



GLOBAL
GRANDMOTHERS'

COUNCIL NETWORK

Voices of Wisdom in Times of Chaos

Digital Magazine

February 2025 Issue 03

Financial Report

Shedding the Past

The-Disappearing Ones

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

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



Welcome to Grandmothers' Garden, a digital connection of wisdom, global grandmothers sharing, supporting, and shining!

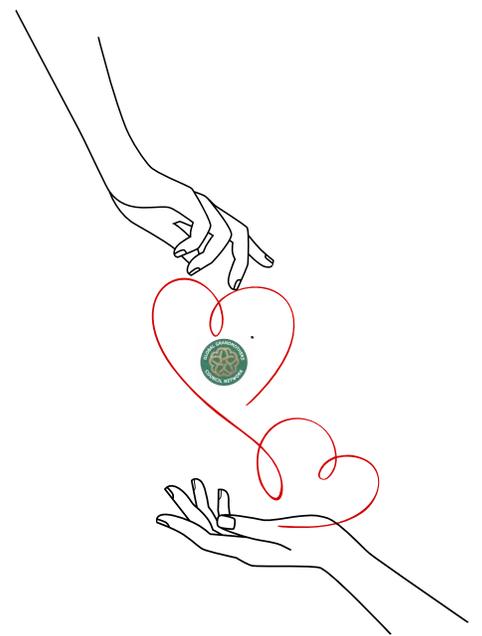
This February, we celebrate self-love, community, and the beauty of our unique bonds.

As you step into this space, embrace the spirit of community and personal growth that thrives here. This garden celebrates the unique bond between grandmothers and those who cherish their wisdom. It is where stories are told, knowledge is shared, and hearts unite in a journey toward joy, self-discovery, understanding.

Reflect on what is sacred in your life today, offer prayers filled with hope, love, and seek peace for yourself and loved ones.

Every visit to this garden nurtures the heart, mind, and soul. Your presence is cherished, your wisdom is valued, and your growth is celebrated.

With love and gratitude,
The GGCN Team



*Where
connections,
creativity blooms
and wisdom
flourishes*





Visit Our GARDEN TEMPLE

Sacred Space, Prayers/Requests & Altar Offerings

Our Grandmothers Share

Sundays

@ 9:00 pm

your time, your space & in your way

Prayer
for
PEACE



INTERNATIONAL
March 8

WOMEN'S DAY

"The story of women's struggle for equality belongs to no single feminist nor to any one organization but to the collective efforts of all who care about human rights."

Gloria Steinem

*Honoring the
Women we've
Become*

*And Women
who are now
Becoming*



GGCN



Editors' Note

Kalina Bains

Continue The Journey

Be part of the GGCN Grandmothers community.

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

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

Email your articles to submissions@globalgrandmotherscouncil.org

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

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

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

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

Welcome to the February edition of GGCN Grandmothers Magazine! This month celebrates "Honouring Your Journey - Heart and Soul Healing" and celebrating Black History Month.

Our mission is to remind you of your inherent strength and wisdom. Embrace the journey of healing your heart and soul, recognizing the resilience that has brought you here.

We reconnect you with your true self, celebrating your resilience, support for family, and the joy you bring to others.

Celebrating Black History Month

We honour the rich diversity, heritage, and achievements that strengthen our community. We highlight the stories and contributions of women of colour, whose voices and histories inspire us all.

GGCN is holding space for you, to offer a nurturing environment. We celebrate, listen and support you with compassion, love, and respect. We are committed to being here for you. Thank you for being a part of our journey. Your love, presence, wisdom make GGCN special.



Guided by Passion & Spirit
Kalina Bains
Editor, GGCN Magazine

In this sacred space, we embrace our journey of learning and growth. As we do shadow work, we acknowledge the parts of ourselves that need acceptance and healing.

Like a piece of kintsugi pottery, we honour our journey, stronger.

We are Beautiful and Resilient.

Recognize your value and treat yourself with kindness and compassion.

Recharge and Rejuvenate

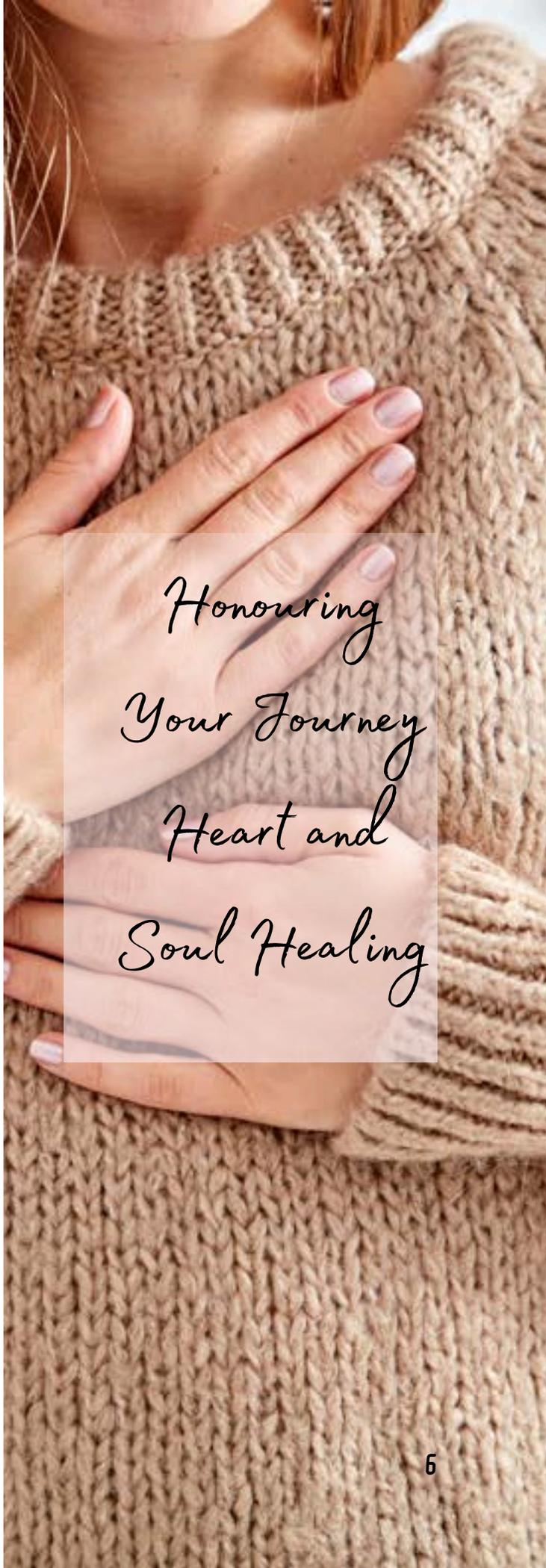
Ensure you're mentally, emotionally, and physically recharged to be there for others.

Take Time for You

Make self-care a priority and give yourself the love and attention you deserve.

Join us in celebrating the importance of self-love and self-care. When we nurture ourselves, we create a ripple effect of positivity and support for everyone around us.

Love Yourself First



*Honouring
Your Journey
Heart and
Soul Healing*





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Black History Month

In recognition of Black History Month, we celebrate with you, the lives, stories, and legacies of generations of black communities.

Together we celebrate the history that empowers future generations

Black leaders' drive, focus, and voices have played a huge role in our lives. From arts business, medicine, and science the achievements of black professionals are all around us. This month, we celebrate the contributions of all.

As we reflect on the black community' journey, we recognize the invaluable impact and contributions they have had on our lives and the future generations they continue to inspire.

Happy Black History Month!



BLACK HISTORY MONTH

MONTH

In recognition of Black History Month, we celebrate the lives, stories, and legacies of the past generations of Black communities and all of our grandmothers at GGCN.

As we reflect on their journey, we recognize the impact you have had on our lives and the future generations they continue to inspire.

This month, we appreciate and celebrate all of your contributions.

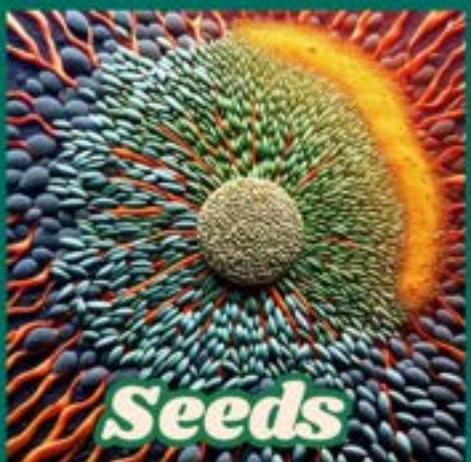
Happy Black History Month from the Grandmothers of GGCN!



Grandmothers' Garden



<https://globalgrandmotherscouncil.org>



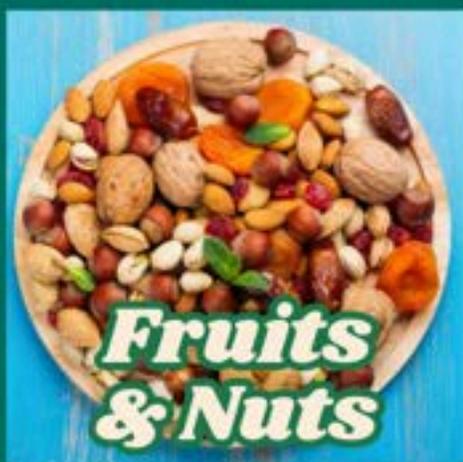
Seeds

Enter FREE
See what your potential is, find local Grands, and begin connecting with others.



Flowers

\$13m/\$144y
Supporting members receive benefits and sustain GGCN by bringing beauty & sweet aromas.



Fruits & Nuts

\$33m/\$388y
Sustaining members are Leaders who guide and share their goods, services, and teachings so we all grow together.

Mayana Kingery, GGCN Admin

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



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

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

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

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

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

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



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



The Journey Within

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

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



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

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

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



The Journey to Be Free

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

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

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

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

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



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

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

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



Embracing the Mystic

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

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



About Mayana

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

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

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



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

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

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

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

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

Mayana
PERSONAL GUIDANCE SYSTEM
Blue Lotus Chakra Bloom
Conscious Evolution Guide

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

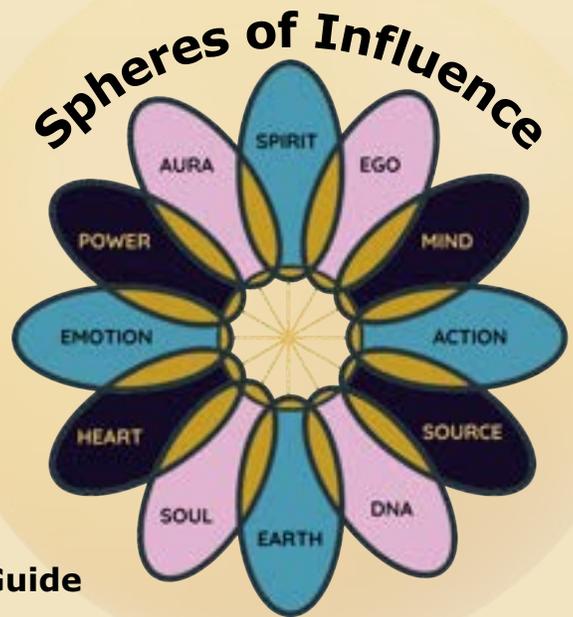
GLOBALGRANDMOTHERSCOUNCIL.ORG
CLICK ON MARKETPLACE

HUMAN CONSCIOUS EVOLUTION
From Homo-Sapien to Homo-Spiritus

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

PERSONAL GUIDANCE SYSTEM

Introduction to Becoming your own Guide



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

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

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

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

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

DNA our ancestor's contribution
our relationship with inheritance

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

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

Heart "my inner guidance"
our relationship with trusting intuition

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

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

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

GGCN Academy



Scan for Course

\$11

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



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

Mayana Kingery
Embodiment & Healing Arts Practitioner
Peace Production co-founder and GGCN Administrator

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

PeaceProduction.org



Heartists in Resonance



MAYANA KINGERY (MAMA TINK)



***“When Grandmothers speak.
Earth will heal.”***

Hopi

*thank
you!*



Earth needs to hear Grandmothers'
Voices and Wisdom.

