



Global Grandmothers Council Network

Voices of Wisdom in Times of Chaos

Magazine

February 2026

Generations in Action

Beginning
Again at
Any Age:
How We
Break
Ageism &
Build New
Futures



Learn with Grandma

Valerie Wood-Gaiger MBE

(Member of the Most Excellent Order of the British Empire)



*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

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.



Article Designed & Published by KalinaDigitalMedia.ca

Welcome Grandmothers

We are all learning how to come home to ourselves again. Self-love isn't a trend for us, it's a remembering.

We've spent years, decades, lifetimes pouring into everyone else. We've carried so much, expectations, roles, identities that were never ours to hold. But now? This is the season where we stop abandoning ourselves and start honoring the woman we've grown into.

And now our souls are whispering, "Hey... it's your turn."

This season is about choosing yourself with tenderness. About honoring the woman you've become and the girl you once were. About letting your feminine wisdom lead, the kind that doesn't rush, doesn't force, doesn't apologize.

So if you're beginning again, know this:
You're not behind.
You're not late.
You're right on time for your own life.
And I'm right here beside you, witnessing, rising with you.
We're not reinventing ourselves.
We're remembering ourselves.

With love,
Kalina

"When the Grandmothers speak,
the world will heal."
Hopi Prophecy

170+

COUNTRIES ENGAGED
— IN —
ONE WOMEN'S AGENDA



IWDC 2021—2030

See What's Inside

05 Learn with Grandma
Featured Grandmother:
Valerie Wood-Gaiger

12 Shining Light into Secret Darkness
Brwyn Griffin

16 Hook, Line and Sinker
Cindy Heider Kaliff

18 Round Table Advisory Panel
Gayle Crosmaz

24 The Only Thing More Powerful
Than Hate is Love
Grandmother Flordemayo and Heather Hall-
Dudney Stone

30 A Love Letter to Yourself
By Heather Hall-Dudney Stone



Valerie Wood-Gaiger MBE with her 7 grandchildren, 2 live in USA., she also has 8 great grandchildren



“This photo was taken when The King opened the new Hall”

34 Beginning Again at Any Age: How We Break Ageism & Build New Futures

Kalina Bains/Kintsug Woman

38 Coming into Balance
Kelley Springer

42 The Relational Clarity Circle
Lian Henriksen

44 Generations in Action
Mayana Kingery

48 Manifesto of Compassion's Quiet Power
Michele Margaret Juliet

59 Nature Knows
Renya Craig

64 The Great Mother March
Answering the Call of Feminine Wisdom
Mayana Kingery

64 Mayana's Musings
Whitney Freya

Featured Grandmother

Valerie Wood-Gaiger MBE



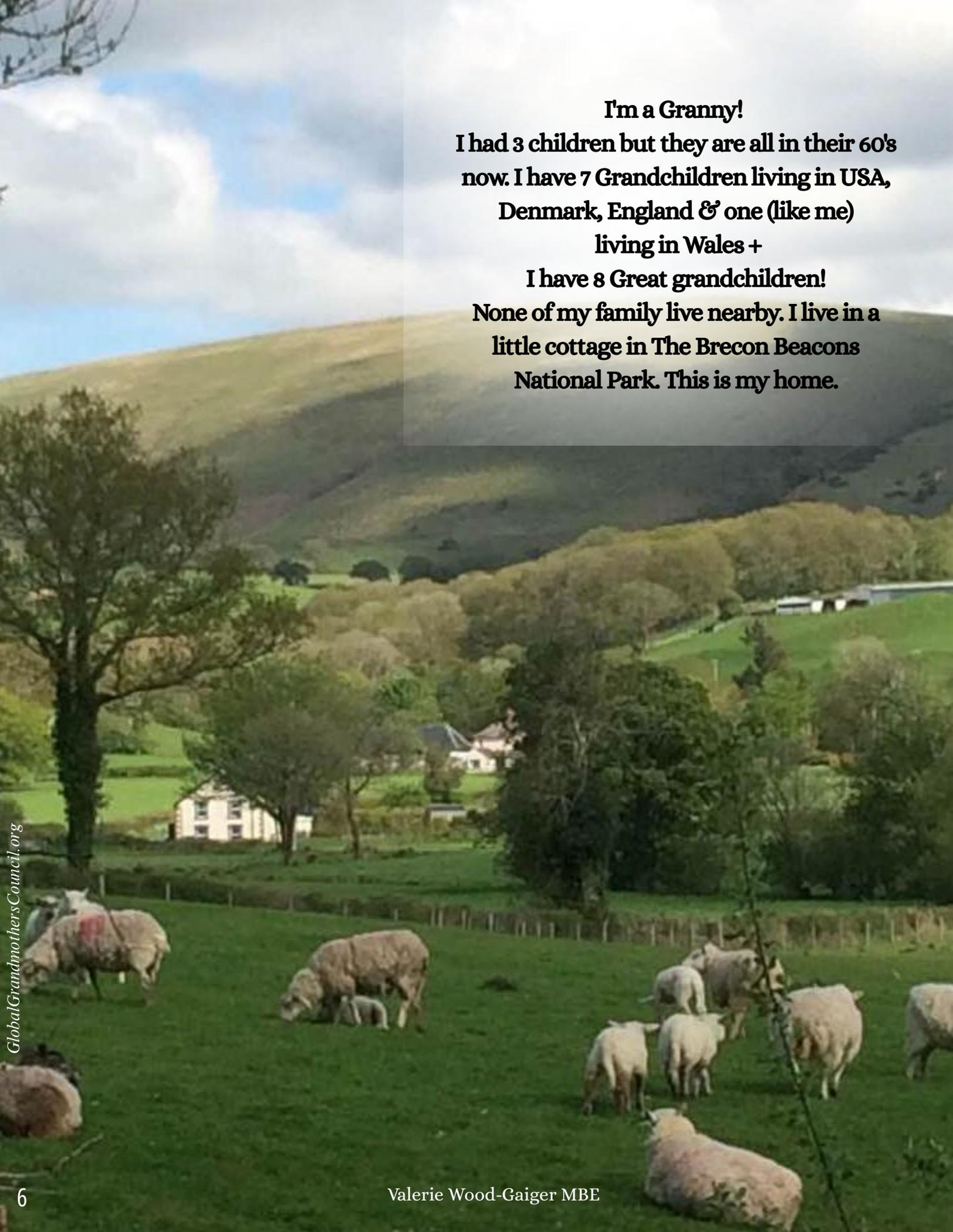
As the founder of Learn with Grandma, Valerie has spent years weaving together a global tapestry of families, elders, and children who learn from one another, laugh together, and stay connected in a rapidly changing world. Her work empowers older adults to embrace technology with confidence, while reminding younger generations that the wisdom of their elders is priceless.

With 38, LwG groups spanning continents, cultures, and languages, Valerie has become a beloved champion of intergenerational learning. Her message is simple: when we learn together, we grow together. And in every community she touches, she leaves behind a trail of connection, compassion, and grandmother-strength magic.

(Member of the Most Excellent Order of the British Empire) is a UK honour awarded for outstanding achievement or service to the community that has a long-term, significant impact.

Continue the journey
with Valerie  





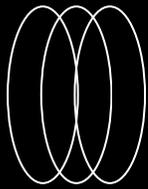
I'm a Granny!
I had 3 children but they are all in their 60's
now. I have 7 Grandchildren living in USA,
Denmark, England & one (like me)
living in Wales +
I have 8 Great grandchildren!
None of my family live nearby. I live in a
little cottage in The Brecon Beacons
National Park. This is my home.



**It's so beautiful but winters can be chilly!
I decided I needed a project!
I just started sharing photos, local news and
events on Facebook. I never expected people
from so many countries to get involved!
Learn with Grandma just GREW! Now there
are "Learn with Grandma Groups" in nearly
50 countries!**

Valerie
Wood-Gaiger

MBE



The aims are to foster intergenerational connections and activities.

We can use it to bridge the digital age gap, enabling grandparents and children can share fun, skills, knowledge, and experiences all over the world!

Join our Communities

[Learn with Grandma ... International](#)

[Learn With Grandma ... Canada](#)

[Learn with Grandma ... Nigeria](#)

[Learn with Grandma SOUTH AFRICA](#)

[Learn with Grandma ... USA](#)

[Learn With Grandma ... Wales](#)

Continue the journey...Find your Learn with Grandma group on Facebook.

It has changed the world; we can now be in contact with people all over the world! We can create lasting memories; we can promote mutual respect, and encourage a love of learning. We can preserve our cultural heritage, address social isolation, and create supportive community networks ALL over the world at zero cost!

Learn with Grandma has become my personal charitable mission.

I will be 85 on 4th July: I hope you will join in and share your stories, hopes & dreams. I hope you will help keep "Learn with Grandma" alive long after I'm forgotten.

I wasn't sure how to go about insuring that LwG would live on after I had gone.

I decided to contact the [Global Grandmothers' Council Network](#) (GGCN) & suggested that we could help each other in ways that are mutually beneficial. For example - both of our groups have members all over the world. I hope that you will share your local news & events to your country; to your community - it's Free!

There is so much bad news, we can share
GOOD POSITIVE news that can help
people in your community.

Here is an example that is helping girls
in so many countries.

Share with women, girls & schools in
your communities. It will enable girls
not to lose school time; It saves families
money & it's much better for the
environment.

Tufoin Mercy, who lives in Cameroon,
washed a few pads until they fell to bits!

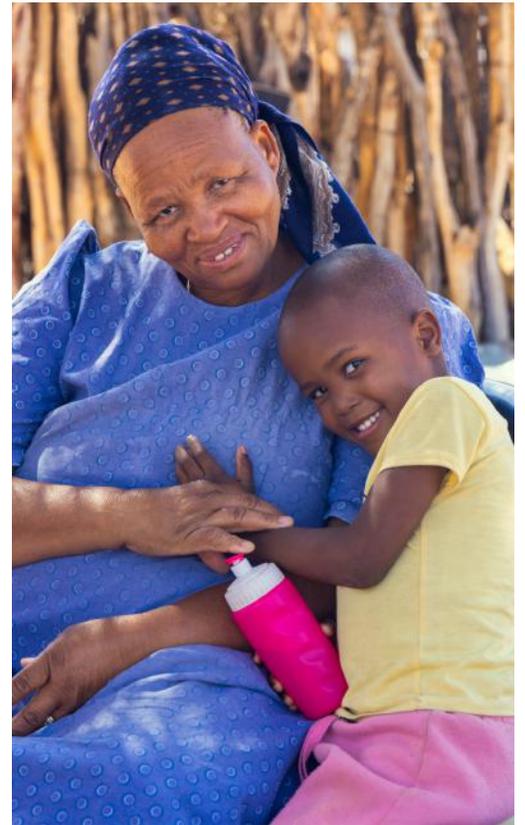
She worked out that the pads lasted
about 4 Years!! Think of the savings for a
family, especially if they have 2 or 3 girls.

I also love the idea of a group of
Grannies getting together to make pads.

I read of a group of grannies in
Cameroon who meet every week to have
tea & chat while sewing their
granddaughters pads!! My granny made
my first pads.

I'm looking forward to learning what
you do that we can share to people of all
ages, intergenerationally,
all over the World!

I pray that God will bless OUR project.



This video below was
created by an Ugandan,
Allan Kakinda.
How to Make Home-made
Sanitary Pads



Valerie Wood-Gaiger

Key Aims

- **Bridge the Digital Divide:** To help older and younger generations connect by teaching and learning digital skills, making the internet a tool for intergenerational fun and interaction.
- **Promote Skill Sharing:** To encourage the exchange of skills and knowledge, recognizing that both young and old generations have valuable things to teach each other.



- **Bridge the Digital Divide:** To help older and younger generations connect by teaching and learning digital skills, making the internet a tool for intergenerational fun and interaction.

- **Promote Skill Sharing:** To encourage the exchange of skills and knowledge, recognizing that both young and old generations have valuable things to teach each other.

- **Create Lasting Memories:** To foster strong relationships between grandparents and grandchildren through shared activities, learning, and fun.
- **Foster Mutual Respect:** To increase respect and understanding between generations by highlighting the positive contributions and wisdom each generation brings.
- **Encourage a Love of Learning:** To instill a passion for learning in children and to support active, engaged learning for older adults throughout their lives.
- **Community & Global Initiatives**
- **Supportive Networks:** To create local and online support networks for grandparents, parents, and children to share resources and ideas.
- **Preserve Cultural Heritage:** To document and share cultural heritage, traditions, and history, often through the creation of digital resources like e-books.
- **Address Social Isolation:** To combat social isolation and loneliness by bringing communities together and promoting active engagement for older adults.
- **Promote Active Aging:** To encourage active aging by providing opportunities for older adults to learn new skills, share their wisdom, and participate in community life.
- **BUT NO Fund-Raising.** Appeals were blocking positive helpful projects.



Valerie with Queen Camilla in old Village Hall. Thanks to that meeting Myddfai now has a new Village Hall.

“I was thrilled to go inside Buckingham Palace in London. I didn't meet our Late Queen Elizabeth that day (did meet her twice on other occasions) she had to go to Scotland. Prince Charles, as he was then, gave me my Medal. A few years later he bought a home in my village in Wales! So we met a few times. He helped us get a new Village Hall after he stepped over a stream that flowed through the old hall. He said, unique water feature. Sadly we have seen little of him after he became King.”

Congratulations to Valerie Wood-Gaiger, MBE!

(Member of the Most Excellent Order of the British Empire)

She received the Earth Ambassador Award from the World Leaders Forum Dubai.

A true global grandmother and bridge-builder, we celebrate you, Valerie.



Awarded Face of Woha Diversity Awareness Leader. At 80,



Learn with Grandma: Grandma plants a tree with The Carbon Community

Shining Light into Secret Darkness

by Brwyn Griffin

I keep getting asked how I keep my spirits up, given how awful things currently are and how invested I seem to be.

Well, just like any healing process, the toxicity has to come out for the healing to begin, and I say, BRING IT ON!

Let's begin to know the truth of that which has been lurking in the darkness all along. Trump is like the coal he loves so much, attracting to him all the bile in the stomach. He is the perfect catalyst for bringing out into the light the darkest shadows of our current toxic culture because he has lived in those murky, stank places his entire life and knows them intimately.



If we wish to hold up a perfect example of the worst the power-over patriarchy has to offer, the worst example of the privileged predators, Trump is the perfect choice.



We must look at the deception. We must witness the corruption. We must allow our outrage to function as a laser beam illuminating this administration as they destroy our system of governance. And once the laser has burned away the toxicity, we will rebuild a more just and benevolent system.

By choosing Trump to be the "leader of the free world," the USA has put forth a shining example of someone who abuses power. He weilds his bullying wrath like a beacon for the world to view in horror, igniting their outrage. Our collective outrage is exposing secrets, secrets long held by rich and powerful predators across the globe.

When a critical mass witnesses and shines the light of awareness onto the murky shadows of this vast pool of corruption and abuse, it will be changed forever. We can not go back, it has already begun. We can not unsee what we have seen. And this seeing is happening on a global level. All eyes are on us.

Something in our current system allowed the secret abuse we are uncovering to occur and thrive for decades. Yet, the very fact that our outrage is shining a light on this malignancy is forever changing the system that allowed it to grow. It is forever changed, already. The attention of the masses is multiplying.

**I keep posting:
"Bear witness!"
"Do not look away!"**



Brwyn Griffin



The system that is being torn apart is a system of patriarchy built on the genocide of Indigenous people

It is a flawed system being exposed for what it allows to exist in the hidden mansions of the predator class. It is a system that was built on excluding women and non-white men. It is a system that treats corporations like people. It is a system that relies upon working masses to support industrial profits. It is an extractive system with no respect for the environment nor the creatures we share the planet with.

That system is dying.

**THESE ARE
EXCITING TIMES IF
YOU WISH FOR A
SHIFT IN
COLLECTIVE
CONSCIOUSNESS.**

**ONCE THE LIGHT IS
SHINED INTO THE
ROOMS THAT WERE
HIDDEN, WE
REGAIN OUR
POWER BACK FROM
THAT SYSTEM
THAT KEPT US
POWERLESS.**

THE HOUSE OF CARDS IS FALLING, AND WE HAVE THE POWER TO TAKE THE MUCK AND TRANSFORM IT. WE HAVE LOVE ON OUR SIDE, AND THE POWER OF LOVE IS UNIMAGINABLE. IT'S ALMOST AS THOUGH WE ARE BEING GUIDED TO OUR NEXT EVOLUTIONARY PHASE BY BEING GIVEN SUCH STARK CONTRASTS OF LOVE AND HATE.

