



GLOBAL GRANDMOTHERS' COUNCIL NETWORK

Voices of Wisdom in Times of Chaos

Magazine

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**MOTHERS'
HAND**

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

**I THINK I
SAW A
DRAGON**

A Sacred Whimsy Journey
into the Elemental Realms

ARTISTS | HEALERS | POETS | TRAVELERS | VISIONARIES

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

By Michele Margaret Telfer

There's a term used in wound care: debridement. It refers to the careful removal of damaged tissue so that a wound can heal cleanly, from the inside out. It's the opposite of letting the surface seal over too soon. When we rush the closure, we risk trapping infection beneath the skin, leaving thick, raised scars and often a hidden ache that lingers. But when the wound is carefully opened, cleaned, and supported from its deepest layer, healing can occur in the most natural and seamless way.

As a child, I didn't understand this. I remember the impatience, picking at scabs, hoping to reveal new skin before it was ready. I didn't know that a wound's method of healing mattered. It could affect how I felt in that area for years to come. But the body holds wisdom.

And so does the heart.

Because this, I've come to realize, is exactly how our emotional and spiritual healing works too.

We live in a culture that worships strength, speed, and surface appearances. We are told to get over it, move on, stay positive, keep smiling. And so we soldier on, wearing our pain like invisible armor. But beneath the polished surface, many of us are still wounded. Still raw. Still carrying the silent ache of things that were never given the time or space to heal properly.



The emotional equivalent of a scab is the brave face we put on. The daily functioning. The story we tell ourselves that “It wasn’t that bad” or “Everyone has something.” But deep down the wound is still alive. Still unresolved. And over time, it becomes part of the lens through which we see the world. It shapes our relationships, our sense of self, even out capacity to love.



True healing asks something different.
It asks for presence. Patience.
Courage.

When I finally turned inward and allowed myself to revisit a long-buried wound, one I had sealed off in order to survive. I had to go gently, but I had to go deep. It was not a tidy process. There were tears. There was rage. There was grief I didn’t know I still carried. But as I worked through the layers, something miraculous began to happen: I began to feel lightness where there had been heaviness. I began to feel clear where I had been confused. I began to feel whole.

**This is what I now call emotional debridement:
the sacred, courageous act of returning to the root
of our pain, not to relive it, but to truly release it.**

To let the wound breathe.

To cleanse it with love.

**To allow healing to rise naturally from the inside,
where it matters most.**



And it matters profoundly when we speak of the mother wound, a primal wound, often unspoken, that lives in so many of us. It may stem from absence, neglect, abandonment, over-control, unmet needs, or generations of silence and sacrifice. It is rarely one person's fault. It is a wound passed through lineages, shaped by societal constraints, histories of colonization, patriarchy, and the enforced disconnection of women from their own wisdom.

*Healing the mother wound is not about blame.
It is about liberation.*

It is about stepping outside of the original pain and choosing not to carry it forward. It is about facing the places in us that ache, not to shame ourselves—or our mothers—but to break the cycle. To create a new foundation of care, sovereignty, and truth.



And here's the miracle: when we do this work, we don't just heal ourselves—we create ripples. We heal forward into our children and grandchildren. We heal backward through our ancestors, whose grief may have never found words.

We become the turning point in the story.

This is the invitation for us now, as women, as elders, as nurturers, as leaders. To tend our emotional wounds with the same sacred respect a healer gives to the skin. To take the time. To sit with the pain. To unlearn the habit of rushing past it.

Let us normalize the slow, sacred work of real healing. Let us debride our wounds gently, with truth and tenderness. Let us make it safe again to feel.

And let us remember that healing is not about perfection. It is about integration. About coming home to ourselves, scarred perhaps, but sovereign.

Tender, but true.

*Let us be the ones who heal
from the inside out.*



TENDING THE MOTHER WOUND

**Livestream
Facebook & Youtube**

**Special Guests
Experiential Wisdom**



**Michele
Margaret Juliet
GGCN
Global Outreach**



**Mayana Kingery
GGCN
Administrator**

Saturday, 5/17 @ 7:00 pm EDT/USA ~ Monday, 5/18 @ 9:00 am AEST/Australia

The Time Is Now: A Grandmother's Call to Reclaim Wisdom, Love, and the Future

**MARGÔT CORNAGA
1924 -1997**



By Michele—Outreach Ambassador, Global Grandmothers Council Network

We are living in a time of great social evolution to revolution. A time when the voices of guidance are needed —The wisdom distilled in a grandmothers heart is distilled in wisdom these voices, not just needed, are a reflection of all that is... at a time when all that was needs to be returned.