Your donations to Grandmothers' Time fundraiser
will support GGCN's Mission Launch.

We intend to gather Stories, collect Solutions, write
Whitepapers and create Events.

We will offer Guidance for humanity, communities, and
governances based upon Your Experience.

GRANDMOTHERS' TIME

GlobalGrandmothersCouncil.org



GRANDMOTHERS' TIME

ACTION ~ ACTIVISM ~ WISDOM

Your donations make it happen!



DONATE TODAY!

GGCN is a grass roots ~ up from the ground organization where you choose your place of service. Here are some ideas of how you can participate:

- Start or Join a Council for GGCN Organization or your passion for Sacred Activism
- Gather with others online - Better Together!
- Start or attend a local Circle - Find others near you through [Grandmothers' Garden](#)
- Members of Grandmothers' Garden (Flowers and Fruits & Nuts) may offer
 - Goods and Services in [Grandmothers' Marketplace](#)
 - Courses and Teachings in [Grandmothers' Academy](#)
- Join the Private communication and gathering space Grandmothers' Garden
- Learn from Grandmothers and/or Share your Wisdom

It's Grandmothers' Time to begin writing White Papers, Public Letters, Stances, and Directives as Those Who Know What To Do NOW.

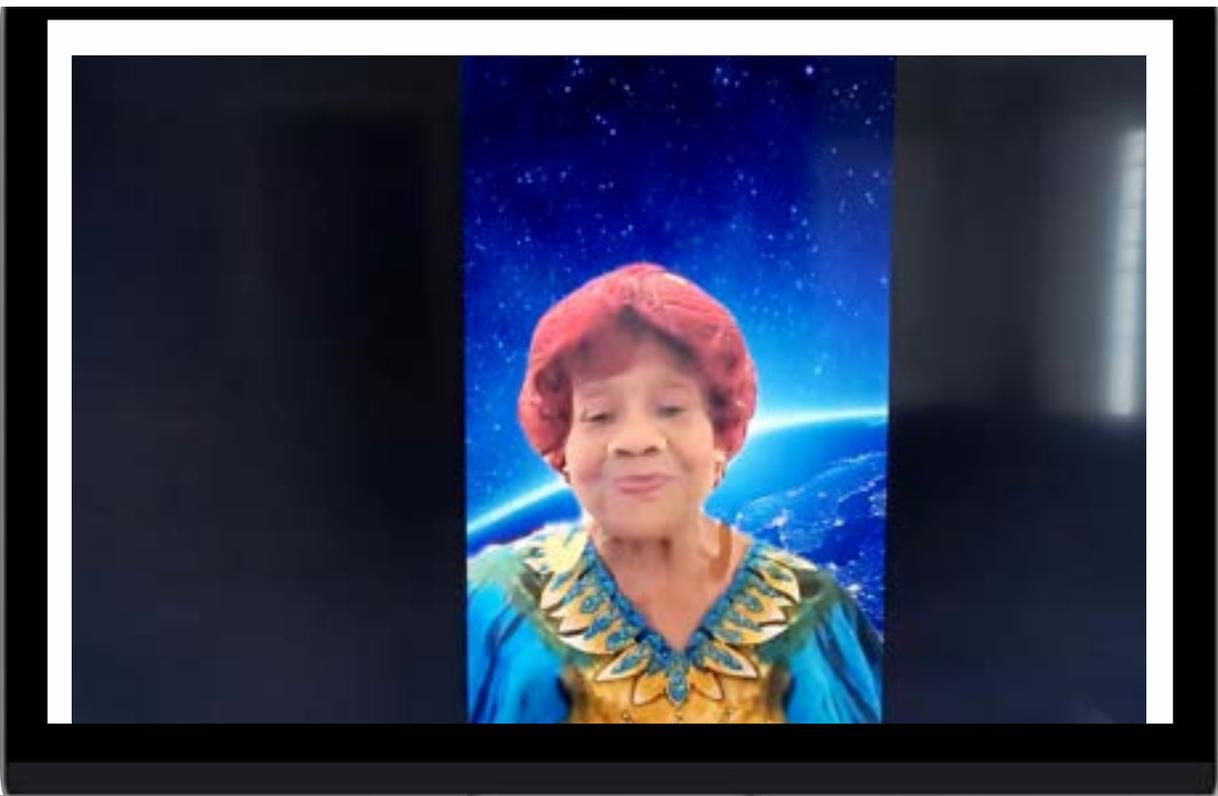
It's Grandmothers' Time to gather our Power collectively for Right Action.

It's Grandmothers' Time to lead with Experience and Wisdom.

YOUR DONATIONS to our unique blend of 501(c)3 nonprofit ([Peace Production](#)), 508(1)a ministry ([Mothership Alliance](#)), and [Grandmothers' Entrepreneurial Platform](#) are tax deductible and support this vital work. All funds donated support our platform (built with your donations) and our offerings to the world on your behalf.

**Join GGCN and make your difference in the world
for our children's children and beyond!**

Zeffy covers all our Stripe and transaction fees. 100% of your donation goes to GGCN. There is a 'tax' line on the Zeffy donation form - it is fully voluntary to support them.



EXCLUSIVE

INTERVIEW

Interview With A Grand: Audrey Addison Williams with Sandra Laub

I am honored to have been invited to share my story and spiritual process in service to GGCN. Grandmothers are more important on the world stage than ever before, We have risen and we have found our power and strength and are now becoming willing to lead as part of a vast coalition of dynamic, wise women who all hold a key to the design of the new world environment, new economic and political systems and institutions. I congratulate the GGCN Council for the incredible success of bringing a framework and process together for the full expression of each individual in ways that weave together the wisdom, experience and expertise that elevates and celebrates

Ms. Audrey, for 48 minutes, tells us her life story by way of a radical spiritual awakening, her stepping into power roles in finance, banking, and entrepreneurship and her advice about the Election, having run for POTUS herself in 2016!



In memory of my dad
Archbishop Clarence C. Addison

1898-1978

He left us 46 years ago, I was newly married and at 25 was the mother of a toddler. I remember each detail of the day of his passing as though it was yesterday. Today, who he was and what he taught still impacts my life and countless others. His legacy lives on in the Addison Family and we have made him proud; having taken what he gave us and used it in service to humankind.

Far from a perfect man, he remains the most powerful man I have ever known. A self educated man he spoke truth to power. On more than one occasion he represented himself and others in court cases and won.

A staunch Republican (The Party of Lincoln) He predicted that forced integration, civil rights and social programs would prove to be "imprisonment" for Black People who would settle for "crumbs" instead of demanding a whole loaf of our own.

In the 60s he traveled the country and predicted the gun violence in Urban areas and economic despair that we now have in Chicago and other cities.

He predicted the end of White Supremacy and Heaven on Earth in the form of "righteous governance" And I believe this is the moment we are now in ..

His response to the Montgomery Bus Boycott was 'Black folks need to buy the damn bus and create our own employment'

He founded and served as President and CEO of the African Stock Exchange Association Development Corporation incorporated in New York 1964. He had eleven children and dinner time was always an opportunity for him to teach.

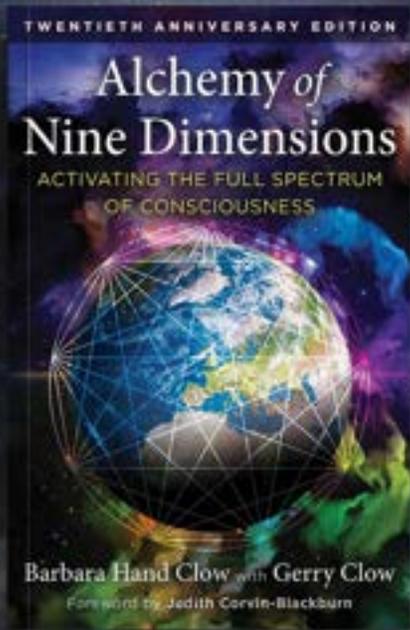
He had a vast library and often said that it was tragic the "Religious world had not kept pace with science"

He was a highly sought after speaker for Conservative groups.; I used to edit his speeches when I was a teenager. A speech I edited at age 15 was found in the Shomberg.,Museum New York

I learned how to think critically from him. He taught me to question everyone and everything and to ACT on my dreams and the only real barriers were inside of me.

Offered in love and profound gratitude
Audrey Addison Williams





"Alchemy of Nine Dimensions remains the touchstone for describing our cosmic unfolding as a species under the new light and frequencies activating our realm and experience."

-Joshua Reichmann, author of *The Realized Light of the Twelve Dimensions*

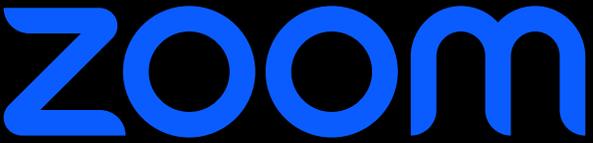
Barbara Hand Clow is an internationally acclaimed ceremonial teacher, author, and Mayan Calendar researcher. Her numerous books include *The Mayan Code*, *The Pleiadian Agenda*, *Alchemy of Nine Dimensions*, *Catastrophobia*, *Liquid Light of Sex* and *The Mayan Code*. She has taught at sacred sites throughout the world and maintains an astrological web site,

"Gerry Clow and I have been working together since the early 1980s when we owned and ran Bear & Company Publishing. We are both Aquarians and feel the Aquarian Age deeply. Our website has information to assist your personal transformation, and it posts my free astrological readings for the spring and fall equinoxes, and the winter and summer solstices. Enjoy!"

**2025: A
WHOLE NEW
ERA BEGINS!
1-in-12,000-
Year Multi-
Dimensional
SHIFT is
HAPPENING
RIGHT NOW!**



Join Our
Daily Zoom
Circles



Welcome to a circle of
connection

Connect to the magic of
Grandmothers the magic of
deep intuition

A knowing of acceptance,
love, and understanding of
self

Looking deep within
A sacred space to share and
shine

Brighter, Bolder, Braver
With an open heart, open
mind
searching within and healing

WE RISE!

Let's connect, grow, and
celebrate the
incredible bonds we share as
grandmothers.

Find your time: [Time Zone
Converter – Time Difference
Calculator](#)



SUNDAY 8 pm EST
Sandra Laub

us06web.zoom.us/j/85627803215...
Meeting ID: 856 2780 3215
Passcode: 214371

Monday 4 pm PDT
Sherri Ann Conroy

us04web.zoom.us/j/77518054765...
Meeting ID: 775 1805 4765
Passcode: XZ5FLW



Tuesday
Grandmother ???

Join our Zoomers holding our Tuesday circle
Contact us today
marketing_media@globalgrandmotherscouncil.org

Wednesday 9:30 am EST
Kalina Bains

us05web.zoom.us/j/86858264993...
Meeting ID: 868 5826 4993
Passcode: HFC6PC



Thursday 9 am AEST
(Brisbane)
Carol Daniels

us02web.zoom.us/j/84385501038..
Meeting ID: 843 8550 1038
Passcode: 5SB7js

Friday 9 am MST
Victoria Savage

<https://us02web.zoom.us/j/89949007859?>
Meeting ID: 843 6050 5079
Passcode: GmasRule



Saturday 10:45 am EET
(Copenhagen)
Lian Henriksen

us02web.zoom.us/j/87905369248...
Meeting ID: 879 0536 9248
Passcode: 403556

Challenges of Wakening to Self

For many years I struggled as I listened to and tried to trust my inner voice. I could not separate whether Ego did all the talking or my Higher Self. I experienced a lifetime of conflicting information about what to do and how to think from my family, friends, community, school, work, church, and government. I found that there was a grain of truth in each perspective, making it more difficult to determine which actions to take. Every external opinion and perception of my life created noise around my inner voice. I realized that I needed to listen to the voice that looked out for my own best interest. There needed to be a clearer truth to what was best for me.

I returned to my painful past through emotional surrender, releasing old wounds and allowing myself to remember a time of greater joy. I knew that if I could begin to live in complete integrity, I would be doing what was best for my greater good. Not the greater good of work, not the greater good of finances and not the greater good of others. As I listened to my inner voice; my Higher Self, I began to understand the difference between Ego and Spirit.

