



Global Grandmothers Council Network

Voices of Wisdom in Times of Chaos

Magazine

March 2026

Mariam Khan

A Story the World
Needs to Know

International
Women's Day
and the
Whole Month

A Spell that
Must be
broken

Founding
Mothers
Movement

Bloom
Where You
Are Planted

A Manifesto for Peace, Purpose, and Renewal

Best Seller

Catalog



Editors' Thoughts
Kalina Bains

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Welcome Grandmothers

With so much happening in our world, I've found myself pausing to ask a simple question:
Where do I find hope?

I find it in the next generation. In the ones rising from everything we've lived through, seeing the world through the lens of love. I see hope in trust, their belief, and their brave steps forward, with passion, peace, and purpose.

And I find hope in us, too. In the generations who have walked through so much and still choose to rise. Together with the younger ones, we encourage, support, and love our children and grandchildren. We pray for their safety, their wisdom, and their courage to be, do, and become the ones our earth, our lives, and our future depend on.

They carry our stories. They remind us what it means to rise. Hope is here. Hope is them. And as they step forward, braver, bolder, louder in love, they call us into our own becoming.

With gratitude and grace,
Kalina Bains

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

Step Into the Season of Renewal

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Featuring
Mariam_Khan



Mariam Khan is a dedicated leader and advocate for women's empowerment. Through her work in community development and leadership initiatives, she creates spaces where women can rise, connect, and lead with confidence.

At IWDC, she is known for her collaborative spirit, her commitment to equity, and her passion for uplifting the next generation of women changemakers.

Continue the journey
with Mariam  



Mariam Khan

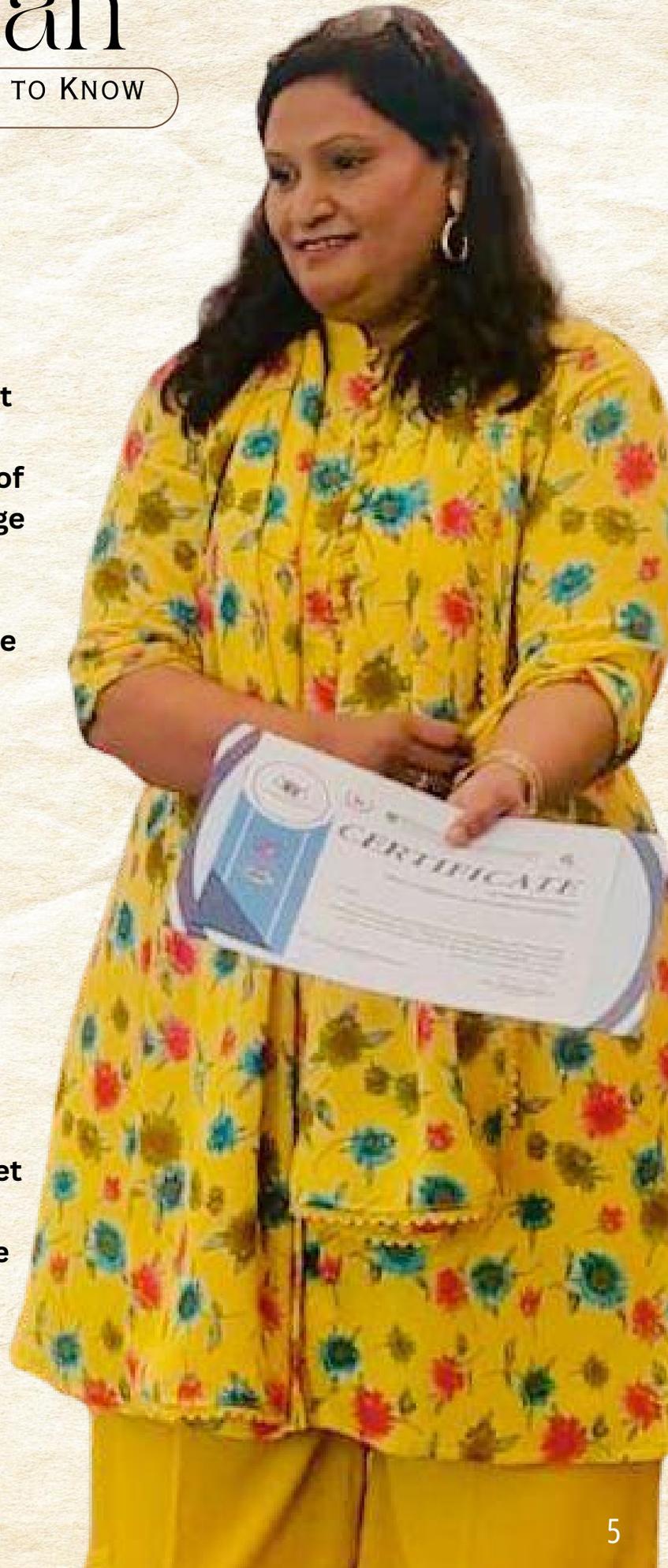
A STORY THE WORLD NEEDS TO KNOW

Mariam Khan was not just born into a family, she was born into a mission.

In her home, in a small town of one urban rural mixed community Gujranwala, Pakistan, education was not a privilege; it was a responsibility. Leadership was not a title; it was a way of life. Her parents believed that knowledge must travel beyond walls, reaching the most marginalized communities. They were not only raising children, they were shaping changemakers.

As the youngest among five sisters and two brothers, Mariam grew up surrounded by love, protection, and encouragement. She was the heart of a vibrant household, where laughter echoed louder than limitations. Though the family was not wealthy in material terms, they were deeply rich in values, unity, and purpose.

Her childhood was beautifully simple yet profoundly meaningful, open playgrounds, strong rural roots, genuine friendships, and a loving family. There was no discrimination, no fear, no boundaries placed on her dreams. She grew up free, and that freedom became her foundation.





Her early education began at her father's school, where learning was joyful and alive. It was a place filled with curiosity, discipline, and inspiration. She didn't just study there, she absorbed a philosophy of life.

Her journey continued at St. Mary's High School, where she entered a new world of growth and independence through boarding life. These years became transformative. Mariam didn't just participate, she stood out.

Twice elected as Head Girl, she became a symbol of leadership, trust, and excellence. She discovered her natural ability to lead, to unite, and to inspire. Even today, her name remains proudly displayed on the school board, a permanent mark of her early brilliance.

Up until high school, her life felt like a dream, filled with love, recognition, and endless support.

But beyond that dream, reality awaited.

As Mariam stepped into higher education and began making life-defining decisions, she encountered challenges that tested her strength, patience, and resilience. The transition from a protected world to a demanding one was not easy. There were uncertainties, struggles, and moments that could have broken her spirit.

But instead of breaking her, those challenges shaped her.

They refined her vision.

They strengthened her character.

They prepared her for something far greater.

**ST. MARY'S HIGH SCHOOL
HAFIZABAD, PAKISTAN**





With a strong academic foundation in Business Administration, complemented by leadership and management studies, Mariam continued to grow, intellectually and professionally. Over the course of 22 years, she worked with some of the most respected organizations, each experience becoming a stepping stone in her journey.

She didn't just build a career, she built understanding.

Through national and international training programs, she gained exposure, insight, and a global perspective. She remained a lifelong learner, constantly evolving, constantly expanding her impact.

But deep within her, there was always a calling. A calling rooted in her father's legacy.

She had seen him dedicate his life to teaching, guiding, and transforming lives, not through wealth, but through wisdom. He never chased large funding or material gain. Instead, he believed in leading with knowledge and growing with strategy.

This philosophy stayed with Mariam.

And one day, she chose her own path.

She founded the Community Development Foundation (CDF), a platform built not just to serve, but to empower. A platform where women could rise, lead, and transform their own realities.

Her journey from a small, love-filled home to the global stage was not easy. When she stepped out into the larger world, she faced complexities, resistance, and challenges that demanded courage and persistence.

But she kept moving forward.

Today, Mariam Khan stands as a global leader, a visionary, and a force for change. Through her work, she has empowered countless women, built platforms of opportunity, and created pathways for others to follow.

She carries decades of experience, lessons, and resilience, but most importantly, she carries purpose.

She often reflects on her journey as a circle of decades, what she received in her early life, she now gives back to the world.

From being nurtured by love...
To becoming a leader who nurtures others.

Her story is proof that a single individual, rooted in values, guided by purpose, and strengthened by challenges, can influence the world.

Especially for women.



Mariam Khan is not just a name.
She is a movement.
She is a reminder that no dream is too small, and no beginning is too humble to change the world.

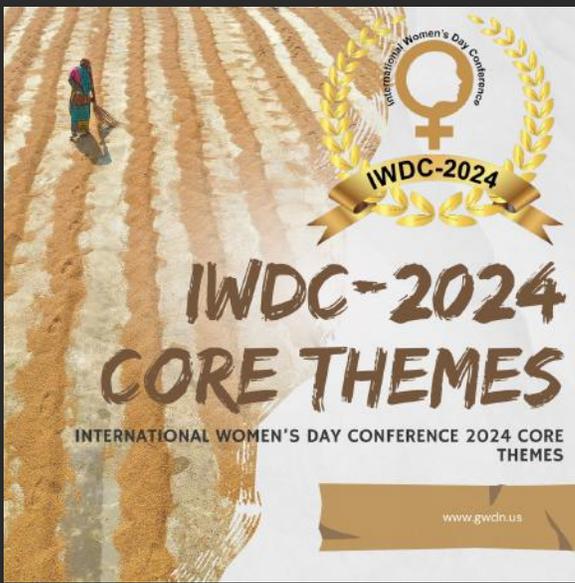
A Global Message from Mariam Khan's Journey

A small girl from a loving home...
A young leader shaped by challenges...
A woman who chose to empower the world.

The world doesn't just need to know her story
The world needs to learn from it

Founder and Vice President Global Women Development Network
facebook.com/MariamKhanCSEF
instagram.com/iwdc





International Women's Day Conference
IWDC-2024

IWDC-2024 CORE THEMES

INTERNATIONAL WOMEN'S DAY CONFERENCE 2024 CORE THEMES

www.gwdn.us



International Women's Day Conference
IWDC-2024

THEME-1: BREAKING BARRIERS

FOCUS ON BREAKING DOWN SOCIETAL, CULTURAL, AND SYSTEMIC BARRIERS THAT HINDER GENDER EQUALITY AND WOMEN'S EMPOWERMENT. THE CONFERENCE CAN DELVE INTO TOPICS SUCH AS DISMANTLING GENDER STEREOTYPES, CHALLENGING DISCRIMINATORY PRACTICES, AND PROMOTING INCLUSIVE POLICIES.

www.gwdn.us



International Women's Day Conference
IWDC-2024

THEME-2: TECHNOLOGY AND INNOVATIONS

THIS THEME HIGHLIGHTS THE ROLE OF TECHNOLOGY AND INNOVATION IN ADVANCING WOMEN'S RIGHTS AND OPPORTUNITIES. THE CONFERENCE CAN EXPLORE TOPICS LIKE DIGITAL INCLUSION, CLOSING THE GENDER GAP IN STEM FIELDS, AND LEVERAGING TECHNOLOGY FOR WOMEN'S ECONOMIC EMPOWERMENT.