ICE AGENTS MURDERING CITIZENS JUXTAPOSED WITH THE MONKS' PEACE WALK.
BAD BUNNY'S LOVE EXTRAVAGANZA JUXTAPOSED WITH GENOCIDE IN GAZA.



I was taught by my teachers that our world is as we dream it. We are divine. We have unbelievable creative power. The current dream is dying. It is time to decide what we want to create in the next dream. It is time we dream a dream that will support our grandchildren's grandchildren.



I pray for the death of patriarchy, the death of a system that lifts up a predator class, the death of all the systems that allowed the predators to thrive. I pray for a peaceful and just world. I pray for loving kindness to blossom and grow in all our hearts.

Brwyn Griffin

So be it.

Hook, Line & Sinkers

It was a windy, cloudy, rainy day, early about 6 am. My friend, Gary, and I headed to the beach to meet Oscar and Jayson, who were backing their fishing boat into the choppy waters of Dominicalito Bay, Costa Rica. Because Gary's wife, June, gets seasick, I became the ad hoc member of the fishing expedition. Dominicalito is home to a whole village of fisher people. There were a number of boats launching into the dark waters. We waded out into the knee-high waves and were helped on to the boat with our meager carry-ons.

Oscar directed us to our lifejackets...and we were launched...bounding over the blue-grey waves with the spray hitting our faces!, We rolled over the waves on an hour long, thrilling, Pacific ocean ride, deep out into the sea.

We headed to the place where the current was rushing in from the ocean at large. Here there were a plethora of sticks, debris, and more stray plastic bottles than I like to mention...bobbing about. They formed a long line of roughage in the sea.

This we discovered, was the hide-out of the Dorado (Meaning golden in Spanish).

Gary donned a belt with a tubular contraption in the middle. He explained that this is the place you secure your pole to steady it as you reel in a fish. Oscar and Jayson set 4 lines with colorful rubber lures and a small bait fish. These poles were set in four holders towards the back of the boat. We would troll the waters, waiting for a strike, the bending back of one of the poles.



Gary would then spring into action, grabbing the pole and alternately reeling and pausing to make sure the MahiMahi (Caucasian term) was sufficiently hooked. The fish would jump high out of the water performing aerobic flips, trying desperately to dislodge the hook. Gary kept reeling!

I could see the fish alongside the boat. It was beautiful, shining, glimmering aquamarine with yellow flashes. Jayson lunged at the struggling fish and hooked it in, flipping and writhing frantically as it was heaved into the boat.

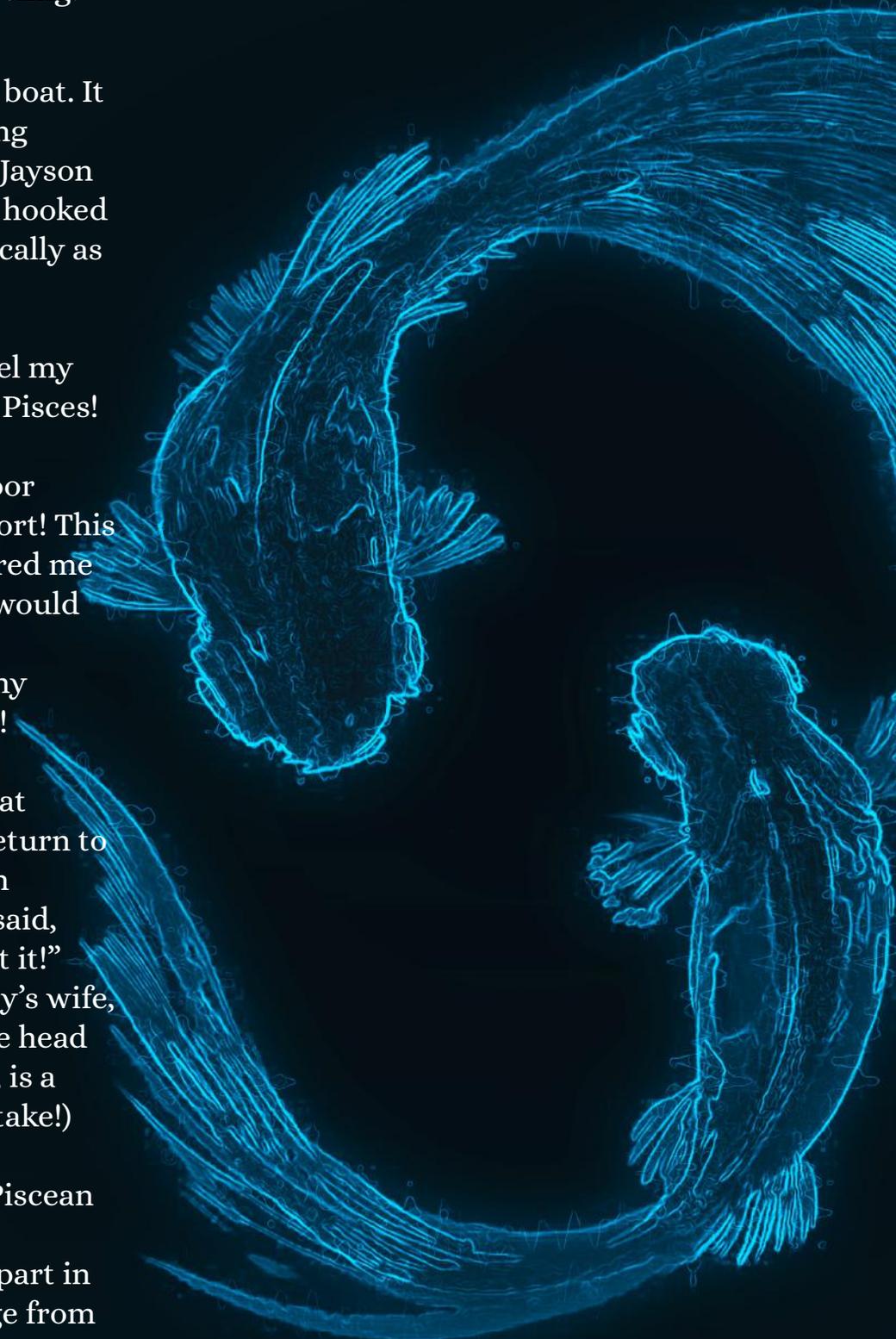
Now...here is where I began to feel my compassion rise! After all, I am a Pisces!

I have an affinity for fish! This poor creature was giving its life for sport! This seemed totally unfair! Gary assured me that the meat we would recover would go to us and feed 3-4 Costa Rican families. I can see why many of my friends are Vegetarian and Vegan!

Our crew stayed out for hours that morning, catching fish! On our return to shore, Jayson, immediately began filleting the fish. My dad always said, "You catch it, you clean it, you eat it!" Nothing went to waste! June, Gary's wife, who is a native Filipino, cooks the head and neck to make, what she says, is a delicious soup! (I declined to partake!)

I am really working to quell my Piscean nature. Tonight I am fixing beer, battered MahiMahi. I will do my part in honoring the subsistence heritage from which so many of us have come.

Thank-you beautiful fish! I honor your life and your sacrifice!



The Academy of Timeless Wisdom

presents the Round Table Advisory Panel. My co-founder, Susanne Steinel, and I had been asked by some of our colleagues and friends about a support group for healing/energy teachers. Susanne from Germany, and I are gathering internationally esteemed elders and wisdom keepers around a “Round Table”

**ROUND
TABLE
ADVISORY
PANEL**

Zenteotl M. Niebla

Gayle Crossmaz
Black Bear

Susanne Steinel

Ellen Williams

Leilah Ward

Mayana Kingery

Meilin Ehlke

Sandra Laub

Yashodhara van
Vilsteren

GlobalGrandmothersCouncil.org

The purpose is to share wisdom and support each other in our joint endeavour to heal what needs healing and to raise the vibration of all. Our idea is to sit in a circle, giving ourselves equal time to express our unique perspectives, share our teachings, and share our healing methods. We hope that we all benefit from these sharing's and strengthen the underlying purpose.

Round Table Advisory Panel



Gayle Crosmaz-Black Bear

Grandmother Gayle Crosmaz – Black Bear is a storyteller and inspirational speaker who encourages others by transforming herself through a lifetime of challenges and trauma. From personal experiences, growth, and cellular memories, Grandmother Gayle shares her insights on overcoming trauma. Her wisdom, rooted in the primordial knowledge of the ancients, was gleaned from her ancestral DNA, which spanned many cultures of Mother Earth. Grandmother Gayle-Black Bear was trained with Hawaiian Kahuna Harry Jim for several years in Lomilomi and Ho'oponopono. She also trained with Inuit Elder Angaangaq Lyberth of Ice Wisdom International. She travels the world to share her teachings and her ceremonies. As a professional artist, she is the creator of spiritual ceremonial drums and rattles worldwide.

Haliburton, Ontario, Canada



Susanne Steinel

Susanne is the author of the trilogy "Journeys with Anubis: A Woman's Initiation into Ancient Egypt." She is currently finishing Volume II: The Holograms of Delphi, as well as a collection of short stories entitled "The Awakening of a Shaman Soul". When she is not engaged with writing, she runs Crystal Skull Method (CSM©) sessions for alignment and clarity, as well as Arcturian Healing Light Frequencies and Neural Somatic Integration® (NSI) sessions. Before leaving the corporate world, Susanne was a strategy and communications professional. In 2025, she founded the "Academy of Timeless Wisdom" with Grandmother Gayle Crosmaz.

She lives in Berlin and Bavaria in Germany.

Round Table Advisory Panel



Ellen Williams

Ellen Williams (aka Cosmic Weaver) is the founder of On Beacon Ridge, Academy for Conscious Living, created in 2013 as a welcoming space for spiritual exploration and embodied learning. For over a decade, she has guided study circles, ceremonies, and experiential workshops exploring consciousness, chakra wisdom, and integrating spiritual insight into everyday life.

A longtime peace advocate and founder of the Tweed Peace Project, Ellen approaches her work as both teacher and fellow traveler—committed to inner growth as a lifelong practice. She weaves personal transformation with collective intention, bringing timeless wisdom into practical, community-centered action.

Tweed, Ontario, Canada



Leilah Ward

For most of my 71 years of this earth journey, I have been on a path of healing out of the patriarchal matrix by healing my heart and clearing beliefs, patterns, and perceptions that I integrated in my early years from the world around me. In this process, I realized it was possible to open to embodying my Divine Soul Essence, which had gone into hiding early on in this life. I've gained intuitive clarity so that I could follow the energy of my heart and live from the truth of my being, which is an ongoing process. I am a visual artist and writer, as well as a psychic medium and energy healer. In my writing, I channel wisdom from the Vastness of Being, and I'm also writing fantasy fiction. The creative process, whether it is writing or painting with pastels or acrylics, has helped me be open to the moment of what is. I grew up on Long Island, New York, and now live in L'Amable, Ontario, Canada.

Round Table Advisory Panel

Mayana Kingery

Founder of living networks that weave the practical with the sacred —Literacy Outreach, nurturing at-risk children through playful learning; Peace Production, cultivating community through festivals, healing spaces, and holistic initiatives; and the Global Grandmothers Council Network, a circle where wisdom keepers rise together in service to the future. As a consultant, she has guided schools and nonprofits through moments of crisis and renewal, offering clarity, structure, and vision so that communities may thrive. Her work carries the imprint of the mystical, with programs like the Personal Guidance System, a compass for self-discovery, and the Blue Lotus Chakra Bloom, an awakening of inner light and alignment. In all she creates, Mayana weaves heart and strategy, spirit and form, inviting others into spaces where transformation, collaboration, and sacred purpose flourish, with Respect and Deep Care. Heartist @ GGCNGlobal Grandmothers' Council Network



Meilin Ehlke

Meilin Esther Ehlke is a spiritual teacher, sound guide, and embodiment mentor devoted to awakening the unique wisdom within each human being. Through sacred sound, intuitive guidance, and her plant-pigment watercolor art, she expresses spirituality as a lived, embodied practice in collaboration with nature. As host of the podcast Moving to Oneness, she explores unity consciousness and authentic self-expression. Her presence is known for its calm strength, clarity, and grounded depth.

Germany



Round Table Advisory Panel

Sandra Laub

Sandra (Sandy) Laub is a retired high school English teacher and a lifelong actor and writer. She currently tours her one-woman play about being Jewish after October 7th, called Picking Up Stones (an American Jew wakes to a nightmare). She goes to Israel and the UK with it this coming May. She lives in Pawcatuck, CT.



Yashodhara van Vilsteren

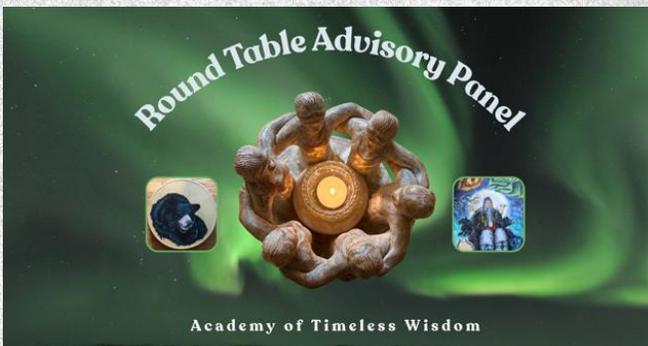
Yashodhara came to know and love the transformative work of Chameli Gad Ardagh and the Awakening Women Institute (AWI) in 2005. She became one of the first facilitators of AWI women's temples worldwide. She teaches the Women's Temple Group Facilitator Training, Awakening Women Goddess Journey 9-Month Program, the Masterclass for graduates of the Temple Training, as well as Goddess Retreats in German-speaking countries. She also gives private sessions in Tibetan Pulsing Yoga and The Journey of Brandon Bays. Drawing on the richness of her vast and varied life experience, Yashodhara's work blends her life and work in international spiritual communities, her many years of meditation practice, her love relationships, and her work as a holistic nurse. Originally from the Netherlands, she was moved by love to Munich in 2000, where she has lived ever since. Yashodhara is particularly appreciated by many women for her empathy, wisdom, authenticity, and great zest for life, as well as her dedication to women's awakening.



Round Table Advisory Panel

Zenteotl M. Niebla

Worked 30 years in "media communications" magazines, collaborated at newspapers, and worked at the Mexican News Agency, finally created her own Editorial company that was activated a cycle of time. Actually, she is developing online radio and digital TV content. "Ziwamaxtiani," a woman guide who leads the work of the feminine discipline Yowalziwatl, the feminine energy of the night, of darkness, emptiness, and depth. (Feminine Line of the Tzentlawakayotl path) Mexican Medicine Woman and "Fire Woman". Feminine pillar of the Kuauhtlinxan-Niebla family. Mother of 3 girls, ages 16, 14, and 10. Birth Guardian by choice, after giving birth and receiving her 3 daughters in home births in duality with Tonawaka Kwauhtlinxan, with whom she had walked 26 years as a couple on Mother Earth. Promoter of Peace through an understanding of the Tetzkatlipoka energy, ancestral oral tradition line, and Education for Peace from a Montessori philosophical perspective. Zen also collaborates as an organizer with an international group of more than 10,000 women in the World Menstrual Organization, an ancient ritual-ceremony in full connection with Mother Earth through our feminine menstrual blood energy. National and International Instructor with the Introduction to the Obsidian Mirror and the 13 Moons courses. She teaches various courses on Mexica Cosmogony for children and adults.



Register for the
Academy of Timeless
Wisdom Year 1 Class



Round Table Advisory Panel



Our recording of the first

Round Table Advisory Panel
COLLECTIVE ANXIETY

Academy of Timeless Wisdom presents Round Table Advisory Panel. A gathering of experts of esteemed elders and wisdom keepers. They share their various means of transmuting global collective energies.

academyoftimelesswisdom.com

“The only thing more powerful than hate is love.”
Those words echoed loudly during Bad Bunny’s halftime performance, not as entertainment, but as truth-telling. As an invitation. As a reminder that visibility is not a threat, and inclusion is not an erasure of anyone else’s humanity.

“We’re not savages. We’re not animals. We’re not aliens. We are humans, and we are Americans.”
Those words landed deeply in my body, my heart, and my lineage. Because immigration is not a political talking point in my family.

It is memory. It is trauma. It is survival. It is love.

My mother, Grandmother Flordemayo, immigrated to the United States from Nicaragua as a child. Her journey, and the silence around it for decades, shaped everything about how she understands forgiveness, compassion, and inclusivity today.