It took many, many years of self-analyzing to begin to achieve self-awareness, and the ability to enjoy inner peace. The journey included many tears and setbacks along the way. Undaunted I would continue to tap into natural talents, knowledge and ideas that were not from my own consciousness alone. Spirit, Collective Consciousness, and unconscious memories of Ancestors who had lived before us also deserved credit. I often wondered which existence I would access next: a past life, ancestral DNA, alternate reality, Universal Knowledge, or something else entirely.

Reality as we know it, as we imagine it, is a vast complex illusion. So many different realities exist simultaneously, it is often difficult to discern which one will be tapped.



I finally came to a personal conclusion on the road to Higher Consciousness. it was not necessary to know exactly which reality dispatched the new information to the conscious mind. It was not significant to identify which other realm experiences I had tapped into. Whether it was a past-life, ancestor DNA or a parallel reality, all of ME was in attendance. Significance existed in the information received, and the wisdom gained was provided to enhance the quality of life for Self and humanity.

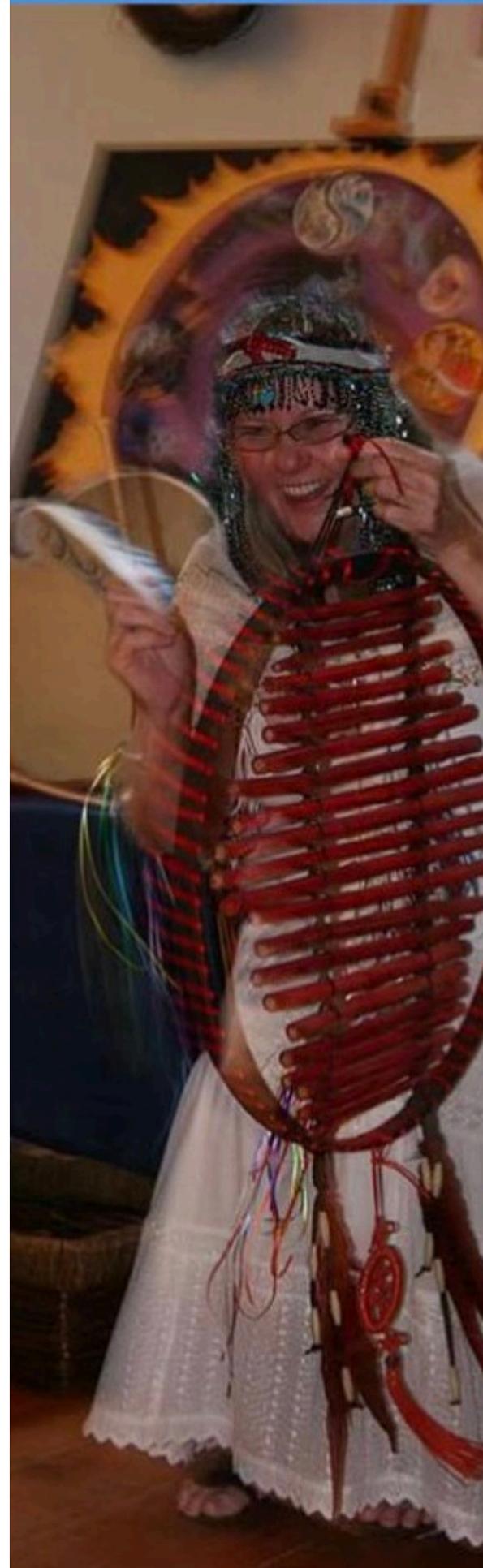
The concept of cellular memory and quantum physics has caused quite a lively discussion between seekers of spiritual wisdom and the scientific community. We each create our individual reality and perceive it in our own unique way.

Questions many of us wonder are:

- “Do I believe everything that I am instructed to believe?”
“Does every theory need a stamp of approval from a higher authority?”
- “Do I question everything with an open mind and then trust my own authority?”

I was confused for some time as I wondered where distant memories of abilities and knowledge came from. Had I tapped into my ancient Ancestors’ DNA? Were my soul memories, subatomic particles as they lived in ancient lifetimes and other cultures around the globe? The quantum mechanic’s idea of the coexistence of alternative realities and time periods threw another quandary into the mix. In quantum mechanics as in spiritual work, ALL factors are unknown until they are personally experienced.

Keepers of Ancient Wisdom opened my eyes to the idea that all theories are equally accessible. I could therefore tap into the energy of particle or cellular memory, depending on what I needed in my life and the present circumstances in which I found myself.



Due to inexperience and lacking a personal mentor, some fear of the spiritual unknown seemed to be a bit of a challenge for me. I had very little apprehension of my physical reality, I could often analyze the many angles of a situation. I then trusted that everything would work out in a way that was for my highest good or I would adapt. In such circumstances, there were known factors, some positive and others negative. I focused on the positive, letting it speak to my heart and soul with faith in Spirit and Universal guidance.

I remembered, the role I played as the writer and director of my life's script. My soul's directive for expansion is to reveal and accept the conflicts and difficult lessons, I have learned along the way. I no longer need to carry shame, guilt, or feel alone with my pain and confusion as clarity of purpose begins to formulate. These profound insights of awareness on my life's challenges germinated the seed of forgiveness of Self and others. When I acknowledged there were no bad experiences, only experiences from which to learn.

I began to trust. I transmuted negative experiences by asking myself:

- What did I learn
- How can I share what I have learned?

These positive lessons allowed a balanced transformation of mind, body, and spirit to take place.

Foot Note: Faith in Universal and ancestral guidance is the key factor to awakening to your Higher Self. Remember Ego thinks it is all-knowing and wishes to remain in control, but your Higher Self has mapped out your existence. Trust your own authority, the quiet inner voice, gut feeling or instinct, which IS your "Higher Self" speaking. Follow all the clues of synchronicity placed on your path of discovery, they are not coincidences. Some clues will lead you seemingly to dead ends, but all paths are provided as lessons for your life purpose to be used when needed.

You will know.

Trust that Knowing.

Blessings

Grandmother Gayle Crosmaz

Black Bear/White Raven

Ontario, Canada

www.wisdomdrumsinternational.com





Voices of the
Grandmothers of
the Americas -
November in
Mexico

There will be grandmothers from North America, Central America and South America.

Representing the far north is Canadian Grandmother Gayle Crosmaz.

Please receive a warm and loving hug from the heart of the team that works with deep love at the “Voice of the Grandmothers of the Americas” event. We feel a deep call to bring together thousands of women in this sacred meeting, a space where our voices, our stories and our ancestral medicines can resonate strongly, reaching every corner of our continent.

Each one of the 12 grandmothers a universe of experiences and their lives a living testimony of feminine wisdom, an invaluable treasure that we must share with the world.

Contact luzclara111@gmail.com for additional information

Blessings

Gayle Crosmaz - Black Bear
wisdomdrumsinternational@gmail.com
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opens the path to our ancestral cellular memories and self healing

Sharing Circle – Dragon Round Table Discussion

April 26, 2025, 12 PM EDT

Meet Canadian Grandmother Gayle Crosmaz / Black Bear
and her various hostesses of upcoming seminars and gatherings

May – Bavaria June – Iceland November - Mexico



Email: wisdomdrumsinternational@gmail.com

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Trust Your Inner Authority

Fear of the spiritual unknown seems to be a big challenge for many of us. In spiritual work as in quantum mechanics, all factors are unknown until they are personally experienced. Connecting to our Quantum Energetic Self opens the path to our ancestral cellular memories and to nature, inducing self-healing. Nature connections assist us in bridging that gap between the physical and energetic world.

The sound vibration of the drum dramatically and continuously increases the physical body's vibration frequency. Adding the sound of chanting rockets that frequency to the highest level. Come and experience your Higher Self to help remember your origins from the stars. Not only will we encounter Ascended Masters who will twig our memory of who we are and why we are here, we will become the master's in service.

Grandmother Gayle-Allaq Crosmaz followed the call of the divine source and took the responsibility of a shaman. She is an inspirational speaker, artist, author, drum maker and shares as Elder her wisdom. As shaman she teaches primordial wisdom and reaches out from heart to heart through the rhythm of the drum. She helps you to connect to dragon energy, either as a dragon yourself or a keeper of a dragon.





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That means we need our youngers to help Grands and Greats sort out this organization stuff. WE built the Marketplace, Academy, and Grandmothers' Garden to preserve our stories, teachings, and wisdom.

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Our efforts are magnified when we work together. As we sit in Council together as Grandmothers in an organization, we become the GGCNetwork we envision for on the ground, local Grandmothers' Councils to connect, collaborate and communicate as we lay the foundation for a new world for our children's children's children.

Many Positions Available for Women Leaders
Contact: circle@globalgrandmotherscouncil.org

The Voice, That Held Me Back **AND THE ONE THAT SET ME FREE**

Have you ever stopped to consider who is speaking when you hear “that” inner voice? And perhaps even more importantly, which part of you is listening?

For years, I was most familiar with an inner voice of authority—one that never let up, and never showed mercy. It had a sharp tongue and an endless supply of criticism. It reminded me constantly of where I had fallen short, what I had done inadequately, and how I still wasn’t enough.

This voice had no patience for mistakes. When I thought about standing up for myself, it struck me down in an instant, reinforcing the idea that I simply wasn’t capable. And I listened. Oh, how I listened.



The part of me that absorbed these harsh words was the same part that took everything personally. The part that pushed harder and harder to get it “right,” to be better, to prove my worth through endless effort and sheer willpower.

I poured all my energy into fixing whatever it was I believed was broken within me. I strategized, I analyzed, I forced solutions into place. And sometimes, I succeeded and reached goals. I achieved, I even won battles. But when I did, it never felt like enough. Because no matter how much I accomplished, that voice would return, telling me I had done nothing right at all.



And so, the cycle continued, an exhausting loop of striving, doubting, and berating myself for still not measuring up. Until one day, another voice emerged. A quieter one. A voice of clarity.

At first, it was so subtle, that I almost missed it. It didn't shout. It didn't demand. It simply, whispered in a tone I hadn't heard before, one of understanding, of compassion. Instead of tearing me down, it gently acknowledged what I was going through: You're trapped in a battle you don't need to fight.

Unlike the voice of authority, this voice didn't push me to do more, to be more. It simply offered me a manageable step forward. One step. And when I took that step, I noticed something profound.

It wasn't overwhelming.

It wasn't rushed.

And it actually felt... good.

Not just external peace, but inner peace. The kind that comes from no longer battling yourself. The kind that allows you to walk forward with a sense of ease, knowing you don't have to prove your worth—because you were always worthy.

*And so, I ask you:
What voice are you listening to?*

Slowly, I began listening to this voice more. I realized that for years, I had unknowingly trapped myself in a battle against beliefs that told me I didn't deserve what I truly wanted. That I hadn't worked hard enough to earn it. That I was being punished for some unseen failing.

But this new voice—this gentler, more compassionate voice—showed me that these were just beliefs, not truths. And the way out wasn't to fight them. It was to surrender them.

Not in defeat, but in trust. So, I did.

I admitted these limiting beliefs to a power greater than myself. And as I released my grip on them, I felt something shift. My mind became freer. My energy became lighter. Intuitive guidance began to lead me, step by step, toward something I had longed for but never believed possible:

Peace



If it's one of criticism, judgment, or fear, know that there is another voice waiting for you. One of clarity. One of love. One that has been patiently calling you forward, step by step, toward the life you were always meant to live.

You don't have to fight your way there. You just have to listen for what feels gentler, trust it is intuitive guidance, and then take that first step. If this struggle feels familiar, it may not have started with you. If you've lived under the influence of this inner torment, it's likely that generations before you suffered this way as well.

Perhaps you are here to break this cycle, to introduce a new perspective—one of worthiness. One that lets you feel whole, to accept you are enough, and to live with true fulfillment and joy.

When you do, you will impact everyone around you, as well as those yet to come. Imagine that... what if you are the one to stop the unintentional wounding in your lineage?

To accept that you are and always have been worthy, with nothing holding you back.