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International Women's Day Conference
IWDC-2024

THEME-4: LEADERSHIP AND POLITICAL PARTICIPATION

THIS THEME FOCUSES ON PROMOTING WOMEN'S LEADERSHIP AND POLITICAL PARTICIPATION AT ALL LEVELS. THE CONFERENCE CAN DISCUSS STRATEGIES FOR INCREASING WOMEN'S REPRESENTATION IN DECISION-MAKING POSITIONS, ENCOURAGING WOMEN'S POLITICAL ENGAGEMENT, AND CREATING INCLUSIVE SPACES FOR WOMEN'S VOICES TO BE HEARD.

www.gwdn.us



International Women's Day Conference
IWDC-2024

THEME-3: CLIMATE JUSTICE

THIS THEME EMPHASIZES THE INTERSECTION OF GENDER EQUALITY AND CLIMATE ACTION. THE CONFERENCE CAN ADDRESS THE DISPROPORTIONATE IMPACT OF CLIMATE CHANGE ON WOMEN AND EXPLORE SOLUTIONS FOR PROMOTING GENDER-RESPONSIVE CLIMATE POLICIES, SUSTAINABLE DEVELOPMENT, AND ENVIRONMENTAL JUSTICE.

www.gwdn.us



International Women's Day Conference
IWDC-2024

THEME-5: INTERSECTIONALITY AND INCLUSIVITY

DISMANTLING SOCIETAL, CULTURAL, AND SYSTEMIC BARRIERS THAT HINDER GENDER EQUALITY AND WOMEN'S EMPOWERMENT. THE CONFERENCE CAN DELVE INTO TOPICS SUCH AS DISMANTLING THIS THEME HIGHLIGHTING THE IMPORTANCE OF RECOGNIZING AND ADDRESSING THE UNIQUE CHALLENGES FACED BY WOMEN FROM DIVERSE BACKGROUNDS. THE CONFERENCE CAN EXPLORE INTERSECTIONALITY, INCLUSIVITY, AND THE NEED FOR AN INCLUSIVE FEMINIST MOVEMENT THAT ADVOCATES FOR THE RIGHTS OF ALL WOMEN, REGARDLESS OF THEIR RACE, ETHNICITY, DISABILITY, SEXUAL ORIENTATION, OR SOCIO-ECONOMIC STATUS. INCLUDING STEREOTYPES, CHALLENGING DISCRIMINATORY PRACTICES, AND PROMOTING INCLUSIVE POLICIES.

www.gwdn.us

IWDC-26 REGISTRATION SUMMARY: A VOICE OF EVERY WOMAN

GLOBAL PARTICIPATION



INDIVIDUALS

32.5%

ORGANIZATIONS

32.5% ORGANIZATIONS

80.5%

VIRTUAL ATTENDANCE



80.5%

VIRTUAL ATTENDANCE

56.9%

EDUCATIONAL INSTITUTIONS

A BORDERLESS EVENT FOR ALL WOMEN

DIVERSE EXPERTISE HUB

38.5%

SOCIAL DEVELOPMENT

33.2%

EDUCATION

34.2%

WOMEN IN LEADERSHIP

56.9%

NONPROFITS



Education

Resilient Planet

Women in Trade

THE VOICE & ENGAGEMENT

48.8%

KEYNOTE INSIGHTS

27.3%

PANEL DISCUSSIONS

95.9%

ONGOING ACTION PLEDGE

80.1%

ETHICAL DATA CONSENT

IWDC-26 is not just a moment in time; it is a 10-year institutional roadmap. With a community where 95.9% are pledged to action, we are building the definitive global ecosystem for women's leadership through 2030.



IWDC-2026 GLOBAL TEAM OF VISIONARY LEADERS

TO BE CONTINUED

IWDC-26
GLOBAL COUNTDOWN SERIES
10 March - 25 March 2026

*Women of the World
Rising Together*

170+ COUNTRIES
21 DEVELOPMENT SECTORS
THOUSANDS OF WOMEN LEADERS

EVERY DAY WE HIGHLIGHT ONE SECTOR • GLOBAL CHALLENGES • SOLUTIONS • IMPACT

LEADERSHIP • EMPOWERMENT • PEACE • GROWTH • INCLUSION • ACTION • FUTURE

IWDC-26
CONNECTING WOMEN GLOBALLY

DAY 1 *Remap Power & Reality*

DAY 2 *Rebuild Systems & Economies*

DAY 3 *Rebuild for Future & Security*

DAY 4 *Rise in Leadership & Diplomacy*

DAY 5 *Rise, Scale & Sustain*

Remap. Rebuild. Rise.

IWDC-2024 OUTREACH



IWDC-24

#IWDC24SWF



Happy Women's Day

A JOURNEY OF ONE WOMAN – A VOICE FOR MILLIONS

A Journey of One Woman

Once there was a woman with a quiet dream

Not a dream only for herself,
but for every woman whose voice was unheard,
whose talent was unseen,
whose courage was hidden behind the walls of inequality.

Her journey did not begin on grand stages.

It began with small steps,
in communities, in conversations, in moments where hope needed a voice.

The road was not easy.

There were barriers.

There were doubts.

There were long nights of struggle and days filled with challenges.

But she continued.

Because she believed that when one woman rises with purpose, she carries many others with her.

Slowly, step by step, that journey grew.

From local initiatives to global platforms,
From a single voice to a chorus of women across nations.

Through movements like the International Women's Day Conference (IWDC-2021-2030), the Community Development Foundation, the Global Women Development Network, and campaigns such as the 16 Days of Activism, she worked to build spaces where women could learn, lead, and lift each other.

Her mission was never about recognition.

It was about opening doors that were once closed.

Today, that journey connects women, leaders, and institutions across continents – reminding the world that women are not only participants in development; they are architects of the future.

And the story continues...

Because somewhere today,
another girl is dreaming,
another woman is rising,
another voice is ready to speak.

And when she does,
the path will be brighter –
because one woman chose to walk it first.

– Mariam Khan
International Women's Day



www.cdfoundation.com
www.iwdc2030.org
www.gwgn.us



A PROJECT OF CDF-GWDN

PROFILE

IWDC-2021-2030

"A DECADE OF CHANGE"



VISION OF IWDC-2021-2030



VISION OF IWDC - 2021-2030

VISION STATEMENT:

The International Women's Day Conference Initiative 2021-2030 aims to create a global platform that empowers women, fosters gender equality, and drives transformative change across all sectors of society. Through collaboration, innovation, and advocacy, we envision a world where women are at the forefront of shaping a more inclusive, equitable, and sustainable future.



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

#IWDC2026

HEAD OF GLOBAL LIAISON AND COORDINATION FOR IWDC-26

MICHELE TELFER

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

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

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



MICHELE TELFER

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

WWW.IWDC2030.ORG



IWDC-26



**WOMEN IN
COMMUNITY SERVICES**



globalgrandmotherscouncil.org

KELLEY SPRINGER

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

INTERNATIONAL WOMEN'S DAY CONFERENCE IWDC-2026



www.iwdc2030.org





IWDC-26

2030



**WOMEN IN
PERFORMING ARTS
AND CULTURE**

KELLEY SPRINGER

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

INTERNATIONAL WOMEN'S DAY CONFERENCE IWDC-2026



VISIT US:

www.iwdc2030.org

By now – you readers know that I am a “Muse Painter”! It is “in me” to celebrate and honor, through my art, the Divine Feminine. I now have, in my living room, 16 Muse pictures I have painted. My quandary this last summer was “How do I get my Muses in front of people?”.

I live in southern Costa Rica, close to the sleepy little town (pop. 3300) of Dominical, made up largely of fisher people, farmers and hippies. Was there really a market for my paintings here?



“The Awaken the Muse Story”

After querying a number of friends, who gave me all sorts of ideas, I decided to host an event and have a raffle for an Empowering Muse and several classes of Muse painting. I decided to present a mini “Tony Robbins” workshop, offering some substance and a platform for me to promote the concept of Muses for motivation. I could rely on my 14 years as a Toastmaster to get me through!

One possible venue for hosting this event, fell away from lack of interest on their part. A very upscale, open-air bistro, Moromo, agreed to host the event at no cost! This was pivotal for my planning!



Cindy Heider Kaliff MA



The Tony Robbins piece was the description of 4 aspects of our personalities: the Warrior, the Magician, the Lover and the Sovereign, each adding a super power and energy to move forward toward your goals.

As luck would have it, my neighbor, Dr. Jools Candelaria, who is a Acupuncture and Movement specialist, agreed to do an interpretive dance for each personality type.

Things were shaping up! A friend of a friend, agreed to orchestrate all the musical background. Dr. Jools crafted the promotional flyers. I reached out to the local bulletin boards. I made a plea for my friends to attend. The Bistro did not dedicate the evening, solely, to the Muse event. There were other patrons there, relaxing and conversing. I networked with them and some of them joined in on the raffle.

A friend encouraged me to designate the raffle proceeds to go for art supplies for the Dominicalito elementary school that is just across the road from my housing development. (The school was “all in” with this idea).

Cindy Heider Kaliff MA



Interspersed in my presenting of the history and value of Muses and the TR program, the seven-year-old son of a friend of mine, walked around with signs that read “Choose a Muse”; “Take a Muse on a Cruise”; and “Light Your Fuse with a Muse”! June 5th, 2025 was a night to remember!

I was happy with my explanation of Muses and their purposes; Dr. Jools “hit is out of the park” with her exotic dancing; guests joined the raffle and/or donated to our cause; and Moromo offered special Muse drinks. It appeared that everyone had fun! My friend Rachel won the raffle and chose as her Muse to take home, “Esmeralda, Queen of the Gypsies”. Two guests won free passes to my “Painting, Pasta and Pool” art class that I hosted later in the month. We made \$130 for art supplies for the kiddos! All my 16 Muses were prominently displayed at the Bistro. I was so happy to show them off! I felt very satisfied that I had created this event “from scratch”!

Later in the summer, on my annual trek to the US, I took the \$130 dollars to spend! I was able to find 15 individual palettes of 8 watercolors apiece, 3 watercolor instructional books, brushes, watercolor paper and 2 books of animal and mandala designs. It seemed like a pretty substantial haul for the school!





I got a hold of Ronald, the English teacher at the school. (I wish my Spanish was up to speed but it is a work in progress!) Ronald agreed to arrange a meeting with seven of the teachers who were willing to offer art activities with the kids. (They have no designated art teacher). Going to the school with the box of supplies dressed up like a present, was a total joy! The teachers, Ronald and the Principal were all very happy to accept this gift. I really just want the kids to enjoy art! The school people want me to come lead a painting workshop! I look forward to this opportunity!



I want to underscore what a personal thrill it was for me to create an event, even a small one, and put myself out there, facing my fears and insecurities in doing so!



I don't know the future of my Muses? I do know "Build it and They Will Come"! I hope you will find in my story...the encouragement to "put yourself out there" in what ever way you can for your endeavors. I had a blast and I don't intend to stop finding ways to move my Muses into the Light!



Cindy Heider Kaliff MA is a retired Career Counselor and Grandmother to five! She is a Martha Beck Life Coach, Shiloh McCloud Intentional Creativity teacher and graduate of Christine Page's Navigating the Soul's Journey. She is a Muse painter. (See her Images of the Divine Feminine that are available for purchase in this Magazine). She has been a happy resident of Costa Rica for the past five years. She invites you to enjoy a personal retreat with her in Costa Rica. You can reach her at

cindy@careerlifeoptions.org

Whatsapp: +506-894-79505

Cindy Heider Kaliff MA

New Season.

Spring is the season,
You are the awakening.



KALINADIGITALMEDIA.CA



Founding Mothers Movement



PLANETARY
PARTNERSHIP
AND PEACE

dedicated to
TRUTH LOVE LIGHT

www.FoundingMothers.world



[/FoundingMothersMovement](https://www.facebook.com/FoundingMothersMovement)

Founding Mothers Movement is a global coalition of charities, churches, nonprofits, and social change makers. Our purpose is two-fold: Empower Women and End War. It is that simple. And we're building a movement that is powerful enough to inspire Evolutionary Change. We are determined to do what has NEVER been done before: We are uniting people around the globe to shift the paradigm from patriarchy and militarism to Partnership and Peace.