The Only Thing More Powerful Than Hate Is Love

A Reflection on Immigration, Forgiveness, and Belonging

**By Grandmother Flordemayo and
Heather Hall-Dudney Stone**



**When I recently asked her to write about immigration, she paused and said:
“HEATHER, I NEED TO STOP AND GO AND WASH MY FACE.
I NEED TO PUT WATER ON ALL OF MY EMOTIONS.
THIS TOPIC IS TOO PAINFUL TO WRITE ABOUT.”**

That alone tells the story.

**Forgiveness Begins
Where Pain Is
Acknowledged
In Grandmother
Flordemayo's Words**

**Yesterday, when you
asked me to write
something, it was the
day of Ajmaq, a sacred
Mayan day of
forgiveness. I prayed all
day on the meaning of
forgiveness.**

**A child migrating to this
country.**

**How do you forgive
persecution, injustice,
abuse, human rights
violations, ignorance,
prejudice, belittlement,
pain, isolation, not
having a voice, and a
language barrier?**

**How do you forgive
being stripped of the
right of expression, the
need for compassion, the
warmth of an
understanding human?**

**We do not understand
why we are being treated
like this.**

**We are at the mercy of
God and pray someone
hears your prayers.**

**The other day was the
day of No'j, the day of
knowing. I prayed for all
people around the globe
that they receive the
liberation and freedom
they need.**



Grandmother Flordemayo

Even now, sixty years later, I have a difficult time speaking about this journey without all the emotions that live in my heart.

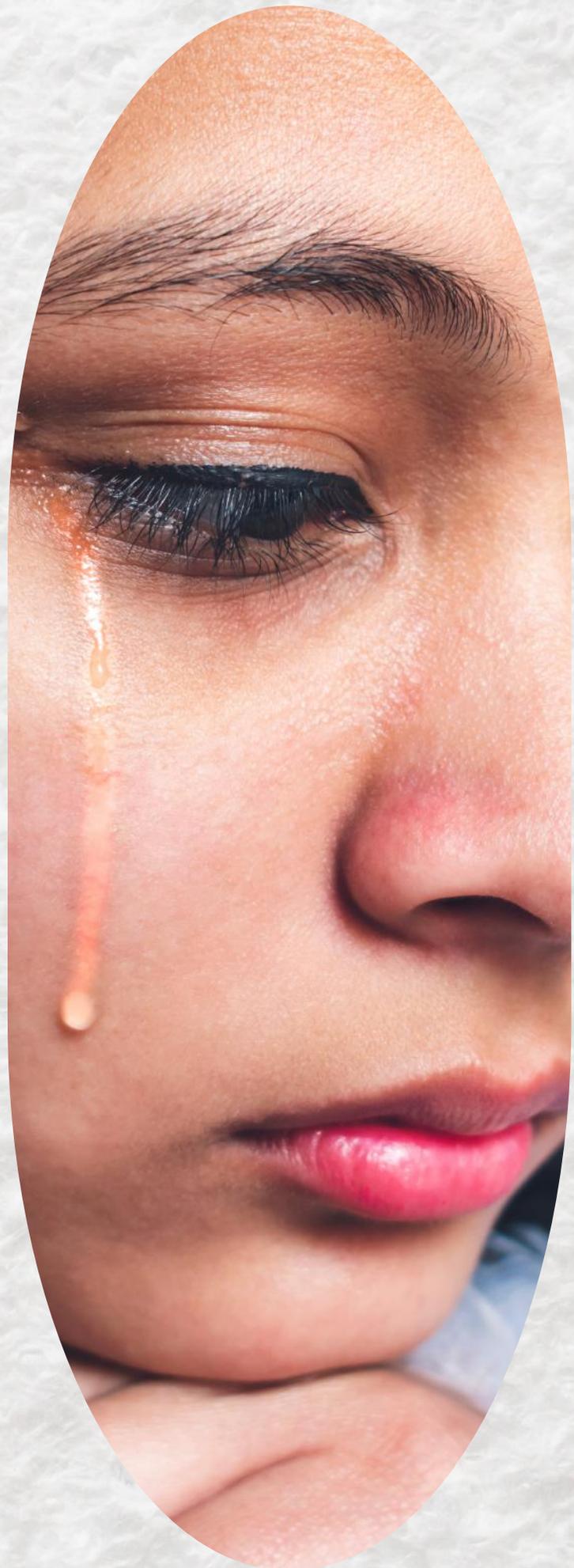
I was a child when my mother told us we were going to the United States. I only had a few days before we left. My mind and emotions froze. I could not even ask a question. The wonder of it all was incomprehensible.

Time moved in slow motion. I remember looking around at the beauty of my surroundings, the green plants, the warm air, the voices of my brothers and sisters. I remember my mother's face. Her demeanor had no expression.

The night before we left, no one slept. I was woken in the cool midnight, walking to the bus stop. We boarded in the early morning hours for Managua. That was the moment my journey started.

My body was used to mountain air and quiet surroundings. Suddenly, I was in a city, cars, people, noise, intense heat. All I could do was hold my mother's hand very tightly. We stayed one night at a friend's house and left the next morning. We flew from Managua to Miami, then to LaGuardia Airport in New York City.

My mind went through another transition. That moment became imprinted in my heart. The reality of my home, my town, my land, it was gone. It felt as though it only existed in my memory.



Why We Ran

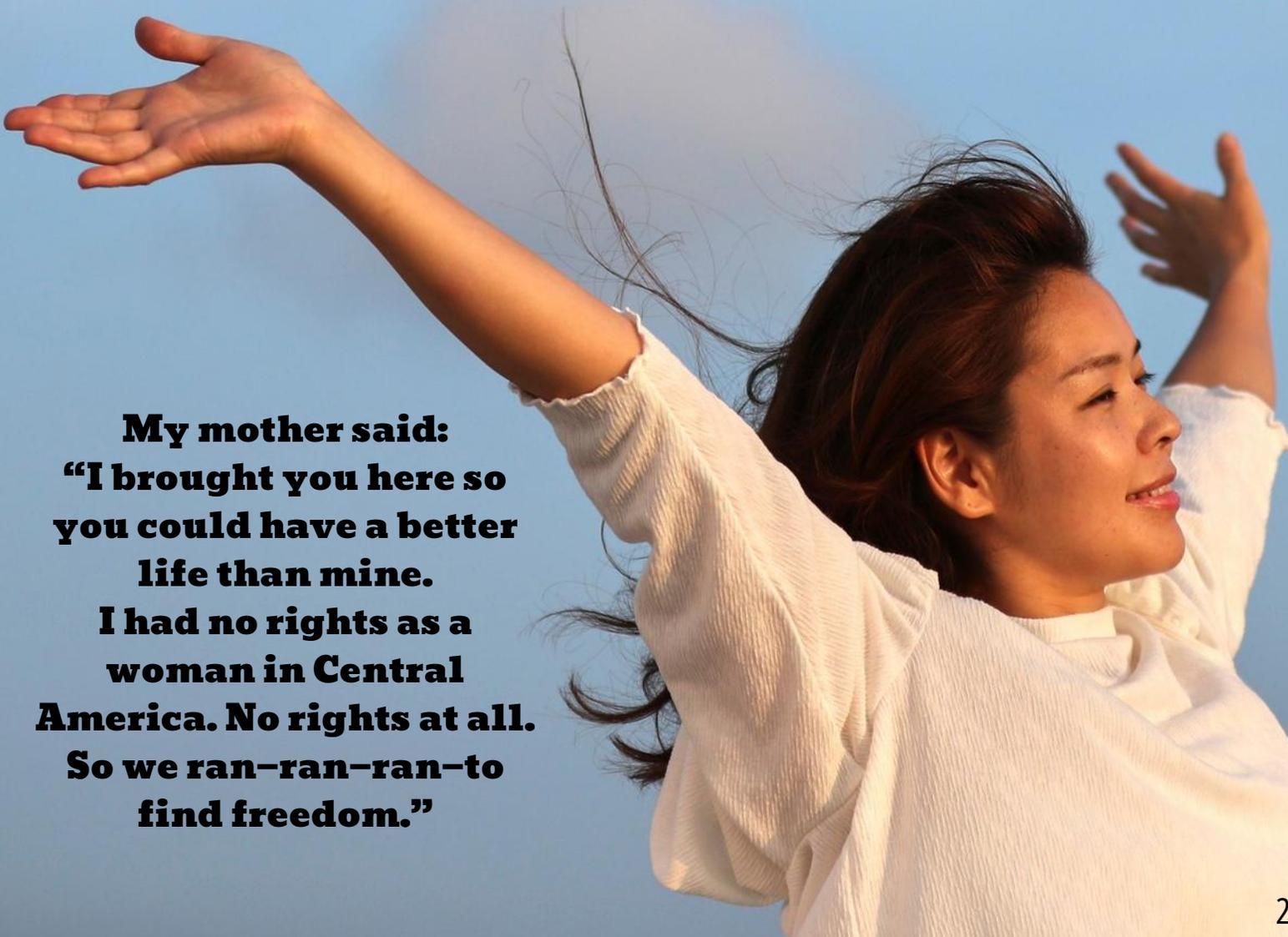
I often asked my mother before she passed:

“Mama, why did we come to the United States?” Her answer was always the same.

“Hija,” she said, “I wanted you to have a better life.”

She told me:

- We had no rights in Central America as women.
- We could not say no to sex. We could not decide how many children we wanted.
- We could not speak freely or express our thoughts.
- We had no right to education.
- We could not say no to domestic or field labor.
- We could not say no to cooking, to hunger, to servitude.
- We had no rights over our own bodies, our work, or our clothing.
- We were under the domination of others.



**My mother said:
“I brought you here so
you could have a better
life than mine.
I had no rights as a
woman in Central
America. No rights at all.
So we ran—ran—ran—to
find freedom.”**

How We Celebrate Inclusivity

Inclusivity is not a trend or a slogan. It is a lived truth.

We celebrate inclusivity by listening to stories that are painful to tell.

By honoring the courage it takes to survive displacement.

By recognizing that migration is often an act of love, not choice.

By remembering that women, children, and families do not leave home lightly.

We celebrate inclusivity by refusing dehumanization.

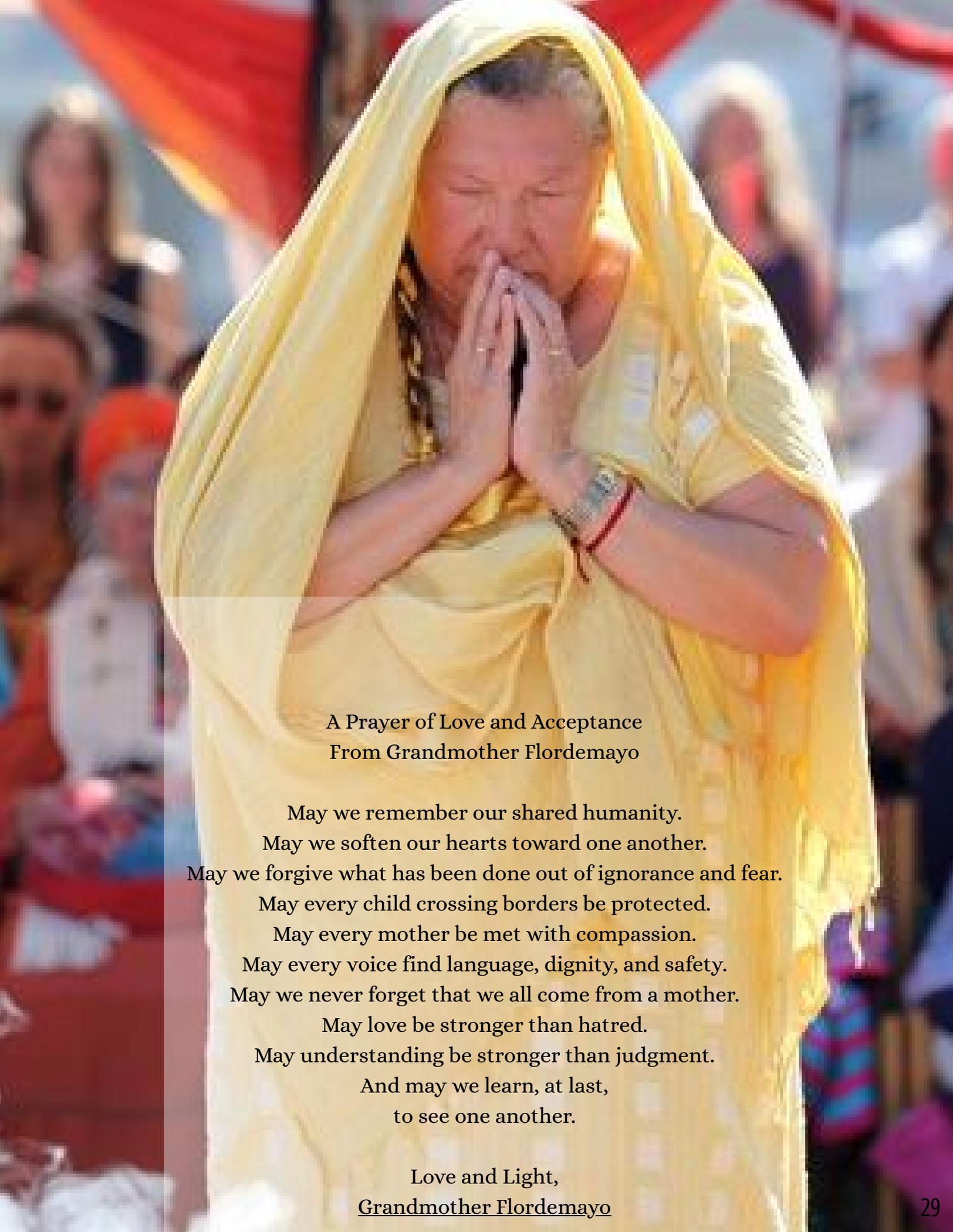
By naming that immigrants are not “others.”

They are grandmothers. Mothers. Daughters. Children.

They are us.



**We celebrate
inclusivity by choosing
love, again and again,
over fear.
Because the only thing
more powerful than
hate is love.**

A woman wearing a bright yellow shawl is shown in a close-up, her hands clasped in a prayer gesture. Her eyes are closed, and she has a serene expression. The background is blurred, showing other people and what appears to be a public gathering or event.

A Prayer of Love and Acceptance
From Grandmother Flordemayo

May we remember our shared humanity.
May we soften our hearts toward one another.
May we forgive what has been done out of ignorance and fear.
May every child crossing borders be protected.
May every mother be met with compassion.
May every voice find language, dignity, and safety.
May we never forget that we all come from a mother.
May love be stronger than hatred.
May understanding be stronger than judgment.
And may we learn, at last,
to see one another.

Love and Light,
Grandmother Flordemayo

A Love Letter to Yourself By Heather Hall-Dudney Stone

An Article on Remembering Who You Are

There comes a moment, often quiet, sometimes after deep exhaustion or loss, when we realize we have been offering our tenderness everywhere except to ourselves. We give grace to our families, patience to our communities, forgiveness to those who hurt us, and devotion to the work that calls our soul. Yet somewhere along the way, we forget to turn inward with the same kindness.

Loving yourself is not indulgence.

It is remembrance.

It is the act of recognizing that you are not required to earn your worth through productivity, sacrifice, or perfection.

Your value has never been conditional.

It has always lived in your breath, your presence, your persistence, and your ability to keep showing up, even when carrying pain, grief, or uncertainty.

A love letter to yourself is not about ignoring your wounds. It is about meeting them with compassion instead of judgment. It is about speaking to yourself as you would to a beloved child, an Elder, or a dear friend, without cruelty, without rushing, without shame.

When you choose to love yourself, you shift how you walk in the world.

You become softer without becoming smaller.

You become stronger without becoming hardened.

You learn that rest is sacred, boundaries are medicine, and listening to your own inner voice is an act of trust.

This is not a destination.

It is a practice.

One that asks you, again and again, to return to yourself.



A Love Letter to Myself

Dear Me,

I see how much you carry.

I see how often you place others first and how rarely you pause to ask what you need.

I see your tenderness, even when you try to hide it behind strength.

I forgive you for the moments you doubted yourself.

I forgive you for staying too long, giving too much, and believing you had to be everything for everyone.

You were doing the best you could with what you knew at the time.

I honor the ways you have survived.

I honor the wisdom that came through hardship.

I honor the version of you that kept going when it would have been easier to stop.

You are allowed to rest.

You are allowed to change your mind.

You are allowed to take up space without apology.

I promise to listen to you more closely.

I promise to protect your energy.

I promise to speak to you with kindness, even on the days you fall short of your own expectations.

You are enough.

You have always been enough.

And you are deeply loved—by me.