*It's yours to claim
Come and see!*

About the Author

Jodi Hinkle is the founder of HerQuest Consulting Coaching, where she guides individuals how to break free from unconscious emotional patterns and reclaim their innate worth and personal power.

With a deep background in emotional intelligence, personal development, and healing practices, Jodi helps others release self-imposed limitations and embrace a life of ease, fulfillment, and joy.

Through her compassionate and intuitive approach, she illuminates the unseen beliefs that shape our experiences, offering a path to true self-acceptance and inner peace.

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Grandmother Rev Julianne Robertson

Tending Our Roots - DAY 07



Grandmother Julianne speaks to ethics, wholeness and healing as a life path, knowing that the more people you seek to bless, the more deeply we heal the planet.

Reverend Dr. Julianne Robertson, Esq. is committed to fostering unity and healing within communities. She's an interfaith minister, peace activist, spiritual counselor, and corporate attorney based in Washington, D.C. Her work emphasizes compassion, peace, truth, unconditional love, personal empowerment, justice, mutual acceptance, and generosity of spirit. She is also the mother of four children. In her professional career, Dr. Robertson has provided counsel to private clients, government agencies, and political leaders. She serves as Associate Pastor at Allen Chapel AME Church in Washington DC, and has been involved with organizations such as the Bethesda African Cemetery Coalition, advocating for the preservation of historic African American burial sites.

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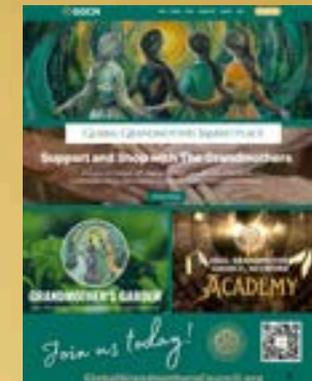
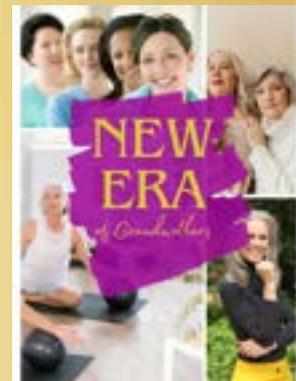
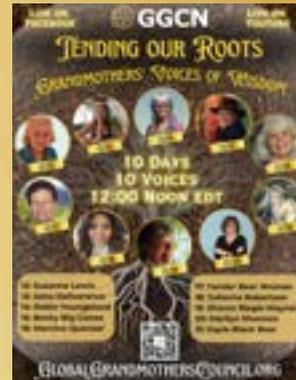
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I'm taking a moment to give you a nudge. It's all about believing in you for you, loving you for you, forgiving you for you, and trusting you for you.

Believing

I believe in our strength, our beauty, and our worth. Let's trust in the divine plan and know that each step we take, steps towards becoming the best, most authentic version of ourselves. When we believe in ourselves, we acknowledge our worth and affirm our ability to overcome challenges and achieve our dreams

Loving

I love you for every prism of your being and every beat of your heart. You're a melody of experiences, a harmony of dreams and reality. Your do-overs aren't just repeats; they're new prisms of self to be explored, each one more vibrant than the last.

Forgiving

I forgive you for every misstep, every time you tripped over life's pebbles. Those moments aren't blemishes; they're the patina that gives you character, the stories that make you, you.

Trusting

I trust you, not just for the paths you've walked but for the journeys you will discover. Your intuition is the compass that guides you, the inner voice that whispers your innate knowing.

Reflect on our journey. Our Kintsugi selves are not just a metaphor for healing; they celebrate our spirit and the infinite love that connects us.

What was and what will be, we remember the lessons we've learned with gratitude. We've loved ourselves for who we are, forgiven our missteps, and trusted in our inner wisdom. With Kintsugi love, we've embraced our do-overs, our flaws, and every lesson learned.

We've let go of self-critical thinking and stepped into the light of self-acceptance. Each day, we've become the best, most authentic versions of self, women of strength, passion, and power.

We've healed the wounds of the past with the light forgiveness and nurtured the seeds of the future with the waters of trust. We've embraced, empowered, engaged, explored, and evolved.

As we look to the future of self, the gold of our experiences, the love in our hearts, and the dreams in our souls it winds through the kaleidoscope of possibility and potential.

*The journey never ends.
Each step is a new beginning,
Each moment a new chance to
believe, forgive, love, and trust self.
XOXO YOU*



Together we continue to walk boldly, leaving behind a trail of golden footprints, so that the women who follow may find their way by the light we leave behind. We celebrate not just our journeys, but the collective and conscious sacred journey of our intuitive feminine ethereal threads of womanhood—a frequency and awakening that binds us together by golden seams of shared experiences, dreams, and an enduring love that echoes through the ages of Kintsugi women before us.

Kintsugi Woman is about recognizing the beauty in our brokenness and turning our flaws into strengths. Each step, of Discovery, Acceptance, Healing, Transformation, Connection.

Kintsugi-infused empowerment is at the heart of everything I do. I've transformed my journey of healing and self-discovery into a platform that inspires others.

My story is about overcoming adversity, embracing my flaws, and finding strength in vulnerability.

Kintsugi Woman was born out of my desire to create a community where women could share their stories, heal, and grow. *The concept of Kintsugi, which involves repairing broken pottery with gold, is a powerful metaphor for my kintsugi-infused empowerment.*

I believe that our cracks and breaks are not something to hide but to highlight, as they make us unique and beautiful.

The gold that mends our cracks is the love and wisdom we share with one another. As we continue on this path of empowerment and ethereal awakening, may we always shine with the light of our inner strength and beauty.

Together, we are an unstoppable force of love and resilience.

Grandmothers gathering
Deeping connections



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I am a grandmother to 4, ages 12-21. Living with my daughter's family, I am updating my skills and intentions as a parent/grandparent and discovering how to be a lifelong cheerleader. I am also a wisdom teacher and maker of artisan intentional jewelry.

In early January, a post appeared in the GGCN FB feed asking for ideas about dealing with a disrespectful 10 year-old grandchild. Responses were mostly, "nip it in the bud" and "blame th parents", but neither of these ideas set quite right with me. After thinking about it for a few days, I posted a response (updated in the body of this article) describing a path to unconditional love that can build a lifelong supportive relationship with grandchildren and, yikes!

It got 959 likes and close to 300 comments, almost all in support of this idea.

So, definitely, we grandmothers recognize the value of supporting our grands with unconditional love and want to know how to do it. There is so much wisdom offered in the comments, please go search for the post from Jan 4 if you want to read for yourself.

Grandchildren Respect and Unconditional Love



Or, perhaps, the following words from the original post will stimulate your own creative responses. Each living situation is unique, and requires a personalized approach, of course.



Basically, here is the original post:

I live with my grown daughter's family, including my 12-year-old grand. I know firsthand about rudeness and disrespect from this pre-teen and have been horrified and confused by this situation. I love my granddaughter, but how should I respond? My instinct is to demand certain behaviors, but I have found it more helpful to think about my priorities regarding the relationship I want with this very bright child who is in my daily life. My main priority is to maintain and nurture a good relationship with her in the long term. I want her to value my opinion and friendship when she is grown when she is 18, and 25 and 30. I want her to feel my love always, especially in this current world where love and acceptance are often elusive. Also, I am not her parent and I have a different role in her life.

So, I have adjusted my expectations of her responses to me. I have spent time looking at her world through her eyes. Although most of it is unfathomable to me, I realize that she has to navigate the world she sees. It is nothing like the world I saw when I was 12. School shootings, Google searches, AI, devices, technology, COVID shutdown: these are just a few of the realities of her world. And she is 12, with hormones, her period, and 24/7 access to her peers and their opinions. Feeling safe is an undertone to everything and she doesn't even know it, she just navigates it. She needs self-confidence, self-worth, and self-awareness, these are essential tools for her to have a good life. This is where I can help her.

- I can build her self-esteem by noticing her efforts and her talents.
- I can assure her of emotional support and nurture a foundation of unconditional love.
- I can make myself relevant in her life and work so that she sees me as valuable to herself.

And to do this, I choose to ignore certain moments and behaviors, like flashes of disrespect. Instead, I jump in to commend her good moments and actions and nurture a process of supporting her to build self-esteem. I also stay aware of her age and maturity levels, it changes frequently. The difference between her ideas of life at 10 and at 12 are enormous. Maturity will continue to change her.



I have thought a lot about this and am convinced that we elders can be of great service to the youth, but we must start looking at their reality. How is it different from what we know, and how can we share what we know to be important? I don't have many answers, but I think I am aiming at appropriate questions. I have barely skimmed the surface of all the areas of life involved in this topic. I am constantly working through my own values to navigate this relationship with her, sometimes every day. It isn't easy, but I think it is worth it.

One caveat: several comments to this post emphasized the need for an underlying tone of respect and made suggestions regarding this. Of course, respect matters, and knowing how to express it is a key skill in navigating a good life. One to one, face to face, I do require respect from my grands. But respect goes both ways, and what I have described here is pathway to respecting the realities of the lives of today's children.



By looking through my granddaughter's eyes and seeing her world as she sees it, I am respecting her and that is valuable to her.

I am a wisdom teacher and life coach, but I operate in a different world and I don't expect her to automatically see value in mine. As a child, I remember hanging quietly about, listening and learning from the stories my elders talked about among themselves. It was a privilege to be allowed to listen and I treasure those times. I would happily share my life like that with my grands, but truthfully, they don't need this kind of learning.

Between Google, Wikipedia, YouTube and social media, today's kids have access to far more information than we ever did and they don't have to wait for it. Today, I have to work at it to be relevant to them. And I do work at it. I privately find what interests them on my own screens so I can have respectful conversations on their terms.

*I am the wise elder here,
and I use my wisdom to
navigate their world.*

Bottom line, the future is in their hands, not ours. I choose to take actions that build a connection based on unconditional love and support.



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Whale's Calling For A Meeting

The largest brains, the biggest tongue and the largest body of any living creature on planet Earth and we hardly ever see them. They are rare and precious when we do. Only a very small percentage of us ever lay eyes on them or get close to whales.
~ Bryant Austin

Deep communion with life all around me began to happen. As I opened my mind to this as a daily possibility it quickly became my new reality. When things that once only existed in dreams or far-out sci-fi films became part of my everyday life, nothing seemed too extraordinary to be possible..



Photo by Bryant Austin

When we awaken to the true aliveness of all life and begin to feel and notice our deep connection to every part of it, our opportunity for greater communion begins.
~ Kelley Springer

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I love the Ocean and was living near Santa Cruz at the time that this story happened. I was a young budding Spiritual Guide and my path as a water mother was quickly awakening. I began to study with a shaman who took me vision questing by the Sea. Then another teacher arrived from Monterey who initiated me to the Ocean Mother. More and more of my personal connection to the water began to open up. However, nothing in my experience ever came close to this one day when the Whales called to me for a meeting at the foot of Carmel Valley by the Sea.

I love dolphins and whales, I often listen to their beautiful song letting it take me deep into the other dimensions when I am in meditation. I find they are a fascination to the soul, the way that their gentleness seems to touch so many of us even from far away. So one day when the whales called me to the sea to meet them it was an unexpected surprise and an overwhelming joy. That led to a great love affair and a wonderful new understanding about myself.

I had been taking time out from my work and family life to paint my harp (Harmony). I had a vision of a mermaid on the side of my harp and was just about to start to paint her out of the wood when I got the call. I had paint on my brush, I was ready and then a voice said, stop what your doing now, you have to come to the sea.

My mind said, “What really, oh I have to stop painting but I was just about to go for it”. Then I felt “ok I really have to listen to this voice” ... so I washed off my brush, put away my paint and jumped into my car and drove to the coast. I was being pulled to Point Lobos, a state park at the ocean below Carmel Valley near Big Sur.

There is a cove called, “Whalers Cove”, where once long ago they used to pull in the whales from the hunt. A small cabin built by Chinese fishermen still remains at the cove, now a cultural history museum.