If you're a PERSON wanting to sign up:
Register as a WORLD CITIZEN

If you LEAD an organization or business:
Become a PARTNER today

If you're a FEMALE leader of an organization:
Be a DELEGATE at our Women's Congress

The Peace Pentagon

88 Oracle Way

Independence, VA 24348

Info@FoundingMothers.world

foundingmothers.world



Rev. Laura M. George,



FMM Congress Session 20 - 3-7-2026 - Laura George Speech



FOUNDING
MOTHERS
MOVEMENT



Together, let us build a legacy of gender equity and nonviolence for future generations. We the People possess the consciousness and technology to attain what our ancestors could not achieve: Partnership and Peace. Join us in this vital mission and make a lasting impact on the world: <https://www.foundingmothers.world/join-us>. Every dollar you donate helps empower Women, protect Children, and end War. Your support enables Founding Mothers Movement to further its groundbreaking work and extend its reach, ensuring that the voices of women and peace advocates are heard and honored across the globe. Our fiscal sponsor is The Oracle Institute, a 501(c)(3) educational charity.

Leading global change for gender equality and peace



We are 4 billion Sisters strong,
and we've had enough of patriarchy and privilege.
We believe in Partnership and Peace
and have a strategic plan to get there.

Rev. Laura M. George,



One Love Rising: The Child Rights Era

childrightsera.org

A global movement to ensure every child on Earth is protected, heard, and empowered, through love, education, and legal children's rights.

Ending Global Child Abuse and Murder through Ecocide Legal Action, and Enforcing USA Congress to FINISH RATIFYING THE UN RIGHTS OF THE CHILD.

America's Critical Gap in Child Rights

The United States stands alone as the **only nation** on Earth that has not ratified the United Nations Convention on the Rights of the Child (UNCRC).

While 196 countries have committed to legally protecting children's dignity, safety, and voices, the U.S. continues to leave its youngest citizens without these fundamental protections.



NOW and Through June 1st Global Action:

Starting Now and ramping up to June 1st, we initiate a powerful global movement to ratify the UN RIGHTS OF THE CHILD through the USA Congress with the help and support of the American People, and our International Allies.

[Join the Movement](#)

This is our immediate and best chance to end the wars, and the child trafficking, and to end child murder globally. And just in case we have added another level of protection through documentation to hold all big business, and big government accountable through taking care of the planet, and having a zero tolerance for pollution of water, air and soil. Our collective action seeks to hold all responsible parties accountable for devastating our planet's vital resources, impacting future generations.

By utilizing our "Plug and Play Letters" we will take matters into the hands of the PEOPLE and confront and demand immediate remedy of the ratification of the UN Rights of the Child and hold accountable into the future, our government and all governments. With an extra layer of protection from those harming our water, air, and soil. This includes harmful actions by anyone, anywhere, at any time, acts by governments, corporations, private entities, and those perpetuating war. Join us in this unified stand for planetary and child rights.

Introducing The Child Rights Era

"This is not about politics. This is about the children, and the future of our species."

Child Rights Era Board of Trustees And Global Partners Decentralized, DAO, of Sovereignty and Autonomous Peoples.

One Love Rising Child Rights Era, represents a unified campaign of the People's, to uphold, how America and all International Nations and Peoples, treats its children. Led by you, this movement transcends political divides to focus on what truly matters: ensuring every child's right to safety, education, and a voice in their future.

The power is in your hands.

PUBLIC DEMAND FOR IMMEDIATE RATIFICATION Letter

GLOBAL NOTICE OF CHILD ENDANGERMENT, ECOCIDE, AND DEMAND FOR IMMEDIATE REMEDY

International Solidarity Letter – Calling on the United States to Ratify the UNCRC and Stop Endangering Children in Conflict

Contact Us

Email

childrightsera@gmail.com

Founded

July 4th, 2025

Our Initiatives

Child Rights Era

Child Rights Era Wallet

FOSS/DAO

Decentralized and Sovereign Each Human, Has Every Right To Stand For What Is Right.

Join our global movement to establish a new era of children's rights through education, advocacy, and decentralized technology.

Heidi Little





Your Sassy & Sacred Rebirth

There's a certain spark our grandchildren carry a fire in their eyes, a boldness in their voices, a freedom we never felt.

It's the kind of sass we weren't allowed to have. The kind of confidence we were taught to be quiet. The kind of magic we were told to hide. And yet... when we look at them, we recognize something. A prism. A memory. A version of ourselves we never got to fully become.

Our grandchildren are not just the future. They are the mirror. They are the reminder. They are the rebirth.

When your grandchild looks at you with that fearless, unfiltered gaze, they are showing you what you once carried, before the world told you to be nice, be quiet, be small.

**Their eyes say:
I am here
I am worthy
I am allowed to take up space
And somewhere deep inside, your inner girl whispers back: "I was like that once."**

Our generation was taught to soften our tone, swallow our truth, and speak only when spoken to. But our grandchildren? They speak with conviction. They speak with a confidence many of us never had.

Their voices are not disrespectful; they are unrestricted. And when they speak, something inside us rises: “I remember that voice. I remember that courage. I remember that girl.”

Watching them is like looking through a prism; the light bends, refracts, and suddenly you see yourself in colors you forgot you had.

You see:

**The girl who wanted more
The girl who dreamed big
The girl who believed she could**

You see the version of you that was silenced, shaped, and softened by a world that wasn't ready for your fire.

But now? Now the world is different. Now you are different.



This is the part no one talks about: Your grandchild's glow is not new. It is inherited. It is ancestral. It is yours, returning to you. Her boldness awakens your bravery. Her freedom awakens your truth. Her sass awakens your spark.

You are not watching her become. You are watching yourself become, again.

But this time? You're wiser. You're louder. You're freer. You're bolder. You're braver. You're done apologizing. You're done shrinking. You're done silencing yourself.

This is your sassy & sacred rebirth.

Your grandchild is not just your descendant. She is your continuation.

She carries:

- your resilience
- your softness
- your strength
- your intuition
- your fire
- your unspoken dreams

And now, as a boomer woman stepping into her Sassy & Sacred era, you get to carry hers too.

Legacy is not just what you leave behind. Legacy is what you reclaim. Legacy is what you model. Legacy is what you embody.

Your grandchild shines because you survived. She speaks because you swallowed your words. She stands tall because you learned to rise. She is free because you broke the chains. And now?

You get to be free with her.

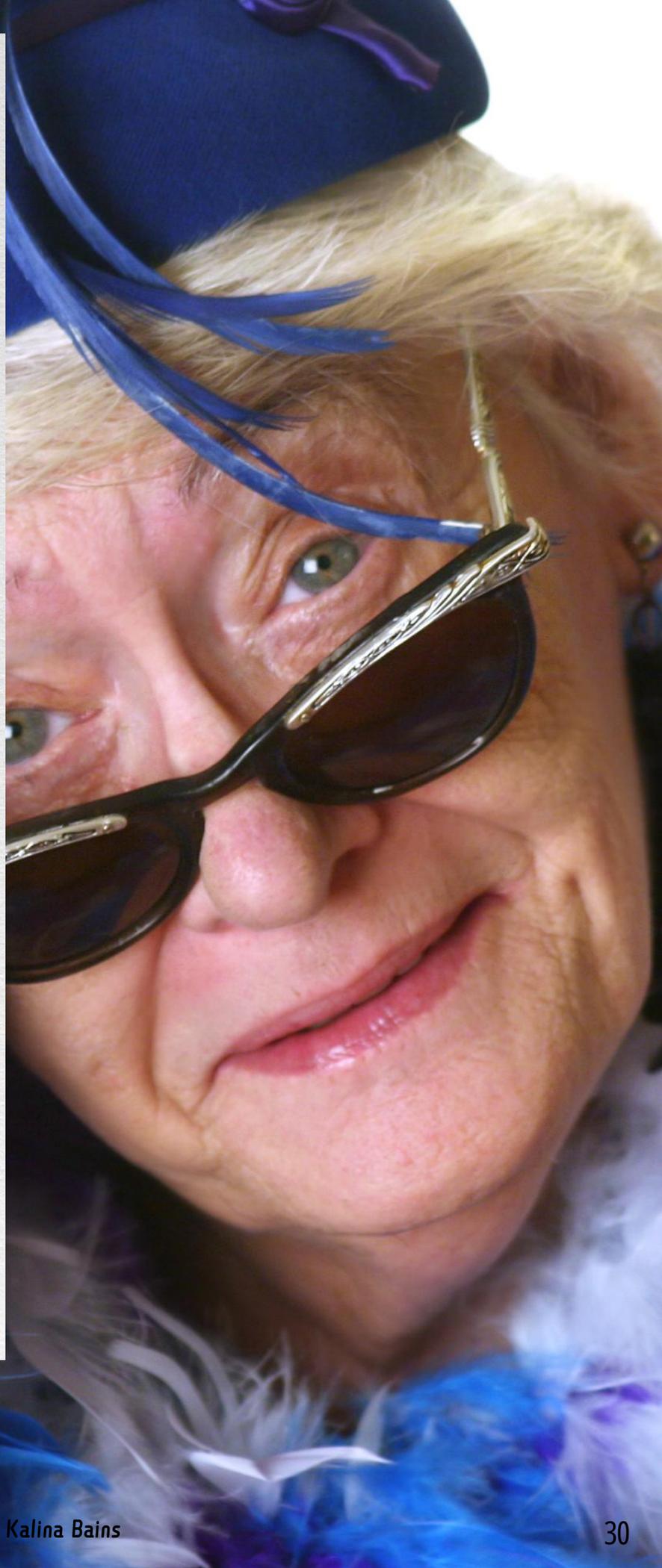
**Let her sass awaken your spark.
Let her boldness remind you of your own.**

Let her freedom permit you to reclaim yours.

Because the same light that shines through your grandchild is the same light that is rebirthing through you, brighter, louder, bolder, and more unapologetic than ever.

**You are not done. You are not fading. You are not “past your prime.”
You are Sassy. You are Sacred.
You are rising again.
And this time?**

You’re doing it for both of you.



Who Is Sassy?

**She's the woman who refused to live a
life that wasn't hers.**

**Not lost, just done being found in
places that never felt like home.**

She's the rebel who walked away.

**The purple sheep who stood out
without apology.**

**The one who chose her own becoming
over anyone else's expectations.**

Raised to be agreeable.

Taught to shrink.

Expected to stay small.

But inside her pulsed a wild truth.

**So she stepped out, gently,
then boldly, then blazing.**

Her Rebellion Was Sacred

**She said no when she was supposed to
say yes.**

**She walked away when she was
expected to stay.**

**She chose voice over silence, freedom
over approval.**

**Her rebellion was devotion,
to her soul, her sanity,
her future self.**

She didn't return to the place she left.

She came home to herself.

To her voice.

To her strength.

Come sit with me.

Come breathe with me.

**Come find your voice, your courage,
your way home to yourself.**

There is room for you here.

**There has always been room
for you here.**

**Kalina Bains
Kintsugi Woman
SassyandSacred.ca**





LISTENING TO OUR ANCESTORS

BY KELLEY SPRINGER

There are many ways that wisdom arrives in our lives. For me, the most profound way came through listening. When I first began to awaken my gifts as a healer, I entered a deep practice of meditation and inner listening. During that time, an Elder Grandmother began to appear to me. I spoke with her every day for guidance and direction. She was kind, soft and caring. Everything she shared made perfect sense and kept me growing and learning.

For nearly two years she walked beside me in this quiet dialogue, offering teachings and reassurance as I found my way home to who I am. Then one day, she was gone. I remember asking inwardly, Where did grandmother go? And the answer came clearly: She moved into you. You are her. And you were her.

That moment changed everything for me. I realized that the teacher I had been listening to was not separate from me at all. In some mysterious and beautiful way, I was speaking with myself as my own ancestor. This woke up an awareness about my inner knowing that gave me permission to say yes to my inner knowing more fully.

This gift led to many more gifts along my path. I learned over time to not hesitate when my intuition was telling me something. Self trust increased with time and practice.