We, the Grand Mothers are remembering who we are, reclaiming our instinctual wisdom, and rising into global leadership rooted in wisdom, insight, experience, love, energy, truth, and a fierce devotion to life, wellbeing and a future here on our beautiful planet Earth.

My own journey has been long and textured. I've lived across continents, raised three extraordinary daughters through messy, unstructured years of motherhood, battled with addiction, failed at three marriages, and endured the raw cost of living out of alignment with myself. And yet, even in my lowest moments, the pulse of love remained steady. It was always there. It saved me.

And it continues to lead me.

The pandemic years became a crucible of awakening. I turned inward—and backward—to research my roots. Through familysearch.org, I discovered the vast lineage of my Tongan and Irish ancestry, stretching back centuries. I reconnected with family, in Tonga I stood on the shores of Vava'u where my grandmother was born, and felt the sacredness of home pulsing through the island. I also reawakened the Irish lines of my great-grandfather and uncovered stories long buried—stories of resilience, brilliance, and devotion, and endurance.

"Grab the world by the throat and shake it."

That was the moment I knew.
I couldn't keep quiet anymore.

Dreams became messengers. I received a call from a dear family friend Charles Collins, from his home in St Juste Cornwall. My Father appeared to him in a dream with a message for me. It was that I was to embrace change until I resonated with my happiness.

This was an extraordinary request, but one I was very grateful for. The opportunity was obviously a gift I wasn't expecting, but was so grateful to receive...

I started to change my life, and the advice and dreams keep coming from various courses of my family.

My late mother appeared in them, as did my grandmothers, offering guidance, clarity, and sometimes, fierce instruction. Many messages rang clear, in particular from my Grandmother, "Grab the world by the throat and shake it."

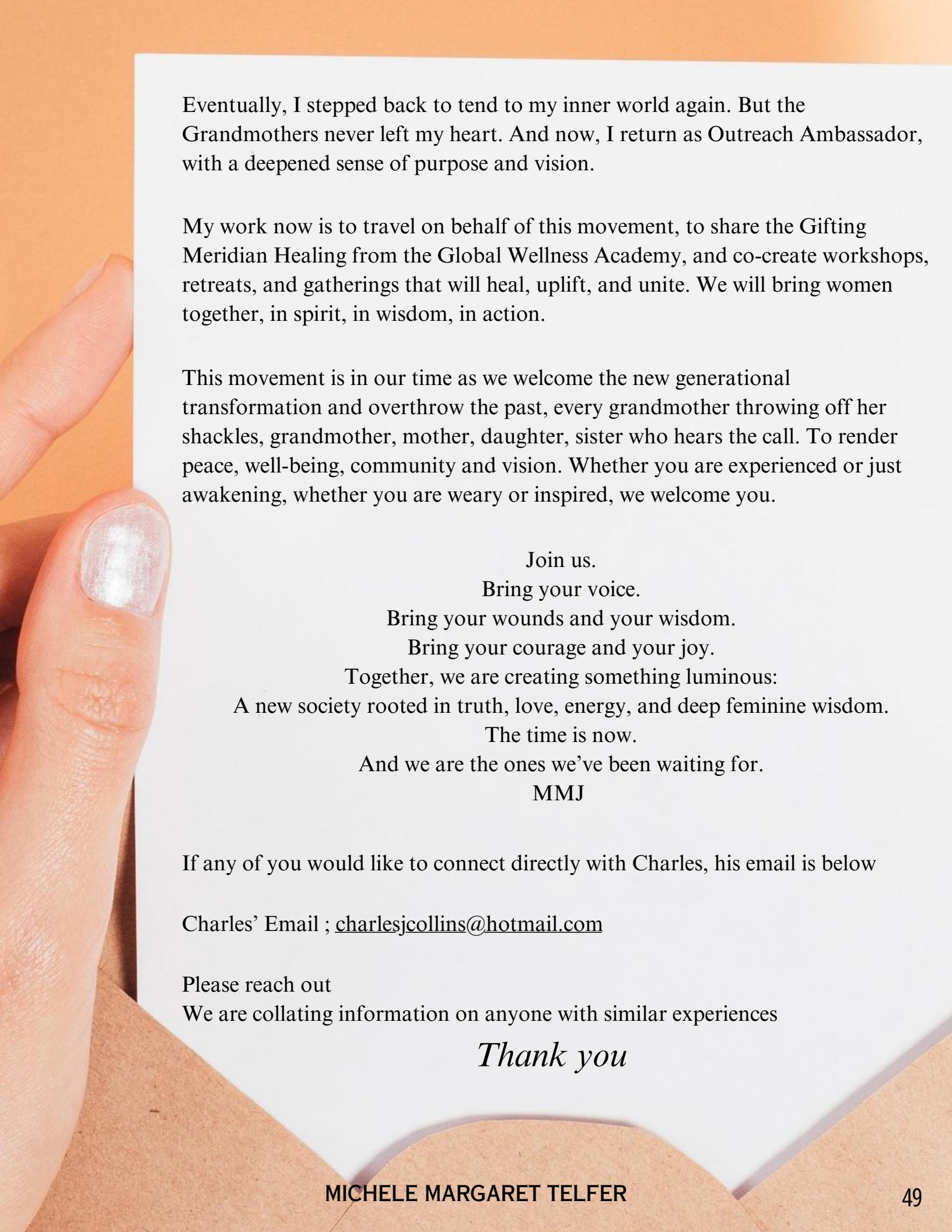
That was the moment I knew. I couldn't keep quiet anymore.

