

GLOBAL  
**GRANDMOTHERS'**  
COUNCIL NETWORK  
ONLINE MAGAZINE

JANUARY 2025 Issue 01

*Center  
Connect  
Celebrate*

*Happy 2025!*

TENDING OUR  
ROOTS RECAP

ERA OF  
GRANDMOTHERS





# Welcome

## Embrace the Spirit of Grandmothers' Garden

Welcome to Grandmothers' Garden, a sanctuary of love, wisdom, and connection.

As you step into this space, you are warmly invited to embrace the spirit of community and growth that thrives here.

This garden is a celebration of the unique bond between grandmothers and those who hold their wisdom dear. It is a place where stories are told, knowledge is shared, and hearts are united in a common journey towards understanding and joy.

May your time here be filled with inspiration, and a deep sense of belonging. where every visit nurtures the heart, mind, and soul. Welcome to a place where your presence is cherished, your wisdom is valued, and your growth is celebrated.

Global Grandmothers' Council Network

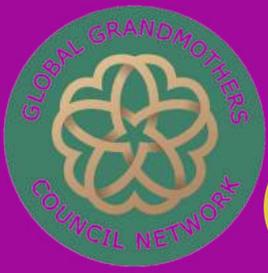




Our hearts go out to those affected by the devastating wildfires in Los Angeles. The fires have caused immense destruction, displacing thousands of families and claiming lives. In these challenging times, it's crucial for us to come together and support one another. Whether it's offering a helping hand, providing resources, or simply lending an empathetic ear, every act of kindness makes a difference. Let's show our strength and resilience by standing united and helping those in need.

Global Grandmothers' Council Network 4





# Table of Contents

JANUARY 2025 Issue 01

## *What's inside?*

15 Joan Enoch, M.D  
I Talk to Trees, I Do!

20 Lian Henriksen  
Protectors of the Spirit of  
Our Grandchildren

27 Mayana Kingery  
Heartistry Entrainment Program  
Tending our Roots Recap

36 Regina Sën  
The World Will Heal

46 Sandra Laub  
"I Am What I Am" Power

56 Mayana Kingery  
Mayana's Musings

10 Sharon Riegie Maynard  
Sleeping Women Wake!

16 Kelley Springer  
Don't Feed the Demon

23 Maria Anna Slomkowska  
& Anna Duda  
Grannies of the World

31 Nikki Luna  
Time of the Sixth Sun

42 Robin Youngblood  
Drum Circle

53 Victoria Savage  
Who's Energy are You Carrying?



# Editors Note

Grandmothers,

This is a time of transformation, growth, and renewed purpose for grandmothers worldwide. We will embrace, empower, engage, explore, and evolve as we continue this journey.

We are excited to welcome you to this new era of grandmothers. Together, we can create a brighter, more connected future. Let's celebrate our journey, support one another, and embrace the incredible potential within us all.

As you gaze into the mirror of 2025, take a moment to appreciate how far you've come and envision the incredible journey ahead. The person you see is a reminder to your strength, resilience, and unwavering spirit. Embrace this reflection and let it guide you as you continue to grow, evolve, and thrive.



*Kalina Bains*

*Editor*



## Grandmother Share Your Creativity

We warmly invite all grandmothers to contribute your unique articles, images, and creative materials to the Global Grandmothers' Council Network (GGCN). Your voice, talents, and experiences are what make our community so special.

How to Submit:

Email: Send your contributions to [circle@globalgrandmother.org](mailto:circle@globalgrandmother.org).

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

Please note that GGCN reserves the right to edit any materials received.

We also cannot assume responsibility for unsolicited materials.

We look forward to celebrating your creativity and sharing your wonderful contributions with our community!

For advertising or general inquires email [circle@globalgrandmother.org](mailto:circle@globalgrandmother.org).

[GLOBALGRANDMOTHERSCOUNCIL.ORG](http://GLOBALGRANDMOTHERSCOUNCIL.ORG)

# 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.



*My wisdom guides  
me and others.*

## 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.





# NEW ERA *of Grandmothers*

This is a new era for grandmothers, a new generation of grandmothers around the world. As we move into 2025, it's time to redefine what it means to be a grandmother. The myths and stereotypes that have long limited our perception of grandmothers must be put to rest. Grandmothers are strong, vibrant, innovative, and multifaceted individuals who play vital roles in our communities and families.