Once when I was in Costa Rica, I experienced this in a very touching way. At the time, coffee plantations were blooming and stretched across the countryside. While I was there, a beautiful story came to me from the Coffee Mother, her voice was soft and certain of itself, she called this story, “The Coffee Baby”. It was a story about learning to follow your instincts and allowing the elementals of the Earth to guide you toward knowing yourself. Oddly enough that’s how I found her.

I shared the story the Coffee Mother gave to me with several people during my travels, including a young couple I met along the way.

Years later, we ran into each other again and they told me that they had coffee plants at their wedding ceremony because of the story I had shared with them. That moment touched my heart deeply. It reminded me that when ancestral stories move through us, they continue to live and grow in the lives of others.

As I shared this with some of my closer friends I found I was not alone...others had been shown they too had come back to teach themselves to awaken. This realization opened an entirely new relationship with the world around me.

As I traveled to different countries and landscapes,
-I practiced the same deep listening
-I had learned in meditation.
-I listened to the wind, to the rivers, to the forests, and to the subtle presence of the land itself.

Again and again I discovered that every place carries its own ancestral memory. That I could hear the stories of the land and share those stories with others.





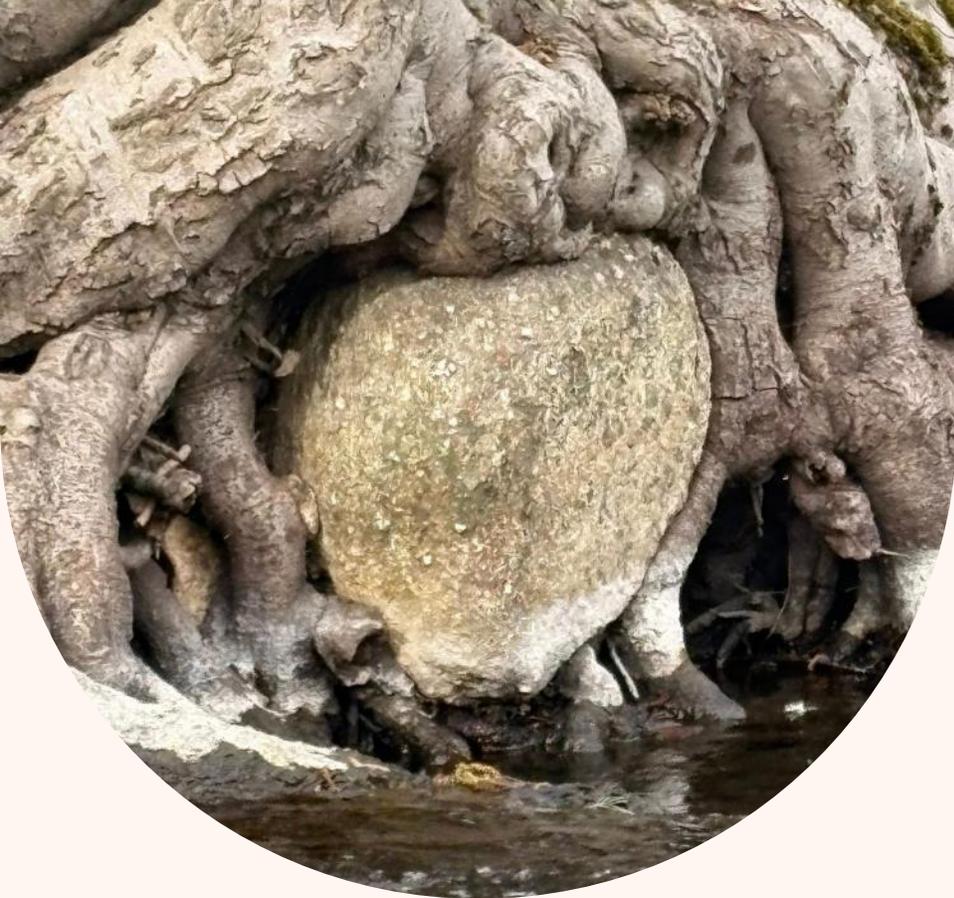
In my Temples of Light Journey courses, we travel through the original temples of light within the Earth and then expand outward into the greater galactic centers of our universe. Step by step, the journey moves us further outward until we symbolically reach the edges of creation itself, where we encounter the great mystery of life's origins. This began two years about traveling the path of the rose lines with Divine Mother Sophia and Elementals.

At each stage, we encounter another reflection of ourselves. As time went by we came to know that the original song line, what I later knew to be the, "White Rose Lines", were awakening from all over the Earth. We were singing the songs of awakening the original memory within ourselves and the land itself. The Grandmother of Mu I met later called this the first light. Yes, that's right the first light was a perfect way to say this.

Recently I was in Washington at a wellness fair and I went to the Ocean to pray and the sky was gray and flat. As I walked along the Ocean front a sea lion popped up its head and stayed with me as I walked keeping pace. When it stopped another sea lion came to meet it and I know this is the place to make my offerings and pray. Going into stillness and listening I heard the Mothers soft voice say, look up. The sky had transformed into billowing white fluffy lines, The Song Lines made visible, this is so beautiful.

We are all so fortunate to be here when these songs are awakening for us to remember ourselves more fully. Every place we visit opens new doors of perception. Sometimes we experience true DNA remembrance, a sudden knowing or memory of ourselves as beings of light and purpose, far greater than they once imagined. In these expanded moments of the heart, something extraordinary happens.





As I traveled through other parts of the world, this pattern continued.

In Japan, I met people who had never met foreigners before. We were the first in their lifetime. It was so amazing to think how isolated they had been in the rural countryside of Japan.

However in the land of Green Tea Fields the flowing Green tea was not alone for the trees were full of draping wisteria. I could feel this amazing taste to the air there as if the land and everything was drinking in the life of the plants. We were blessed to visit several rare sites including meeting tea farmers. One of them said to me the next time we see you, you will have a child and one year later I gave birth to a son.

In New Zealand, the Land of the Long White Cloud, and in many other places, stories and insights would come through the moment I slowed down and listened. The lands themselves seemed to speak.

What I began to notice was this: The more primal and alive a landscape is, the stronger the dialogue with the ancestors becomes. In places where the life-force of the Earth is still vibrant and undisturbed, the ancestral presence feels close, as if the land itself remembers.

Through this listening, the thread of our own journey begins to unfurl. Our DNA, our lineage, and our connection to the Earth started revealing deeper truths about who we are.

This understanding later became an important part of the journey work I now teach.



Again and again I return to the understanding that love is our original directive. It is the first truth we carry when we arrive in these bodies. But as we grow, life brings experiences that sometimes challenge this truth. Moments when we do not feel seen, valued, or loved can cause us to question that original knowledge.

These experiences become part of our human journey. They become the places where we must heal, release, and rediscover what has always been true. Listening to our ancestors helps us remember. They remind us that beneath every story, every struggle, and every search for meaning, there is a deeper truth waiting to re-emerge.

Embracing our prime directive that we are here to love and be loved. Is step one in the self care manual...you know that one you carry inside your knowing-self. And when we learn to listen, truly listen, we begin to hear that wisdom again, carried softly on the voices of those who walked before us... and who, perhaps, still walk within us now.



Kelley Springer is the founder of Love Wisdom Power Paths to Wholeness and the spiritual ministry White Rose Path Sanctuary. A spiritual counselor, ceremonial leader, and elder teacher with over 33 years of experience, she guides others through deep core inner healing in her program, The Song of Returning. She guides clients to awakening through her work with the Temples of Light Journey and Here Guardian Course. Her teachings weave ancestral traditions, inner child healing, and sacred communion with Divine Mother, the mother of all life.

Kelley will be offering her next Temples of Light Journey immersive course in April 2026, guiding participants through sacred temples of Earth and the cosmos to remember their divine nature and reconnect with the light of their soul.

Learn more at:

lovewisdompower.org

TEMPLE OF LIGHT
JOURNEY GUARDIANS COURSE

Calling all Guardians
To The Temples of Light

A journey to remember yourself.
Awaken your personal gifts.
Activate your divine potential.
Bring your divine Service to the New Earth

Guided by The Divine Mother
Led by
Kelley Springer
Inner Mastery Teacher

UNLOCK YOUR DIVINE POTENTIAL

LEARN MORE



WHO WE ARE

Our Founders



1940 - 2025
Grandmother
Suzanne Lewis
StarRose of Idaho



Grandmother
Sharon Reigie-Maynard
Waking Women Moving
Mountains

Global Outreach



Grandmother
Michele Telfer



Grandmother
"Black Bear"
Gayle Crosmaz



Grandmother
Joan Enoch
M.D.

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Vera
Bartholomay

COSTA RICA



Cindy Heider
Kaliff

And You?

PRAYER FOR PEACE



**When the One Who Prays
and the One Who Answers Are Not Two**
In times of global unrest, many people
instinctively turn to prayer.

**We pray for peace in Ukraine.
Peace in the Middle East.
Peace in our communities.
Peace in our families.
But a deeper question is quietly
emerging:**

From where do we pray?

**Do we pray toward peace, as something distant and
hoped for? Or do we pray from peace as something
we are willing to embody?**

**This distinction may seem small, but it changes
everything. For centuries, prayer has often been an
appeal to a higher power:**

Please bring peace.

Please help humanity.

Please end suffering.

There is humility in this approach.

It recognizes that we are not in control of the world.

**Yet many wisdom traditions now invite us into a
more mature relationship with prayer.**

They suggest that prayer is not only a request.

It is also a positioning of consciousness.

**Prayer becomes the moment when we
align ourselves with the very reality we long
to see. In other words, we are not only the
ones who ask for peace. We are also the
place where peace must begin to live.
This understanding is reflected in the
archetypal teaching of White Buffalo
Woman, who describes prayer as one of
humanity's greatest medicines.
Not because prayer magically forces the
universe to change.**

**But because prayer reorganizes the human
being who prays. It steadies the nervous
system.**

It softens the heart.

It restores clarity to the mind.

**And when even one person becomes
internally steady, the atmosphere around
them changes.**

Peace becomes contagious.



This does not mean ignoring injustice or suffering.
Nor does it mean withdrawing from the world.
On the contrary.

A person anchored in prayer can face the wounds of
the world without collapsing into despair or
hatred. They can witness conflict without becoming
conflict. They can act without adding further
agitation to an already fragile world.

This kind of prayer is not sentimental.
It is structural.
It shapes how we listen.
How we speak.
How we respond.

If world peace ever emerges, it will not come only
from treaties or negotiations.
It will also arise from millions of individuals who
refuse to let their inner world become
another battlefield.

Peace needs a nervous system to live in.
It needs voices to speak through.
It needs human beings who are willing to carry it.
That is why prayer still matters.
Not as an escape from reality.
But as a daily act of self-realization and responsibility.



Below is a prayer written in that spirit.

Prayer for Steady Peace

Source of all Life,

Let me not turn away from the wounds of this world.

But let me not be consumed by them either.

When I witness hatred, keep my heart soft, not superior.

When I see injustice,

keep my mind clear, not inflamed.

May I feel sadness without collapsing.

May I see conflict without becoming conflict.

Teach me to hold opposites

Without hardening into sides.

Where there is supremacy,

Strengthen my humility.

Where there is division,

Stabilize my inner order.

Let my nervous system be governed by peace,

Not by reaction.

Let my words be measured.

Let my presence reduce fear, not amplify it.

If global peace begins anywhere,

Let it begin in my posture,

In my breath,

In my tone.

I do not ask to escape the world.

I ask to remain steady within it.

**Align me with the courage to see clearly
and the restraint to respond wisely.**

May I be neither naive nor cynical.

Neither passive nor aggressive.

Only anchored.

And so I stand.



A Question for Our Time
Perhaps the real question of our
time is not only:
Will humanity find peace?
It may be simpler, and more
demanding:
What are we ready for?
Are we ready to become the
place where peace lives?
Because the time may indeed be
arriving when we understand
something profound:
The one who prays and the one
who answers are not two.

