





## 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 Register for our Directory Submit an Article Volunteer

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



Created by [kalinadigitalmedia.ca](http://kalinadigitalmedia.ca)  
Shining Brighter Together

# Welcome Grandmothers

## One Year of Shining Together

Can you believe it's been a whole year? One year of gathering our voices, our visions, and our stories into this living, breathing space we've created together. When I look back, I see not just a magazine, but a circle of grandmothers, contributors, and dreamers who dared to bring their light forward. Raising their voices.

We remember Suzanne Lewis, our co-founder, whose vision shaped this Council. Suzanne reminded us that grandmothing is a revolution, and that remembering is itself an act of rising.

We've celebrated milestones, shared memories, and celebrated initiatives that remind us of the power we hold when we come together. Every article, every photograph, every whispered wisdom has become part of this archive of love and legacy. It's not just content, it's ceremony. It's us saying: *we are here, we matter, and we shine.*

I think about the courage it took for each grandmother and contributor to step into this spotlight. Together, we've built a platform that doesn't just publish stories, it empowers and blesses them and sends them out into the world as offerings.

So today, I raise my voice in gratitude. To you, to us, to this community that has become a sanctuary of brilliance. One year in, and we're only just beginning. The visions ahead are brighter, louder, and I can't wait to keep walking this path with you, hand in hand, heart to heart, voice to voice.

Here's to our first year, and to the many more circles of celebration yet to come.

Together We Shine, Together We Rise

Kalina Bains

Editor of GGCN Magazine

Featured Grandmothers



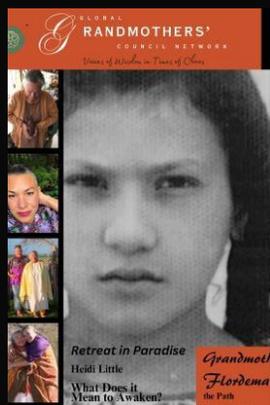
1st Issue ...November 2024  
Suzanne Lewis The Time Has  
Come to Gather the  
Grandmothers Page: 06



Issue 2 ...December 2024  
Sharon Riegie Maynard  
Sleeping Women Wake!  
Page: 13



Issue 3 ... January 2025  
Mayana Kingery (Mama Tink)  
Personal Guidance System Blue  
Lotus Chakra Bloom Page: 18



Issue 4 ... February 2025  
Grandmother Flordemayo  
The Path Page: 26



Join our social media communities  
and connect with grandmothers  
sharing wisdom, laughter, and legacy.  
Together, we shine brighter.  
Join today and step into the circle.

Issue 5 ... March 2025

Kelley Springer Weaving Ancestral Threads:  
Healing the Past to Awaken Our Future for  
Peace Page: 34



Issue 6 ... April 2025

Michele Margaret Telfer Healing from the  
Inside Out: The Sacred Work of Emotional  
Debridement Page: 42



Issue 7 ... May 2025

Susan Meeker-Lowry Love,  
God, Prayer, Gratitude  
Page: 52



Issue 8 ... June 2025

Gayle Crosmaz Icelandic Ceremonial Tour  
Page: 62



Issue 9 ... June 2025

Special Edition

Visit [globalgrandmotherscouncil.org/magazine-subscribe](http://globalgrandmotherscouncil.org/magazine-subscribe)  
to see our special editions