I had always been seeking meaning, truth, and reason at heart. In my youth, I led discussion groups at school, questioned the system, and rejected conformity. I saw through the facade of domination and materialism. Now, the rebellion had matured—it had become a return. A return to essence. A remembering that we, the women, must clean up ourselves first if we are to help heal the planet.

In 2023, I discovered a Facebook platform of grandmothers. I reached out and connected with Suzanne Lewis. We shared a vision: a truly global network, not just American-centered. She welcomed me warmly and asked me to become an admin. That was the first step up, and in.

I joined the Global Grandmothers Council Network Forum, and within three months, we grew from 1,000 to 34,000 members. One night, a dream woke me and instructed me to open YouTube. There, I found Mayana, glowing with insight, speaking on children, divine connection, and self-worth. Spirit confirmed: this was why I'd been led to open the page.

I reached out to Mayana, and she said yes. She joined us. She and Suzanne had known each other through previous projects, another divine reunion. Together, we led the group through global Zoom gatherings that reached 54,000 members across 46 countries.



Eventually, I stepped back to tend to my inner world again. But the Grandmothers never left my heart. And now, I return as Outreach Ambassador, with a deepened sense of purpose and vision.

My work now is to travel on behalf of this movement, to share the Gifting Meridian Healing from the Global Wellness Academy, and co-create workshops, retreats, and gatherings that will heal, uplift, and unite. We will bring women together, in spirit, in wisdom, in action.

This movement is in our time as we welcome the new generational transformation and overthrow the past, every grandmother throwing off her shackles, grandmother, mother, daughter, sister who hears the call. To render peace, well-being, community and vision. Whether you are experienced or just awakening, whether you are weary or inspired, we welcome you.

Join us.

Bring your voice.

Bring your wounds and your wisdom.

Bring your courage and your joy.

Together, we are creating something luminous:

A new society rooted in truth, love, energy, and deep feminine wisdom.

The time is now.

And we are the ones we've been waiting for.