Lian Henriksen facilitates global storytelling and deep listening circles for women, creating spaces where people can explore life's questions through presence, honesty, and shared humanity. She is the author of [A Listening Grandmother](#) and [My Bumpy Ride to Inner Peace](#).

*Note: This article grew out of reflections and conversations while preparing material for my circles. I shaped the final version with the help of an AI writing assistant.





international
WOMEN'S DAY
and the Whole Month



globalgrandmotherscouncil.org

One day is not enough time for women to be heard and respected in the world we live in today.

One day is wonderful, but here at the Global Grandmothers' Council Network, we are holding the entire month of March in recognition and celebration through the International Women's Day Conference.

And FOCUS is an important word in this conversation about women's value in the world.

Each of us carries a heart and mind capable of choosing where our attention rests. We can focus on what is falling apart, or we can focus on what is growing. The more we focus on what is growing, and do that together, the stronger our united field becomes for the future we want to see.

So the question arises:
Where is your focus?
Are you inundated with news of horrors?
Are you spending your inner resources absorbing the chaos of the world?

Or are you noticing the laughter of children, the kindness of neighbors, the quiet miracles of life continuing to unfold?

Where do your thoughts take you?

Mayana Kingery

If your thoughts are spinning with the horrors of the world, please pause for a moment.

Take a slow, deep breath through your nose.

Hold it for a few seconds.

Exhale gently through your nose.

Do that a few times.

Then imagine an effervescent, bubbling energy rising from your heart into your mind, like cleansing bubbles, washing away the compost of the world that has accumulated there. Let those bubbles gently clear the clutter so your mind becomes open, calm, and free again.

From that clear place, you can choose where your thoughts will go. Repeat this process as often as necessary to keep your mind clear.

We hear a great deal about manifestation and intentional creation. Yet many of the popular “new age” teachings, such as The Secret, often fall short of a crucial step. They encourage us to imagine what we want, but they rarely guide us to clear our minds first before we begin creating. Many gurus and religious teachings overlook this step as well.

I experienced this personally in the Oneness movement, people laying hands on another’s crown without first clearing their own thoughts and intentions. When we create from an unclear mind, we risk participating in mis-creation rather than true creation.

The power of our thoughts and feelings cannot be dismissed. If our thoughts and emotions are constantly focused on destruction, fear, and chaos, we unintentionally help create more of it. In many ways, this is the deeper purpose of the chaos and distraction model surrounding us: to keep humanity consumed with images of destruction so that destruction continues to multiply.

But women, and especially grandmothers, carry another possibility.

- We know how to focus on life.
- We know how to nurture what is growing.
- We know how to hold vision for future generations.

This International Women’s Day, and throughout the entire month, let us gather our attention together, not on what is collapsing, but on what is being born. When women focus together with clear hearts and steady minds, something powerful happens. We begin to create the world we want

Mayana Kingery our grandchildren to inherit.



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Mayana Kingery

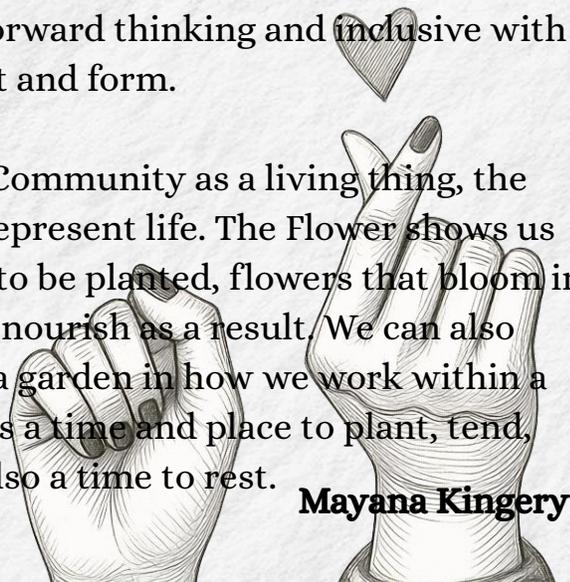
Community Building with a Whole System Design Model

Whether our community is local, regional, or global we can consider twelve aspects of our world that, when harmonized together - create a flourishing community. First offered to the world by Barbara Marx Hubbard with her Wheel of CoCreation, the brilliant futurist worked within even the US Government to break down the barriers between departments created to serve the people.

I had been a student of Barbara's work before taking a job with the Idaho Highway Safety Office of the Transportation Department. During my tenure I was invited to a conference for Bike/Pedestrian Safety in Washington, DC. I was amazed to discover her work in the conference being promoted by the department of Highway Safety! Following the conference, I was privileged to lead a movement to create the Idaho Highway Safety Coalition with a mission of saving lives in traffic accidents. Using her model, we brought together leaders in all twelve of these sectors around the single intention of saving lives. It worked!

Through the years as I considered Barbara's 12 Sectors of Society, and as I grew in awareness of our youth and their ideas of integrated culture, I've re-designed the model to be more forward thinking and inclusive with the language, layout and form.

When we consider Community as a living thing, the pattern must also represent life. The Flower shows us that there is a seed to be planted, flowers that bloom in beauty, and fruit to nourish as a result. We can also consider the life of a garden in how we work within a community. There is a time and place to plant, tend, feed, harvest, and also a time to rest.



Mayana Kingery

Each individual will determine their investment in the community growth. Are we most interested in Nature?

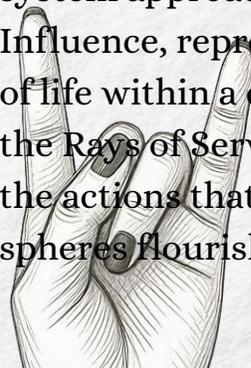
- How broad is our concept of Nature? We can consider the nature of the world and the nature of our environment.
- How does Nature align with and differ from Habitat?
- How do our Resources and Infrastructure support Nature in our Community?

and many, many more questions we can consider.

This image represents a flower, but it also reveals the Sacred Geometry of a Torroid. This shape is the same design as our heart cells, our cervix cells, and are a building block of nature.

As we consider the New World we long to see formed, these patterns help us build and create with Wisdom gained from Nature.

The following diagrams illustrate two ways of viewing this whole-system approach: the Spheres of Influence, representing the areas of life within a community, and the Rays of Service, representing the actions that help those spheres flourish.



Community Spheres of Influence Twelve Aspects of a Flourishing Society

This model illustrates twelve spheres that influence the health of a community. Each sphere represents an area of life that contributes to the whole system:

- Nature
- Health
- Relations
- Infrastructure
- Arts & Culture
- Science
- Wisdom
- Resources
- Education
- Communication
- Habitat
- Justice

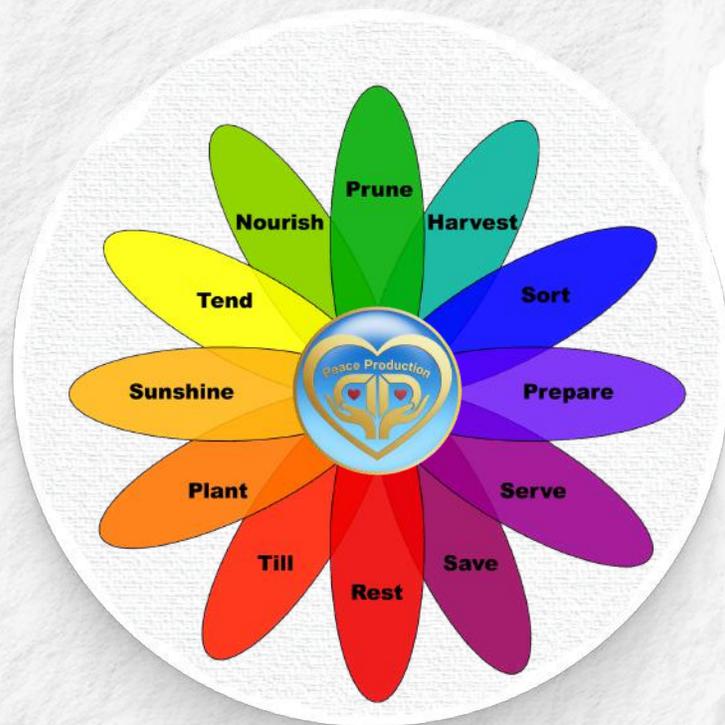
When these areas work in harmony, communities become balanced, resilient, and capable of meeting the needs of present and future generations.

Rays of Service – The Living Cycle of Community Work

This flower represents the natural rhythm of community building. Just as a garden moves through cycles of planting, tending, harvesting, and resting, healthy communities move through similar stages of service.

The twelve “rays” illustrate actions that support a thriving community: Plant, Till, Sunshine, Tend, Nourish, Prune, Harvest, Sort, Prepare, Serve, Save, and Rest.

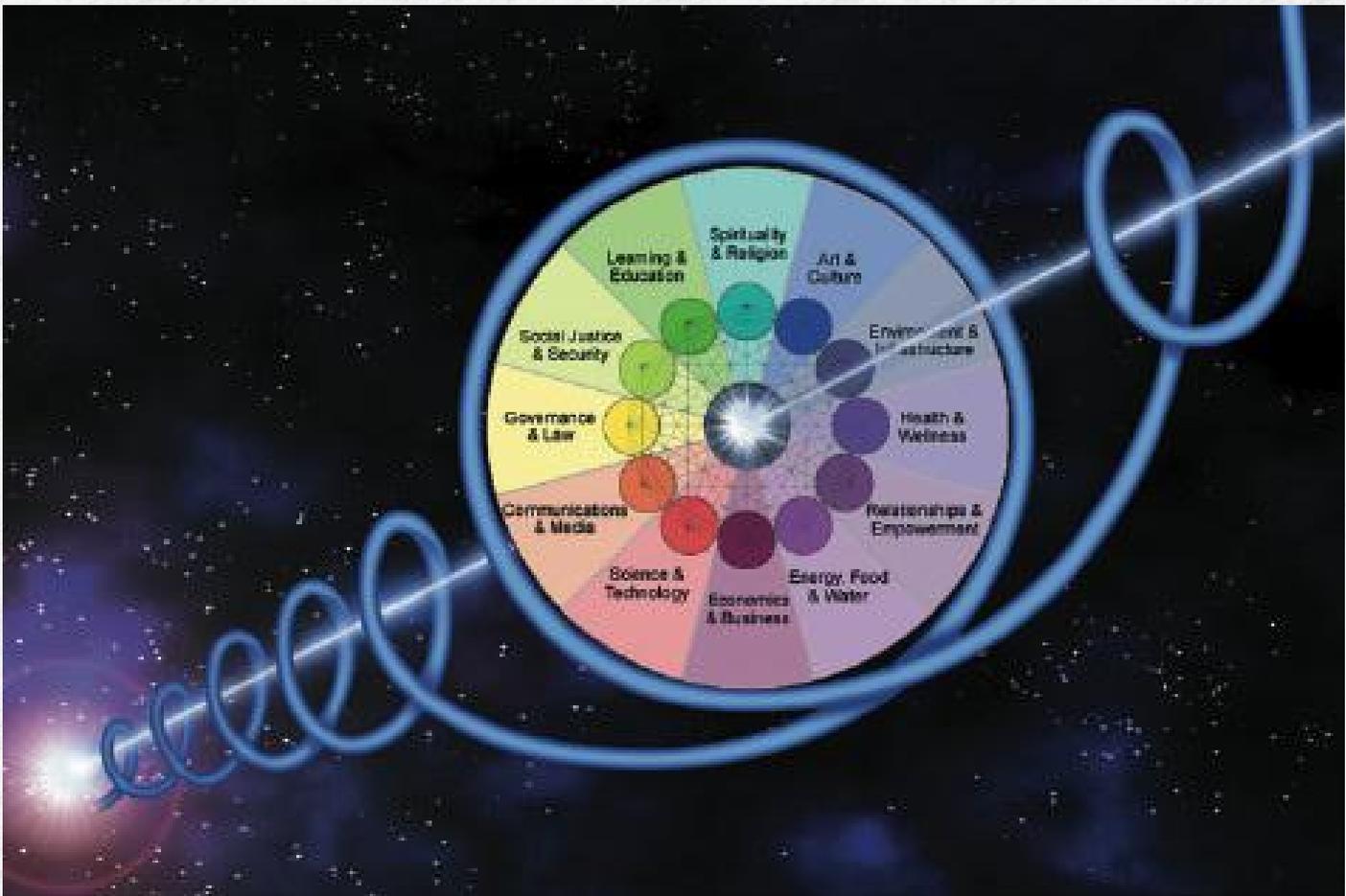
Together these stages remind us that community growth is not linear. It is cyclical—requiring care, patience, and renewal.