F  
e  
a  
t  
u  
r  
e  
d  
  
G  
r  
a  
n  
d  
m  
o  
t  
h  
e  
r  
s



Featured Grandmothers



Issue 10 ... August 2025

Victoria Savage

Channeling Love, Wisdom & Healing ...the Truth About Pollyanna

Page: 72



Issue 11 ... September 2025

Kalina Bains

Kintsugi Woman

Page: 82



Issue 12 ... October 2025

Becky Big Canoe

Weaving Connection with The Kinship Way

Page: 92



Issue 13... November 2025

Grandmother Flordemayo

Guardians of the Sacred Special Edition

Page: 106



Issue 14... November 2025

Remember and Rise with Our Anniversary

Issue Celebrating our 2025 Featured

Grandmothers



GLOBAL

# GRANDMOTHER

COUNCIL NETWORK



**SAFE AND**

**PRIVATE**

**GGCN MEMBER**

**PORTAL AND**

**PLATFORM**

**HAPPY HOLY  
DAYS OF WINTER**

**GLOBAL GRANDMOTHERS'  
STAND-ALONE ACADEMY**

**TENDING OUR ROOTS**

**HAVE YOU BEEN CALLED  
TO LEAD AND DON'T YET  
KNOW HOW AND WHAT  
THAT MEANS FOR YOU?**

**GRANDMOTHER SUZANNE LEWIS  
CO FOUNDER VISIONARY FOR  
GLOBAL GRANDMOTHERS'  
COUNCIL NETWORK**

**CORE COUNCIL VALUES**

GlobalGrandmothersCouncil.org



# *The Time Has Come to Gather the Grandmothers*



## 12/12 GRANDMOTHER SUZANNE LEWIS: 13TH LUNAR MONTH FOUR RIVERS EXERCISE

WATER MEDICINE - ALL HEALING BEGINS WITH  
OUR WATER SYSTEM-

DIVINATION JOURNEY: DECEMBER 15, 2024 –  
JANUARY 13, 2025

Sharing my all year long favorite cross cultural wisdom tool called the Thirteenth Lunar Month Four Rivers Exercise. I am called to share this time honored, cross-cultural divination practice the last full moon month in December into the first full moon in January. This “predictatory” thirteenth lunar month, a time that is open to us to work closely with our spiritual community (visible and invisible) during what is called the “Crack Between the Worlds” period.

As a review of this long time observed practice by many Indigenous Peoples and originally taught to me by Dr. Angeles Arrien, this time of the Crack between the Worlds can offer hints to what the next season of growth or life has to offer. It’s a possible preview of our next season/cycle/year of growth, if we can commit to daily review and journal the activities we experienced in the four rivers listed below. Cross culturally, all healing begins with our “waters.” The most potent time of the year, the twilight month of the year.

### THE FOUR RIVERS OF LIFE ARE:

THE RIVER OF CHALLENGE WEST AUTHENTICITY

THE RIVER OF LOVE SOUTH RELATIONSHIPS

THE RIVER OF INSPIRATION NORTH INTEGRITY

THE RIVER OF MAGIC AND WONDER EAST RIGHT WILL/RIGHT ACTION

One is petitioned to stay in the placement of the witness/observer with a neutral mind and start interpreting their various river's activity-- one's emotions, one's health, one's relations with self and others. Keeping a journal, literally entering the events of our days and nights under the representative river helps keep us honest at the end of the 13th month when we review our lists.

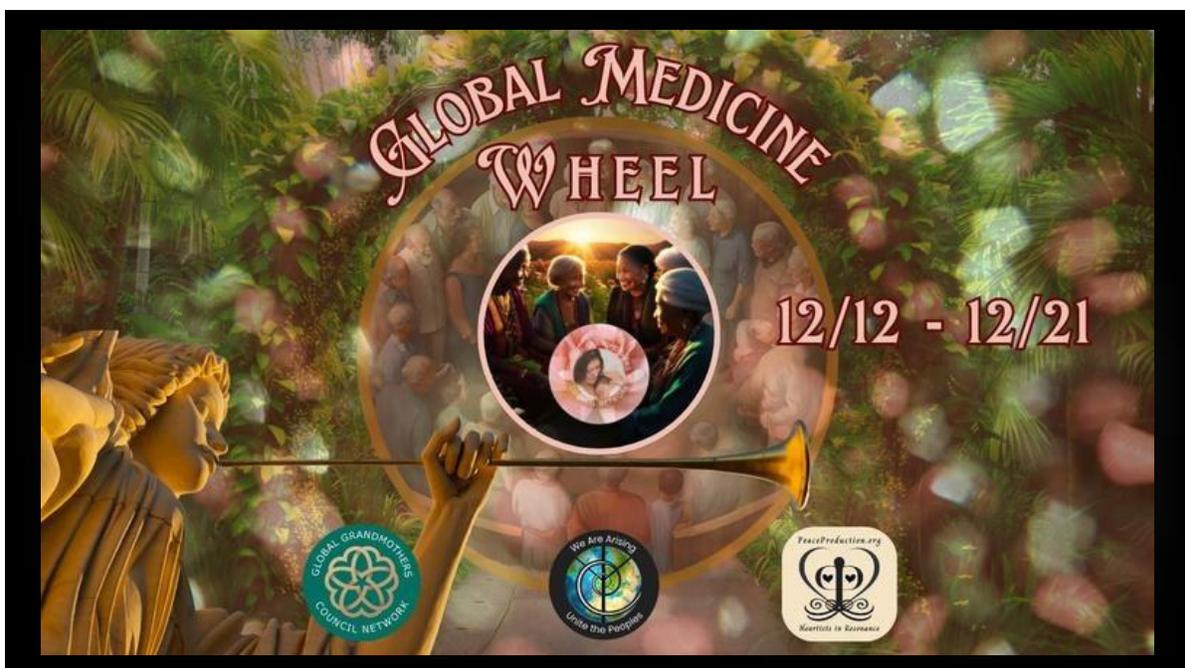
It has been said that since humankind was evicted from the Garden for consuming from the Tree of Knowledge, they were given an assignment to follow, learn, become one with each of the four rivers. Truly learning, mending, enhancing awareness...if a being truly engaged in the "learning of the rivers" in time they will be able to return to the origins of the waters, the Garden, the source.