By challenging these myths and embracing the true essence of grandmothers, we can create a more inclusive and supportive society where grandmothers are celebrated for their unique contributions.

REMEMBER, YOUR LIGHT SHINES BRIGHTLY, AND YOUR VOICE MATTERS. STAY CONNECTED, STAY HOPEFUL, AND KEEP SHINING YOUR LIGHT.

# STILL BECOMING



Some of the myths we hear are:

- Grandmothers can't keep up with technology.
- Grandmothers are always old.
- Grandmothers don't have social lives.
- Grandmothers are not adventurous.
- Grandmothers don't innovate.

Global Grandmothers' Council Network (GGCN) Magazine! Grandmothers are often celebrated as the pillars of our families, but there's a lot more to them than meets the eye.

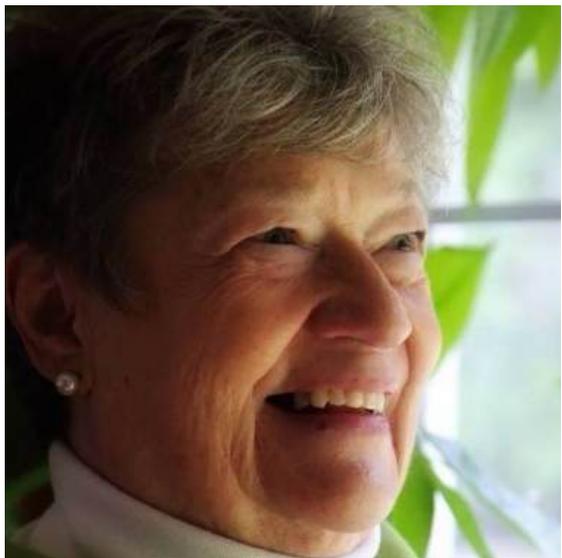
Unfortunately, many myths and stereotypes about grandmothers persist, limiting the perception of their roles and capabilities. This year we aim to erase common myths about grandmothers and showcase their true, multifaceted nature. By challenging these misconceptions, we hope to inspire grandmothers everywhere to embrace their unique strengths and contributions.

Let's work together to dispel these myths, share inspiring stories, and empower grandmothers to continue breaking boundaries.



# Sharon Riegie Maynard

## VISIONARY LEADER, SPIRITUAL TEACHER AND HEALER



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

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

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

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

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

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

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

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

# Sharon Riegie Maynard

## Sleeping Women Wake!

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

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

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

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

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

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

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

Did you know that? Do you know Why?

It has everything to do with Sophia. And so, who is she?

In 2006, I first heard about Sophia. That is what I want to share with you. My spiritual quest had unfolded from questions I asked when I saw limits or pains in my clients' lives. Their answers from those asking for the cause and solution showed me how much humanity did not know. Their guidance opened my life path.

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

# Sharon Riegie Maynard

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

The next question, "What?"

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

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

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

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

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

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

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

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

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

# 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





# 7 Talk to Trees, 7 DO!

by Joan Enoch, M.D

I write poems about trees and they have been put up in a park nearby and where I live. I share this because we have much to learn from trees if only we'd listen.

It surprised me; they answer  
Sometimes, they start conversations  
I learn lessons from them  
The first time, I wanted to buy the house  
Next door; I wanted to own that tree  
“You can't own me, I'm a tree,” she said.  
It got easier over time; my nerve cells  
axons, dendrites, those interconnected  
neural nets, merged with roots, mycelial networks;  
the complicated routes they use to communicate.  
“We're both sentient, you see, and could save  
Our suffering planet, if you'd let us live.”  
My friend, a beautiful Japanese maple  
Tells me not to worry; she calms my fears  
For the planet. Her greens and reds, and even  
Her lost leaves say all is well, we will return  
In another season of life. I trust that she knows  
For she will live when I am long gone.  
This weekend, I smelled smoke in the air  
But also saw the myriad colors, and a sensitive  
semaphore from one tree told me to rest in the  
season and know ends come for a reason  
I am touched by trees, I touch them and they  
Return the feeling  
Sometimes we hug



# Don't Feed the Demon

By: Kelley Springer



## Love Wisdom Power

Paths to Wholeness

Kelley Springer

WHITE DRAGON MASTER TEACHER

[www.LoveWisdomPower.com](http://www.LoveWisdomPower.com)

*The essential skill lies within our hearts:  
Remembering that the choices we make together  
are the ones that strengthen us.*

For more than 30 years my spiritual grandmother has told me, “This is the time of the return of honor,” a time when people will be learning to honor each other, despite their differences.