***With devotion,
Heather***

"I Am" Affirmations

- I am worthy of love exactly as I am.
- I am allowed to care for myself without guilt.
- I am learning to trust my inner voice.
- I am not behind; I am unfolding in my own time.
- I am strong and tender at the same time.
- I am allowed to rest and still be valuable.
- I am healing in ways I may not yet see.
- I am connected to something greater than fear.
- I am becoming more myself each day.
- I am held, supported, and guided.

Journal Prompts for Self-Connection

1. When do I speak to myself unkindly, and where did that voice originate?
2. What does my body need more of right now?
3. In what ways have I grown that I rarely acknowledge?
4. What boundaries would feel like an act of love toward myself?
5. When do I feel most like myself, and why?
6. What would change if I trusted myself more deeply?
7. How can I offer myself the same compassion I give to others?
8. What am I ready to release in order to feel lighter?
9. What does rest look like for me—not escape, but nourishment?
10. What does loving myself look like in action?

A Small Practice from Me

Once a day, place one hand on your heart and one on your belly. Take three slow breaths. With each inhale, silently say, I am here. With each exhale, say, I am listening. That is all. No fixing. No solving. Just presence. Over time, this simple act becomes a bridge back to yourself.

A Poem / Prayer of Self-Remembering

**May I return to myself gently.
May I loosen my grip on who
I thought I had to be.
May I honor the quiet wisdom
within my breath.
May I stop asking for
permission to exist fully.
May I listen when my body
asks for rest.
May I trust that my softness
is not weakness.
May I walk with myself as a
companion, not a critic.
May I choose compassion
over perfection.
May I remember that I belong, to
myself, to this life, to love.
And when I forget,
May I begin again.**



**HEATHER H. HALL-
DUDNEY STONE**

The Path Inc

**3103 N. Maywood
Ave. Boise, Idaho 83704**

C: 208.631.7876

hhaldudney@gmail.com

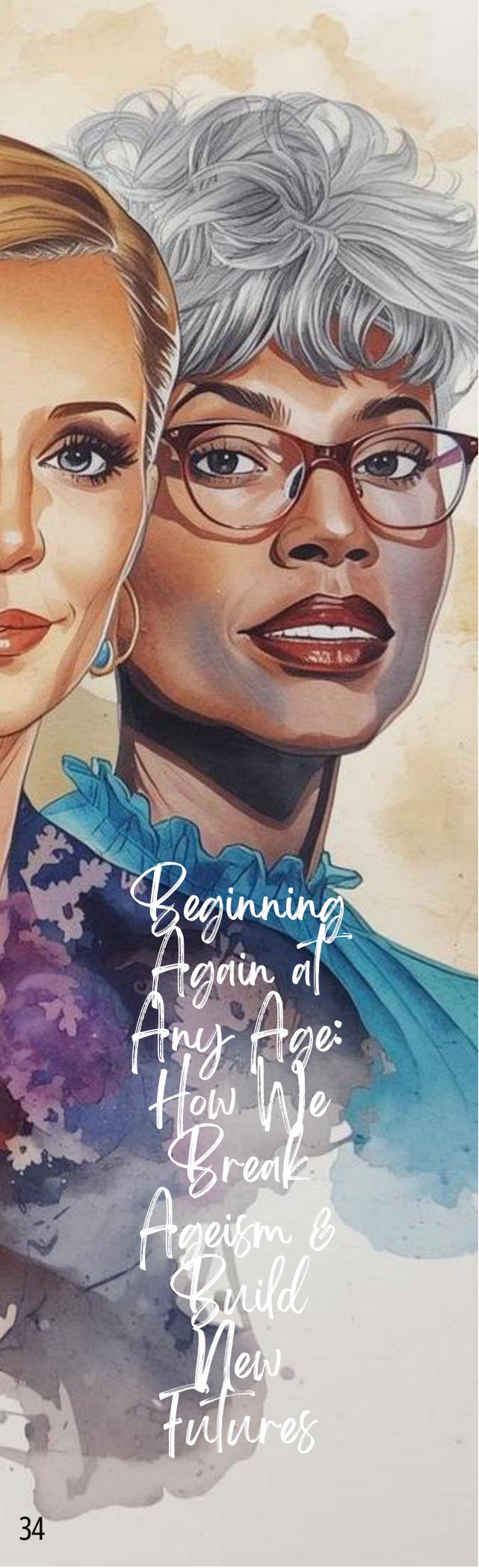


Loveandlightllc.net

with lots of great new items

Use promo code: FDM2026 (all caps) at
checkout to claim a 20% discount.

Special discount for
GGCN members to our store



There's a quiet revolution happening, and it's being led by women who refuse to shrink, disappear, or apologize for growing older. Women who are beginning again at 40, 50, 60, 70, and beyond. Women who are rewriting the story of what is possible.

And yet, even as we rise, ageism still tries to whisper its lies:

"You're too old to start."

"No one wants to hear your story."

"Your best years are behind you."

But here's the truth, a truth we say loudly and lovingly.

A woman's becoming does not expire.

Her creativity does not age out.

Her voice does not lose value.

Her story does not have a deadline.

Ageism is not just a social issue; it's a narrative issue.

A storytelling issue.

A visibility issue.

And that's exactly where we step in.

Ageism Thrives in Silence — We Break It With Storytelling

Ageism survives when women are unseen.

When their stories are untold.

When their brilliance is hidden behind stereotypes.

Be witnessed, celebrated, and amplified

Build their legacy

Tell their stories

Publish their wisdom

Share their creative gifts

Beginning
Again at
Any Age:
How We
Break
Ageism &
Build
New
Futures

Every time a woman shares her voice, she chips away at ageism. Every published story becomes a mirror for another woman who thought she was alone.

Every grandmother who writes, creates, or teaches becomes a lighthouse for the next generation.

Starting over at 50 or 60 is not a failure, It's a reclamation.

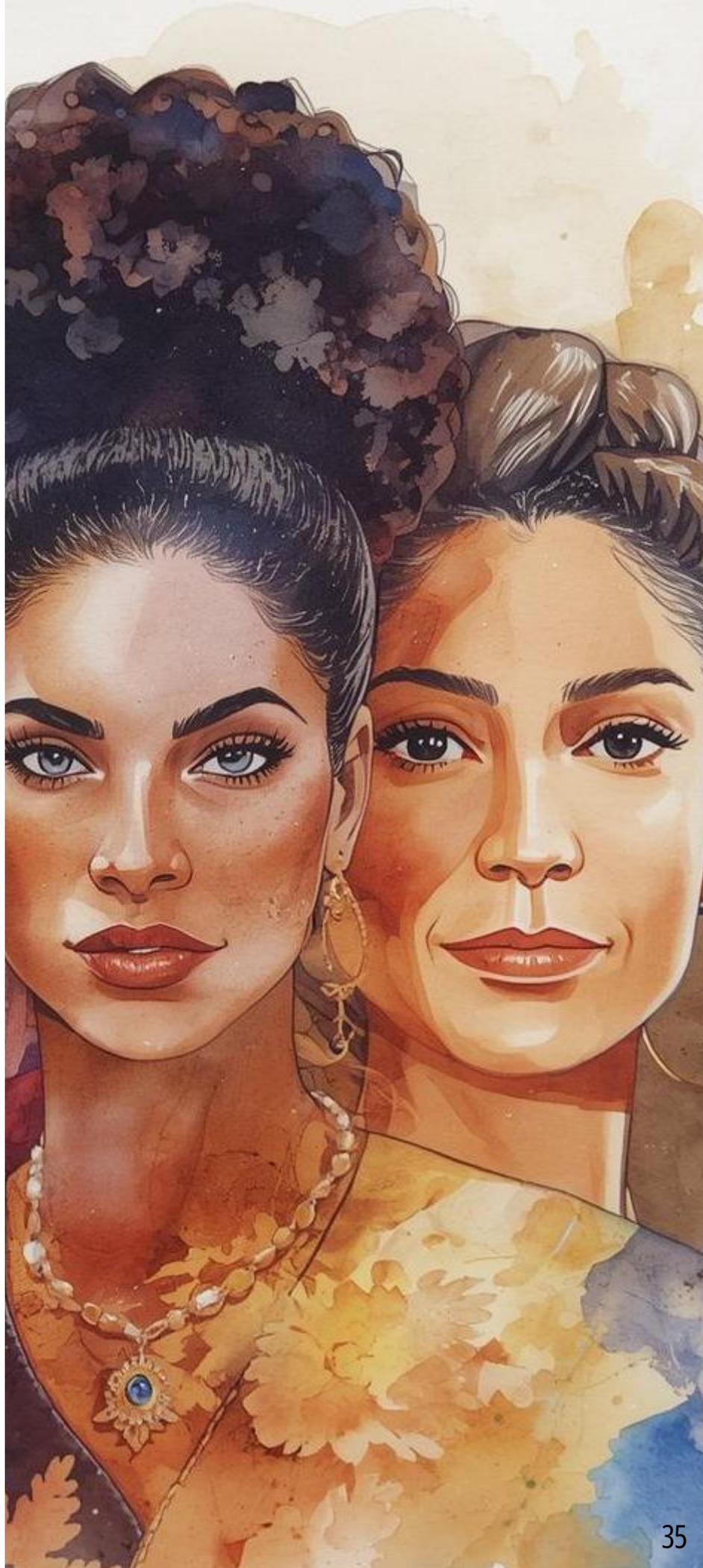
Women begin again when:
The children are grown
The marriage ends
The career shifts
The identity cracks open
The soul whispers "more."

Beginning again is not about going backward.

It's about rising forward, with wisdom, softness, and a lifetime of lived experience.

We honour that rise.
We celebrate the cracks,
the gold seams,
the reinventions,
the rebirths.

Kalina Bains/Kintsugi Woman





The New Story: Women Rise at Every Age

Ageism says:
“You’re done.”

Women say:
“I’m just getting started.”

Ageism says:
“You missed your chance.”

Women say:
“I’m creating a new one.”

Ageism says:
“Stay quiet.”

Women say:
“Watch me shine.”

At KalinaDigitalMedia.ca, we are rewriting the narrative, one story, one voice, one woman at a time.

Because beginning again is not a last resort.

It is a sacred, powerful, revolutionary choice.

And every woman deserves a place to rise.

SassyandSacred.ca

There is a moment in every woman's becoming when she realizes that release is not loss, it is alignment.

The things that fall away, the roles she outgrows, the stories she no longer carries... they create the spaciousness her destiny has been waiting for.

This is a sacred nudge of a kintsugi life:

When I let go, I return to myself.

When I unclench, I receive.

When I release what was, I make room for what is mine by design.

Today, I honour the quiet courage of opening my hands and trusting that what remains and what returns, is gold.

— @kintsugiwoman

*What leaves my hands
breeds my heart
for what is mine*



Coming Into Balance



As Grandmothers, we have lived long enough to feel the shifts in the wind. We have watched the pace of life accelerate and disintegrate again and again.. We have seen attention spans shorten, nervous systems fray, and inspiration rise without roots strong enough to hold it.

We have witnessed brilliance in the younger generations, creativity, passion, vision, yet also exhaustion, distraction, and a quiet disorientation.

This is not failure. It is an imbalance.
And imbalance is not something to fear. It is something to tend.

Across traditions—Indigenous, Eastern, Western, ancestral- we find a shared understanding: Life thrives in the right relationship. When the body, mind, spirit, and Earth are in harmony, clarity returns. When one dominates or is neglected, suffering emerges. Balance is not rigid control. It is living in alignment.

The Body: Is Our First Responsibility

Before we speak of meditation, chakras, or higher consciousness, we must begin where every grandmother begins, with the body. The body is not an inconvenience to transcend. It is the sacred vessel through which Divine

Celestial Mother — The mother of all life breathes us into expression. When the body is inflamed by excess sugar, overstimulation, unresolved grief, environmental toxins, and constant digital engagement, the nervous system shifts into vigilance. Cortisol rises.

Sleep becomes shallow. Memory falters. The mind spins in what many call “monkey mind.” From a physiological perspective, chronic stress dysregulates the hypothalamic-pituitary- adrenal axis. Elevated cortisol impairs executive function and short-term memory. Systemic inflammation affects mood and cognition. The body cannot sustain clarity while under siege.

Our ancestors understood something simple: cleanse regularly. Not through punishment. Through reverence. Drink clean water and bless it. Eat foods close to the Earth and bless them too.

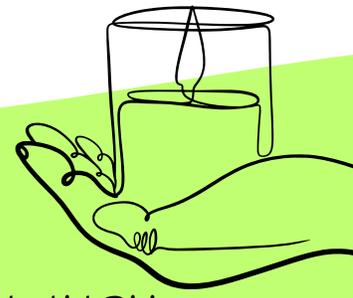
Take Cleansing showers or baths, not everyone has a bath or likes taking them. Look for sacred soaps from local home made suppliers. Go to the people who you trust to make positive energy in the soaps and these kinds of soap can replace a bath.

- Rest when tired - take time to rest.
- Walk barefoot when possible.
- Release what you are holding, through tears, prayer, breath, movement, confession, or song.

Cleansing restores coherence. Coherence restores listening.

The temple must be prepared before wisdom can enter.





Many today attempt meditation as one more task on a crowded list. They sit down abruptly and expect immediate silence. When thoughts continue, they believe they are failing.

Grandmothers know better.

Stillness is an arrival, not an ambush.

- Before entering meditation, we prepare the field:
- Turn off devices twenty minutes before sitting.
- Wash your hands in warm water.
- Light a candle or open a window.
- Place one hand over the heart and one over the belly.
- Breathe slowly until the exhale is longer than the inhale.

These gestures are not superstition. They activate the parasympathetic nervous system, the body's restoration response. They signal safety to the vagus nerve. They lower heart rate and blood pressure. They soften the mental field. Only then can true listening begin.

My Ancestral Grandfather taught me a lovely practice for preparing to listen. If you find that no matter what you do, your mind is still full of chatter. It's a bit lengthy for this article; however, I am always happy to share this practice with all true seekers. So email or message me, and we'll set up a time to share it. If enough of you wish to learn it I am happy to offer a group call to teach it to you.

Listening is the doorway through which Divine Celestial Mother/Father/Source speaks, not in thunder, but in subtle knowing.

When we prepare properly, meditation becomes less about stopping thoughts and more about creating space. In that space, guidance arises naturally.

Insight feels steady rather than dramatic. We remember what matters and often gain our best insights and visions when we are clearly listening properly.

The Divine Hands wants to guide us on our both, to do so we must ask and be ready to hear. Learning to practice deep listening is an important part of living a guided life path. Following a path of light and faith that when properly in place can make your life synchronistic and aligned for greater ease, grace and success.

The Energy Centers: A Global Language of Balance

Across continents, humanity has mapped the subtle body.

In yogic science, we speak of chakras—energy centers aligned along the spine. In Chinese medicine, meridians carry life force.

Indigenous traditions speak of medicine wheels and sacred directions.

Western science identifies endocrine glands regulating hormones and mood.

Different languages. Same wisdom.

The energy centers reflect both physiology and psychology:

Root — safety, belonging, adrenal stability, connection to Earth

Sacral — creativity, relational flow, reproductive vitality

Solar Plexus — willpower, digestion, boundaries, self-trust

Heart — compassion, immune function, relational harmony

Throat — authentic expression, thyroid balance

Third Eye — discernment, integration of intuition and reason

Crown — meaning, spiritual connection, surrender to the greater whole



Inspiration Without Follow-Through

Many women in our communities are visionaries. They receive dreams, guidance, and creative sparks. Yet sometimes the follow-through falters; I know that's been true for me.

This is not laziness. It is a structural imbalance or preparation for the new....many of us are birthing in these times new selves. Often, the heart and crown are activated, Love and Vision are alive. But the root and solar plexus grounding and power are underdeveloped and in recreation stages.

Without grounding, ideas drift.
Without structure, passion dissipates.

As elders, we must model integration.
I offer a simple triad that bridges spirit and practicality:

Vision – Plan – Action
or
Love – Wisdom – Power

Love births the vision.
Wisdom creates the plan.
Power takes the action.

If we remain only in Love, we feel deeply but do not build.
If we remain only in Wisdom, we analyze without movement.

If we leap into Power without Love, we force instead of align.

Balance harmonizes all three.

When inspiration arrives, ask:

1. What exactly is the vision?
2. What are the practical steps? (Dates, resources, allies.)
3. What is one action I can take within 24 hours?

Small, consistent action stabilizes the root and strengthens the solar plexus. Momentum rebuilds self-trust.
Self-trust is the foundation of leadership.

Intergenerational Responsibility



Grandmothers carry a particular role in this era.

We are stabilizers.

We are the calm nervous systems in the room.