About Barbara Marx Hubbard

Barbara Marx Hubbard (1929–2019) was an American futurist, author, and social innovator whose work focused on humanity’s capacity to consciously evolve toward a more cooperative and creative world. Often called “the grandmother of conscious evolution,” she dedicated her life to exploring how individuals and institutions could work together across sectors of society to address global challenges.

Through her model known as the Wheel of Co-Creation, Barbara identified twelve key sectors of society that must collaborate in order to create lasting positive change. Her work influenced leaders in education, government, science, business, and spirituality, encouraging them to move beyond isolated efforts and toward whole-system solutions. Her vision continues to inspire community builders around the world who seek to create societies rooted in cooperation, creativity, and shared responsibility for the future.



Opening Reflection: Listening tuning in, and the Awareness

Tonight I awoke a couple of hours after getting to sleep. I had a prompting and so I opened myself to listen, to be receptive to whatever thoughts might surface and find their way into words for this issue of the magazine. Perhaps what wants to be said now are the reflections that come to light while we all try to understand how and where we can best serve one another: to serve the highest good, serve our children, and honour our ancestors. And hold space for Global Peace.

The Challenge of War and Distraction

War often used for a deflection, case in point atm, It's a blatantly bloody way of demanding revenue and commodities.... Bullying tactics, an error of ways, total corruption tainted by greed, usually accompanied by an enormous lust for power, by the evil few, beleaguered with parasites, all the while sporting a behaviour of the restlessness of lost souls, pursuing avarice and power for lost causes, of an establishment in decline.

We saw it coming. So many of us sensed the tremor long before it broke through the surface. While we wait on the sidelines, for the vestiges of we remain vigilant, grounded in hope, prayer and faith, holding fast, uniting, and preparing to serve each other what is enduring and true, while the bombs explode and victims are trying to escape the devastation of it all.

It is troubling that war is sometimes used as a distraction, like children in a sandpit throwing sand in our eyes, so that other pressing truths, the Epstein files, systemic injustice

Holding space with grace matters. Linking arms, joining hearts, and allowing ourselves to stay buoyed by the beauty we know is real is essential.

Holding Fast to Love and Community

What remains now, within our reach, is how we choose to stand. We hold fast to love and to peace. We hold fast to our commitment to those who most need our care: the faint-hearted, the elderly, the newborns and children, the caregivers, the teachers, the thinkers, the medics, the artists, and the many creatures without a voice who are shaped by the consequences of our actions and decisions. The forests, the rivers, the plants, and the lands and the oceans also rest in our hands.



Planting Seeds, Growing Communities

The most practical, beautiful response is to plant a garden, sow seeds wherever we are: cities, suburbs, small towns, wide country, mountains, or river valleys. Tend to it. Watch it grow. Nurture the soil, nurture your community.

- Reach out. Be spontaneous in kindness. Bring light to every interaction.
- Check in with yourself and remember: we are here for a reason, to raise the bar of how we live together.



The Difficult Treasure: Peace

Peace is the most difficult thing to hold. It is the treasure that emerges when enough of us shine the light of love from our hearts and souls, holding that intention with tender, nurturing care, meditating, being mindfully and prayerfully conscious of all that we are. Letting go of the old ways of defensive ego, narrow-mindedness, greed, and status-symbol seeking. We have come through that now. In the last twenty to thirty years, we have expanded.

We are the new generation. We are the light. We are the way. We carry Christ consciousness at the cellular level. Our DNA holds the conduit connections. We are the rainbow warriors. We are the children of the future, emerging from the past. Our ancestors guide us through dreams, visions, and inspiration.



*Women
Sitting at the
Table of
Peace*

We have lit the fire. We have danced. We have sung. We have remembered. We are awake, and we are powerful. We are the force that will set this right. We are the women sitting at the table of peace, the banquet of hope and restoration. A time now when we can be undivided.

We will manifest the positioning of women in communities across every country, grandmothers holding the children, honouring their grandmothers, standing fast, tending to the beautiful children and lands we come from.

This is how we combat war, through love, intention, holding fast, divine grace, and the goddess's power that rules our instincts, our incentives, and our very being. The fire of our hearts, our passion and our united intentions are what defines us.

*We stand in our power.
We have our voices .
We will unite and remain a
protector of peace, in harmony with
all that is, all that was, and all
that will be.*

Supporting the Menfolk



Our menfolk have lost their impetus. They stand by reluctantly unable to voice their opinions to any great extent at this point in time, at all that is unfolding. They rummage through their emotional toolboxes, seeking for something they know is there still, something to grant them a sense of grounding, while warmongers call for more alignment with a war designed for destruction fueled purely by greed, lust, and hunger for power.

Yes, we will hold our own. Our men, wise grandfathers, fathers, the younger youth, uncles, brothers in our families, need to stand now.

They need our love to convey our allegiance, and to shield and protect them, to help them reconnect with the tools they had almost forgotten they carry deep within themselves, endurance, strength and discernment.

- **To be a protector, a shield of defense against the corruption, their loyalty, and love and need for women, love of nature, acceptance of emotional challenge, and the vision courage and ability.**
- **To overcome obstacles and challenges,**
- **To release the grip of a society that demanded they work endlessly,**
- **To be compensated with taxes, barely enough to support a family , depleted of resources , wonder, and joy. This too must change.**

The Sacred Union of Masculine and Feminine

It is this, the sacred union of divine feminine and divine masculine, that holds the key to our collective renewal. Across cultures and across history, societies that honor the balance between masculine and feminine energy consistently show stronger social cohesion, higher wellbeing, and greater resilience in times of crisis.

It is in this now, here in this moment in time and space, the here and now, that we can reconnect with one another. We assimilate our strengths, reinvest our awareness, recognize our strengths and contribute to the soulful quest of rebuilding what is broken.

When we begin welcoming transformation, heart to mind, and as we open our hearts, releasing fear, relinquishing anguish, trusting the feelings of happiness and love we are able to transcend, elevating our selves and those around us. This is the conscious work of evolution: putting one foot in front of the other, sustaining life, and walking away from the patterns that no longer serve us.

We reinvent the family, reimagine our connection with land and elements, and deepen bonds with each other, brothers and sisters, elders, grandparents, parents so our babies, and our children can begin to carry the blueprint of the our future. By actively nurturing relationships, we cultivate empathy and emotional intelligence, skills that research shows predict resilience, conflict resolution, and long-term societal wellbeing.

This is what we teach. This is what we remember. This is what we preach.

Together, we can sustain our communities by holding fast, returning to our cultures, to our soulful heart and hearth. Together we belong in our community, together we belong in our family, together we belong in relationship as man and woman, aligned in intention with all that is, all that was, and all that will be.

We become the living embodiment of balance, love, and transformative power.

In this alignment lies the natural seed and source of energy, light, wisdom, and truth. And it is this sacred union, of belonging, the heart to mind communication that will carry us through the developing resonance of this era, carrying us to a future of our own manifestation, defined by trust, forgiveness love, unity, resilience, and so bringing enduring peace, and more love, because we know, we believe and we accept that

"Together we can"

STEPPING INTO
ABUNDANCE: A
JOURNEY OF
SERVICE AND
RENEWAL

Following your North Star

Eight years ago, I was sitting in a small country cottage behind a white picket fence, surrounded by rose bushes, wondering if anything interesting would ever happen. I had dreams and visions, and a friend shared that they were having visions too. That spark prompted a life-changing decision: I moved to reconnect with Indigenous cultural areas where I had worked in Aboriginal art, returned to the city, and began to re-engage with work after semi-retirement.



During that time, in the gallery where I worked I met remarkable women, leaders, writers, CEOs, artists, women claiming space in seminars, boardrooms, and collectives. Observing their energy, I realized that I had more potential than I'd previously imagined. I been participating in the old arcane capitalist system as it existed.



I decided to step into a more stimulating role, to create a niche that interested me, that held my attention, somewhere I could be myself and use my abilities. Almost immediately, the universe opened a door. A friend Kerry had a suggestion so after a lunch meeting, and within two weeks, I was offered a position caring for women with significant disabilities, within the month, I was working with and supporting them in ways I had never imagined.

One of these women, Rosemary Richardson, a pioneer in rowing who had put the Melbourne Olympic rowing team on the world map, entrusted me as her personal assistant. She was bright, gracious, and full of life sparkle, despite emphysema and repeated bouts of illness. For twelve weeks, I prepared her meals, played music with her, and assisted with her daily care.

Each night, I tucked her in, reminded her of her prayers, and witnessed her spirit shine. One evening, as her final moments approached, she moved with grace as if stepping into dance, embodying a life full of love, ritual, and joy.

That time with Rosemary changed everything, on a believing and cellular level. Intrinsicly. I emerged from it not only enriched financially, but with a renewed sense of purpose. I sold my house, moved interstate, to the edge of a forest, moved into a bus, and cultivated a rose garden, a vision from a dream my mother had gifted me. I have a beautiful parkland garden, with occasional wallabies peacocks and a canopy of stars most nights that remind me of how small we are but how magnificent when we all light up. I am in the elements, where my ancestors continue to inspire me as ever.



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

#IWDC2026

HEAD OF GLOBAL LIAISON AND COORDINATION FOR IWDC-26

MICHELE TELFER

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

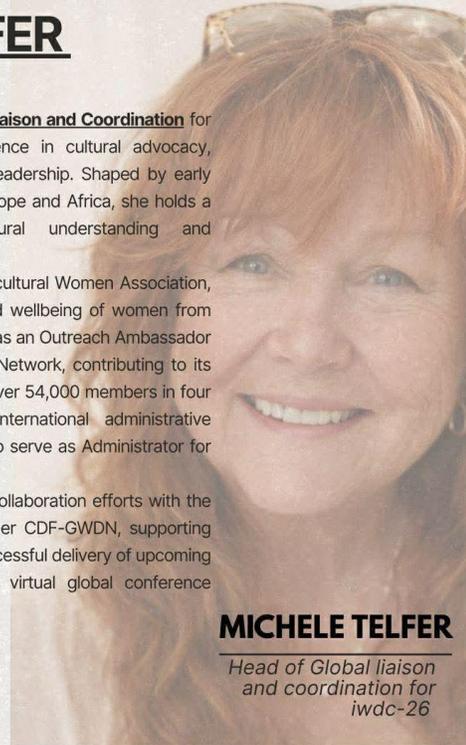
As Co-Founder of the Australian Multicultural Women Association, Michele champions the leadership and wellbeing of women from diverse backgrounds. She also serves as an Outreach Ambassador for the Global Grandmothers Council Network, contributing to its rapid global expansion from 1,400 to over 54,000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

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

WWW.IWDC2030.ORG

MICHELE TELFER

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



I feel aligned and at one with all that is, was, and will be. My intuition serves me well with the ability to support, reach out, and serve globally now, as the Liaison Ambassador for the International Women's Development Council, the Outreach Ambassador for the Global Grandmothers Council Network, as the co-founder of AMWA, the Australian Multicultural Women's Association, and as the administrator for Learn with Grandmother. I am grateful humbled and thankful, and I am aware and reminded daily, that is sustainable because I have natural resources inspiring me every moment, with every breath. It is a simple life, but an abundant life. I am surrounded by the love of my children and the beautiful natural environment where I live.