MMJ

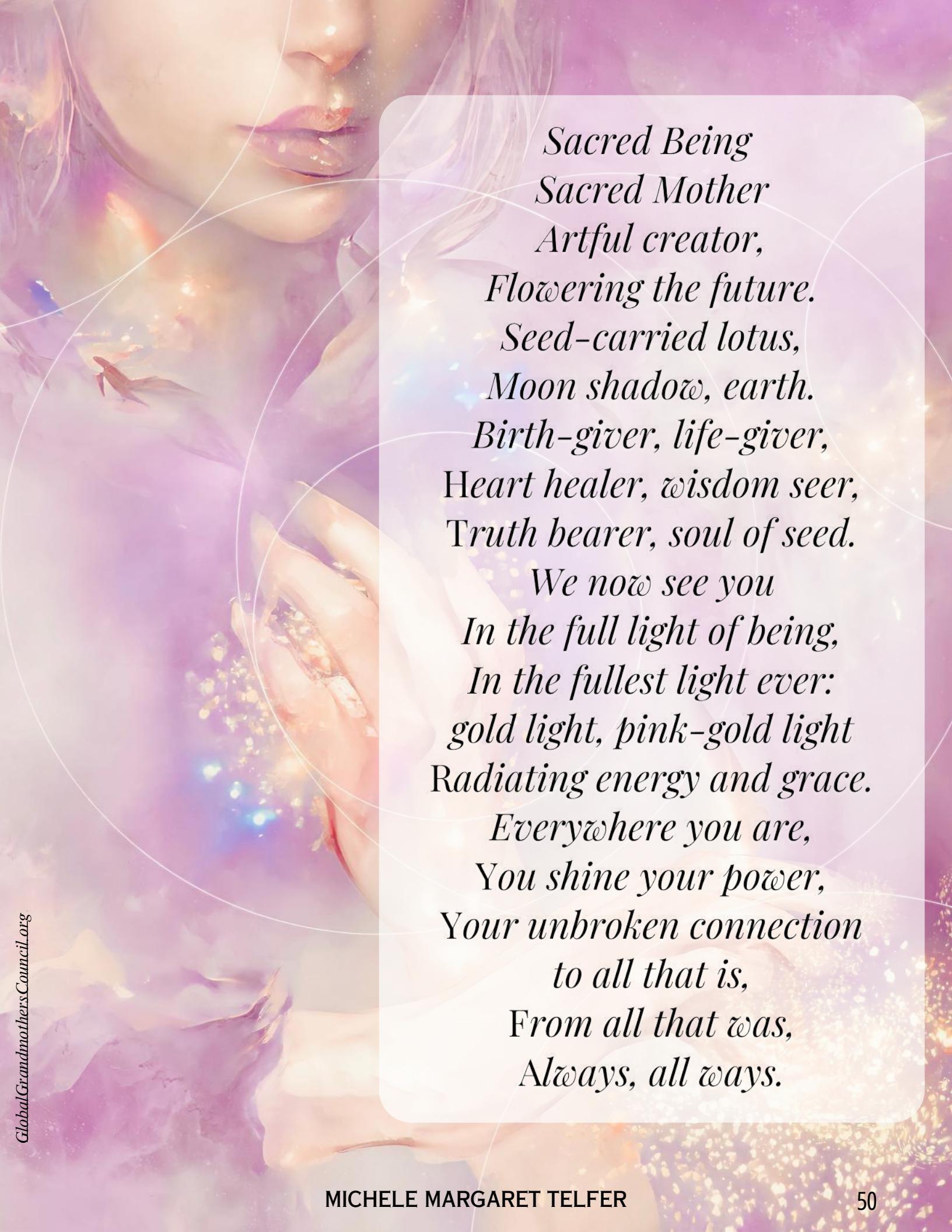
If any of you would like to connect directly with Charles, his email is below

Charles' Email ; charlesjcollins@hotmail.com

Please reach out

We are collating information on anyone with similar experiences

Thank you



*Sacred Being
Sacred Mother
Artful creator,
Flowering the future.
Seed-carried lotus,
Moon shadow, earth.
Birth-giver, life-giver,
Heart healer, wisdom seer,
Truth bearer, soul of seed.*

*We now see you
In the full light of being,
In the fullest light ever:
gold light, pink-gold light
Radiating energy and grace.*

*Everywhere you are,
You shine your power,
Your unbroken connection
to all that is,
From all that was,
Always, all ways.*

Sprigs of Wisdom

Love is the transformative force that heals all.

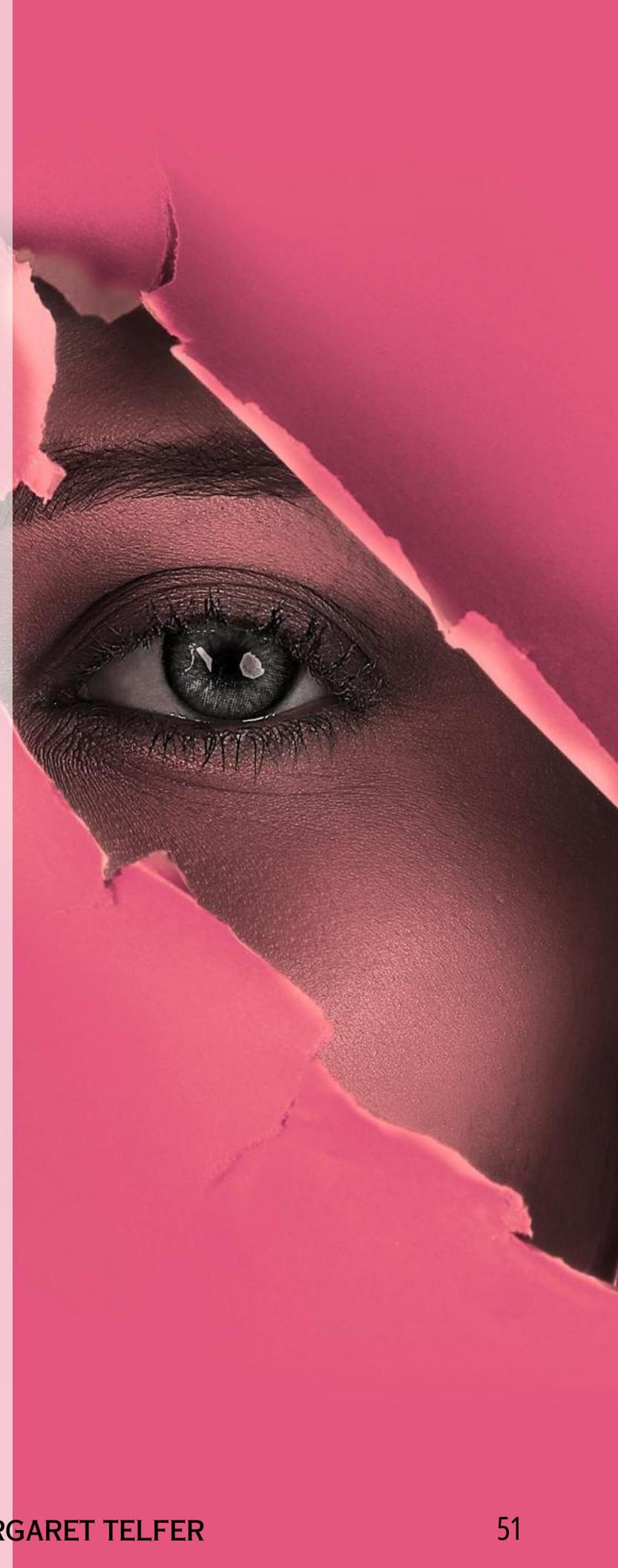
When we lead with a heart-centered focus, we radiate energy so powerful and swift, it moves faster than thought