When younger generations feel overwhelmed, they look consciously or unconsciously, for coherence.

If we are scattered, they scatter. If we are grounded, they settle. This does not require perfection. It requires practice.

When we cleanse our bodies, regulate our breath, balance our energy centers, and align Love with Wisdom and Power, we become anchors.

Through us, Divine
Celestial Mother The
mother of all life
transmits steadiness
into the collective field.
Balance is contagious.
So is dysregulation.
Choose what you
transmit.

A Simple Daily Alignment
Begin with five intentional
minutes:

Stand or sit with your feet
firmly on the ground.

Breathe deeply into your belly.

Place your hand over your
heart.

Ask yourself:

Where am I out of balance
today?

What does my body need?

What requires my attention,
not tomorrow, but now?

Kelley Springer



Write one clear intention.
Create one simple plan.
Take one small action before
sunset. Then give thanks, to
your body, to the Earth, to
Divine Celestial
Mother/Father/Source!
Returning to Right Relationship

Coming into balance is not
a one-time achievement. It
is the continuum upon the
path of choosing to
practice living in one's
heart in deep listening. To
make room for the
guidance of Spirit in your
life.

Ask Spirit to help you to
Returning to the body.
Returning to the breath.
Returning to the Earth.
Returning to the quiet voice
within.

In a world that moves
quickly, balance is
revolutionary.

When Love, Wisdom, and
Power move together
through us, we do more
than improve our own
lives. We model a template
for the generations
watching.

We become steady.
And steady grandmothers
help hold the world
together.

Kelley Springer



Love Wisdom Power - Paths To
Wholeness
Rising Together for New Earth
Kelley Springer - Inner Mastery Teacher
(720) 340-1745
ovewisdompower.org



The Relational Clarity Circle

A 6-Week Facilitated Arc of
Structured Storytelling & Deep Listening
Lian Henriksen



Join the 6-Week Circle

Many of us are not struggling with love.
We are struggling with reactivity.
With how quickly we tighten. Defend.
Correct. Withdraw. Escalate. Collapse.

Over the past months, I have been
refining a structured six-week circle for
women navigating complicated family
and work relationships.

THE RELATIONAL CLARITY CIRCLE

It is not therapy.
It is not coaching.
It is not group discussion.
It is disciplined relational reflection.

Each week we practice:

- Speaking without interruption
- Listening without fixing
- Observing our own position
- Strengthening our ability to consciously return to grounded choice when emotions run high

The purpose is simple:

To reduce the time between trigger and core.
Small internal shifts.

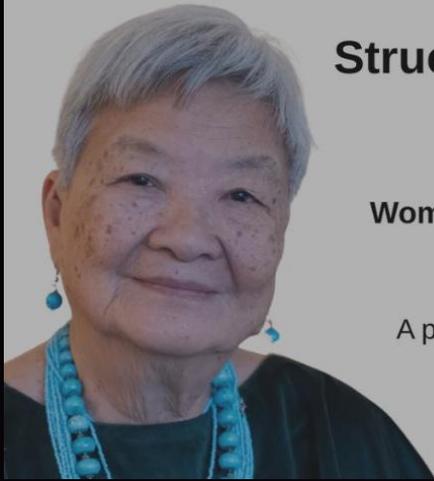
Measurable relational change.

The next circle begins Sunday 8 March.

Small group. Live on Zoom.

**If this speaks to where you are in your life
right now, you can read more here:**

lianhenriksen.com



Structured Storytelling & Deep Listening

for
Women Navigating Complicated Family & Work Relationships

A practical, structural space to examine how you use your power in relationships.

A Grandmother's Call To Remember That You Are Much More than You Think You Are.



This book is for seekers, storytellers, and elders in spirit who long to live with greater compassion and remembrance.

A 6-Week Facilitated Arc in Structured Storytelling & Deep Listening

The Six Core Themes We Work With:
Across six weeks, we work with six core relational positions:

- Seeing Your Own Position
- Responsibility Without Overreach
- Boundaries Without Drama
- Listening Without Fixing
- Staying Steady Under Pressure
- Integration & Forward Movement

What This Is:
A small, facilitated group of 2-6 women meeting weekly for six weeks.



Free Online Product Lighting from Within

- Storytelling & Deep Listening Circle

Experience a Free Circle First Every Thursday at 21:00 CET, hosted by Lian



Join for Free

- Perfect for those seeking:
- A regular practice of presence and listening
- Connection with others through authentic storytelling
- A quiet space to notice and name what's true
- Community grounded in respect and witnessing
- A weekly anchor point for self-reflection

Generations in Action



Here in the Global Grandmothers' Council Network, we are women who came of age in the 1960s and 1970s, a time of upheaval, awakening, and courageous questioning. We did not read about history in textbooks; we lived it. We stood in the currents of the Civil Rights Movement, women's liberation, environmental awareness, and the call for human dignity. Some of us marched. Some of us prayed. Some of us resisted change. All of us were shaped by it.

Those decades were not simply political moments; they were initiations.

We witnessed integration debates in our schools, shifting gender roles in our homes, and the early cries to protect the Earth. We saw the first photographs of our blue planet from space and felt, perhaps for the first time, that humanity is one family living on one fragile sphere. That realization never truly leaves a generation.

Last night I watched an interview with Jane Fonda, a woman who has stood in the public eye for decades, praised by some, criticized by others, yet consistently using her voice to advocate for justice, environmental care, and human responsibility.

Like many public figures who step into controversial spaces, her legacy is complex. History often simplifies what is, in truth, deeply nuanced. What remains clear, however, is the courage it takes to speak loudly for what one believes is right, especially when the world is divided.

And here we are again.

Nuclear tensions. Racism and immigration challenges. Pollution of water, land, and air. Political polarization that echoes earlier eras of fear and ideological division.

The issues are familiar. The timeline is different. The responsibility remains.

Many of us who stood for truth and justice in our youth now stand again, not only for ourselves, but beside our children, our grandchildren, and even great-grandchildren. Our perspective has widened. We are no longer standing just for a moment in time; we are standing for generations.

This is not solely a United States concern. It is a global one. When any nation neglects the natural world or human dignity, the ripple affects all living systems. The Earth does not recognize political borders. Air, water, and ecosystems flow beyond lines drawn on maps. What happens in one place eventually touches every place.

As elders, we recognize patterns. We have seen cycles of fear, greed, reform, and renewal. We have watched systems built on domination begin to crack under the weight of their own imbalance. We have also witnessed extraordinary resilience, compassion, and collective awakening.

We are, in many ways, living in an evolutionary moment.

Will humanity mature into conscious co-creation?
Or will we repeat cycles of fear, control, and authoritarian thinking rooted in extremism and division?

These are not partisan questions.
They are human questions.



So much that was once hidden is now being revealed, socially, environmentally, and psychologically. Narratives once dismissed are being re-examined. Institutions are being questioned. Old structures are being challenged. This can feel chaotic, yet revelation is often the first step toward transformation.

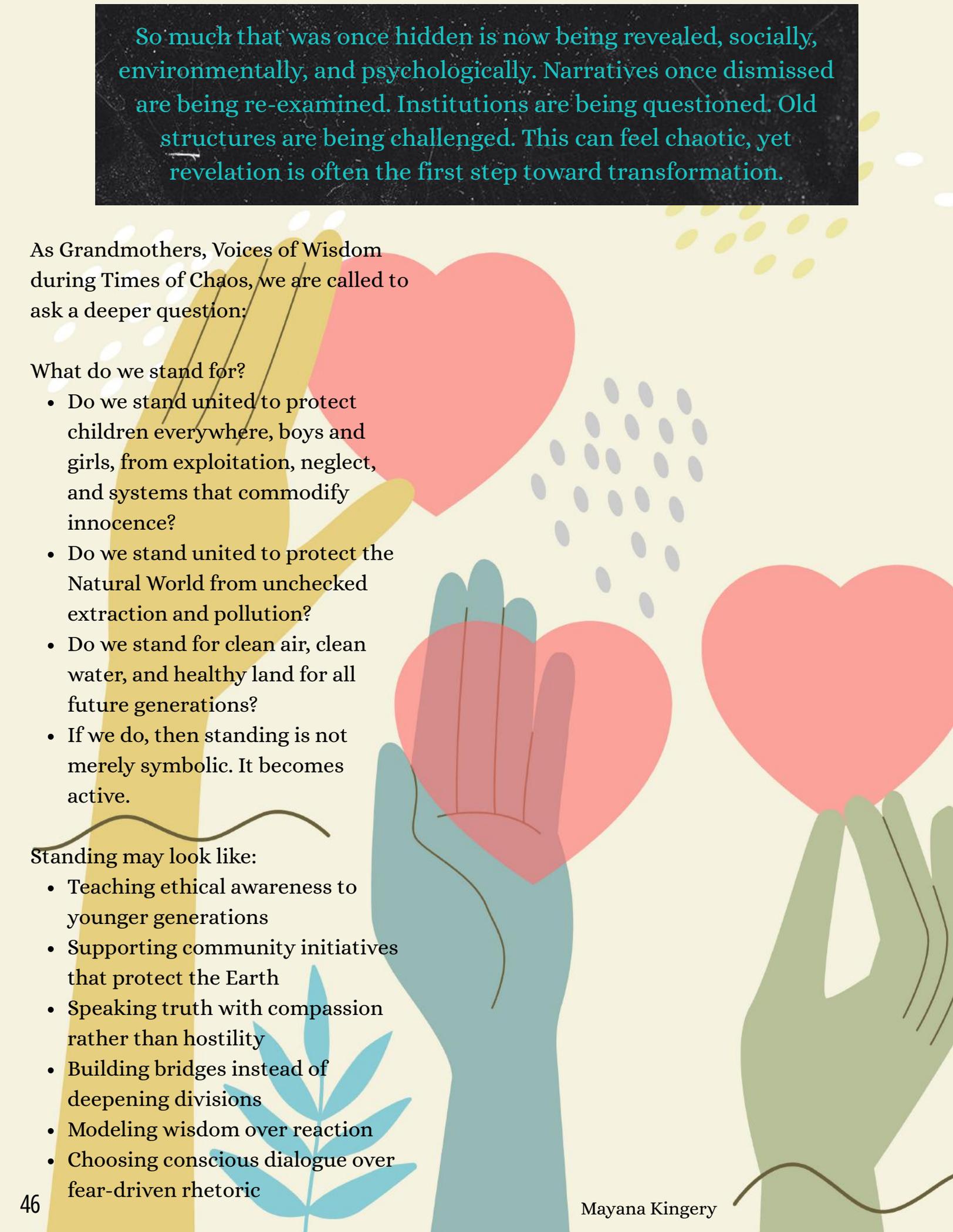
As Grandmothers, Voices of Wisdom during Times of Chaos, we are called to ask a deeper question:

What do we stand for?

- Do we stand united to protect children everywhere, boys and girls, from exploitation, neglect, and systems that commodify innocence?
- Do we stand united to protect the Natural World from unchecked extraction and pollution?
- Do we stand for clean air, clean water, and healthy land for all future generations?
- If we do, then standing is not merely symbolic. It becomes active.

Standing may look like:

- Teaching ethical awareness to younger generations
- Supporting community initiatives that protect the Earth
- Speaking truth with compassion rather than hostility
- Building bridges instead of deepening divisions
- Modeling wisdom over reaction
- Choosing conscious dialogue over fear-driven rhetoric





Grandmothers carry a unique authority, not of dominance, but of lived experience. We have known loss and renewal. We have navigated cultural shifts, technological revolutions, and personal transformations. We understand that lasting change rarely comes through force; it comes through sustained presence, clarity, and love in action.

From a deeper perspective, humanity can be seen as “One Being” expressed through many cultures, beliefs, and identities. The changes we wish to see in the world often mirror the changes needed within ourselves. When we observe decay in systems, we are also invited to reflect on where fragmentation, fear, or unresolved pain live within our own journeys.

This is not about blame.
It is about integration.

Perhaps the work of our generation is not only to protest what is broken, but to help mend it, within and without.

We gather the broken pieces: the polluted, the abused, the neglected, the forgotten. And instead of casting them aside, we wrap them in compassion.

We breathe.
We release.
We transform.

Imagine, for a moment, a golden light flowing through the spaces where despair once lived, not as fantasy, but as intention. A living current of care moving through our words, our choices, and our communities. A fountain of wisdom flowing from elder to child, from generation to generation.

This is the quiet power of Grandmothers.

Not loud domination, but steady illumination.

Not fear, but presence.

Not division, but remembrance of our shared humanity.

Let us gather all that has been broken within us and around us. Let us “take out the trash” of bitterness, hopelessness, and inherited fear.

Let us breathe deeply and allow our light to shine through the unseen spaces, like liquid gold filling what was once empty. For when Grandmothers stand with clarity, compassion, and unity, we do not only influence the present. We help shape the future of generations yet to come.

Mayana Kingery

541-543-8052

Mayana@PeaceProduction.org

www.PeaceProduction.org



Manifesto of Compassion's Quiet Power

I walk among the currents of life,
a steady flame in shifting waters.
I give freely, without claim,
and hold my gifts lightly,
as the wind holds the fragrance of flowers.

I see the need of others,
and lend what I can:
a listening ear, a steady hand,
a moment of presence that changes nothing
and yet changes everything.

I honor the risks that life presents,
tread carefully on the edge of chance,
and meet uncertainty
with measured courage and respect.

My power is not in spectacle,
but in quiet clarity,
in the patience to wait,
the humility to serve,
and the courage to release.

I am a mirror and a flame,
reflecting what is true,
illuminating what is possible.
I nurture, I transform,
I hold the balance without grasping,
and in every letting go, I leave a trace
of light on the water.

I am here to act,
to witness,
to love without possession,
to be present,
and to honor the miraculous rhythm
of what flows through me and around me.

Michele Margaret Juliet

A woman with long, curly red hair stands in a snowy winter landscape. She is wearing a long, dark brown fur coat over a dark dress. The background shows a sunset over a snow-covered valley with evergreen trees. The sky is a mix of blue and orange, with falling snowflakes.

I stand in the quiet of this season,
not lost, not idle, but receptive.

The frost underfoot tells me change is coming—
a shift I cannot force, only honor.

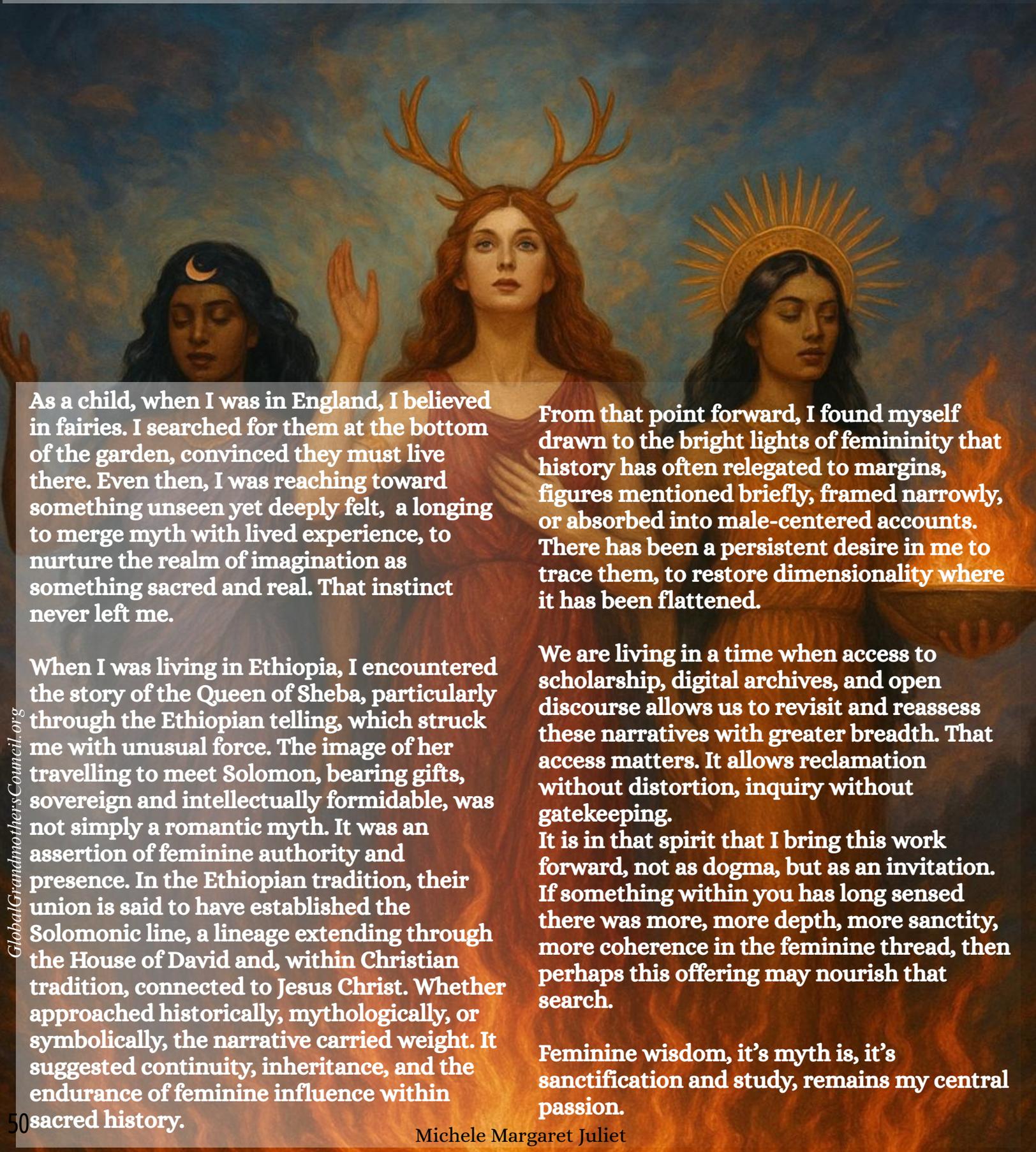
I feel the warmth beneath the chill,
the spark of connection, the pulse of life,
and I let it be enough.