We live in a time of heightened polarization, visible in politics, family, religion, social and economic status, and recently, during COVID. It has caused job loss and fractured families and communities.

Grandmother says the key is keeping our hearts and minds open with kindness, love, compassion, and forgiveness. For many, this is a new skill to develop, having not been taught in environments with rigid opinions and no room for flexibility. Such settings create emotional triggers, making it hard to break from others’ expectations, especially regarding family loyalty.

We can retrain ourselves to release ingrained patterns that limit us. As a Spiritual Counselor for 32 years, I’ve seen how changing unconscious patterns can transform lives, inviting more love and kindness for a more peaceful path.

Living with my family in Colorado after being away for 30 years, I observed extreme opinions on both sides. I realized hate uses the same language, as if scripted for both parties. With the internet, it’s plausible that seeds of division are planted intentionally. This led me to ask: what does hate feed?

It’s not the speaker, but something unnamed, hidden — a specter, perhaps “The Wetiko,” as Paul Levy describes in his book. It’s uncomfortable to discuss dark energy, but it’s essential. When family members criticized each other politically, I’d say, “Don’t feed the demon. Send love and prayers instead.” Both sides used the same language, suggesting manipulation.

Polarization weakens us, dividing our nation and diminishing our strength and unity.

# Don't Feed the Demon

By: Kelley Springer

America, founded as a mixed union, is facing division at home. However, if we pause and notice, we can change the narrative and stop repeating hate speech. We can choose to engage differently and not feed negativity.

Some avoid the issue by stepping out altogether and refusing to participate in negativity, which is a relief from the ugly discourse.

Others prefer to stay at the surface, avoiding deeper reflection on our contributions to negativity. But ignoring the shadow carries a cost. It's crucial to strive for balance — what Grandmother calls the “middle way,” where two hearts meet, and consensus can be reached, even if we agree to disagree. Kindness, respect, and love are choices we can make.

In polarizing situations, choose kindness over hate. Discuss with family and friends the importance of choosing kindness and involve them in changing behavior patterns.

A community practicing this would be transformative. Imagine a city standing together, honoring differences with respect, love, and kindness. This could bring greater focus on problem-solving, that alone could contribute to changing the world for the better.

Finally, stop supporting those who spread hate. By not endorsing such people, organizations, and practices, we can weaken negativity and raise our collective frequency.

I encourage everyone to choose kindness. This is the time of the return of honor, where we respect each other despite differences. I agree with Grandmother — it's time to make a choice and stand for it. Join us!

Many blessings, in appreciation of our elders and their wisdom.

*Note: Paul Levy's book, **Dispelling Wetiko**, describes a contagious psycho-spiritual disease, “wetiko,” operating through the human psyche's blind spots, causing collective madness. It holds its own antidote, offering hope for waking up and restoring sanity to society.*



*Kelley Springer is the visionary founder of Love Wisdom Power — Paths to Wholeness. Renowned for her skills as a spiritual counselor, you can read more about her shared gifts on her website: [lovewisdompower.com](http://lovewisdompower.com)* ✨



# 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

*Subscribe and get 3 months  
Free as a Women of  
Wisdom who feels the call*



*Subscribe to receive direct to your inbox*



HEALING, GUIDANCE. SUPPORT AND CONNECTION

[GLOBALGRANDMOTHERSCOUNCIL.ORG](http://GLOBALGRANDMOTHERSCOUNCIL.ORG)

As grandmothers, we are uniquely positioned to provide a counterbalance. Our wisdom, life experience, and unconditional love make us powerful anchors for the younger generation.