Michele Margaret Juliet

PS A very long way from that bored, depressed woman I was eight years ago, often in ill health, sometimes in ICU, where my soul yearned to be more active and my heart was stilled almost to silence. I heard the call and heeded the advice of my soul and my family. My dreams and my visions came true.

This guidance and the universe's timing reminded me: if you ever feel stuck behind a picket fence or in a life that isn't truly yours, step out, step up... and the you'll step in, to becoming more than you dreamed. Trust the journey. Your heart will always guide you to your true path. The universe will have your back. And you will find abundance, happiness, and joy in a life you created with intention, purpose, and passion.

Catch you next month

A Spell that Must be broken

I feel this essay by Bill McKibben (in comments) is so important for everyone to have in their awareness as we go about our days. Not to freak anyone out . . . It's not something we didn't already know, right? And it's not something we can (or speaking for myself), that I can put in a box and forget about except on those days when I'm in the middle of it playing out. Every day, every moment I'm aware of this. Not only in the sense of what it could mean for those humans I love, and my own self - being in the track, for example, of a tornado or similar wind seems the most likely for my location, but we never know .

I ache for the whole, and for all the innocent and unsuspecting Beings who will suffer, die, and perhaps become extinct. All because of choices that have been made, and that continue to be made, by psychopaths out of control on some strange fever dream spell. A spell that must be broken.

Yet, whatever happens, wherever it occurs, even if where we are remains safe, I pray the challenges we will be facing will be the stimulus necessary to begin the work that "should have" been happening since at least the 1980s, to revitalize, re-envision, re-inhabit our places within Earth. That we have not yet even (for the most part) begun is putting all of us, everywhere, unnecessarily at risk. There are many pieces of this such as the energy grid, food production, water, access to land and the resources necessary to survive, protecting ecosystems, listening to Earth as we rebuild and reinhabit . . . I could go on, and I have over the decades.

Which is why I'm saying this now.



Now feels, in so many ways, too late.

Yet, it can't be. We can't allow it to be.

The first step is to NOT get sucked into the energy of anxiety and fear. As hard as that is, and I know because it's been a major issue for me over the past few years, and still is to be honest, it's essential. It's my "growing edge". Maintaining a sense of calm and groundedness with Earth is key, for me anyway. (I'm a broken record, saying this all the time now).

AND what I know without a doubt is that this matters to more than just me and my nervous system.

It matters to Earth.

It matters as a way of standing strong energetically, in the field that we are in that merges with and influences all the others.
This is what I have to offer today.

Follow Susan's Journey
[facebook.com/susan.meekerlowry](https://www.facebook.com/susan.meekerlowry)
[GaiasGardenHerbals - Etsy Canada](https://www.etsy.com/ca/shop/GaiasGardenHerbals)
[susanmeekerlowry.substack.com](https://www.substack.com/p/susanmeekerlowry)

To Love Come What May: The Truly Mighty



To Love, Come What May.

There's a narrow way
Though
the Niiiiieeeeeght
IIS LOoooooooooNG

Back then 2023-2024 I could envision it, poetically, I could feel myself moving in the right direction, but I couldn't paint it or draw it myself. I hadn't yet experienced it. This image was created by ai, using one of my poems at the time, full of hope. Wisdom keepers value human creation in the journey of the heart, both in the individual and society as a whole. As yet, I didn't have the courage, or feel I could give myself permission, to create beyond words.

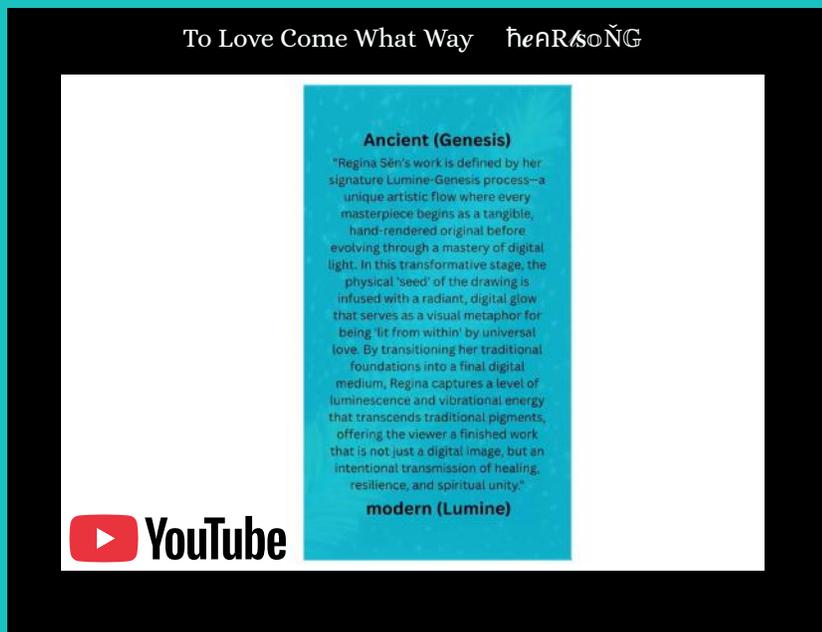
The artwork on the following pages, represent a transformation in the journey of the heart, the ship a painting of the dawning. Consider the poetry and pros and artwork that unfold here: demonstrating a trajectory in the true definition of the strong, being human.

There is a narrow way
 A road less chosen
 A dark night
 of the soul
 There is a narrow way
 It's walked, Wherein,
 Dawnings coooooome,
 Wonderment and joy
 Open up the night
 Port to port,
 SELAH!
 There Is a narrow way
 It Siiiiiiiiings
 the soul
 In the journey
 of the heaaaaaart

lift your head,
 Dear one
 Be.of.good.cheer

Though it may feel,
 The soul, it's rent in two
 Though it may feel, all is lost
 Though the waaaaaaaves
 keep crashing in
 Mega stooooooorms,
 colliiiiieedin,
 Hold your way
 Dear one--
 Anchored
 Still. Youuu
 Are Not alone.

This journey represents going from a destroyed nervous system, to a home of tranquil bliss, emanating, a regulated and regulating landscape within. A Calm Heart, Clear Mind.

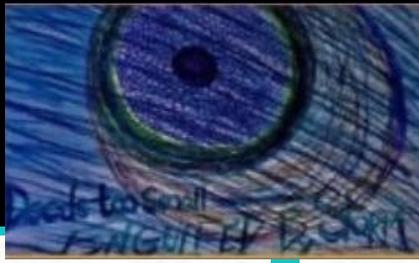


On the grid, tying these pieces together, the painted spiral door inside framing, requires an all in leap to love come what may, to enter in. The veins of gold (wisdom/help along the way) deposited by intuition represented by the white part of the grid. The flowers: healing heartsongs emerging, shedding what harms.

NOTE: Ninety percent of artwork on this video are original creations by Rsën. Watch for the 10% aibushed to life by Rsën poetry, to show up in spoken word ON YOUTUBE.

<https://www.youtube.com/@reginasen>

Fall of the Spiral Curtain



The fall of the iron curtain can never precede the fall of the spiral curtain. We are witnessing, in real time, the dangers of citizens rising to power in land(s) barren of emotional and energy hygiene, under fire, under pressure. Regardless of faith or tradition, we encounter "The human spiral" cycles of fear, judgment, shame, and misunderstandings that wound in invisible ways—nervous systems misfiring/blindsiding in reactivity: the spiral curtain.

The following story explores the luxury of being sheltered, and patterns of reactivity that pass silently through generations, even when we are "Raised with love". Through the wisdom of a trusted elder (do you have one?) one bears witness to this spiral, sits with another's pain and misunderstanding, ultimately finding liberation of soul: transcending the human spiral.

Both fictional and deeply true, "The Human Spiral: A Guru Story" is offered through the lens of catastrophe breaking otherwise regulating nervous systems—in hopes of opening a new conversation about what "Being good, Being bad, and Being love" really mean. Did I just say that, do that?!! Reactivity Cascading. Not gonna be ME!

NOTE: This story follows a helper, with Christian roots, and an agnostic injured by Christians: both hit by catastrophe, rising through storm, together, in mutual healing.

When this happens
Safety rising like the sun
Love fills the core, not romantic
Universal, Expansive, in the chest
(It breathes you)
In the silence, you can breathe
Past emotion, past all thought
(a university opens, in spirit!)
Down comes the Spiral curtain
(True sight, true wisdom)
Transmuting pain that need not be
Avoiding the tragedy of cascade
(Understanding begins)
Spirits, transcending.
The possibility of harm

Note to Christians
We say, to turn the cheek
Be the bigger person, walk away,
Is this always love?
Or does our spiraling
Look a little bit different?
Battening down the hatches
Turtling within, fear,
Fear of another, the unknown,
Fear of ourselves, "being" bad
Just as harmful to development
If not more, than a volcano spiraling
your way.
Spouting, protecting, trying to find
safety
In a world, traumatizing
And scary,
Since birth?

The Human Spiral: A Guru Story
(Substitute your term for a wise, experienced one, in your community)

Child raised with love
Taught
To avoid the spiral
(Be careful what you say)
You can never take it back
Don't be "bad."
She Feared.
Avoid It At All Costs
Became a perfectionist
No longer seeing the spiral in herself
The luxury of the sheltered
Christians, her people
Point at it
Shame it
Condemn it
Bad... Evil
They turn the other cheek and walk
away, think they're good.
All grown up

The Child says to her wise one
she, now caring
For a trauma survivor,
Raised in the spiral
Traumatized
by the spiral,
Who didn't know
The spiral
Existed
(poor child)
"Othered"
Pointed at,
Pointed out
Shamed by the sheltered
(Bad...)



The Child raised with love,
to her wise one, saying
Now seeing,
Understanding,
Knowing
More intimately
The spiral
Her nervous system, broken by a
pathogen, frayed, she could see it, now
being in remission
It's "happening" to her
She now understood the lived
experience of trauma. So blindsiding,
so confusing, cascading.
She was supposed to be a healer, a
helper.
"If she didn't spiral, I never would!"

Guru: "You are the spiral."
Child raised with love:
Open-mouthed, wanting
To BE love
Her Wise One saying:
"You really want to love?"
Let your thoughts
Pass through you,
Your emotions, too.

What rises in the silence?
One day, words tossed out by the
"Other" in spiral, deeply wound the
child, now grown. Wanting
to be love, she takes her wise one's
words to heart. Goes for a walk. Lays
down, leaning against
a tree... writes of her experience...



Underpinning: Liberation

Have you tried to
 Surrounded by the whirlwind?
 (The Human Spiral out of control)
 Let your thoughts pass through,
 Let your emotions, too
 Sitting, in the silence
 Witnessing what happens
 When you trust
 All you need, in the silence
 Desiring to love
 Will be available to you?
 Stepping outside reactivity,
 blindsiding,
 Finding liberation of soul?
 Eyes wide open. Surprise.
 The warmth of love fills her chest,
 It's rising, falling, as if being
 breathed
 Intuition of heart, of mind, come,
 pure flowing
 Have you ever stood in the silence?
 Do you know the treasure there?
 Wrapping the idea someone else
 has in misjudgment, missing, in
 understanding,
 Reactions rendering,
 Spiraling your way
 First, in Unconditional Love?

Fully Wrapped in Love
 Intuition
 Following
 Two friends

Now surrendering to the possibility
 It could be me,
 I could be wrong
 I may not know
 I might be missing

Something, perhaps,
 we both might be.
 Wrapped in unexpected
 unconditional love,
 beyond the reflex of reactionary
 judgement,
 the throwing up of defenses,
 offenses cascading, her dear one, no
 longer "the other," opens up.
 In so doing, through the lived
 embodiment of love, they learn that
 words spoken by the other
 represented something much
 different.

