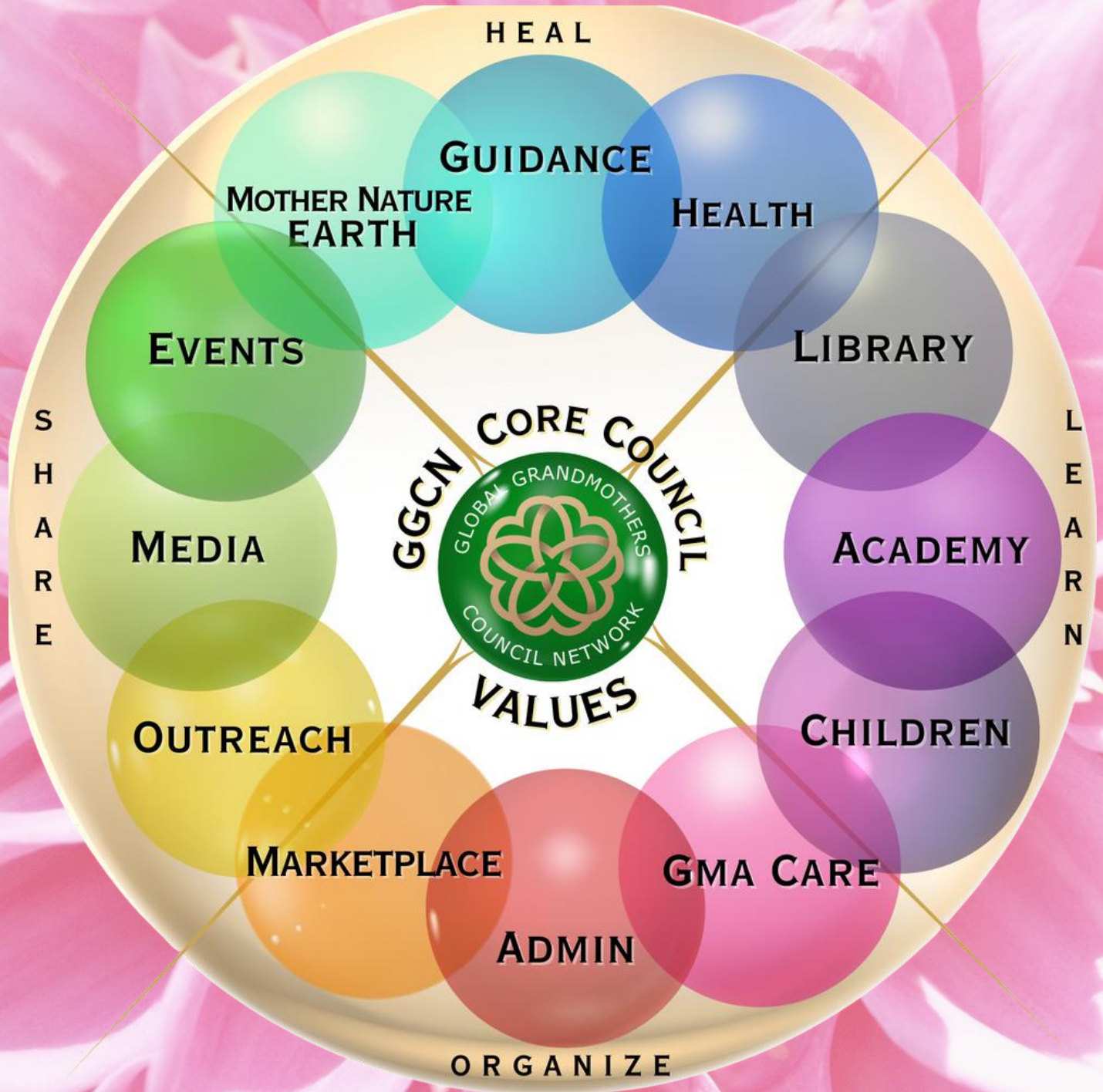
[bonfire.com/store/heartists-for-peace](https://bonfire.com/store/heartists-for-peace)



[GlobalGrandmothersCouncil.org](https://GlobalGrandmothersCouncil.org)



# 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.

***'We Belong' and are 'Better Together'***

**Many Positions Available for Women Leaders**  
**Contact: [circle@globalgrandmotherscouncil.org](mailto:circle@globalgrandmotherscouncil.org)**





# 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](http://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

- 1 Event Basic +
- 1 Classified Basic +
- 1 Article +
- 1 Listing Basic +

### SPROUT - Buy one Give One

**\$11.00/month**  
or \$111.00/year

10 days free trial

Unlock exclusive content

- 1 Listing 1st level +
- 3 Articles +
- 4 Events 1st level +
- 3 Classifieds 1st level +

### BLOOM - Programs & Circles

**\$22.00/month**  
or \$244.00/year

15 days free trial

Unlock exclusive content

- 12 Classifieds 1st level +
- 12 Articles +
- 12 Events 1st level +
- 2 Listings 2nd level +

### TREE - LEADERS IN COMMUNITY

**\$33.00/month**  
or \$366.00/year

15 days free trial

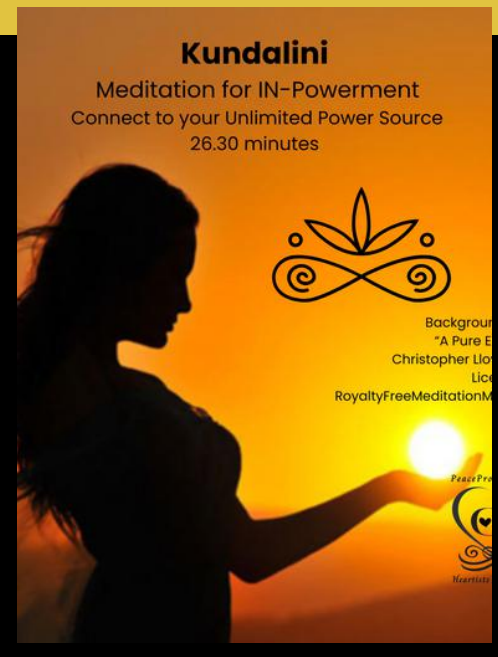
Unlock exclusive content

- 3 Listings 3rd level +
- Unlimited Events 3rd level +
- Unlimited Classifieds 3rd level +
- Unlimited Articles +
- 1 Banner Large mobile





**10 FREE Pull a  
card from my  
Gayle  
Crosman  
message  
cards.**



**YOUR  
Journey into  
Embodiment  
FREE  
Meditations  
from Mayana  
Kingery.**

**GRANDMOTHER  
TO  
GRANDMOTHER  
FREE OFFERINGS  
FOR YOU**



**10 free 30-  
minute  
sessions to the  
first 10 people  
who respond to  
Victoria  
Savages ad.**



**FREE subscription to our Global  
Grandmothers' Council Network  
Magazine** 68





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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When Grandmothers speak, the world will heal

GGCN

[GlobalGrandmothersCouncil.org](http://GlobalGrandmothersCouncil.org)