Once in the center they will stand true, compassionate but detached. In the center one uses their life's journey through the rivers – physical, mental, emotional and spiritual to serve as a wisdom keeper, a peacemaker, a bridge, one with the Great Spirit.... The center is often referred to as the Spirit column, the great Tree of Life, and oneness with the creator and the mystery.

Attendees please bring paper and pen

As a fundraiser for Global Grandmothers' Council website: You can order Suzanne's complete 13th Lunar Month Four Rivers document including historical notes from Dr. Angeles Arrien.

For those interested in participating in the closing zoom ceremony Jan. 12, 2025, please indicate. noon....to be continued





## GRANDMOTHER SUZANNE LEWIS CO-FOUNDER VISIONARY FOR GLOBAL GRANDMOTHERS' COUNCIL NETWORK

NorthEast on the Great Wheel for me is the home of the Grandmothers' Council, the wisdom keepers of the whole tribe, clan, land, it's elements and animals. Whether one traces the indigenous peoples' such as the Hopi, or the Iroquois, and others; one finds that before any chief, tribal leader can make a decision that affects its people and the earth, the Grandmother's Council was consulted.

The Grandmothers are the pattern keepers who are obligated to consider every aspect of the tribe, past and future. They are the moral compass and it is time for the Grandmothers' Councils worldwide to be respected for their courageous hearts and steeped wisdom.

**“I heard the Dalai Lama stated: If Western Woman will come out from under the shadow of the great mountain, the earth will be saved.” And that the Hopi Wisdom Keepers are sharing: “When the grandmothers speak, The earth will be healed.” My revered Hopi Spiritual Messenger, Thomas Banyaca stressed: If the Elders will speak, the young will listen.”**

Are we as an Earth Family on the dark night of our Collective Soul's journey? That piercing long shrill calling for attention right now. Will the response be as Dr. Estes' petitioned: “And let us pray that we remember: If mountains are made of grains of sand. We each are a grain. Together, we can become a moving mountain for good.”

I am a fifth generation Idahoan and am a Planetary Peacekeeper, Wisdom Keeper, Mother, Earth Steward, Herstorean, author of *Teacher of Heart: A Self Health Journey* and *The PeaceWheel Practice Guidebook: Dismantling Post Traumatic Stress and Harm*. I am a Community Spiritual Leader and Healer. It takes a village to tend to the health and welfare and respect for all our family.

I also call myself a Rainbow Warrior, where the elders/grandparents stand beside the young during these heightened, harmful time. When one hears RAINBOW BRIDGE it can refer to the Rainbow Prophecy found in many tribes/cultures' predictions. The RAINBOW is a blessing from the Creator. It can represent cross-cultural diversity and respect and beauty, it means generations standing beside one another. From the Hippies, with the Beatniks, with Indigo Children, with the nerds, with the geeks, with the old, with the young, with all of Mother Nature's family....