I felt pull toward the cove and headed that way as I walked wondering what was calling me to the sea. As I came to the lower parking lot at the edge of the sea the last diver was loading he tanks and getting into his car. I was now alone. Just the sea, and me I felt this voice tell me to go to the upper cliff over looking the cove.



As I walked to the upper cliffs I began to feel this wave of joy, it was so great that it felt overwhelming. I was in bliss and began to have joy tears rolling down my cheeks. I thought it was coming from the trees, the Ocean and the Earth for it felt like it was coming from all around me. I felt so full of bliss I began to sing. I started returning the feeling from my heart, giving it back in a feeling of shared overflowing love. I saw a tree stump and decided to sit and just take in this wonderful feeling for a moment longer.

No sooner had I sat and closed my eyes than suddenly in front of me I heard this low booming voice say, in an air of excitement. “We have come from the deep to speak with you”. I looked with my eyes still closed. Instantly in front of me there were five blue whales. They began to spout in succession. One after another, I counted... One, Two, Three, Four and Five wow five of you, really this is....I didn’t have words. I was sitting in Wonder!

A beautiful pod of whales were right in front of me. So amazed I sat and closed my eyes, so I could see with my inner sight. Again I went into the water with my sight and I saw a great big blue whale. Eye to eye with me, he was real and said “Do you remember this?” suddenly he sent an energy wave of blue light like a blanket covering everything as it moved like a wall toward me...like a tsunami of blue light. I felt the energy as it hit my body and I almost fell off my seat. I smiled and said without hesitation, “yes, I remember you Grandfather!”

My mind started to reel, was this for real, blue whales are so big how could five of them fit in the cove? Was it really deep enough to hold such creatures...really?

Some part of my mind was struggling to accept this meeting was really happening. I turned my attention back to this large blue whale that I had just called, “Grandfather” without thinking about it as if we were the oldest of friends. Then he said to me, “We have been waiting to see you.” - my heart leapt taking in this message. As he continued, “You need to return to where you’re staying and pick up that shell you found from your walk this morning.” (I had found a perfect baby abalone shell that fit in the palm of my hand.) Then he said in his big booming voice. “We have to return to the deep now”.

The whole time he had been talking to me all the whales had been on the surface of the water spouting. Keeping time with their breath in a constant stream of succession. Upon his announcement that they were needing to go, I realized that they all had stopped and in a final breath disappeared.

Photo by Bryant Austin





Photo by Bryant Austin

As I walked back, my mind began to do this thing that it often does when I have experienced something out of the ordinary. I began to question that it happened.

As if I was just dreaming and might have only hoped it was blue whales, maybe they were grey whales. I just kept a quick pace as I know my time must be up in the park and I would be lucky to get to the gate in time.

As I looked up with a look of awe still on my face the guard at the gate was just starting to pull the gate closed. When he saw me coming, we smiled at each other. I must have been glowing because he looked at me again and said, “What did you see?” I said smiling, “Whales.” He smiled even bigger and said, “Blue Whales?” He had a look of excitement and anticipation on his face.

I was shocked, “YES”, in awe again...how did he know?
I said, they were amazing; I saw five of them, truly beautiful. He said, “we have never seen this before, they have been coming here everyday for the last four days”.

Now my mind had to let go of everything my world would want to say to me.

Talk to whales, not possible, who can do that?

No one can talk to whales. I had to understand that I had really just talked with a pod of blue whales at the edge of the sea. WOW!

STORY TO BE CONTINUED NEXT MONTH!



The Rose Garden – Mother Mary Frequency

Dear Grandmother, Sister, Woman, welcome to the Rose Garden. Come and sit on a bench and offer yourself time to simply breathe in the cool winter air and feel it passing through your body. Offer yourself time to simply sit with yourself and the calmness of the February garden and just breathe and relax your body inch by inch from the inside.

February welcomed us with the return of the light, celebration of Imbolc, Saint Brigid, Groundhog Day, Our Lady of the Light...

The time of the year, when Spring starts deep in the soil, before it fully manifests on the ground. It's the perfect time of the year to let go of what is not nourishing us anymore, of what we have outgrown, what we are ready to let go and make space to plant seeds of the new, that we want to grow in this solar cycle.



Take a moment to feel in your heart

what became too tight in your life. Maybe it's an old, limiting belief or a story, you have been telling yourself and others, maybe some feelings or emotions you are ready to alchemize into something new, something you have been longing for in a while. Maybe some old patterns, behaviors, ways of living, maybe a relationship or a job... this is the perfect time to name it, give thanks for all the lessons and gifts and send it off. If you feel like it, you can do a little fire ceremony. You are welcome to do it outside. But if this is not possible for you, you can simply light a candle. Sit with the fire, connect to your breath, connect to your heart.

Close your eyes and place your hands over your heart, breathe to your heart and say to yourself - now, I feel - and when your heart is open, set an intention to let go of what is not nourishing you anymore, to make space for new, supporting and nourishing qualities.

You can ask your heart to tell you what you need the most to live in harmony and union, with your hands over your heart, ask out loud or in your mind, and let the heart tell you.

Then you can ask your heart, what you need to let go of, and again wait for the heart to whisper the answer.

Give thanks to your heart and as you open your eyes, say - now,
I AM.



This way, when you close your eyes, you turn your awareness inwards - I FEEL (this is when you create). And when you open your eyes, you are in the I AM presence of what you have created from the inside. Just as the Earth creates new life within her soil and when the seeds are ready to break and sprout, they push through and manifest on the surface.

Take a small piece of paper and write down what you want to release, fold the paper, give thanks and burn it in the flames or in the candle. Make sure to secure your space and have a plate or a pot to put the burning paper in. If inside, open the window and let the smoke leave the space, letting in some fresh air.

Then place the palms of your hands over the flame and say out loud the qualities you want to invite into your life - maybe you want more peace, or joy, maybe more abundance or maybe you need to fearlessly love yourself and focus on your body needs. Whatever it is, name it, and keeping your intentions in your heart, gather the light from the candle and feed all your chakras with it, starting from the Crown and moving down to the Brow, Throat, Heart, Solar Plexus, Sacral and Root. Just gather the light and place the hands over the chakra visualising that you nourish it with the light and the seeds of your intentions.



If you want you can plant some seeds in little pots inside, maybe some herbs, or flowers and water them daily, sending them all your love and the intentions you set and watch them grow!



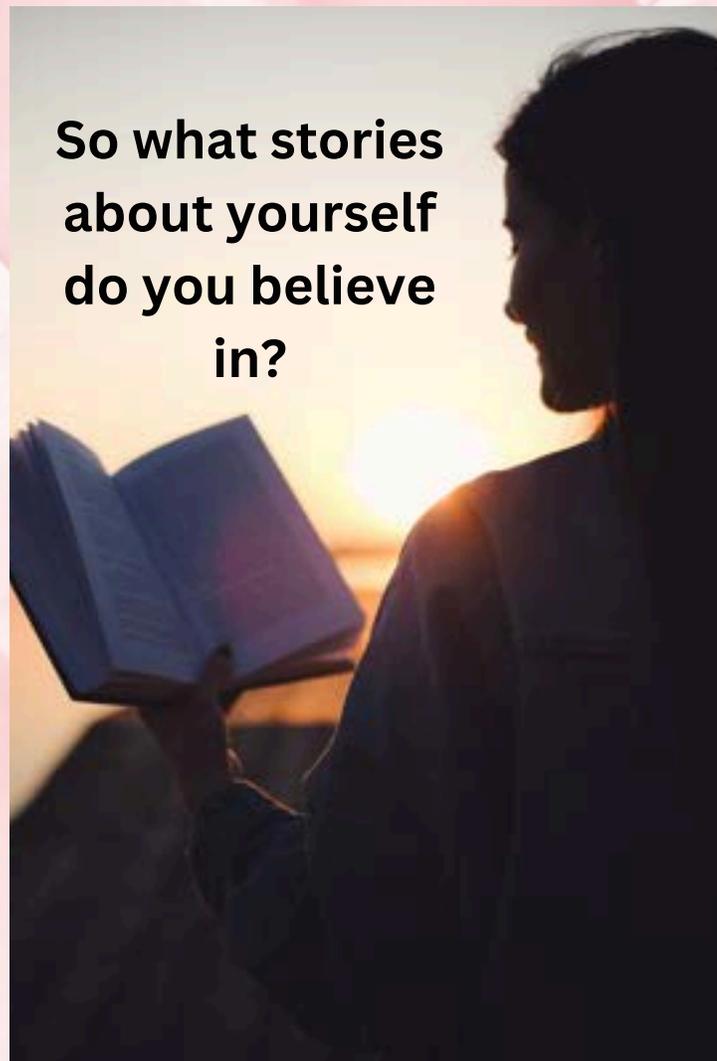
In February, Mother Mary invites us to turn our focus inwards to see how magnificent our bodies are, and how powerful and potent beings we are. She says we are the most sophisticated soft technology in the world.

We are neurons, DNA, and cell membranes that have the ability to self-regulate in a way that no other form of life can. They are living antennas that tune us to an energetic place in a field of all existence. We are that field. Our body is ~50 trillion cells and every cell has ~100 trillion atoms and every atom is emerging from that field and collapsing into it every nanosecond of a day. As it emerges from that field it is building our bodies to fit the template we hold in our consciousness of who we are.

When we change the way we think and feel, we change the blueprint and that information will now fill in a new, healthy blueprint

She reminds us that we hold conscious and unconscious stories and our story defines the way we are in the world. The way we feel determines the chemistry of our bodies. We are much more than we were led to believe - there is something inside of us that is powerful, beautiful, and ancient. Our bodies are sacred and our Divinity lies deep in our Humanness.

**So what stories
about yourself
do you believe
in?**



She says that Divinity is the essence of our humanism - it's timeless and ageless. It's love, compassion, empathy, healing. We need to remain connected to our Divinity because when we are not, we are more vulnerable to fear. And that's when we are more willing to accept other people's views on what our world should look like. When we are kept away from our divine nature, we lose our ability to love fearlessly, to forgive, to heal, to imagine, innovate, create. She asks us to shed the skin of the story that we are flawed forms of life and that we need something from outside of us to be the best version of ourselves.

Our atoms are filled with photons of information, which means we are literally made of light. So with the return of the light on our planet, let's focus on the light within our bodies and see how our daily choices can support our mental, emotional, and physical health. Probably the greatest task we are given as humans is to honor, preserve, and protect the gift of our bodies.



This comes down to LOVE.

- Do you love yourself enough to accept the gift of your humanness?
- Are you willing to take responsibility and consciously make choices of what you
- feed yourself with on all levels?
- What food you eat?
- What stories you listen to and tell others?
- How do you take care of your body?
- Do you exercise it, do you hydrate it?
- Do you do simple breathwork or EFT to release and reset your nervous system, changing the biochemistry of your body?

Mother Mary invites you to review your daily routines and be fearless in loving yourself!

With Love, Light and Joy,
Maria Anna Słomkowska
Luminaria, Energy Healer & Ceremony Priestess
www.joinmenow.pl
[Facebook](#) [Instagram](#)



Grandmothers' Circle

MONTHLY ON THE LAST THURSDAY

7 AM PDT ~ 10 AM EDT ~ 4 PM EU

MIDNIGHT AUS/NZ



GGCN



Native American tribes have many different stories of the pink lady slipper. In one of them, an Indian chief went off to war promising to return with a pair of pink moccasins for his little daughter who was inconsolable at his departure. He was killed in battle and the little girl died of grief. Her mother fell asleep on the girl's burial site, and when she woke, a pair of pink lady slippers marked the spot. In that instant, she knew her husband and her little girl had been reunited.

The Ojibwe people tell a legend of the pink lady slipper flower that begins with the daughter of a tribal chief. When the people of her village fall sick and begin to die, the young girl decides to run through a cold wintery night to the neighboring village for medicine. She loses her moccasins, but continues onwards, bloodying her feet and leaving a trail behind her. In the spring, where the bloody footprints were, pink lady slipper flowers sprout up, and all her people return to health.

The Ojibwe people's name for these flowers translates to "moccasin shoes," and the people ever after revere these oddly shaped flowers as symbols of bravery, love and healing.