—

Creating waves of momentum that ripple through time and space. This force bypasses the filters of the mind, touching truth directly.

The heart is our source of power.

Love is the fuel.





Global Grandmothers' Council Network is looking for bright young minds and hearts to support our movement!

We are over 54,000 grandmothers from 50+ countries who are gathering our wisdom; preserving and sharing it for a world that works for ALL

ESPECIALLY YOU! OUR FUTURE!

6-10 HOURS PER WEEK ~ YOUR SPACE

POSITIONS AVAILABLE:

CONTENT CREATION: Get Quotes from our Grandmothers out there!

VIDEO EDITING: create shorts from our interview with Grandmothers

SOCIAL MEDIA: create campaigns, schedule posts, track stats, etc.

WEB DEVELOPMENT: GoHighLevel and Edirectory platforms in use

GRANDMOTHER SUPPORT: assist uploading content and creating profiles

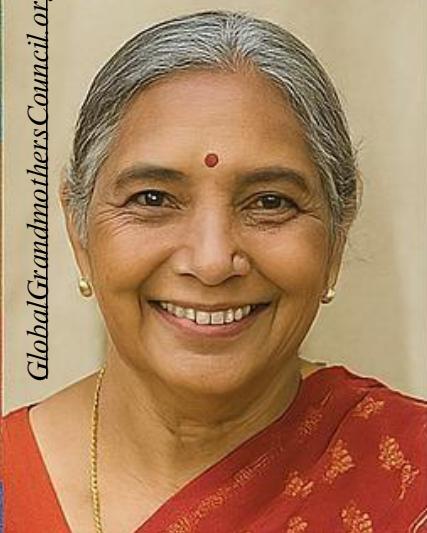
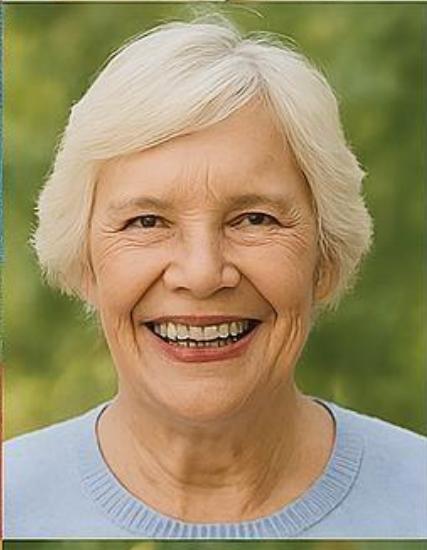
ADMINISTRATIVE SUPPORT: schedule zooms, create databases, manage emails

COURSE CREATION: assist Grandmothers with their teachings

CLICK TO APPLY

- Reference Letters from Experienced PROS
- 501(c)3 experience for your Resume
- Personal Guidance for your life (if desired)
- Recognition in Grandmothers' Magazine
- Opportunity to submit your VOICE in Grandmothers' Magazine (GET PUBLISHED)
- Opportunity to continue beyond 6 weeks
- Opportunity for paid work as we grow
- Dual Mentoring - you mentor us and we mentor you





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.”

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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.

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