In fact quite the opposite of their
 understanding in the heat of the
 moment...hugging, afterward, both
 grateful to have understanding,
 compassion rising, truly seeing each
 other, and within themselves.

They could grow.

Is There No Balm in Gilead?

Whether the spiral erupts
outwardly, or coils quietly
inward...

Both wound, both cascade,
Both isolate, both break.

There is a narrow way

A road less chosen

A dark night of the soul

There is a narrow way

It's walked, wherein,

Dawnings coooooome,

Wonderment, and joy

Open up the night

Port to port,

Selah!

There Is a narrow way

And It Siiiiiiiiings

the soul

In the journey

of the heaaaaaart

To Love, Come What May

There is a narrow way

Though the niieeeeeight

Is Loooooooooong

lift your head,

Dear one

Be.of.good.cheer

Though it may feel,

the soul, that it is rent in two

Though it may feel that all is lost

Though the waaaaaaves

Keep crashing in

Mega stooooooooorms,

colllllieedin,

Hold your way

Dear one, Anchored.

Still. Be in the silence.

Youuu

Are Not alone.



In the end, the blindsiding of a nervous system—spiraling inward or outward, these experiences are part of being human. They happen until we learn to navigate our nervous systems with the qualities of love. They happen in moments of weakness or great distress. We don't always know what another is going through. We don't know the type of environment that their nervous system had to form in. Our own? In a given moment, are any of us perfect? We are all shaped by wounds, misunderstandings, and the longing to do and be good. And to receive the same. De-escalating the nervous system begins when we pause, listen, and extend compassion, to ourselves and one another, beyond the reflex of judgment and fear. It's not as easy as it sounds.

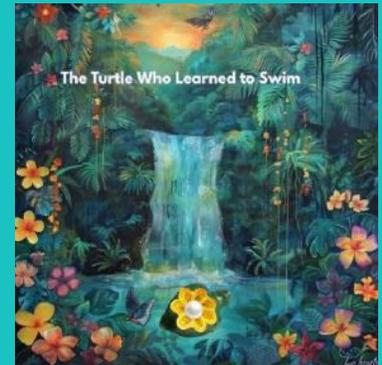
There's no perfect path, only the courage to travel the narrow way, meet each other in honesty and vulnerability, choosing to love, choosing to repair: seeking the gold reserved in the silence for us, come what may.

When we learn that the spiral is not our enemy, but a signal from within to pay attention, in safer ways to the message traveling beneath the surface of our shared humanity, this is an important first step. This life is a journey, learning to transcend the human spiral when life is overwhelming. In tending our internal landscape, healing and repairing along our way, we extend invitations to each other to grow, connect, and truly be well. This is another step forward.

And yet, if all this sounds a bit like rose-colored glasses, I get that, too. Unlike this story, we don't always have the joy of the other in our lives, intending also to do the work of shedding what harms, to fully tune in to love.

But entering into the silence, my friend, all wise ones know—this is where the mother lode is: it's where we find our gold, that inner voice helping us continue along our way.

We live in a nation that is far removed from this type of wisdom, and it is barren of the knowledge of emotion and energy hygiene, a necessary support in such a journey. Learn more about This Type of Hygiene!



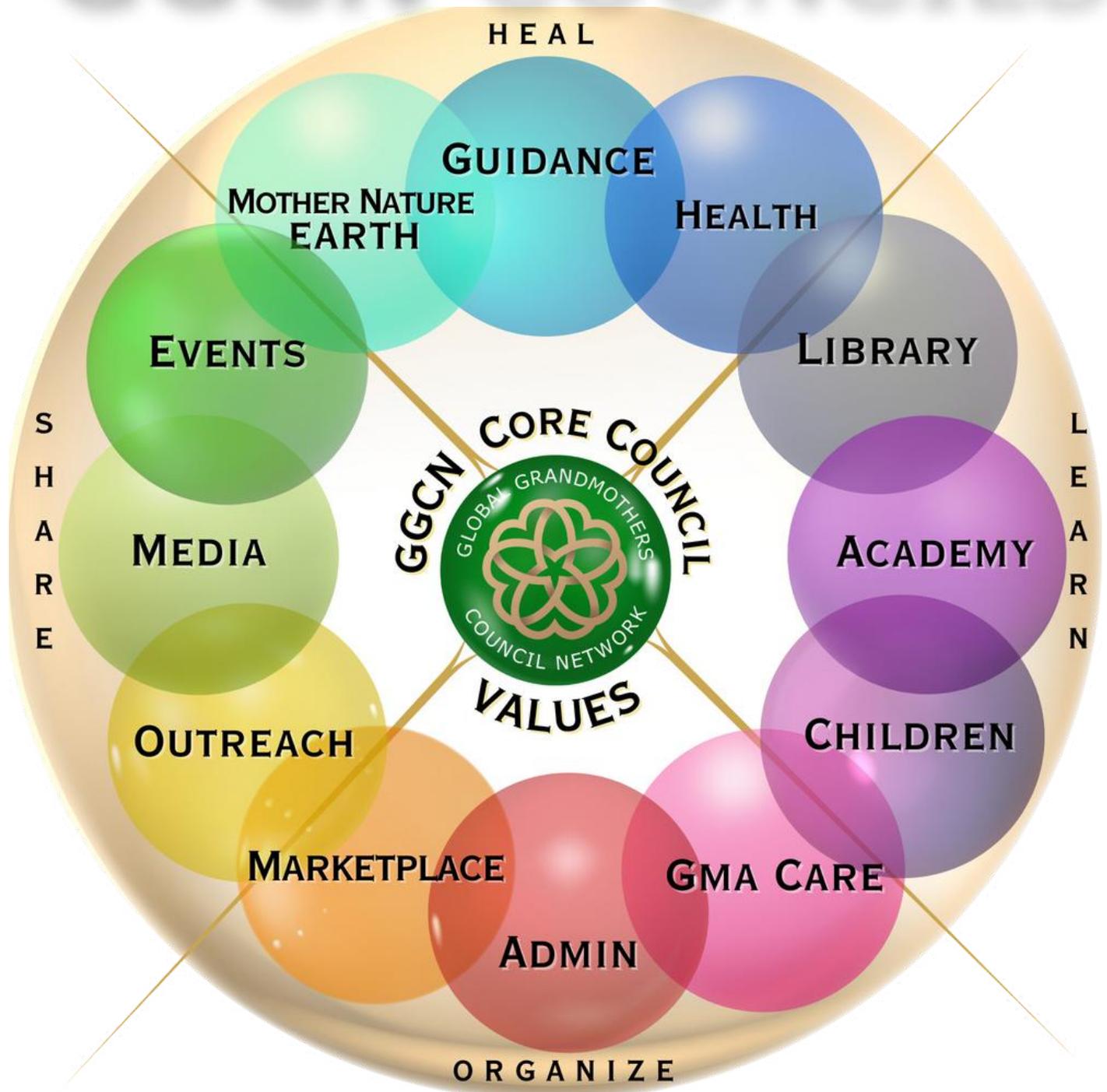
**NEXT MONTH
heAR/sOÑG:**

Healing out of the dark night of the soul... One woman shares her story, starting out with a broken nervous system in a dark night! A turtle afraid to swim. Longing for a path to open, kneading and needing a beautiful day! A new way To Love Come What May, a rescue came, from across the world, in a remarkable pandemic story!

It Could Fuel A Renaissance!



GGCN COUNCILS



As we sit in Council together as Grandmothers in an organization, we become the GGCN Network we have envisioned. Providing structure for on the ground, local Grandmothers' Councils and Circles to connect, collaborate and communicate. We also sit in Sacred Council and Circle together online. for a new world for our children's children's children.

'We Belong' and are 'Better Together'

Many Positions Available for Women Leaders

Contact: circle@globalgrandmotherscouncil.org



Mayana's Musings

By: Mayana Kingery

Staying Present

Many of the conversations I've had this week have carried the same quiet refrain:

"I can only stay present in the moment these days."

Often this comes when someone is responding to a request for their time or attention. And I understand completely. I feel it too.

Like many of you, I am holding several projects in my hands at once, while also simply being a human being in relationship with others. Yet what has become very clear to me is that when I stay grounded in the present moment, when I stop worrying about what needs to be done or how everything will happen, something remarkable unfolds.

My only real task is to remain present with myself—resting in my heart, breathing slowly, and allowing life to move as it will. From that place, everything else begins to flow naturally.

Perhaps this is something many of us are learning right now: that presence itself is a kind of wisdom. When we slow down enough to inhabit this moment fully, we rediscover a quiet trust in the rhythm of life.

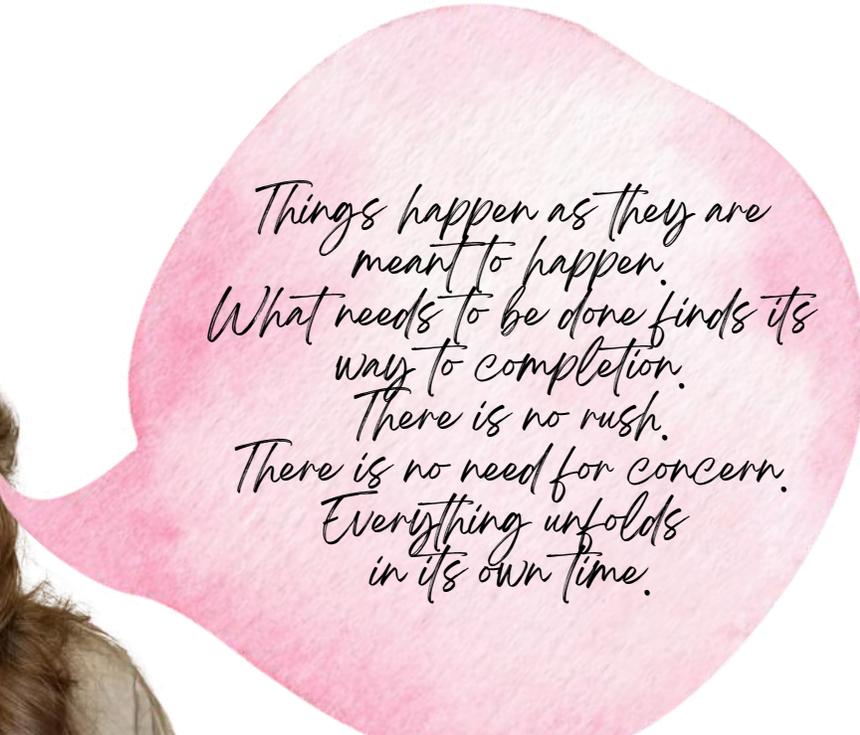
I wonder... have you been feeling this too?

Mayana Kingery

541-543-8052

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www.PeaceProduction.org



*Things happen as they are
meant to happen.
What needs to be done finds its
way to completion.
There is no rush.
There is no need for concern.
Everything unfolds
in its own time.*



GLOBAL GRANDMOTHERS' COUNCIL NETWORK

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IWDC 2021—2030



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With deep spiritual awe and enduring siSTARhood, We honor the wisdom shared across these pages, in Global Grandmothers' Council Network and KalinaDigitalMedia.ca, each word, each image a heartbeat in the collective rhythm of our grandmothers' legacy. May this offering continue to illuminate, nourish, and connect us across generations and geographies.

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

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

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Sassy & Sacred

MAGAZINE

SUBMIT AN ARTICLE

Fearlessly Becoming

Bold Brave Boomers



Healing Daughters

Passion • Peace • Purpose

GUIDED BY PASSION & SPIRIT

Kintsugi Woman
Vision, Voice & Vulnerability

Illuminated to Illuminate

Sacred Pause



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Suzanne Lewis
StarRose of Idaho



Grandmother
Sharon Reigie-Maynard
Waking Women Moving
Mountains

Global Outreach



Grandmother
Michele Telfer



Grandmother
"Black Bear"
Gayle Crosmaz



Grandmother
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Cindy Heider
Kaliff

And You?

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