## HOW YOU CAN HELP: VOLUNTEERING AND SUPPORTING GLOBAL GRANDMOTHERS CONNECTION NETWORK (GGCN)



As a member of the Global Grandmothers Connection Network (GGCN), you may be wondering how you can contribute and make an impact. We are thrilled to have such a compassionate and dedicated community, and there are many ways you can help, volunteer, and support our fellow grandmothers. Here are some ways you can get involved:

### Volunteering Your Time

- Advocate for Our Cause
- Connecting with Other Grandmothers
- Engage in Community Forums
- Host Virtual Meetups
- Join Our Daily Zoom Meetings
- Lead Workshops and Classes
- Make a Donation
- Participate in Fundraising Efforts
- Share Cultural Traditions
- Sharing Your Stories and Expertise
- Sponsor a Program
- Submit Articles and Stories
- Supporting GGCN Initiatives
- Offer Mentorship
- Providing Financial Support
- 



At the Global Grandmothers Connection Network, we believe in the power of community and the incredible impact that grandmothers can have on one another's lives. Your willingness to help, volunteer, and support our mission is deeply appreciated and makes a world of difference.

Thank you for being part of this journey. Together, we can empower and uplift grandmothers everywhere, creating a brighter, more connected world.





# We Are the Living Web ✨



## GGCN DIRECTORY

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.

## Our Vision

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



## Our Mission

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

### Bringing it to life

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



GLOBAL  
**GRANDMOTHERS'**  
COUNCIL NETWORK  
ONLINE MAGAZINE

JANUARY 2025 Issue 01

*Center  
Connect  
Celebrate*

*Happy 2025!*

TENDING OUR  
ROOTS RECAP

ERA OF  
GRANDMOTHERS



# Sharon Riegie Maynard

## VISIONARY LEADER, SPIRITUAL TEACHER AND HEALER



Sharon's work reflects her deep commitment to uplifting all life, grounded in integrity, compassion, and the unwavering belief that one individual can catalyze profound change.

She is a published author of *Remembering Earth Mission*, *Heeding the Cries of Your Children*, with her next book, *Listening to the Ancient Ones*, to be published in January 2025.

Her mission is to awaken the potential within each soul to restore beauty, abundance, and freedom across the cosmos.

---

Gathering and Teaching for Waking Women  
[wakingwomenmovingmountains.com](http://wakingwomenmovingmountains.com)

Link to Sophia initiation:  
[youtube.com/watch?v=atYesz7jUNs](https://youtube.com/watch?v=atYesz7jUNs)

FREE class to overview of Galactic to Gaia and Home which includes Sophia, the Divine Feminine Triad with questions and answers.  
[sharonriegiemaynard.com/gwelcome.html](http://sharonriegiemaynard.com/gwelcome.html)

---

Dedicated to empowering humanity and restoring harmony across Gaia and the Galactic realms. As founder of the TAG Galactic System of Healing and Education, Sharon collaborates with Higher Soul consciousness and advanced spiritual teams to activate healing for sovereignty in individuals and communities.

With decades of experience in Galactic History, energy restoration, and spiritual empowerment, Sharon bridges ancient wisdom with contemporary healing practices. She guides others to reconnect with their divine origins, reclaim their voice, and stand as sovereign co-creators in the unfolding transformation of Earth.



# Sharon Riegie Maynard

## *Sleeping Women Wake!*

It was 1997. My youngest daughter, Carolyn, has just passed. Her sisters and I were refurbishing a home intended for her recovery from a devastating car accident. Instead, she had left her body. We continued with plans to upgrade a home we had named, Carolyn's Place

By the second day, all kitchen cabinet doors were spread out on the deck, sanded and freshly painted. Before Carolyn's accident, I had spent three years traveling to teach and do personal healing sessions. For the 2 years after the accident, I had been with Carolyn 24/7, discovering the energy components leading to this disaster while working to reverse her traumatic brain injury. I had learned to listen to guidance. Or, I thought I had.

That night, cabinets beautifully painted and drying on the deck, a thought came: "Move the doors inside." It was a soft thought. I looked at the sky, no clouds. July in Washington state, no chance of rain. I countered with, "It would take a lot of effort to cover floor space for all those doors. No rain. Warm weather. I'll just pass on that idea." I went to bed. In the morning, I saw why bringing in the freshly painted doors would have been the better idea.

A very strong morning dew! The water had gathered and pooled on every cabinet door. By diluting the paint, every one had to be dried and repainted.

The lesson I learned? You may not know why you had a quiet, soft suggestion unless you ignore it.