## *An Invitation to Action*

LIAN HENRIKSEN  
FOUNDER OF THE MIDWIVES  
OF PEACE

OBJECTIVE: TO INSPIRE AND  
EMPOWER GRANDMOTHERS  
TO TAKE UP THE SACRED  
ROLE OF PROTECTING THE  
SPIRIT OF OUR  
GRANDCHILDREN AND THEIR  
GENERATION, ENSURING  
THEIR WELL-BEING AND  
NURTURING A MORE  
COMPASSIONATE WORLD.

This is not a journey we take alone. It requires a community of like-minded grandmothers who share the vision of a brighter future for our grandchildren. I invite you to join me and others in co-creating this legacy.

Together, we can amplify our impact and co-create a legacy of love, strength, and harmony for generations to come.

If this resonates with you, please comment below or message me directly or comment here. Let us embark on this transformative journey as protectors of the spirit of our grandchildren.

With love and gratitude,

Lian Henriksen

Founder of The Midwives of Peace

Objective: To inspire and empower grandmothers to take up the sacred role of protecting the spirit of our grandchildren and their generation, ensuring their well-being and nurturing a more compassionate world.



Dear Grandmothers of the Grandmothers'  
Global Council Network

As a grandmother to six beautiful souls (ages 1, 4, 4, 5, 7, and 14), I often reflect on the sacred responsibility we carry: to protect the spirit of our grandchildren and the generations they represent. This protection, however, is not only about shielding them from immediate harm but also about nurturing their essence, their joy, and their sense of purpose in a world filled with increasing challenges.

## *Why Grandmothers Must Stand UP!*

The urgency for grandmothers to step into the role of protectors has never been greater. From the Californian fires to global crises, we see the effects of environmental, societal, and moral neglect. Having lived and worked in the San Fernando Valley near Topanga Canyon, I have witnessed firsthand the consequences of excessive wealth and the emptiness it often brings. Our grandchildren are growing up in a world that prioritizes materialism over meaning, and competition over connection.

As grandmothers, we are uniquely positioned to provide a counterbalance. Our wisdom, life experience, and unconditional love make us powerful anchors for the younger generation.

Protecting their spirit means:

**Preserving Their Essence:** Ensuring that their innate gifts and authenticity are not stifled by societal pressures.

**Encouraging Resilience:** Teaching them to navigate life's challenges without losing their sense of self.

**Creating Safe Spaces:** Offering them environments where they feel heard, valued, and loved.

## *What It Means to Protect Their Spirit*

To protect the spirit of our grandchildren is to honor their individuality and nurture their potential. This means:

**Being Present:** Listening to their stories, fears, and dreams without judgment.

**Modeling Integrity:** Showing them through our actions what it means to live a life of purpose and compassion.

**Advocating for Their Future:** Standing up for the issues that impact their well-being, from climate change to education and equality.

## *The How: Creating a Sacred Space for Growth and Connection*

To support this mission, I have introduced the **Midwives of Peace: Storytelling & Listening Zoom Circle**, a sacred space where grandmothers can gather to share, listen, and grow together.

**During these sessions, explore transformative topics such as:**

- **Healing Ancestral Wounding and Pain**
- **Radical Self-Acceptance**
- **Nervous System Regulation**
- **Emotional Intelligence**
- **Love & Universal Love**

Find out more [Midwives of Peace](#)

# 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.



Hug the World - is the main tag Grannies of the World Foundation used in the first six months of their activity. The NGO was born from a prophetic dream I had four years ago. Three years later, I got Divinely guided to call it Grannies of the World and to launch an initiative of knitting and crocheting soft blankets, with intentions weaved into every loop. These intentions are love, acceptance, and tender presence.

My best friend Anna joined me in birthing the organization and we were Divinely supported and guided in every step. We received pro-bono consultancy from the best lawyers, when the documents were ready, we were guided to book a notary for 22nd of July, which turned out to be Mary Magdalene's feast! And the legal announcement of Grannies to be operational came on August 8th 2024 (888 - the Lion's Gate). If this wasn't enough, just as we birthed Grannies, we were pointed towards the GGCN group on Facebook and we instantly knew that we were going to weave the net of Life and Light together! What a line up!