The Disappearing Ones

*Finding joy amid
grief in our rapidly
changing world*



I have not seen a pink lady slipper myself since I was in my teens, on a hike deep in the Appalachian Mountains, and at the time I didn't realize how special that encounter was, or that I might never see them again. When I tap into my memories of them, I imagine myself skipping through the forest on tippy-toe with them, in a deep time dance, full of joy, wonder—and in the way of dreams—fluidly connected and held in a deeper way than my waking mind allows.



Their solitary pink flower hangs from the top of a foot-high stalk rising above two broad leaves, making the large pouchlike structure that is the “moccasin” easily visible to all who come near. When a bumble bee visits and crawls into the small hole at the top of the pouch, they find themselves trapped for a while, dispersing and receiving pollen before they find their way out again. The unique flowers don’t produce any nectar, so they must rely on their sweet fragrance and bright color to attract the bees, and they developed the pouch to trap them temporarily, gathering more pollen before finding their way out again.

Pink lady slippers are one of only a handful of members of the large tropical orchid family who have adapted to live in temperate mountain forests.

The delicate appearance of their flowers belies their feral nature that can only survive in the wild. After a long germination process, each individual plant often lives to fifty years of age if their habitat is not disturbed.

Taking years to grow from seed, they only grow in a symbiotic relationship with a particular fungus in the dirt, in acidic forests where pines, red maples and sweetgum trees grow. Perhaps they are like a picky eater or simply know exactly what will nourish them best. Most concerningly for their future though, they struggle to find new dance partners as their habitat changes. Perhaps they prefer to step into the dream worlds that their legends already inhabit.

I hear pink lady slipper say to me as I slip in between realms with them,

“Come dance with us.

Let us show you how joy bubbles up irrepressibly like our blossoms, weaving together worlds, creating the bridges necessary to move from one life to the next, from dying worlds to new ones.

When you visit our cozy inner sanctum like the bee does, feel the entire forest at your fingertips and know that life continually recreates itself.

Let joy arise in your heart until your fears and grief no longer weigh you down, and you find yourself skipping through the forest with us.”



With our rapidly changing climate, it is becoming quite common to see less of many types of wildflowers than we did in our childhood. Some are more able than others to rapidly change, mutate, or migrate.

With our climate relatively stable for the past ten thousand years or more, many plants like the pink lady slipper have developed very specific and complex relationships in their ecosystems and find themselves unable to adapt quickly enough to the unprecedented rates of rapid change in their environments. This is one reason we are seeing the extinction of a much higher percentage of species of plants and animals in recent times, causing much grief for all that is being lost.

The grief is real and heart-wrenching, and fear of what more can be lost is so very human. Threats to our long-term physical existence as the species we know ourselves to be today are real. And yet, in the long story of our Earth, the cycles of life and death and rebirth are always ongoing, in various stages of expansion and contraction.

From days and years to eons, life builds upon life as our Mother Earth continually brings forth new life. Grief and joy have been dance partners in the ever-changing cycles of life for far longer than we human beings have been on this planet.

Extinction is part of life, and various flora and fauna disappear all the time, with their role in an ecosystem usually filled by a new species, or other existing ones. Scientists believe that the “normal” extinction rate on our planet is around one extinction per ten thousand species every one hundred years. Scientists define mass extinction as when species vanish much faster than they are replaced—usually stated as about seventy-five percent of the world’s species being lost in a “short” amount of geological time, less than 2.8 million years. In the Earth’s 4.5-billion-year history there have been five mass extinctions, each one of which brought about massive upheaval and change.

Life and our Mother Earth have always found a way to persist and thrive again. In our current time, the rate at which plants are going extinct is at an all-time high worldwide. Since 1900, nearly three species of seed-bearing plants have disappeared per year—five hundred times faster than they would naturally. This is why scientists talk about our time being in a sixth mass extinction event. Each species that goes extinct causes a rippling effect through all the other species that are interdependent with them. Dramatic changes to previously stable environments can result. Almost half of all known flowering plants are at risk of extinction according to a recent study.



While there is much debate about human and natural causes of the changes to our climate, what can be done, and how much our human species is threatened, there is no doubt that drastic changes are happening and all life on our planet will have to adjust, including us. The flowers not only survived the last extinction event, but they also thrived and evolved their way through it to become more diverse and successful than before. It behooves us to learn as much as we can from them so we can follow their lead through the coming changes.

While the rate of extinction, has greatly intensified in the past century, humans have been altering their environments and causing rapid extinctions for at least fifty thousand years, if not longer. Many think that the loss of megafauna, the largest animals, on all our continents except Africa began when humans brought their fully developed hunting skills to new lands where the large animals had not evolved to understand this new threat. More recently, in Roman times, there was a plant that was so popular that the Roman people gathered it and ate it to extinction, making it the first recorded extinction of a plant by unrelenting human appetites.

From the time of the early Greeks to late into the Roman Empire, one of the most popular plants for both cooking and medicine was a golden flowered plant that the Greeks called silphion. From the same family of plants as carrots, fennel and parsley, it was truly a wild plant, taking ten years to mature in the wild, and efforts to cultivate it failed. It was considered a cure-all, prescribed for all manner of ailments. For the Romans, it was a culinary staple, lending flavor to many different dishes. Widely written about, we know that during Julius Caesar's reign, more than a thousand pounds of the plant were stockpiled in the Roman treasury, and silphion saplings were valued at the same price as silver.

Interestingly, though, it seems that silphion's story did not end in extinction after all. The last holdouts of this ancient plant have been discovered in central Turkey, a thousand miles away from its original home in what is now Libya. Speculation is that a Greek trader or farmer tried planting silphion seeds there, but they likely did not germinate for decades, and the plant was forgotten about. Nature created a bridge for this plant on a wholly different timeline and locality than the human-laid plans for it at the time.



Flowers disappear and reappear in their own cyclic dances that we don't know the steps to, but when we can step outside of our logical thinking and follow the connections that arise unbidden, new pathways appear. Pink lady slipper tells us these are bridges outside of time that can be encouraged with joy, making a place for new life to begin in ways we couldn't anticipate. Remembering the key part of their message,

"Let us show you how joy bubbles up irrepressibly like our blossoms, weaving together worlds, creating the bridges necessary to move from one life to the next, from dying worlds to new ones,"

..we can begin to follow their lead.

A moment of joy, and the grief of facing extinction, are not as incompatible as they might first seem to be. As the saying goes, grief can only exist where love lived first. Love and joy and grief are all entwined together in our lives. Truly, they cannot exist without each other because the unending cycles of life, the flow from birth to death and back to rebirth again, requires all our love, our joy, and yes, our sorrow and grief. We cannot fully have one without the others.

Flowers move easily from one side of the dirt to the other, dancing between realms, just as the pink lady slippers do when they skip through the forest, calling us to follow them. Their insuppressible blossoming invites us to be open to the smallest glimmers of joy that pop up in unexpected places, always bringing new life.





Guidance from the Flowers is a workshop that she began offering in 2023 and has expanded its scope into a four-session, month long workshop, which continues to Feed her writing.

She recently gave a talk at Unity of WV on her work with the flowers which can be viewed [HERE](#).

She edits the monthly newsletter for Way of the Rose, a non-denominational group with 33,000 members devoted to the forgotten Earth wisdom of the rosary.

She calls Charleston, West Virginia home, and has for most of her life, living there with her family. The mountains, rivers and wildflowers of Appalachia make her heart sing and dance, as well as weep, for all they have been through.

TheFlowersAreSpeaking.com

maryporterkerens.substack.com

facebook.com/mary.kerns.71

Instagram.com/marytalkstoflowers



Mary Porter Kerns is an amateur naturalist, gardener, artist and weaver and a voice for the flowers. In fall of 2022 she self-published the first edition of her oracle cards, also called *The Flowers Are Speaking*, that sold out in three months. She loves teaching others to communicate with flowers using their own senses and intuition.

She is retired from being a partner in a family insurance business and while being in the business world for over thirty years taught her many things, it mostly taught her how desperately she loves the natural world. Her heart's desire is to continue to experience the wild aliveness and deep sentience of the flowers and share them with others.



Shedding the Past

The Snake as a Symbol of Regeneration 2025

Like the snake shedding its skin, we, too, must periodically release what no longer serves us—old identities, limiting beliefs, past wounds—so as we can begin to make way for renewal. This natural process of letting go and regenerating is not a loss but an essential transformation, allowing us to embrace to grow into our fullest potential.

1. The Necessity of Shedding

A snake does not shed its skin out of choice but out of necessity. If it refuses, the old skin becomes restrictive, even harmful. Similarly, when we cling onto outdated emotions, relationships, or patterns it can frustrate and stifle our growth. Shedding the past is an act of refining in survival and evolution.

Reflection:

“I release the past with grace, knowing that shedding is necessary for my growth.”

2. Transformation is Uncomfortable but Essential

During shedding, there is vulnerability for the snake itself, the vision blurs, its body becomes sensitive. Likewise, for us and our personal transformation comes with the discomfort as we transition. Yet, within that discomfort lies the promise of renewal. Embrace the natural process, knowing we are gaining the ability that enables us to emerge stronger and freer.

Reflection: “I honor the natural discomfort of transformation, knowing it leads to renewal and freedom.”



3. *Growth is Cyclical, Not Linear*

A snake does not shed its skin just once—it does so repeatedly throughout its life. Likewise, with our personal growth it is not a one-time event but a lifelong usually bi annual cycle. Each phase of our journey calls for a new level of release, reflection, and renewal.

Reflection: “I embrace each cycle of transformation, knowing I am always evolving.”

4. *The Power of Renewal*

Once the snake has shed its skin, it moves forward lighter, renewed, and unburdened. Likewise, with us, when we fully release what no longer aligns with us, we experience clarity, empowerment, and the freedom to embody our next phase of becoming.

Reflection: “With each release, I step into a lighter, truer, and more powerful version of myself.”



Final Thought

To shed is to trust in the process of becoming. By embracing the wisdom of the snake, we are remembering that release is not an end, it is the gateway to our next evolution.

Thank you for reading
In the light of global healing peace
and understanding

MMJ Feb'25



From the moment she first set foot on foreign soil at the age of seven, Michele Margaret Juliet—MMJ—became a child of the world, a seeker of truths hidden in the folds of distant lands.

Her journey began in Ethiopia, a place where the sun cast golden shadows over ancient landscapes, whispering the stories of a time beyond time. From there, the tides carried her to Formentera, a jewel of an island adrift between Spain and Morocco, where the wind spoke in tongues both familiar and unknown and she leaned Spanish and Catalan with the local Germany called next, to a village outside Cologne named Bielefeld, where the seasons painted the earth in shifting hues, and she learned to listen to the quiet strength of old tones and deeper roots. She leaned German at the local primary school.

Then Paris, a city humming with the poetry of revolution, love, and art. Adolescence found her wandering its streets, absorbing the rhythm of a culture learning the Parisian slang and fluent conversational French, languages that danced between elegance and rebellion.

But the call of the Pacific was strong, embedded deep within her bloodline, a song carried through generations. It led her to Nauru, a land cradled by the vast ocean, where the whispers of her ancient Irish, Scottish, and Pacific ancestors echoed in the crash of the waves and the hush of the island winds.





With each destination, she did not merely pass through—she absorbed, she transformed, she became.

Language was never a barrier but a bridge, a thread connecting her to the souls of the world. Fluent in four tongues, she wove herself into the fabric of every place she touched, her spirit a tapestry of cultures, memories, and wisdom gathered like scattered pearls.

Now, at 70 years young, Michele stands as a global advocate in cultural diversity—not by title, but by essence. She is a healer, a visionary, a woman who runs with the wolves and sings to the stars. Her life is a testament to the power of movement, of embracing the unknown, of daring to shape one’s destiny with open hands and an open heart.

As the Outreach Support for the Global Grandmothers’ Council Network, she continues to uplift, connect, and inspire, living each moment as the precious gift it is.

Michele Margaret Juliet is more than a traveler; she is a bridge between worlds, a keeper of wisdom, a woman who has heeded the call of her ancestors and answered with the fullness of her being. And the journey is far from over.