Have you been taught how unseen voices speak to you? Or taught to find the 'language' of your thoughts, your feelings, and your inner knowing?

These gifts of Female energy sensitivity have been disregarded, discounted, and labeled as an indication of non-health. Your superpowers.

Did you know that? Do you know Why?

It has everything to do with Sophia.

And so, who is she?

In 2006, I first heard about Sophia.

That is what I want to share with you. My spiritual quest had unfolded from questions I asked when I saw limits or pains in my clients' lives. Their answers from those asking for the cause and solution showed me how much humanity did not know. Their guidance opened my life path.

Eventually, my curiosity led to the question, "Is there an assignment, Divine purpose for the male and female bodies?" Even while asking the question, I thought it was ridiculous. I had been told the purpose was to birth children.

# Sharon Riegie Maynard

Multiply and replenish... Surely, there wouldn't be another purpose for choosing a male or female body. I was totally surprised when I was told, "Indeed there is!"

The next question, "What?"

The answer came: "Those a male body suit come to nurture, support, and encourage "All Good." That was a shock. Males, the nurturers? All Good? Then I thought of the master teacher, Christ. He, in a male body suit reminding of heart-nurturing Actions.

They continued, "The soul coming into a female body comes prepared to evaluate needs for earth living, to create a design for the family or village, to set policies for the design, and to birth the village. She determines where our ship is going."

Like so many other concepts in aware communities, the culture of domination had inserted twisted truths to prevent losing control.

Then I asked another question. Sophia appeared. I didn't know Sophia or the philosophical concept of wisdom she represented. My observation of the division among women, gossip, catty actions, competition, and living small prompted a question. "Why, if females are intended to set policy and lead, is it not happening?"

With that ask, the hidden story behind the Garden of Eden myth came to light bitter and destroy life.

The Garden myth has a powerful message. It tells of domination and the crippling of the discernment and authority intended for 'Females.' The serpent in the Garden of Eden myth represents Sophia, the holder of Wisdom for women whose assignment was to 'know - taste' manifested forms.

Those from concepts of "Good" would expand and lift. In direct contrast, manifested forms of domination are bitter and destroy life.

Once a Star being in the Female body suit had tasted and acquired experiential knowledge, Sophia was to activate the next phase. It would secure connection to spiritual teams who would hear her declaration. When she declared, "There are constricting sensations from this form," the teams off planet could take action. They would evaluate and identify all energies manifesting from 'evil,' unplug them from Earth regions, and make their agendas and harmonics extinct.

Were those in Female body suits important? Absolutely! And it was not that they birthed babies. They Birthed Worlds!

# Sharon Riegie Maynard

It was the teaching from the Ancient Ones that prepared me to partner with Suzanne Lewis in 2019 and create the Global Grandmothers Council Network Facebook page.

Yes, women are key, but who are stronger than Grandmothers? To do the work that needs doing, Sophia and her presence and partnership are critical.

*An old Chinese proverb says, "When sleeping women wake, mountains will move."*

Star beings in Female bodies have been targeted, tortured, and burned at the stake for eons of Earth time. Being asleep and playing small were ways our maternal lineage survived, hoping for a future in which Sophia would be remembered and embraced. We think we are playing on a Divine Love and Light game board. With Sophia removed, we are on a board created to diminish and control.

My invitation is, "Sit in the Sophia Initiation. Take up your Staff and Sword Declare,

*"This is my life, body, family, community, and world! I declare,  
This great field of unlimited intelligence opens to Great Good and LOVE."*



**THEN, WHENEVER YOU SENSE,  
FEEL, OR TASTE ENERGY  
CONTRARY TO THAT, BECOME A  
PRESENCE IN THE SOPHIA  
COLLECTIVE. STAFF IN THE  
GROUND, SWORD OF CRYSTAL  
CLEAR, SECURED CONNECTIONS  
INTO THE HEAVENS AND  
DECLARE, "DEEP SIX THESE  
ENERGY FIELDS. I DECLARE ONLY  
ALL GOOD REMAINS."**



February 2025 Issue 03



**Financial Report**

**Shedding the Past**

**The- Disappearing Ones**

**PERSONAL  
GUIDANCE  
SYSTEM AND  
BLUE LOTUS  
CHAKRA  
BLOOM**

*The Voice that Held Me Back,  
and the One That Set Me Free*



# Mayana Kingery, GGCN Admin

*I was born into a poor,  
white, Christian  
fundamentalist family*



rooted in the deeply conservative landscape of Oregon where, until the 1960s, the Ku Klux Klan had a stronghold (and still remains today). My early years were a fight for survival, navigating abuse, neglect, and the rigid constraints of religious indoctrination. My mother was a member of the John Birch Society.