HUG THE WORLD INITIATIVE  
WAS LAUNCHED ON  
SEPTEMBER 29TH DURING  
A POWERFUL WOMEN'S  
CIRCLE WE HELD OUTSIDE  
OF WARSAW. THREE  
GENERATIONS OF WOMEN  
CAME TOGETHER TO  
CELEBRATE  
THE BIRTH OF THE  
FOUNDATION AND 25 YEARS  
OF WORK FOR THE WOMEN  
OF GRANDMOTHER ALICJA  
BEDNARSKA. GGCN WAS  
LAUNCHING THEIR  
POWERFUL LIVE EVENT  
EXACTLY ON THE SAME  
DATE!  
CAN YOU FEEL THAT  
ENERGY? IT'S ALMOST  
GETTING ELECTRIC!

IN 2024, THE BLANKETS WERE CREATED FOR CHILDREN FROM THE EMERGENCY CARE CENTER IN OLSZTYN, NORTHERN POLAND. ECC IS A PLACE WHERE CHILDREN ARE TAKEN FROM INTERVENTIONS, AND WHERE THEY STAY UNTIL THE COURT DECIDES ON THEIR FUTURE. SOMETIMES IT'S A COUPLE OF MONTHS AND SOMETIMES IT'S ALMOST A YEAR. WE STARTED TO COOPERATE WITH A FOUNDATION THAT WORKS WITH THOSE CHILDREN ON A DAILY BASIS. A VOLUNTEER SHARED WITH US SOME HIGH LEVEL DETAILS ABOUT THEM, SO EACH WOMAN COULD CHOOSE WITH HER HEART, WHO SHE IS DRAWN TO KNIT THE BLANKET FOR. FROM THAT MOMENT THE WEAVING STARTED. OUR GOAL WAS TO KNIT AND DELIVER 16 BLANKETS BY DECEMBER 20TH. WOMEN WOULD JOIN US ORGANICALLY, AND WE STARTED RAISING FUNDS TO BUY YARN AND REACHED OUT TO SOME WHOLESALERS TO RECEIVE YARN DONATIONS. WITH OUR FOUR HANDS AND LITTLE KNOWLEDGE OF THE NGO UNIVERSE, WE MADE IT! 9 WOMEN JOINED US AND TOGETHER WE KNITTED 16 BUNDLES OF PURE LOVE AND LIGHT! PEOPLE STARTED SENDING US MONEY AND WE RECEIVED SOME YARN DONATIONS!

Ten days before driving to Olsztyn a friend of mine tagged me in a message on Facebook. A man from her circle of friends wanted to donate three large boxes of Lego blocks for children in need outside of Warsaw. I texted him and we talked. He was happy to donate the blocks to ECC fell in love with the “Hug The World” initiative and blessed us with over \$700! We sang and danced with gratitude!



We agreed to use half of the money to cover some basic needs of the children. So after checking with the volunteers, we bought a solid supply of ecological soaps, shampoos and creams. The goods were to be delivered by a courier.

On December 20th, Anna and I packed her car with three massive boxes of Lego blocks, 16 blankets and home-baked cake and headed 220 km north to Olsztyn. When we parked the car at ECC, a DHL van pulled up next to us and to our and everyone's surprise it turned out to be our order of soaps that was being delivered exactly at the same time as we had arrived from Warsaw! Another beautiful synchronicity!

That day was full of miracles and blessings. After a long chat with the directors of the facility and the volunteers, we were finally ready to meet the children and give them the blankets.

There was so much joy! “Is it really for me?”, “I don't have to share it with anyone?”, “it's my favorite color!” and many more joyful exclamations!



One of the boys for whom I knitted a blanket, had a challenging day, as he argued with his brother. He did not want to come out of his room but agreed for me to join him inside. I asked if I could sit on the floor next to him and he nodded with approval. We sat in silence for a while. Then I told him a story about a blanket I was gifted in 2018, by the grandmother of a friend of mine and how this blanket kept me company during very tough days at work, being a global director in a big international company.

I told him that I was traveling with the blanket across Europe, having to make tough decisions that were not resonating with my heart and how I would wrap myself with it after I made it to the hotel room. We all have tough days and sometimes want to dive under a blanket. I told him, I knitted a blanket especially for him to keep him company during joyful and challenging times, and if he wanted I would love to give it to him. He seemed more relaxed and curious and accepted the gift wholeheartedly. This is when I felt that we did a good job and that there are so many more blankets to be knitted!