I am alert, I am steady, I am astute.
I notice, I sense, I trust the cycles.
This pause is fertile, this stillness is alive,
and when the season turns,
I will emerge renewed.

I carry patience, presence, and clarity with me,
like sunlight under winter skies,
knowing that what is quiet now
is only preparing for the return of **spring**.

— MMJ

REIGNITE THE PATH TO DIVINE FEMININE SOVEREIGNTY



As a child, when I was in England, I believed in fairies. I searched for them at the bottom of the garden, convinced they must live there. Even then, I was reaching toward something unseen yet deeply felt, a longing to merge myth with lived experience, to nurture the realm of imagination as something sacred and real. That instinct never left me.

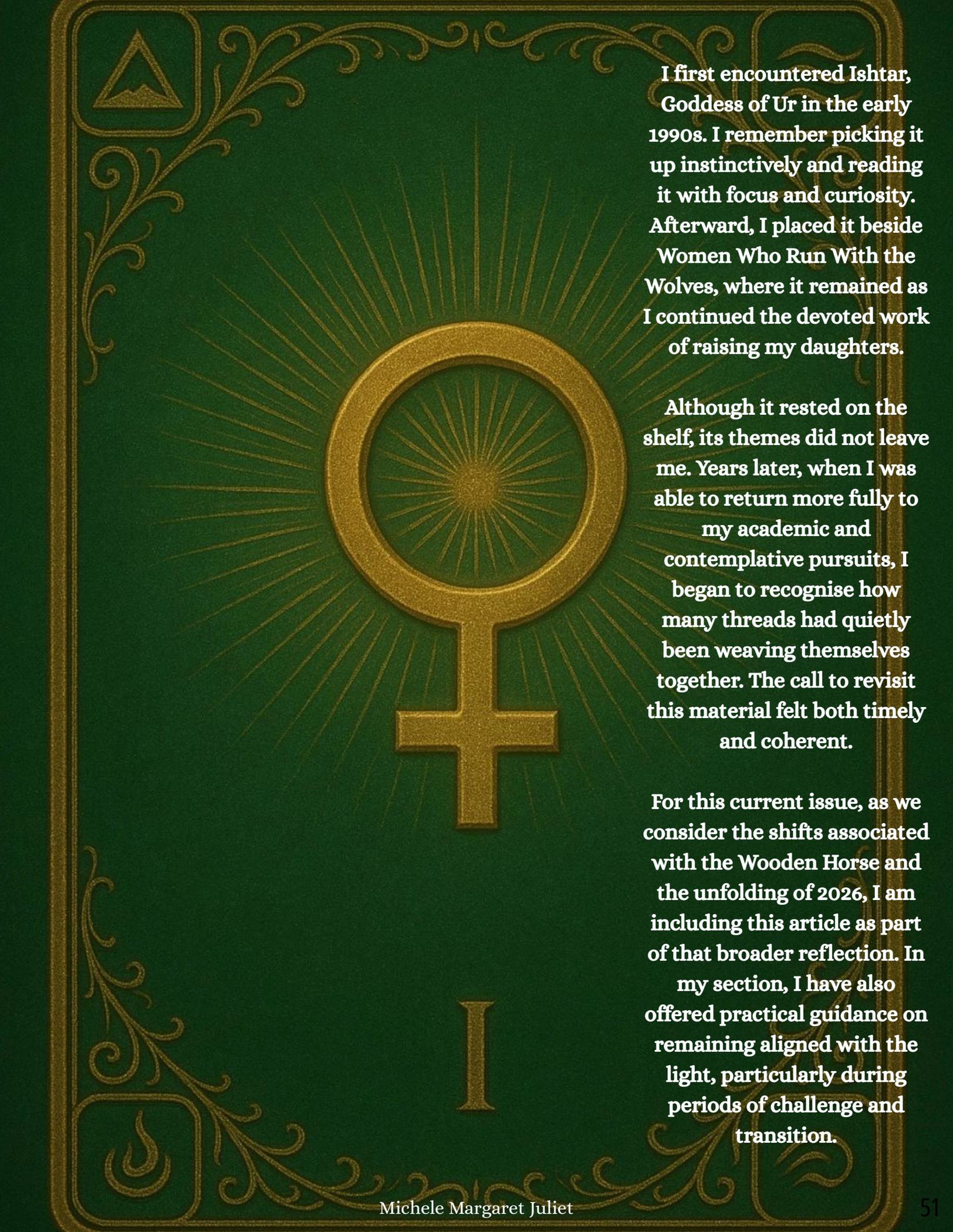
When I was living in Ethiopia, I encountered the story of the Queen of Sheba, particularly through the Ethiopian telling, which struck me with unusual force. The image of her travelling to meet Solomon, bearing gifts, sovereign and intellectually formidable, was not simply a romantic myth. It was an assertion of feminine authority and presence. In the Ethiopian tradition, their union is said to have established the Solomonic line, a lineage extending through the House of David and, within Christian tradition, connected to Jesus Christ. Whether approached historically, mythologically, or symbolically, the narrative carried weight. It suggested continuity, inheritance, and the endurance of feminine influence within sacred history.

From that point forward, I found myself drawn to the bright lights of femininity that history has often relegated to margins, figures mentioned briefly, framed narrowly, or absorbed into male-centered accounts. There has been a persistent desire in me to trace them, to restore dimensionality where it has been flattened.

We are living in a time when access to scholarship, digital archives, and open discourse allows us to revisit and reassess these narratives with greater breadth. That access matters. It allows reclamation without distortion, inquiry without gatekeeping. It is in that spirit that I bring this work forward, not as dogma, but as an invitation. If something within you has long sensed there was more, more depth, more sanctity, more coherence in the feminine thread, then perhaps this offering may nourish that search.

Feminine wisdom, it's myth is, it's sanctification and study, remains my central passion.

Michele Margaret Juliet



I first encountered Ishtar, Goddess of Ur in the early 1990s. I remember picking it up instinctively and reading it with focus and curiosity. Afterward, I placed it beside *Women Who Run With the Wolves*, where it remained as I continued the devoted work of raising my daughters.

Although it rested on the shelf, its themes did not leave me. Years later, when I was able to return more fully to my academic and contemplative pursuits, I began to recognise how many threads had quietly been weaving themselves together. The call to revisit this material felt both timely and coherent.

For this current issue, as we consider the shifts associated with the Wooden Horse and the unfolding of 2026, I am including this article as part of that broader reflection. In my section, I have also offered practical guidance on remaining aligned with the light, particularly during periods of challenge and transition.



The Retracing of the Feminine

The “Sophia of Jesus Christ” is a key Gnostic text that presents a mystical and cosmological dialogue between Jesus and his disciples after his resurrection. It is one of the most important sources for understanding Sophia (Divine Wisdom) in Gnostic Christianity.

What the Text Is:

It is not a “gospel” in the traditional sense. It is a revelatory text, a teaching given by Jesus to explain the cosmic origin and fall of Sophia, and the spiritual path of the soul.

What It Teaches (Core Points):

- 1. Sophia is a divine being**
Sophia is the personification of Divine Wisdom. She is a part of the higher divine realm (the Pleroma).
- 2. Sophia fell from the divine realm**
Through a misguided act of desire or longing, Sophia created something outside the perfect divine order.
This act produced the material world and the archons (rulers).
- 3. The material world is a distortion**
The world is not created by the true God, but by a lesser force.
This is why it is imperfect and often oppressive.
- 4. Jesus comes to restore knowledge**
Jesus is the revealer of gnosis.
He explains how the soul can return to the divine source. divine sparks to unity through knowledge.
- 5. The soul must awaken and ascend**
 - The text describes the spiritual ascent through different levels of reality.
 - The soul must recognize its true origin and return to the Pleroma.

Who are the Pleroma?

The Pleroma is not a single entity; it is a realm and a collective structure.

It consists of:

- The highest God (the Unknowable Father)
- Aeons (divine emanations or aspects)
- Sophia (Divine Wisdom)
- Christ (the revealer)
- Other divine beings and powers

Aeons are often paired as male/female syzygies, such as:

- Depth and Silence
- Mind and Truth
- Word and Life
- Christ and Sophia⁴.

What is their lore?

- The lore of the Pleroma is the Gnostic myth of emanation:
- Basic Gnostic Cosmogony
- The Unknowable Father exists in pure, undifferentiated being.
- The Father emanates Aeons (divine attributes).
- Sophia, one of the Aeons, becomes restless and acts independently.

The Pleroma is the divine fullness of emanated beings; Sophia's misguided act was creating without the consent of the divine order, producing the Demiurge and the material world; the Pleroma's intention is to restore the divine sparks to unity through knowledge.

I'll be continuing to explore these teachings and would genuinely enjoy sharing the journey. I'm happy to host Zoom gatherings where we can reflect, question, and learn together.

If this resonates with you, please reach out and we'll set something up.

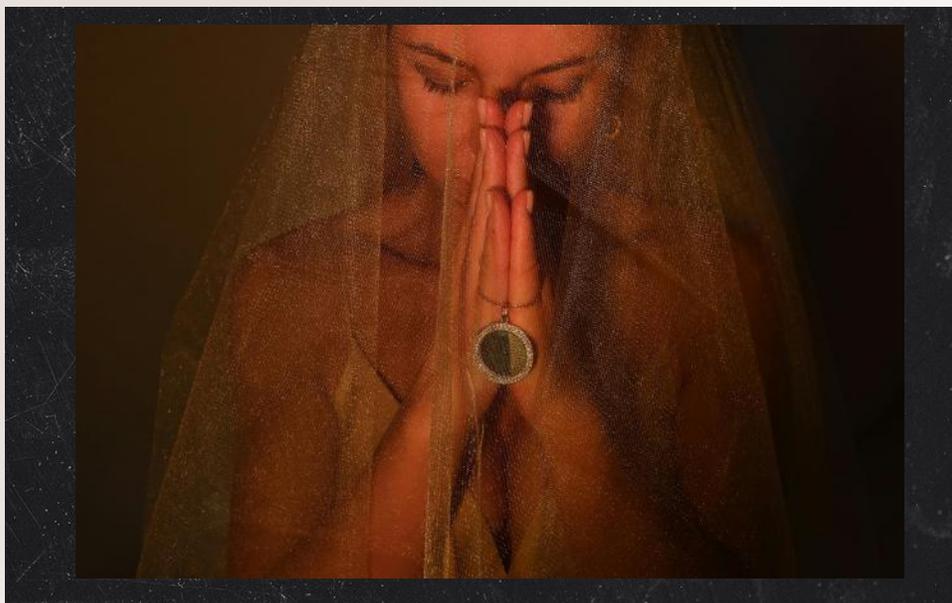
Thank you.

In love and light

Michele Margaret Juliet

Outreach Ambassador for GGCN

Global Liaison Ambassador for IWDC



Michele Margaret Juliet

Why It Matters:

The “Sophia of Jesus Christ” is significant because it:

Directly links Jesus to Gnostic cosmology
Provides one of the clearest accounts of Sophia’s fall and redemption

Shows the Gnostic view that salvation is knowledge, not faith alone.

Where It Comes From:

It is part of the Nag Hammadi Library, discovered in 1945 in Egypt.

The Sophia of Jesus Christ teaches that Divine Wisdom (Sophia) fell from the spiritual realm, created the imperfect material world, and Jesus reveals the knowledge needed for the soul to return to the divine source.

And further:

1. What was the misguided act?

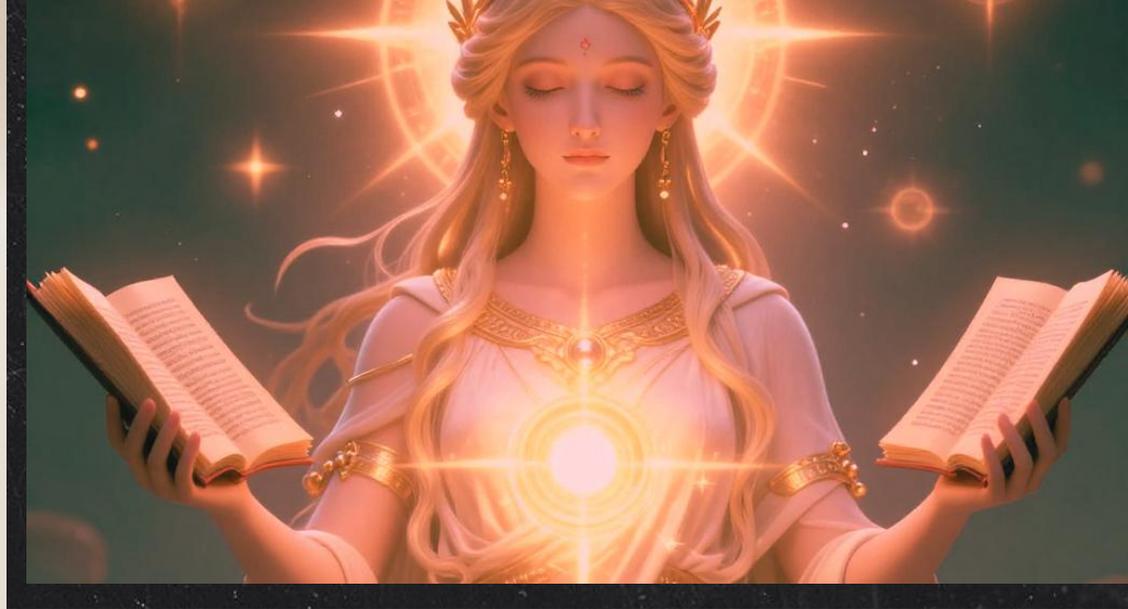
Sophia’s act is usually described as a desire to create or know without the consent of the Fullness (Pleroma).

Core elements:

Sophia wanted to create something of her own, or to know the Father directly without her counterpart.

This was an act of separation from the divine order.

It produced a flawed creation because it was done outside the divine plan.



Result of the act:

A lower entity was born (often called the Demiurge).

This being was ignorant of the higher God and believed itself to be the only god.

The material world was then created under the Demiurge.

In simple terms:

Sophia’s mistake was acting alone, without the consent or balance of the divine order, leading to the creation of an imperfect world.

2. What is the intention of the Pleroma?

The Pleroma is the fullness of the divine realm—the totality of the divine presence.

Its intention is:

- To maintain unity and balance
- To preserve the integrity of the divine order
- To ensure that creation remains within the spiritual reality
- To support the return of all spiritual sparks to the source
- The Pleroma’s purpose is not “punishment,” but restoration.

The Pleroma’s “intention” is to bring the lost sparks (souls) back into the divine unity through awakening and knowledge.



**INTERNATIONAL WOMEN'S DAY CONFERENCE 2021-2030
INITIATIVE (ROUND-6 IWDC-26)**

#IWDC2026

HEAD OF GLOBAL LIAISON AND COORDINATION FOR IWDC-26

MICHELE TELFER

Michele Telfer is the **Head of Global Liaison and Coordination** for IWDC-26, bringing extensive experience in cultural advocacy, global collaboration, and community leadership. Shaped by early cross-continental exposure across Europe and Africa, she holds a deep commitment to cross-cultural understanding and intergenerational cooperation.