In my world, faith was everything. My childhood was spent immersed in scripture studying the Bible alongside Strong's Concordance, playing Bible trivia, memorizing verses, and attending church, three times a week.

As an eager student, I couldn't help but notice the gaps, the unanswered questions no one wanted to address, remains. Who were the mysterious "sons of God" who took wives from the daughters of men, producing mighty offspring? What about the Nephilim, the giants who walked the earth? Who was Melchizedek?

And what of Wisdom described as a woman with companions named Prudence and Prophecy? Was she truly God's 'consort' (what does that mean?), and why did she love humankind so deeply?

Even the story of Cain puzzled me. If Adam and Eve's family were the first humans, who were the people in the Land of Nod, the artists, musicians, and builders of culture? These questions gnawed at me, demanding answers beyond what my church was willing to provide.

With the rise of the internet, I found a treasure trove of ancient texts on [earlychristianwritings.com](http://earlychristianwritings.com) — the Apocrypha, the Dead Sea Scrolls, and the Nag Hammadi texts. I dug into how the New Testament was assembled, which writings were omitted, and why. I discovered the tension between those who complied with governmental authority and those who resisted, often paying with their lives.



*That was when I realized I had  
to stop looking outward for truth.  
If the Kingdom of God is within,  
then my journey had to be inward.*



# The Journey Within

My search for answers put me at odds with my upbringing, and eventually, my inner turmoil manifested physically. Doctors labeled it fibromyalgia, but I sensed something deeper. Through breathwork and meditation, I discovered that my pain carried messages—each sensation a lesson, a whisper of truth waiting to be understood. So I listened. For up to three hours a day, I tuned in, surrendering to the process of healing.

As my practice deepened, I experienced visions, encounters with angelic guides, and profound moments of knowing. I traveled through wormholes to distant planets, heard voices filled with wisdom, and saw glimpses of realities beyond this one. But amidst the awe, I had to learn discernment—how to distinguish between divine messages and deceptive influences.



My studies expanded beyond traditional religious texts. Elizabeth Clare Prophet and Saint Germain taught me alchemy. Barbara Marciniak, Barbara Hand Clow, and Barbara Marx Hubbard—“the Barbaras,” as I fondly called them—offered new perspectives that shaped my journey.

Through these experiences, I realized something crucial: I was in control of my own spiritual evolution. I learned to navigate mystical experiences while staying anchored in my body. My body is my temple, and I set a sacred rule—I would only allow energies to merge with me if I *knew* and trusted them completely. I required every guide or being to reveal their full intention before I allowed any connection. Those who sought harm were immediately rejected. Those aligned with my highest good became a part of me, and in turn, I became them.

Within the sanctuary of my heart,  
I came to *know*—not just in theory, but in deep, undeniable truth—who I am, where I have been, and where I am meant to go. I am a multidimensional, eternal being, and my purpose is unfolding with every step I take.



# The Journey to Be Free

In 2010, my spiritual awakening became a matter of life and death. Forces beyond my understanding—both seen and unseen—sought to take my life force for their own purposes. Those who opposed my mission knew that eliminating me would grant them immense power in the darker realms. The threat was real, and I had to act quickly.

My inner guidance became my survival tool. *Go here now. Leave this place. Move before it's too late.* The message was clear: I had to abandon everything—my 31 year marriage, my beloved spiritual community, my home where I hosted sacred ceremonies under the full moon. I obeyed.

Divine forces swept me into a new reality—a new home, new relationships, new work, and a renewed sense of being. It took two years of healing and realignment before my next chapter was revealed.

In 2012, I found myself at rock bottom, alone and uncertain. My brother's home, where I had sought refuge, became another place of danger. One fateful day, I collapsed onto the floor, overtaken by an overwhelming force. It felt as if I were being pulled into a black hole, my energy drained beyond resistance. I surrendered, believing this was the end.