After the new year, we got invited to a 2025 Vision Board workshop, 100km south of Warsaw. Off we went! The woman who organized it, welcomed us and examined us carefully. She asked where we came from and what we were doing in life. We shared about the Foundation and her eyes became big as saucers - “OMG! This is incredible! I have been watching your moves on Facebook from the start and told the Universe I wanted to co-create with you. I am in love with your projects and I want to help you grow, if you take me! I tried to make it to your event in September, but I couldn’t and now you come to me! I can’t believe it!

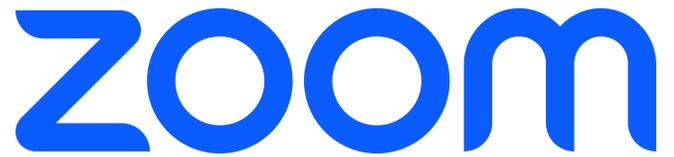
When you walked in I found your faces familiar, now it all makes sense! Another miracle! We truly feel divinely guided and supported by the Mary's and Grandmother Anna. Now we have our first Ambassador! Grannies of the World set a goal to knit 222 blankets by the end of 2025!

We would love this initiative to be global! We believe that there are children around the world who need a soft blanket knitted especially for them! An energy bundle filled with love, acceptance, and tender presence. We believe that everyone matters and everyone is Worthy. So, if you love this idea and would like to “Hug The World” with us, by starting a knitting initiative in your place or community, we would love to hear from you and are happy to share what and how we’ve done so far! You can reach us at [fundacja@babcieswiata.org](mailto:fundacja@babcieswiata.org) with love



Together, we create a supportive and nurturing community where every grandmother's voice is heard and valued.

We can't wait to see you there and share in this wonderful journey together. Let's connect, grow, and celebrate the incredible bonds we share as grandmothers.



Join Our daily Zoom circles



Grand Zoomer Weekly Meetings 					
Day	Host	Time	Meeting ID	Link	Passcode
Sunday	Sandra Laub	08:00 PM EST	871 5268 1138	<a href="https://us06web.zoom.us/j/87152681138?pwd=9p0KdG2Bbeaqtr1uatpIK1gGXXC3y.1">us06web.zoom.us/j/87152681138?pwd=9p0KdG2Bbeaqtr1uatpIK1gGXXC3y.1</a>	796668
Monday	Sherri Danaher Conroy	7:00 PM EST	775 1805 4765	<a href="https://us04web.zoom.us/j/77518054765...">us04web.zoom.us/j/77518054765...</a>	XZ5FLW
Tuesday	OPEN	TBD	<i>We do not have a Tuesday Zoomer Maybe you want to!</i>		
Wednesday	Kalina Bains	9:30 AM EST	868 5826 4993	<a href="https://us05web.zoom.us/j/86858264993...">us05web.zoom.us/j/86858264993...</a>	HFC6PC
Thursday	Carol Daniels	9:00 AM AEST	843 8550 1038	<a href="https://us02web.zoom.us/j/84385501038...">us02web.zoom.us/j/84385501038...</a>	5SB7js
Friday	Victoria Savage	09:00 AM MST	843 6050 5079	<a href="https://us02web.zoom.us/j/84360505079...">us02web.zoom.us/j/84360505079...</a>	GmasRule
Saturday	Lian Henriksen	10:45 AM Copenhagen	879 0536 9248	<a href="https://us02web.zoom.us/j/87905369248...">us02web.zoom.us/j/87905369248...</a>	403556

# Heartistry Entrainment Program

By: Mayana Kingery



If the last years have taught us anything, it's the need for community and peaceful change. We've all felt the impact of isolation and introspection but the question is... what now? What next? How can we come together in a new and EMPOWERED way? How can we truly create a world that works for ALL?



With support from community leaders like you, Peace Production is moving forward with programs that enrich, motivate, uplift, inspire and build community. Starting with our Heartistry Entrainment Program and continuing with real life support, we are excited to share wisdom and help community leaders, artists, and entrepreneurs come together in new ways. Thank you for taking a peek at this originative course we are now offering!