Michele Margaret Juliet, known as MMJ, is a Reiki healer, visionary, retreat events planner, and a woman who runs with the wolves—an artist, writer, poet, singer, and musician who has transformed her life with fierce determination.

Guided by a powerful dream in which a woman, whom she believes to be her second great-grandmother, urged her to seize the world and create change, Michele took bold steps to rewrite her story. She divorced, sold her belongings, and found Suzanne and the Global Grandmothers’ Council Network (GGCN), outsourcing her global community and stepping into a greater purpose. Now living on the edge of a hinterland rainforest behind Noosa’s beaches, she balances her calling with caregiving, tending to the graceful Joanie, a 92-year-old former ballroom dancer.

As the Outreach Support for GGCN, Michele embraces her role in global service, treasuring every moment as a sacred gift in her vibrant, ever-evolving journey at 70 years



Together We Grow

In this Sacred Space, Local Grandmothers' Councils are intertwined globally by the tender strings of our hearts. Our collective intentions amplify individual contributions.

The Global Grandmothers' Council provides a worldview that emphasizes the preservation of our Elders' wisdom, the sharing of that wisdom, and the provision of nourishment in exchange for sharing our wisdom. When you engage with a Grandmother's service, teaching, or creativity in this space, rest assured that both you and the Grandmother reap the benefits.



Mission

Global Grandmothers' Council Network's (GGCN) mission is to be a gathering space for us to actively listen to and learn from women, embracing our diverse experiences, values, and wisdom in order to foster deep mutual care and respect. We are committed to creating just and inclusive social, economic, political, educational, environmental, cultural, and spiritual spaces and communities that enhance the health and well-being of all beings in all the realms.

We embody and share a vision for a world in which respect for the sacredness of all life is honoured.





GGCN

United Action!

DAILY @ 11:11 AM

IN YOUR TIME ZONE



THE WHOLE WORLD IS IN OUR HANDS

A Chance Meeting

Are there ever such things?

Or threads in the universe strumming, at just the right moment, to begin a new song? These were the thoughts floating through my mind, after connecting in a circle of grandmothers last weekend.

Enter stage right. A few hours pass with nine blessed souls: lives connecting for but a moment on the timeline of our lives. Yet profound, they rang as music to my ears, struggling to help loved ones understand the danger of our day, and the need to prepare. I heard about a World War II veteran, one woman's father, whose study by commission during and after World War II was to find out, among the Nazis,

“How did it happen? How did so many steer so far awry?

What was the state of mind of the German population by and large, immediately after?”

Coincidence? Perhaps?



Editor's Note: This article is a reprint from the American Diversity Report, originally authored by Regina Sën. You can explore more of Regina's insightful work [here](#).



*Perhaps, we are pieces on a larger
chessboard of life,*



*The disbandment of our education
system—today*

Truly, have you seen our day?
Years ago, I'd have been oblivious.
My head in the sand, clueless.
Except, for a fork in the road.
Another thread tugged.

This one, not by happenstance,
one of our stars in the sky—without
my knowledge—was about to go
out. Instead, she came here to my
home. Followed by another, they
two, opened my eyes to what I
never knew I never knew. That
was the first time I ever heard of
DEI, Diversity, Equity and
Inclusion, so happy was I to see
the work being done.

In the spirit of my own path, Of
Christianity, I felt my heart warm
with the thought that we were soul
sisters and yet we were so
different, I thought. Yet here they
were, alongside me, caring about
what Jesus would, too!

sensitive to the strumming of our threads...moved
about at just the right times...in the song of our
hearts? She sent me the documentary she'd created
from the letters exchanged between her parents, A
Memoire. I was so moved by the story, what she
created, that my heart swelled,

“Good Morning! I am watching your documentary,
“Untold” right now :)” (Oh dear, did I send a smiley
face? I thought a little while later. It was so beautiful
the love story...but then, oof! I'll wait until after
watching the rest of it, to see what rises and send a
follow-up.)

... To Deborah Levine: in a heart song
(interspersed, from here, in italics)

“Untold” A Memoire

*The beginning, so lovely,
a view into a time and a world I never knew—
(What a beautiful love story!)*
*The transition, its developing,
its ending, well, sobering—*



Today, in disbelief, I see the opposite happening in the name of my Jesus and I am dismayed, reminded of a scripture, aptly describing our day,

“Judgment is turned away backward, and justice standeth afar off: for truth is fallen in the street, and equity cannot enter.”
Isaiah 59:14 the similarities—in present leadership.

How to rise the tide, with love?

I saw it coming, but had no status, no money, no voice, though I got on Facebook (100 followers) and Next door, Wondering would anyone see? Why are so many Christian’s allowing Jesus to be placed upon a Trojan horse?
We know— how the story goes
How do we bring what benefits—gathers like hearts? Together, to sing?

This echoes the greatest wish of my heart, springing from a traumatic event in my life since 2015, “that I could be an instrument in some way in the bringing down of manmade walls of religion, and otherwise, between us (inflicting pain that need not be) so we can see each other as we really are? I’d had a taste that this was true in my own life.

And the threads came strumming
GlobalGrandmothersCouncil.org

Ten years later, I now see that there were walls in need of coming down in me! A story for another day, yet suffice it to say, I now know beyond a doubt we are more alike

on our paths than we are different. In heart, there are mystics who travel through the fire of every path, of every walk, and every religion: determined to love, come what may. Mystics who have travelled the dark night of the soul...

perhaps many, who can lend light to our

people, in mass, entering
**into the dark night of the soul
collectively for the first time**

These light bearers, among our elders, are rising to the beat of the inner-strumming of the heart, where they stand: in every city and state and province, of every country and every land. How do we gather, I wonder, gather together to sing?

*To rise up our day—
united in wisdom,
across “divides”—
A beauty, to echo,
the cooing of a dove,
echo, echo,
echolocation—
into the chaos,
our divide? Rsen*

How do we gather? How do we ride? Not to the call of revolution, to prey, but into the journey of the heart? Rsen



Garden Academy

LESSONS ON **BUDDHISM** BY KATHRYN MCINTOSH

Join us for this enlightening series that explores the foundational principles of Buddhism, led by esteemed Zen master and former monastic, Kathryn McIntosh.

A beloved student of His Holiness the 14th Dalai Lama, Kathryn brings deep wisdom and practical insights to each module, guiding you on a transformative journey toward greater mindfulness and compassion.

Enroll in this game-changing Canva workshop with Robyn Davis

Even if you've never used Canva before, or are already familiar, Robyn will show you some fantastic tips and tricks and methods I've been getting real good at.



EMBODIMENT MEDITATION SERIES

WITH MAYANA KINGERY

Journey deep within yourself and unlock your full potential with this transformative Embodiment Meditation Series with Mayana Kingery

Facebook Algorithms

Facebook post from our grandmother Robyn Davis stood out, capturing hearts and sparking conversations.

And so do energy flows that feed the FB algorithms, just like life. My sister posted this post this morning. It comes on the heels of observing yet another scuttle but post about this beautiful group, implying censorship, ideology leanings etc. Of course, it got a ton of comments and attention and interaction. So then, what the algorithm does, is serve it up and show it to MORE people in the group (who then assume there is overall discord). It's literally not even making a value judgement other than "Oh, people like to see this, people are interacting, show it more" - this is totally automated by the FB OS itself.

FB does actually have algos that are not sinister or controlling. There are 2 BILLION people on FB and many of you have hundreds, if not thousands of friends. This group has over 55k members. It cannot possibly show us all that is posted from all of these, so it tries to filter based on relevance and activity. We have a very difficult time reaching members with news, posts, events, and calls for action. An average post might see anywhere from 28 views to a robust viewing of 350 people reached. At that top end, it is only about .6% of this group. Just over HALF of a percent of this group sees any given post (at best). 3 things you can do

- 1 Go to the top of this group page and click the 3 DOTS (•••) next to the magnifying glass/search icon. Click Notifications. Set to see "All Posts" -- FB will aggregate notifications on this so you don't get a bazillion.
- 2 Give attention to the good stuff with likes and comments, as you do with controversial topics (I'm not saying to not have hard conversations that need to be had). Check events and featured items.
- 3 Join GGCN as a member on our website/community platform. There are different levels of support, including free. But this way we have your email address and can notify you of important news and happenings, monthly magazine and newsletters -- even if you don't feel like being on a different SM platform.

We are asking members to step in, step up and support



SUPPORT

So far, only 300+ have crossed over, and most are free subscribers. If we had even 100 more at Flower level of support, we could at least cover our system costs to offer so much to so many. There is only so much we can do for free and volunteer.

Our potential is so great, to offer systems, programs, classes, events and assistance to so many -- but the Garden will not grow without watering. Everyone tossing a few beans in the ground will supply us all with a bountiful harvest.

The government is not going to fund this. Corporations are not going to fund this. No individual patron or donor has stepped up to support (yet). It is up to us -- and we can totally do something HUGE if everyone puts in a little bit of effort and just a few beans.

Thank you, if you've read this far. This is why everyone felt the call to gather - because these times require coming together, prayer, ceremony and true wisdom from those who have seen many storms and life experiences. This year is going to be a doozie and we are gathering and organizing and featuring our wisdom keepers, as much as we can.

Peace to all here and we are so happy you are here and enjoy all of your shares - thank you for being here.



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Subscription

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Why Join GGCN?

Community: Be part of a loving and supportive network of grandmothers who understand and celebrate your journey.

Connection: Connect with grandmothers around the world, share your stories, and find inspiration in our shared experiences.

Empowerment: Access resources, workshops, and events that empower you to live boldly and joyfully.

Join us today and be part of a global movement of grandmothers who inspire, empower, and lift each other. Together, we can create a network of love, support, and strength that spans the globe. Your voice matters



Share, Support, Shine!

Be part of the
tribe of Grandmothers
leading a new era of change.
Connect with like-minded women,
share your expertise, promote your
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L e g a c y

If I'm being honest, I feel the more we know, the more we don't know. Life is a series of experiences that are meant to hone and enrich the journey, if we're open to change which is life's one absolute and constant. Resistance to life's changes are indeed futile.

In 2012, my best friend and mother's youngest sister died of a suspicious overdose. She was two years my senior and had been the other half of my 'bookend' my entire life. At the funeral, which I very reluctantly went too, I remember looking around the room at the traumatized faces of the children, teenagers and young adults, wondering at and observing all the tendrils of dysfunction choking the life out of my matriarchal lineage. I was moved, stirred and shaken.

This could not continue.

I had to change it. I had to clean up the lineage.



⚠ CAUTION
Suicide
Conversation



I began a Facebook page called [Breaking Chains – Meant2B Here](#).

Embarking on a shero's quest, I organically lost 130 lbs., did an extensive amount of manifestation work, and set out towards Colorado to go to a "Hay House, I can do it conference" and then open up an at-risk adolescent summer program. I had it down. I was gifted the entire program. The blueprints were safely ensconced in my mind. Clenching my ticket and my unwavering faith I set off to make a difference and impact lasting and profound change.

In Dallas, I learned that there was a life outside of survival and struggle. The experiences I had there proved that life could be magical and hopeful and yet... I had three adult children on the east coast severely struggling. There was more than a modicum of guilt inside my mother's heart for experiencing wonder while they were suffering.

At the Hay House conference I met and spoke to Radleigh Valentine, then protege to Doreen Virtue. I remember standing on line to receive a 1 card reading, and my surprise when he looked at me and cryptically declared, your plan is perfect, but you forgot one thing. You have to take care of that, and then you're golden. I was perplexed but didn't pay too much attention to it.