*And then—suddenly— I emerged on the other side.*



I was no longer in darkness but standing mid-air in a radiant, white light. My very being began to transform. I saw the virus of mind control and, in that moment, became the antidote. My chakras bloomed into a blue lotus, revealing my role as a *fear extractor*. I witnessed Krishna's birth and experienced the Christing—the anointing that awakened something ancient within me.

Within 60 days, the integral part of my journey was revealed through a cosmic encounter with Andras Maros. We recognized each other instantly. Every mystical experience, every intuitive knowing, had been leading me to this moment—to him. Together, we embraced our divine mission.

This is the art of becoming. The art of awakening to the truth within. The journey into an abundant life.



# Embracing the Mystic

For those who feel the call to go deeper, to challenge the narratives they've been given, and to seek the wisdom buried within—know this: the path of the mystic is not an easy one. It demands courage, surrender, and an unshakable trust in the divine unfolding of your life.

But once you step onto this path, you will never look back. The journey is not about finding something outside of yourself—it is about remembering who you have always been. And when you do...  
you will be FREE



## About Mayana

Mayana has birthed three incredible beings who each have been great teachers on her path. In addition to these, she wombed two children who chose to go to other mothers for embodiment (we know each other) and has another child who calls her Mom. An Oregon native, Mayana has also lived in Idaho, Texas, and now Virginia.

Mayana Kingery is an educational and nonprofit consultant with extensive experience in program development, coalition building, and organizational restructuring. She thrives on collaboration, believing that shared goals create lasting impact.



Her career spans diverse leadership roles, from managing businesses to guiding nonprofits and schools through transformation. She designed and led an after-school program for at-risk students in Washington State, helped Another Way School in Utah navigate a leadership crisis, develop policies, and launch a pandemic-era outdoor education program. Mayana's government work includes roles with the Idaho Public Employees' Retirement System, the U.S. Department of Education, and the Idaho Transportation Department, where she led award-winning safety initiatives, important research, and coalition efforts.



It was early March, 2025 at 11:30 pm when I got a FB Messenger call from Michelle Margaret Juliet in Australia. She was awakened at 3:00 am and guided by Spirit to Youtube where she saw an interview I did with Ali Bierman about the Heartist Journey Andras and I were embarking upon in April through Europe. Michelle had recently become Administrator of Global Grandmothers Council Network Facebook Group, and was working closely with our Founder Suzanne Lewis.

Michelle and I talked for 45 minutes and made arrangements to follow up. Her heart was fully supportive of our Heartist Journey and she stayed in close contact with me as we travelled to Glastonbury, England and Dobogoko, Hungary on our journey. Upon our return, she introduced me to Suzanne, whom I did not know though we have many mutual friends.

Global Grandmothers Council Network group on facebook had grown during these weeks from 1900 members to over 20,000. As a nonprofit consultant, I was invited by Suzanne and Michelle to turn this burgeoning Facebook Group into a nonprofit organization. Suzanne and I immediately felt Oneness.

**“It has been the Joy of my Life to do this work with GGCN.**

**This is an honor to gather Grandmothers and preserve all your stories, teachings, and wisdom to share with the world during these times of Chaos.”**

**Mayana**  
PERSONAL GUIDANCE SYSTEM  
Blue Lotus Chakra Bloom  
Conscious Evolution Guide

- Personal Guidance System
- Blue Lotus Chakra Bloom
- Self-Healing & Embodiment
  - physical - illness or disease
  - mental - depression or trauma
  - emotional - abuse or neglect
  - spiritual - heart and mind
  - generational - dna & genetic coding