*We are the ones we've been waiting for!*



Peace Production is a nonprofit organization We do amazing things together!



# GGCN

# TENDING OUR ROOTS

## GRANDMOTHERS' VOICES OF WISDOM



SUZANNE LEWIS



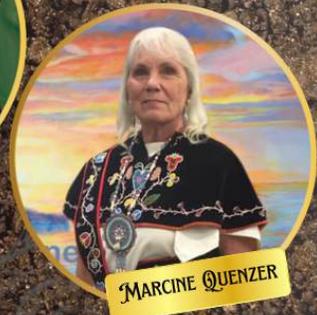
ASHA DELIVERANCE



ROBIN YOUNGBLOOD



BECKY BIG CANOE



MARCINE QUENZER



TANNA JAKUBOWICZ MOUNT



REV. JULIANNE ROBERTSON ESQ.



SHARON RIEGE MAYNARD



MARILYN SHANNON



GAYLE CROZMAS

## REPLAY ON YOUTUBE



How do you Tend to the Roots of your life?  
If you missed the livestreams here's the full playlist on YouTube

Your support enables GGCN to offer opportunities, programs and assistance to our Global Grandmothers Network

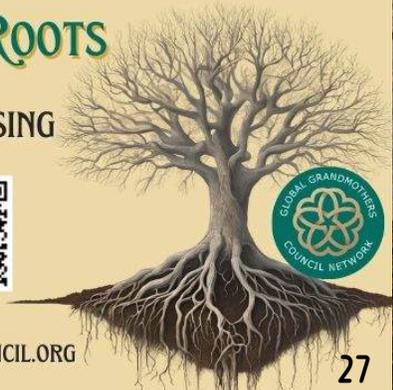
## TENDING OUR ROOTS

### GIVE YOUR BLESSING

SCAN WITH YOUR CAMERA TO DONATE



GLOBALGRANDMOTHERSCOUNCIL.ORG





For ten remarkable days in December, from the 12th to the 21st, Grandmothers from across the globe united to share their wisdom. These carefully curated presentations reflected a profound dedication to sharing knowledge, stories, and traditions. Utilizing StreamYard software for a polished and professional appearance, the Grandmothers embraced new technology, ensuring their message resonated deeply with viewers.

Sandra Laub introduced each Grandmother with pre-recorded videos integrated seamlessly into the livestreams. Regina Sen contributed a heartfelt poem and accompanying artwork, serving as a unifying theme for all the recordings. Behind the scenes, Robyn Davis, the dedicated webmaster, and Mayana Kingery ensured smooth operations. Meanwhile, Suzanne Lewis, Kelley Springer, Mayana Kingery, and Victoria Savage rotated as live hosts, each bringing their unique presence to the event.

The voices of wisdom included Grandmothers Suzanne Lewis, Asha Deliverance, Grandmother White Wolf (Robin Youngblood), Becky Big Canoe, Marcine Quenzer, Tender Bear Woman (Tanna Jakubowicz-Mount), Rev. Julianne Robertson, Esq., Sharon Riegie-Maynard, Marilyn Lipman Shannon, and Gayle (Black Bear) Krosmaz, who concluded the series with a poignant Solstice Ceremony.

***The world today seems to cry out for the wisdom of Grandmothers.  
But what does Tending Our Roots truly mean?***

The human species is undergoing an evolutionary phase, with science revealing that children today have DNA different from earlier generations. What does this shift signify? How does it intertwine with the roots we pass to future generations? Within our roots lie both health and challenges. Understanding this legacy is vital as we consider the impact of collective thoughts and prayers on our shared future.

Science has demonstrated that DNA can be influenced by thought. Collective thought, even more powerful than individual intention, offers a path to transformation. Is there a distinction between thought, prayer, and intention? Where do our thoughts originate, and how do they shape our reality?

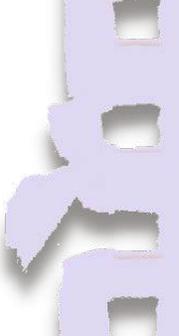
Each of us carries a unique heritage shaped by spiritual traditions, faiths, cultures, and communities. At the core of all these influences lies one undeniable truth: love. Known by many names across different traditions, this divine essence is the foundation of our existence. The air we breathe, the space between all things, and the connections we nurture all rest on this foundation of love.