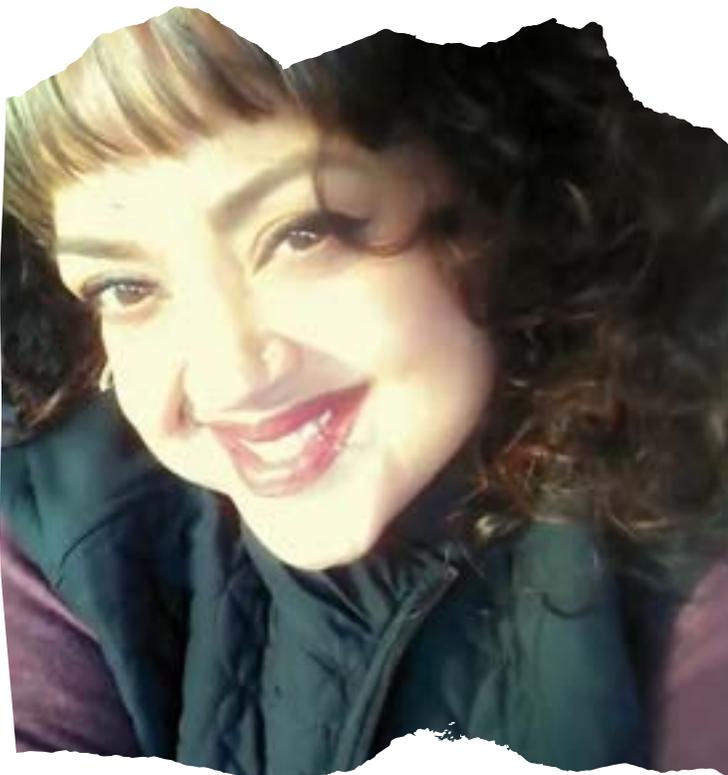
Recently thereafter, I could feel myself slipping into the darkness. My descent into what could only be described as hell was slow and surreptitious. With every day that passed, I understood less and less what was happening or how to stop it. I was experiencing an unfathomable level of guilt, having left my adult children in their respective hells. Fast forward to the decision to go back to the kids instead of embarking on my quest. Sitting in Logan Airport waiting for my pickup, I knew I had made the 'wrong' decision. I knew that it was a mistake, and thus began my two-year stint in the abyss. In and out of psychiatric hospitals with suicidal ideation,



I miraculously survived two attempts. Miracles surrounded me. It made no sense that I was still alive. I just paused typing this, still moved by the enormity of the experience.

March 31, 2016, I left my last hospitalization. My doctor had told me, “Shanti, you have the most amazing mind, you have literally created hell on earth.”

I sat with that thought running through all the layers of my existence for months after I was discharged, awakening to the realization that if I had the power to create hell on earth, then I too, could create heaven. I took my dad up on his offer to go to Puerto Rico and just take a break. To be still and silent so I could figure out my next step.



I left for Puerto Rico on August 31, 2016. I was embarrassed for my parents to see me, they hadn't seen me at all during the suicidal years, I looked different due to the massive amounts of psychotropic drugs I was on.

In the upstairs apartment, I slowly weaned myself off 11-15 heavy hitting medications with gnarly side effects, although I was privy on the methodology of weaning off of these meds, it wasn't without exacting its price.

I slept with the lights on as shadows danced across the walls, facing my fears, leaning in and surrendering to the maelstrom of feelings rising that had been stifled and suppressed by the buffet of pharmaceuticals in my system.

I began training my synaptic pathways to have gratitude instead of negativity as my default, and if you know, humanity is hardwired for negativity then you understand that it is a conscious choice to be perpetually grateful. Yoga, meditation and gratitude became a way of life.

Well on my way to graduation, Hurricane Maria devastated the little island. We were without power or water for over 35 days.

I wrote another book by tealight, “Surviving Maria” that is in revision at present.



On the 50th day after the hurricane hit, I want back to the mainland, I was missing too much school.

September of 2018, I graduated, summa cum laude. One of the biggest achievements of my life. I didn't just walk across the stage for myself, but for every runaway I met during my adolescence as a runaway on NYC streets.

There's so much more to this story. There's prequels and sequels, but the biggest most prolific takeaway is this. Self-love is everything. It's the WD-40 to life. It's what gives us resilience and an abundance of love and light to deal with this contracted world.

If hurt people hurt people and healed people heal people... our mission is then to love ourselves so completely that we are contributing to the vibration of the planet.



My ultimate goal is to leave the most authentic 'can do' legacy for my Grandpeeps that I can muster.

**A legacy of
'What else is possible?',
'What other miracles can I find?' and
'What am I supposed to learn from this?'**

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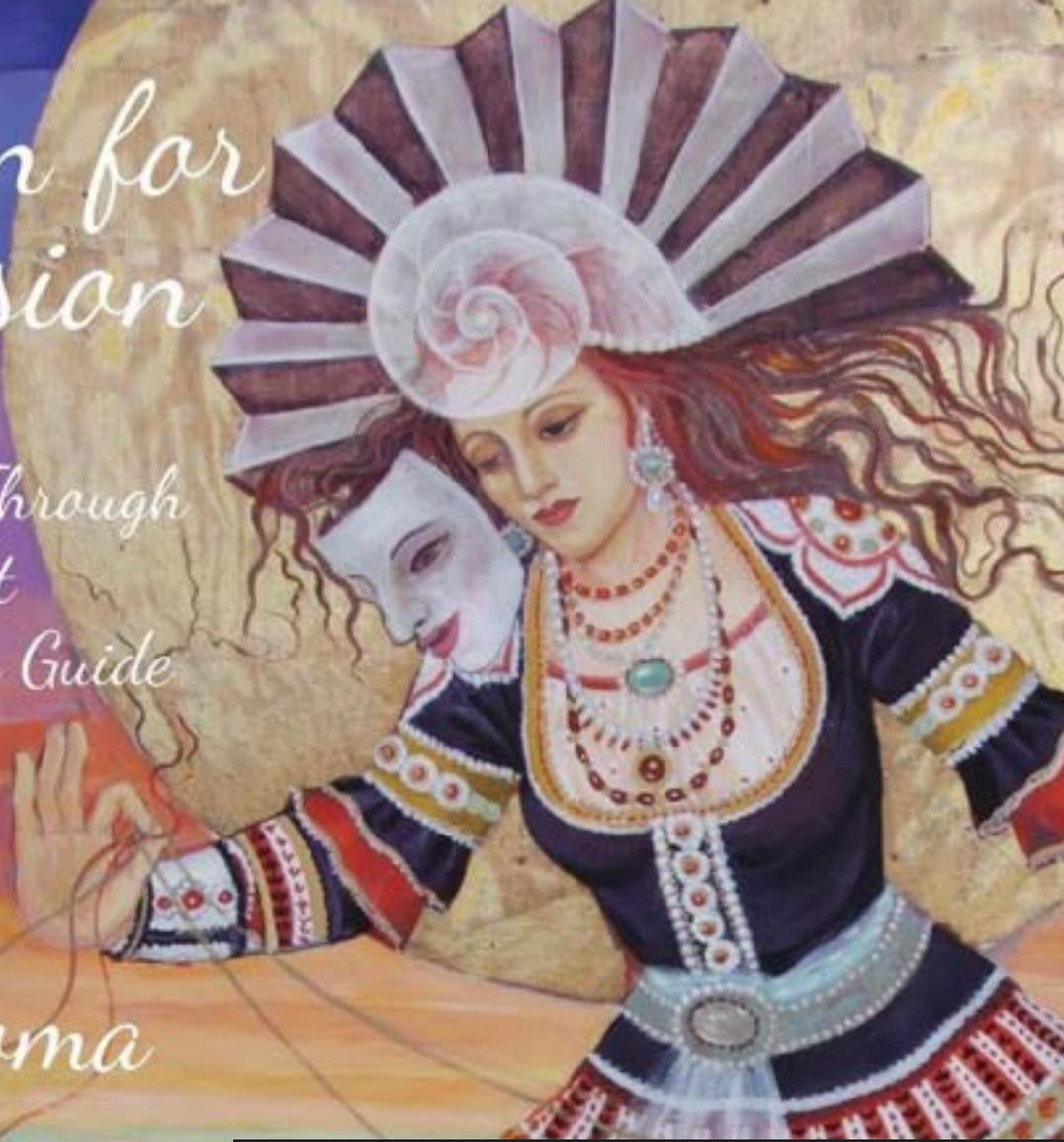


A Passion for Compassion

while Dancing Through
Our Light
A Lamplighters Guide

Volume I

Sita Paloma



Are you ready to grow in compassion toward yourself and others?

A Passion for Compassion is a gentle guide that walks us through how to tame our monkey minds and communicate through kindness and compassion. Inspired by Marshall Rosenberg's teaching on non-violent communication, author Sita Paloma offers a deeply personal yet universal guide on how to connect with others consciously.

She offers this mantra:

"I am loving to myself and all others, with understanding and sweetness, honesty, caring, protection and wishing well, always. I offer myself and others mercy when needed."

amazon.com/Passion-Compassion-Dancing-Through-Lamplighters/dp/1962984370



Grandmothers' Voices Matter!



We invite you to join this beautiful journey with our Global Grandmothers Council Network. Whether you are a long-time member or new to our community, your presence and participation can make a difference.

Together, we can empower, encourage, and support each other, creating a legacy of love that will shine brightly for generations to come.

Join us in our mission to empower, encourage, and support grandmothers just like you!

How You Can Show Support?

- Donate
- Join
- Volunteer





Mayana's Musings

By: Mayana Kingery

As GGCN grows we are discovering and learning much along the way. Our website portal, where you find Grandmothers' Garden, Marketplace, Academy, and Magazine is finally operating beyond our initial technical challenges. All these technologies are new for Grandmothers.

This brought me to consider: what is Grandmothers' Garden without daughters and granddaughters? We have gardens so our children and their children can laugh, learn, play, work and grow within them. We nurture future generations. We invite you to bring your generations into Grandmothers' Garden.

We welcome and value all perspectives, faiths, and wisdom traditions. Many grandmothers feel alone and unheard. We intend to be the place where these voices are heard and revered.

Some of our Great Grands are surely needing technical support from younger women who know how to use programs (like Canva, Stripe) and upload documents. Our Great Grands need support to offer their wisdom teachings to the world.

We have four main intentions for this work:

- Preserve & share Grandmothers' Wisdom
- Network local Grandmothers' Councils
- Provide a means of support to Grandmothers through sales of products and services.
- Listen to Voices of Wisdom

Won't you join us in Grandmothers' Garden, on a Council or on of our Daily Zooms?

We long to hear your Voice.
We Love those moments together.

Mayana Kingery
Mayana@PeaceProduction.org
www.PeaceProduction.org
www.ImagineThisDream.org



CENTER

Find your inner calm and focus on what truly matters. Connect with your inner wisdom and the collective strength of our community.



CONNECT

Share your stories and experiences with GGCN grandmothers. Strengthen your bonds and support with each other on this beautiful journey.



CELEBRATE

Acknowledge your achievements and the progress you've made. Each step forward, no matter how small, is a reminder of your resilience and determination.



As we pause, let's honour our stories and the wisdom they've brought us. Create a brighter, more connected future through these moments of reflection and renewal. This is a special time for us as grandmothers to pause, reflect, and appreciate the beautiful journey we've shared
Center, connect and celebrating our journey.

Connect



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GGCN Financial Report

March 2024 to Feb 2025

From a Facebook group to an organization, GGCN has built a unique platform with your donations. We've pinched pennies to ensure the best use of the money you trusted us with.

Your Donations: \$6,575.21

Grandmothers' Garden Subscriptions: \$4,118.00

We've not tithed as we planned to our ministry & nonprofit Mothership Alliance or Peace Production.

Income

| | |
|-----------------------|---------------------|
| Stripe | \$ 4,118.00 |
| Zeffy | \$ 1,774.00 |
| PayPal Giving Fund | \$ 4,221.81 |
| PayPal | \$ 302.00 |
| Bonfire | \$ 259.42 |
| Our Change Foundation | \$ 17.98 |
| Total | \$ 10,693.21 |

Expense Paid

| | |
|-------------------------------|---------------------|
| Web Development | \$ 5,570.00 |
| Admin | \$ 558.00 |
| Stripe Fees | \$ 171.23 |
| Stripe Refund | \$ 214.10 |
| PayPal Fees | \$ 82.19 |
| GiveButter Grandmother Payout | \$ 129.18 |
| Office, Platform, & Software | \$ 3,256.18 |
| Other | \$ 346.95 |
| Total | \$ 10,327.83 |

Bank Account Balance \$ 365.38

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Next Issue Submissions Due:
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FOCUS: SPRING EQUINOX

What are you planting for our children's future?

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