As Co-Founder of the Australian Multicultural Women Association, Michele champions the leadership and wellbeing of women from diverse backgrounds. She also serves as an Outreach Ambassador for the Global Grandmothers Council Network, contributing to its rapid global expansion from 1,400 to over 54,000 members in four months, supported by a strong international administrative framework. She was recently invited to serve as Administrator for LwG Australia.

Michele is currently leading strategic collaboration efforts with the IWDC 2021-2030 Global Initiative under CDF-GWDN, supporting unified global partnerships and the successful delivery of upcoming international programs, including the virtual global conference scheduled for 25-29 March.



MICHELE TELFER

*Head of Global liaison
and coordination for
iwdc-26*

WWW.IWDC2030.ORG

I designed this to elevate my consciousness, it has helped tremendously was influenced by the Amharic and my Ethiopian experiences...

K e t a b / K r r y i a o f t h e R i s i n g L i g h t :
A Ritual for Chakra Healing and Spiritual Alignment

In the Name of the Eternal Source, the Hidden Flame, the Breath of All Life, this scroll is for the liberation of spine, heart, and soul, that the being may awaken fully and receive divine presence continually.

Preparation

Sit or stand with the spine upright, feet grounded.

Close your eyes gently.

Take three deep cleansing breaths: inhale through the nose, exhale through the mouth. Envision yourself rooted like a sacred tree, the base of your spine connected to the earth.

1. The Base Flame – Root Chakra (Muladhara)

Location: Base of spine, perineum, feet.

Hand Placement: Rest both hands over the pelvic region.

Breathing: Inhale deeply, imagining red light rising from the earth; exhale slowly, sending any heaviness or fear into the earth.

Visualization: See a red flame growing at the base of your spine, radiating warmth.

Mantra (Whisper or Silent):

“I am grounded. I am safe. I release fear and welcome life.”

Movement: Gently sway hips or rotate ankles to free energy flow.

2. The Sacred Flame – Sacral Chakra (Svadhithana)

Location: Lower abdomen, just below the navel.

Hand Placement: Place palms on lower belly.

Breathing: Inhale, draw orange light into the belly; exhale, release tension and emotional heaviness.

Visualization: A flowing orange flame expands, like water dancing in a river.

Mantra:

“I honor my body. I honor my emotions. I release shame and embrace creation.”

Movement: Gentle circular hip motions, pelvis rocking, awakening fluidity.

3. The Solar Flame – Solar Plexus Chakra (Manipura)

• **Location:** Upper abdomen, stomach area.

• **Hand Placement:** Place hands above navel, thumbs touching.

• **Breathing:** Inhale golden-yellow light; exhale doubt and fear.

• **Visualization:** A bright yellow sun glows at the solar plexus, radiating power.

• **Mantra:**

• “I am strong. I am radiant. I release doubt and embrace my power.”

Movement: Slight back arch, stretching spine, opening ribcage

4. The Heart Flame – Heart Chakra (Anahata)

Location: Center of chest.

Hand Placement: Palms over heart, fingers touching sternum.

Breathing: Inhale green light; exhale resentment or grief.

Visualization: Emerald flame blooms, expanding outward from the chest, warming arms and back.

Mantra:

“I love myself. I love others. I release pain and welcome compassion.”

Movement: Roll shoulders gently; open chest fully with each breath.

5. The Throat Flame – Throat Chakra (Vishuddha)

Location: Throat and neck.

Hand Placement: Fingers lightly touching the throat.

Breathing: Inhale sapphire-blue light; exhale held words or tension.

Visualization: A clear blue flame spirals at the throat, opening pathways for truth.

Mantra:

“I speak my truth. I release fear of being heard. I express my spirit freely.”

Movement: Gentle neck rotations, small shoulder shrugs to release tension.

6. The Third Eye Flame – Brow Chakra (Ajna)

Location: Center of forehead, between eyebrows.

Hand Placement: Fingers lightly touching the brow.

Breathing: Inhale indigo light; exhale mental clutter or confusion.

Visualization: A deep indigo flame awakens insight, clarity, and vision.

Mantra:

“I see clearly. I release illusion. I receive guidance from the Eternal Source.”

Movement: Close eyes fully, imagine scanning the mind gently; micro head tilts to release tension.

7. The Crown Flame – Crown Chakra (Sahasrara)

Location: Top of the head.

Hand Placement: Palms slightly above head, fingertips pointing upward.

Breathing: Inhale violet-white light; exhale attachments and separation.

Visualization: Violet-white lotus blossoms at crown; energy flows downward into the spine, body, and feet.

Mantra:

“I am open. I am one. I receive the Source continually.”

Movement: Small head tilts forward and back; allow energy to flow freely through the spine.

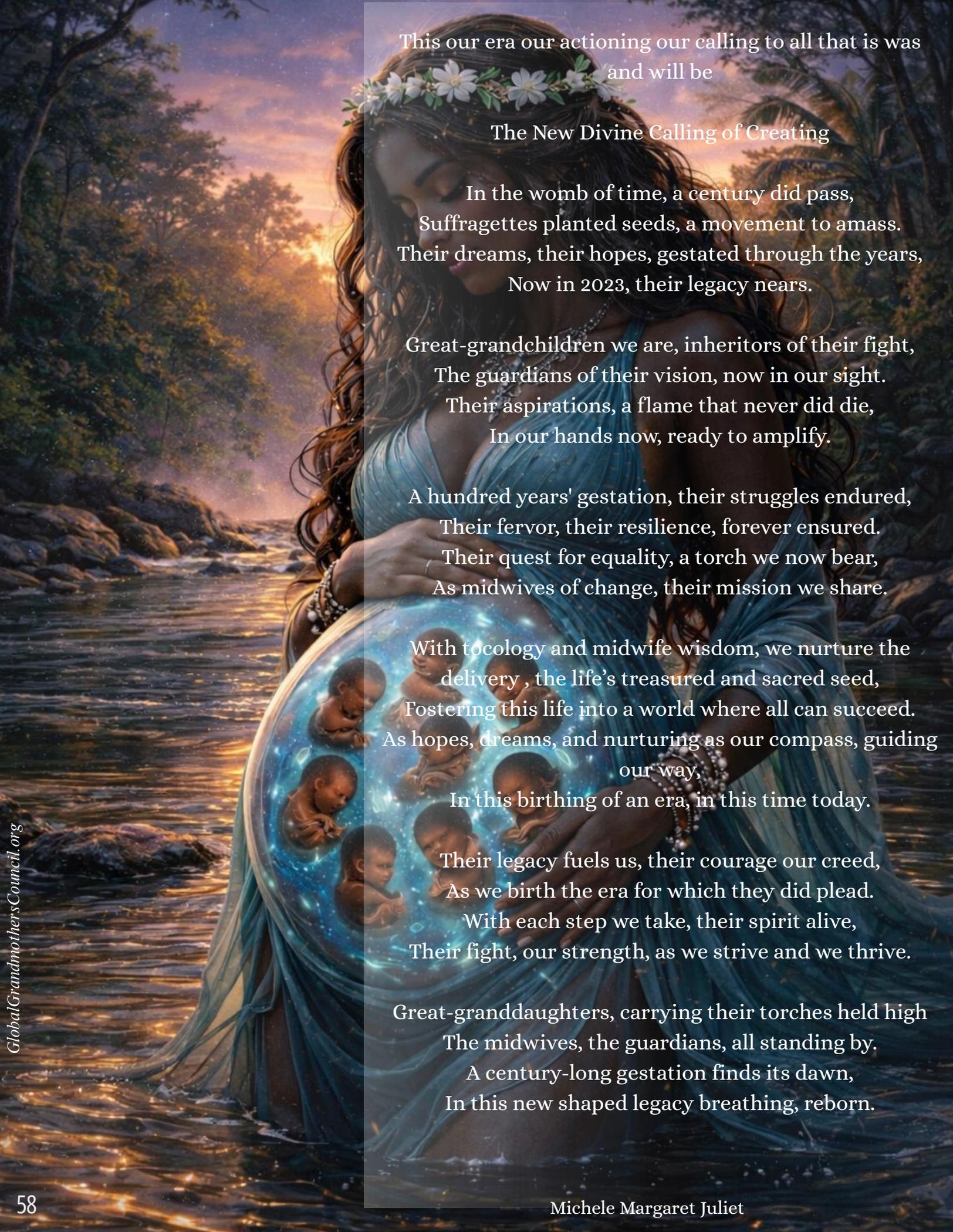
Completion – The Flow Sealed

Visualize energy flowing from base to crown, spinning gently around spine, each chakra flame vibrant and aligned.

Take three deep breaths, feeling energy merge into a single flowing column.

Whisper: “From root to crown, from marrow to mind, I am free. I am whole. I am one with the Eternal Flame.”

Optional: Place palms over entire spine, visualizing all blockages dissolving into light, leaving only openness, flow, and divine connection.



This our era our actioning our calling to all that is was
and will be

The New Divine Calling of Creating

In the womb of time, a century did pass,
Suffragettes planted seeds, a movement to amass.
Their dreams, their hopes, gestated through the years,
Now in 2023, their legacy nears.

Great-grandchildren we are, inheritors of their fight,
The guardians of their vision, now in our sight.
Their aspirations, a flame that never did die,
In our hands now, ready to amplify.

A hundred years' gestation, their struggles endured,
Their fervor, their resilience, forever ensured.
Their quest for equality, a torch we now bear,
As midwives of change, their mission we share.

With tocology and midwife wisdom, we nurture the
delivery, the life's treasured and sacred seed,
Fostering this life into a world where all can succeed.
As hopes, dreams, and nurturing as our compass, guiding
our way,

In this birthing of an era, in this time today.

Their legacy fuels us, their courage our creed,
As we birth the era for which they did plead.

With each step we take, their spirit alive,
Their fight, our strength, as we strive and we thrive.

Great-granddaughters, carrying their torches held high
The midwives, the guardians, all standing by.

A century-long gestation finds its dawn,
In this new shaped legacy breathing, reborn.

NATURE KNOWS

Seeing through
the lens of wholeness
making peace
with the pathways of every
turn, twist, and change.
The path calls us fully present
to witness with higher love
grace and an awakening mind.
The journey leads onward
peace is an inside job
where silent wisdom
mends and blends
where ancient and new
discoveries await.

Nature knows
the dream that holds us up
listening deep
we weave
ancient prophecy
and soul-wise destiny.
With hand on heart and belly
with feet on sacred ground
Nature is the truth we know.

Renya Craig
She Writes, She Clays
www.renyacreations.com



Subscribe to monthly newsletter
renyacreations.com/subscribe

Follow: [instagram.com/renyacreations/](https://www.instagram.com/renyacreations/)

Clay sculpture entitled "Rooted in Mama"
(This photo image is part of a Wise Women
Greetings notecard series)



OFFICIAL GLOBAL INVITATION

INTERNATIONAL WOMEN'S DAY CONFERENCE 2026



IWDC-26

SHAPING THE FUTURE TOGETHER

A GLOBAL PLATFORM FOR CHANGE & INNOVATION
**YOU ARE INVITED TO JOIN THE
GLOBAL LEADERSHIP EXPERIENCE**

GOVERNMENTS | ROYAL HOUSES | INVESTORS | EXPERTS
WOMEN LEADERS | YOUTH | ACADEMIA | CULTURAL ALLIANCES

THE IWDC-26 CONFERENCE DASHBOARD



Leadership
Forums



Investment
Panels



Diplomacy
& Trade Tracks



Innovation
Labs



Rural &
Cultural Hubs



Sustainable
Tourism

REMOVE BARRIERS • BUILD ALLIANCES • ELEVATE WOMEN'S VOICES • TRANSFORM THE FUTURE.

TEAM IWDC

LEADING WITH CHANGE. INNOVATING WITH PURPOSE. ADVANCING TOGETHER.

INTERNATIONAL WOMEN'S DAY CONFERENCE 2026

REMAP & REBUILD

25-29 March 2026



GLOBAL WOMEN TRADE
& INVESTMENT ALLIANCE

LAUNCHING THE GLOBAL WOMEN TRADE & INVESTMENT ALLIANCE

5+
Consecutive Days

60+
Virtual Hours

2 Major
Press Conferences

170+
Participating Countries

60+ HIGH-IMPACT
VIRTUAL HOURS

170+ COUNTRIES
OPENING PARTICIPATION

20+ PRIORITY SECTORS
COUNTLESS OPPORTUNITIES

MARKING FIVE YEARS OF IWDC, NOW ENTERING OUR SIXTH YEAR WITH REMAP & REBUILD, ALONG WITH THE MEGA LAUNCH OF GWITIA

Owned & Hosted by Community Development Foundation (CDF) & Global Women's Development Network (GWDN) #IWDC26



2030

IWDC-26



WOMEN IN PERFORMING ARTS AND CULTURE

KELLEY SPRINGER

20 CROSS CUTTING SECTORS
ENTERING INTO IWDC-26 TO IDENTIFY KEY CHALLENGES, INNOVATIVE
PRACTICES, AND SOLUTION
FRAMEWORKS ACROSS THE GLOBE

INTERNATIONAL WOMEN'S DAY CONFERENCE IWDC-2026



VISIT US:



www.iwdc2030.org



2030

IWDC-26



WOMEN IN COMMUNITY SERVICES

MAYANA KINGERY

20 CROSS CUTTING SECTORS
ENTERING INTO IWDC-26 TO IDENTIFY KEY CHALLENGES, INNOVATIVE
PRACTICES, AND SOLUTION
FRAMEWORKS ACROSS THE GLOBE

INTERNATIONAL WOMEN'S DAY CONFERENCE IWDC-2026



VISIT US:



www.iwdc2030.org



WHO WE ARE

Our Founders



1940 - 2025
Grandmother
Suzanne Lewis
StarRose 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



Brwyn
Griffin



Carole
Schaefer



Pamela
Sutton



Gabriela
Llanos

Working Team



Mayana
Kingery
ADMIN



Kelley
Springer
EVENTS



Kalina
Bains
EDITOR

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?

The Great Mother March *Answering the Call of Feminine Wisdom*

There are moments in a woman's life when the air changes. Not dramatically. Not loudly. But unmistakably. A moment when the familiar shape of her life softens at the edges ... and something ancient begins to whisper.



🌍 March 21, 2026 - April 22, 2026 🌍

greatmothermarch.com | info@greatmothermarch.com | [@greatmothermarch](https://www.instagram.com/greatmothermarch)

A moment when the familiar shape of her life softens at the edges... and something ancient begins to whisper.

Last November, I was sitting on my front porch with a cup of tea. It was an ordinary morning. Birds in the trees. A cool breath of air. Nothing remarkable. And then I heard it. Not with my ears.

But with the deepest part of my knowing.

“Women are marching from Asheville to the U.S. Capitol.”

The words did not feel like a thought. They arrived whole, clear, steady. It was as if they had been waiting for me to become quiet enough to receive them, or, perhaps, the final piece of my preparation had fallen into place, without my knowing.

I have learned over the years to recognize this kind of call.

It does not shout.

It does not argue.

It does not justify itself.

It simply is and it IS resonant with TRUTH.

Whitney Freya

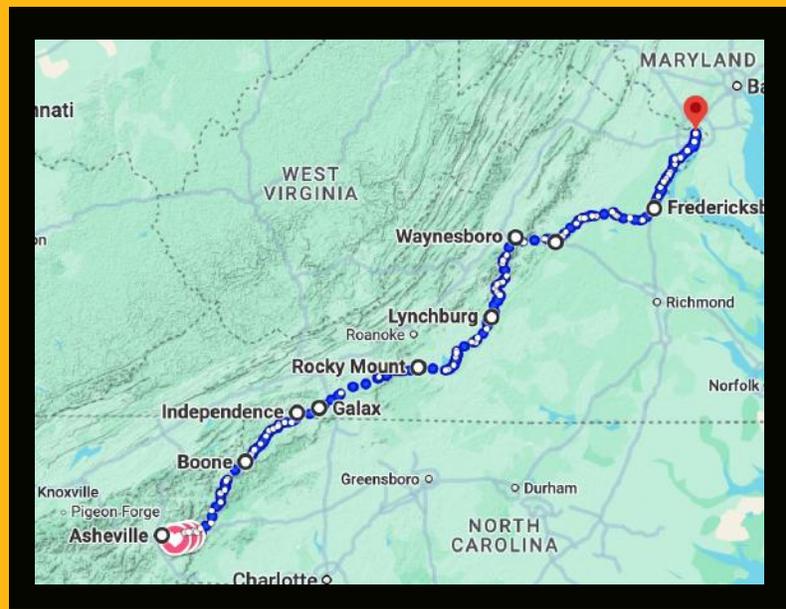
When it arrives, there is only one real choice to say yes, or to shrink. And shrinking from these calls “scares” me more than saying “yes.” When these calls come through it is because there is resonance with your being that the being wanting to express itself THROUGH you.