GLOBALGRANDMOTHERSCOUNCIL.ORG  
CLICK ON MARKETPLACE

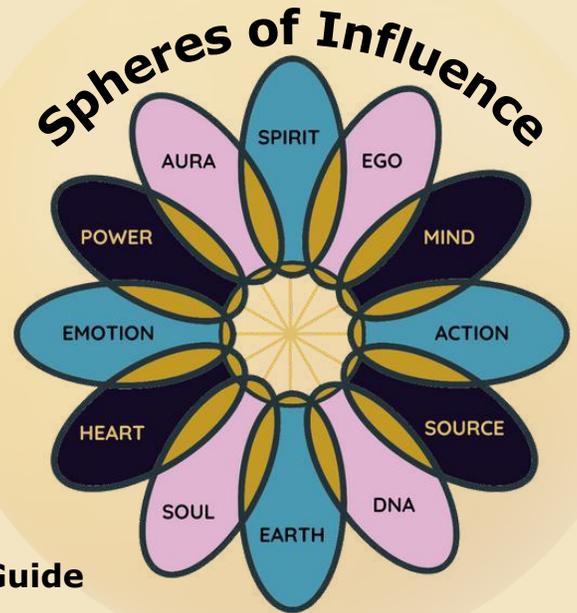
**HUMAN CONSCIOUS EVOLUTION**  
From Homo-Sapien to Homo-Spiritus

Blue Lotus Chakra Bloom  
Overview Video Free in Grandmothers' Academy!  
<https://courses.ggcnacademy.org>



# PERSONAL GUIDANCE SYSTEM

Introduction to Becoming your own Guide



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

**Ego** "are you sure?"  
our relationship with our doubts

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

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

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

**DNA** our ancestor's contribution  
our relationship with inheritance

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

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

**Heart** "my inner guidance"  
our relationship with trusting intuition

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

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

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

GGCN Academy



Scan for Course

**\$11**

Know Yourself ~ Guide Yourself ~ Direct Yourself  
Hear Yourself ~ Feel Yourself ~ Trust Yourself



PGS for a creative life in service to your Personal Mission.

**Mayana Kingery**  
Embodiment&HealingArts Practitioner  
Peace Production co-founder and GGCN Administrator

Mayana's mystical journey has brought through the Personal Guidance System (PGS) and Blue Lotus Chakra Bloom, both teachings that encourage conscious evolution for individuals.

PeaceProduction.org



Heartists in Resonance

24



MAYANA KINGERY (MAMA TINK)



# Self Transformation Journeys

with Mayana

a Free Gift for our Readers



## **Meditations - PEACE PRODUCTION**

### **SELF HEALING . . .**

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

### **BE THE BRIDGE . . .**

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

### **SUPERCONSCIOUSNESS . . .**

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

### **KUNDALINI . . .**

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

### **I AM PRESENCE . . .**

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



**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





GlobalGrandmothersCouncil.org

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

Disclaimer

“Imagination awakened  
Images and words midwifed by AI.”

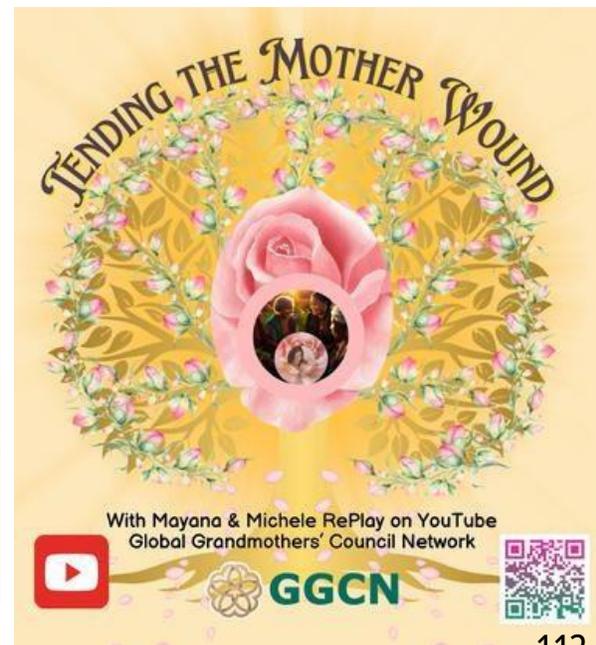
The visual and written materials featured by the Global Grandmothers Council Network may include content created with the support of artificial intelligence tools. These creations are guided by human intention, inspired by ancestral wisdom, and infused with modern technology.

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

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

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

© [2025] Global Grandmothers Council Network. All rights reserved.





# GGCN Directory

Connect, Share, and Grow

Grandmothers, Elders, & ALL Heartists

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 +



I Design, She Shines

Each page I design empowers  
another woman to shine.



[kalinadigitalmedia.ca](http://kalinadigitalmedia.ca)



**Guardians of the Sacred**