That moment became what is now The Great Mother March: a 32-day women-led pilgrimage from Asheville, North Carolina to Washington, D.C., beginning on the Spring Equinox and arriving on Earth Day. But this march is not a protest.

It is not a reaction.

It is not born of opposition.

It is a living prayer.



We leave Asheville, NC on Sunday, March 22nd, walking on small, rural roads, to connect with communities in a whole new way!

Boone, NC is our Stopover Town for Night #6, Galax, VA (a member of The Crooked Road) is Night #11. Lynchburg, VA, full of women biz owners, Night #19. We head north from there to Waynesboro & Charlottesville, Nights #22-24, with a Rest & Event Day in Charlottesville, 4/14/26.

We walk through Orange, VA, Culpeper & Manassas. We approach D.C. along the Potomac River, crossing over the George Mason Memorial Bridge on Earth Day 2026!

Vision

We walk not in protest, but in prayerful action.
Not for show, but in sacred embodiment.
Not alone, but in community—many hearts, one purpose.

We move together to restore balance,
to uplift the feminine values that live in all of us—
nurturance, wisdom, creativity, care.

We believe in action rooted in love,
in magic made practical,
in circles, not hierarchies,
in art, movement, and collective becoming.

This is how we rise.
This is how we remember.
This is how we walk the way forward.

Join us. Become the prayer.



The Return of Feminine Authority

We are living in a time when the wisdom of the feminine is not simply needed; it is essential.

For centuries, cultures across the world honored the Great Mother: the life-giver, the protector, the fierce and compassionate intelligence that holds all things in balance. She was not sentimental. She was not fragile. She was not decorative; she was sovereign.

The Great Mother is not only an archetype, she is a frequency. She is a way of perceiving the world. A consciousness rooted in interconnection, reciprocity, and the understanding that life sustains life.

And yet, over generations, women have been taught to mistrust their inner knowing, to look outside themselves for authority, to shrink their instincts, to silence the whisper, and to hold back their own inner authority because the conviction of others seemed stronger. I know I have done that plenty, and it is exactly why I know it and choose not to hold back any longer.

The Great Mother March is an embodied remembrance of that authority.

It is women saying:

We trust our inner guidance.

We trust our bodies.

We trust our creative intelligence.

We trust the call.

This is not about overpowering the masculine. It is about restoring harmony, between our own inner feminine and inner masculine first. The sacred feminine and sacred masculine are not opposites they are partners. When balanced, they create resilience, clarity, compassion, and wise action.

The march is a devotional walk toward that balance.



Fall 2025 . V.I.P. Participants in the March along the route and Special Events are contacted & finalized.
Call for physical training & Feminine Empowerment

Winter 2025 . Registration, logistics, finalizing details

March 19th-20th . Arrive in Asheville. VIP Events

March 21st, 2026 . Opening Festival Asheville

March 22nd, 2026 . First Day of March



Whitney Freya

When the Call Comes

One of the most profound realizations I have had since saying yes to this march is this: Women are going to be the ones receiving the calls. Just as I did.

- Calls to create.
- Calls to lead.
- Calls to gather.
- Calls to protect.
- Calls to restore.
- Calls to speak.
- Calls to walk.

Not because women are superior, but because women have been listening and the feminine IS the bringer of new life. The feminine is intuitive. It senses what is emerging before it becomes visible. It perceives imbalance long before crisis.

And in this era, women across the globe are feeling something stir. A restlessness. A remembering. A deep desire to participate in shaping the future. The time is now.

The call may not be a 32-day pilgrimage.

It may be:

- Starting a community circle
- Leaving a job that numbs the soul
- Writing a book
- Planting a garden
- Running for office
- Healing generational wounds
- Creating art
- Standing in truth

The form is different.

The frequency is the same.

The Great Mother March is not just about walking to Washington, D.C.

It is about modeling what happens when a woman does not ignore the whisper.

Walking as Devotion

For 32 days, women will walk through communities in a spirit of reciprocity.

We will support small and women-owned businesses. We will sing. We will create art. We will hand out hearts that others have painted around the world and sent to us to make our interconnectedness visible. We will bless rivers and fields, trails and battlefields. We will pick up trash. We will drink from reusable vessels. We will leave each place more tended than we found it. This is feminine leadership in action. It is not performative. It is relational. It is attentive.

It asks:

How can we serve? How can we listen? How can we strengthen the web of life? The march is structured and logistical, yes. There are permits, safety plans, route stewards, support vehicles. And beneath the infrastructure is something much older.

It is pilgrimage. Pilgrimage is a spiritual technology. When we move our bodies across land with intention, we shift consciousness. We slow down enough to feel. We become porous. We remember our smallness and our power simultaneously.

And perhaps most importantly — we walk together.

Sacred Sister Steward

We are seeking five Sacred Sister Stewards at \$25k+ to reach our goal of \$300,000.

Logo on primary signage, swag co-branding, and volunteer stations
Verbal acknowledgment during opening/closing ceremonies
Recognized as the Sponsor of the Day during March.
Featured in 4 minimum email newsletter and dedicated social posts
Speaking opportunity during livestream or community “give-back” event
“Sacred Sister Shout-Out” in printed programs or flyers
Mid-tier sponsor highlight in recap report
Logo on route signage, daily event schedules, etc.



Courage and the Unknown

When the call came, I was afraid.

Not of walking 500+ miles. The level of visibility took my breath away, literally. The scale of this call brought me to tears, over and over. Stepping into something larger than my current identity has called ALL of me into a new space of being.

Growth always demands a shedding and then a leaping, a galloping into new landscapes of expression and creation. And this is where I feel the deepest desire to empower more women.

The unknown is not the enemy. It is the doorway. For too long, women have been conditioned to wait for permission. To seek guarantees. To measure worthiness before stepping forward.

But the Great Mother does not wait for certainty.

She moves.

She trusts.

She creates.

I want more women to take the leap, not recklessly, but faithfully. To trust the guidance that rises from within their own bodies and bones. To stop dismissing the voice that says, There is more for you. Because there is. And when one woman answers her call, she creates permission for another.



Great Mother March is a nonprofit domestic corporation registered in Oregon, & all tax-exempt donations are accepted through our fiscal sponsor, Global Woman's Village (EIN: 26-1357326), a 501(c)(3) nonprofit organization.

The Great Mother March is founded & led by an ALL-volunteer circle of humans committed to what is possible. The Global Woman's Village is the home and heart behind our 501(c)(3) fiscal sponsorship. The Great Mother March is honored to be aligned with this legendary women's organization.

📍 [Mission Viejo, CA](#)

🌐 GlobalWomansVillage.org

📞 EIN 26-1357326

Address: The Global Woman's Village, 65 Melrose Dr.,
Mission Viejo, CA [92692](#)

Checks can be made to: The global Woman's Village OR
Donate online at GreatMotherMarch.com

To The Grandmothers

I offer this march as a continuation of your wisdom. You have carried the knowledge of cycles, of land, of patience, of fierce compassion. You have witnessed what imbalance costs. You have modeled endurance and grace.

The Great Mother March is placing its feet on the road in remembrance of what you have always known, guided by the eyes of your heARTs. We do not claim to be inventing anything new.

We are remembering.

And we are walking.

An Invitation

Anyone can participate in this march.

Walk for a day.

Meet us in a town.

Paint a heart.

Share the vision.

Hold us in prayer.

Support the infrastructure.

Or simply answer your own call, whatever form it takes. The Great Mother belongs to no single movement. She rises wherever a woman trusts herself. And in these times, that may be the most revolutionary act of all.

With reverence,

Whitney Freya

Founder, The Great Mother March

How to Become a Sponsor

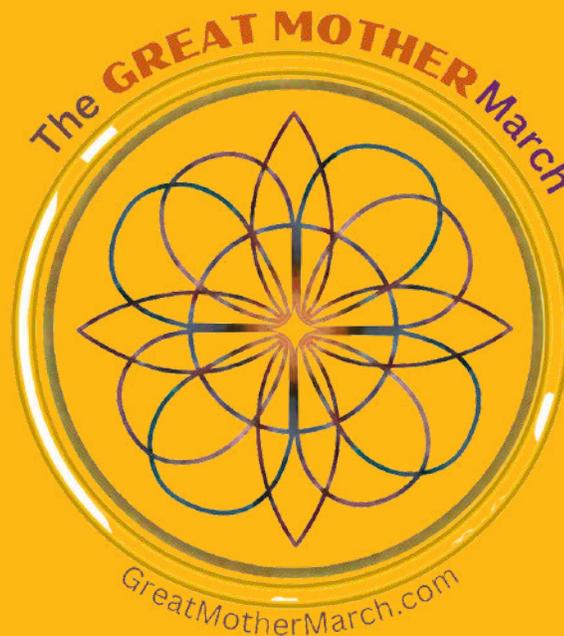
Write a tax-deductible check to The Global Woman's Village, memo: Great Mother March, GMM

Reserve your sponsorship placement.

Zelle available or online payment at GreatMotherMarch.com.

The Global Woman's Village
65 Melrose Dr.
Mission Viejo, CA 92692

Working Budget available to view [HERE](#).



**We invite every being
who carries the seed
of the Great Mother
within to walk, create,
and rise with us.**



GLOBAL GRANDMOTHERS' COUNCIL NETWORK

ADVERTISE

When you advertise in Global Grandmothers Magazine, you're not buying space, you're entering a circle of storytellers, wisdom-keepers, and women awakening to their power.

Share your offering with a community that listens with the heart



Did you know?

We fundraise with Zeffy to ensure 100% of your purchase goes to our mission!



Mayana's Musings

By: Mayana Kingery

Walking Peace

We have just witnessed something quietly extraordinary, the Venerable Monks' "Walk for Peace" from Texas to Washington, DC, and the heartfelt reception they received along the way. This is not the first Peace Walk led by monks, yet it may be one of the most widely noticed and warmly received in recent memory.

What was most striking was not noise, spectacle, or persuasion. It was presence.

As they walked gently upon the earth, we saw many faiths, cultures, and communities come together under one simple banner: Peace. Not as an idea. Not as a slogan. But as a living expression. They walked quietly. They breathed intentionally. They spoke softly. And somehow, in that stillness, they were heard more deeply than any loud declaration could achieve.

Those who met the monks along their journey have shared something profound, a visceral experience of hope, gentleness, and calm. Not excitement. Not urgency. But a felt sense of peace, as if the nervous system itself was invited to rest.

For many in today's world, peace feels distant, almost unimaginable. In a culture saturated with urgency, conflict, and constant stimulation, the mind often equates peace with the absence of war or crisis. Yet true peace is far more expansive than that.

Peace is not merely the absence of conflict. Peace is the ability to remain centered and present in any moment, regardless of the turmoil around us.

The monks demonstrated this truth not through lectures, but through embodiment. Step by step, mile by mile, they modeled what it means to be peace in the midst of storms — internal and external alike. Their journey became a moving sanctuary, reminding us that peace is not something we wait for; it is something we practice.

And what a powerful teaching this is for us as Grandmothers. We are not required to walk across states to participate in peace. We walk it in our homes. We breathe it into our families. We speak it into conversations that could easily turn to fear or division. We hold it in our presence when younger generations feel overwhelmed by the world they are inheriting.

Like the monks, we too are carriers of frequency.



Peace, it seems, has a frequency.
A presence. A substance
that renews hearts and minds.
It settles over us like a soft blanket,
protecting, nurturing, and comforting
without force. It does not demand
attention; it invites remembrance.
"When peace, like a river, attendeth
my way... it is well with my soul."

When we slow our breath, soften our tone, and choose compassion over reaction, we create small sanctuaries of peace wherever we are. A kitchen table. A phone call. A community circle. A quiet prayer. These moments ripple outward in ways we may never fully see.

The Walk for Peace also revealed something deeply encouraging: people are hungry for gentleness. Along the path, individuals from many faiths and walks of life came forward not in argument, but in appreciation. They gathered not to debate ideology, but to celebrate the simple miracle of being alive, here, now, together.

This is a sacred reminder in times of global tension and uncertainty.

Peace does not erase differences.
Peace holds them without hostility.
Peace does not ignore suffering.
Peace meets it with compassion.
Peace does not retreat from the world.
Peace walks directly through it,
grounded and awake.

As elders, we understand that peace is both an inner discipline and a collective offering. It is cultivated through breath, prayer, reflection, and conscious choice. It is strengthened when we resist the pull of chaos and instead anchor ourselves in clarity and care.

The monks have shown us a pathway, not one of withdrawal, but of steady presence. Not one of passivity, but of profound strength expressed through gentleness. Perhaps the deeper invitation is this:

How do we become a Walk for Peace in our own daily lives?

Can we walk gently upon the Earth?
Can we listen before reacting?
Can we be a calming presence in rooms filled with tension?
Can we remind our children and grandchildren that peace is not weakness, but wisdom in action?

Even one centered heart shifts the atmosphere.
Even one peaceful voice softens a hardened space.
Even one grandmother rooted in presence becomes a pillar of quiet stability in turbulent times.
Let us take a breath together.

Inhale peace.
Exhale peace.

And as we move through our days, may we remember what these gentle walkers have shown us:
Peace is not somewhere far away.
Peace is here — in this breath, this step, this moment.

And when peace, like a river, attends our way, it truly is well with our soul.

Mayana Kingery

541-543-8052

Mayana@PeaceProduction.org

PeaceProduction.org

*"There is only one peace to produce...
in the heart of humanity." Andras Maros*

IWDC 2026 SECTORIAL HEADS

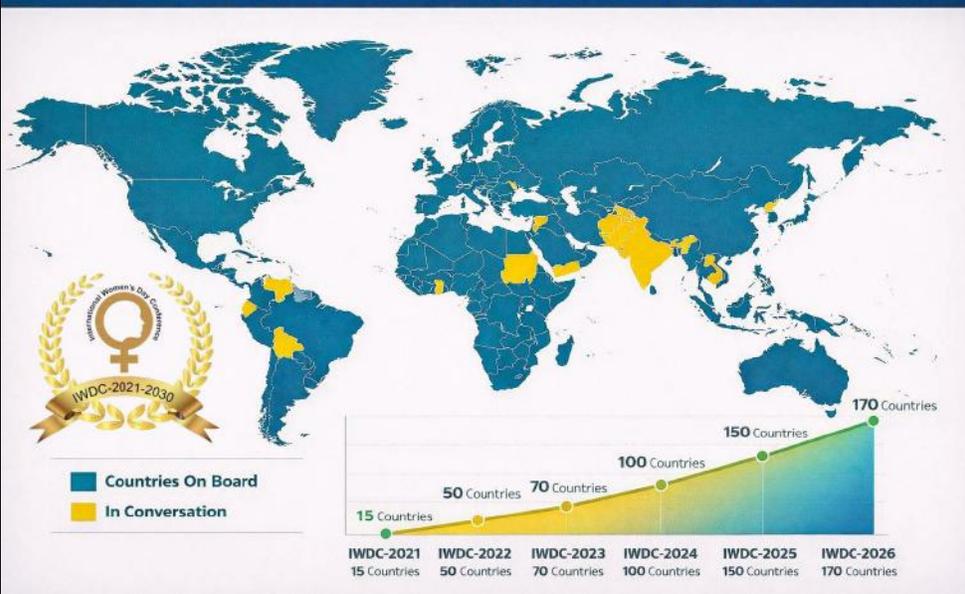


WWW.IWDC2030.ORG

25th March to 29th March 2026

#IWDC26WEGF

IWDC-26 MEGA GLOBAL OUTREACH MAP



If you wish to be considered as a speaker, performer, or partner in this project - reach out to us!
Register for IWDC 2026

INTERNATIONAL WOMEN'S DAY CONFERENCE 2026

REMAP & REBUILD IWDC-26



Dated: 25th March to 29th March 2026

FOR MORE INFORMATION
www.iwdc2030.org



#IWDC2026



VIA ZOOM PLATFORM
 CONFERENCE ID: 968 062 1293

- TO TURN WOMEN'S VOICES INTO GLOBAL POWER
- TO OPEN ACCESS TO DIPLOMACY, TRADE, AND EMERGING SECTORS
- TO CONNECT GRASSROOTS REALITIES WITH GLOBAL DECISIONS
- TO BUILD A CREDIBLE, WOMEN-LED GLOBAL INSTITUTION



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. © [2026] Global Grandmothers Council Network. All rights reserved.

"When Grandmothers speak, the world will heal." HOPÍ
GGCN