Yet, are our roots disconnected from this heart of love? Modern society often fosters division, encouraging distrust and separation. Love, however, calls us back together. Timeless teachings such as “Love one another as I have loved you” and “Love your neighbor as yourself” remind us of our shared humanity. When we lose this connection, we succumb to fear and belief systems that perpetuate separation.

To tend our roots means to reconnect with the love that forms our core essence. Like trees, whose health depends on their roots, humans must nurture what lies beneath the surface. By examining our roots—individually and collectively—we can heal and grow stronger.

On January 9th, the Tending Our Roots team reconvened to reflect on the December experience. The conversation underscored the importance of this ongoing work.

As we journey through this season, let us commit to Tending Our Roots, ensuring that our hearts remain rooted in love. Through this collective effort, we can honor our shared humanity and nurture a world where love flourishes.



# Your GGCN JOURNEY

## Discovering GGCN

- Initial Discovery: YOU stumbled on an article or post that resonated deeply.
- Exploration: Realized GGCN is more than a magazine, it's a vibrant community.
- Connection: Felt a sense of belonging and a desire to be part of this community.

### 01



## Join Our Community

- Camaraderie and Sisterhood: Formed bonds that transcended geographical boundaries.
- Support and Encouragement: Received heartwarming support from other grandmothers.
- Warm Welcome: Felt welcomed and valued from day one.

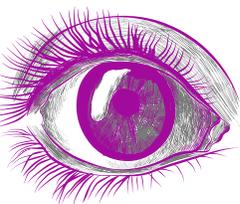
## Empower Others

- Collective Wisdom: Drew inspiration from the collective wisdom and experiences of the community.
- Knowledge Sharing: Participated in online discussions, events and webinars
- Mentoring: Had the privilege of mentoring fellow grandmothers.

### 02



### 03



## Submit an Article

### Sharing Your Voice

- HAPPY Hearts: Writing for the magazine has been deeply fulfilling.
- Invitation: GGCN welcomes contributions of stories, articles, and unique perspectives.
- Motivation: Received motivating feedback and appreciation from readers.

## Get Started Today

Let's connect, inspire, and make a difference, one story at a time. Thank you for being a part of this incredible journey. We look forward to seeing your contributions and celebrating your unique voice with the grandmothers around the world.

### 04



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# TIME OF THE SIXTH SUN

by **Nikki Luna**

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I AM NIKKI LUNA,  
PRODUCER/DIRECTOR  
OF TIME OF THE SIXTH  
SUN MOVIE, ALONG  
WITH MY FRIEND AND  
MARKETING  
WHIZZKID, GEO.

## Dear Global Grandmothers' Council Network

We reach out to your beautiful community with great joy. Having recently connected to some of the powerhouses that have developed the Global Grandmothers Council Network, I am deeply inspired by the incredible work you are doing to weave wisdom, connection, and strength into the world.

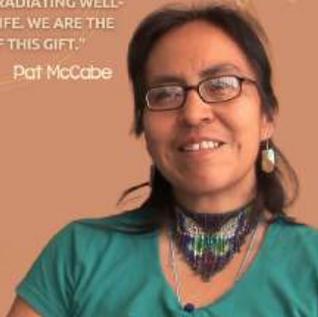
Michele Telfer is the wonderful one who brought me to your community in the first place, and she has been a support and anchor reminding me always why I made this film. Thank you Michele, for all of your love, support and belief in me.

# TIME OF THE SIXTH SUN

by Nikki Luna

"SUSTAINABILITY IS THE HIGHEST SCIENCE ON THE PLANET, MASTERED BY INDIGENOUS PEOPLES. OUR GREATEST POWER IS JOY—IT COMES FROM THE HUMAN HEART, RADIATING WELL-BEING TO ALL LIFE. WE ARE THE BEARERS OF THIS GIFT."

Pat McCabe



THE OF THE SIXTH SUN

JO CROW

"When I build my altar for my ceremony, I like to put bones on there, because they are the bones of animals, the bones of our ancestors. I like to add feathers because they connect me to the element of air and the feathered ones."



THE OF THE SIXTH SUN



Dr Karambu Ringera with and Nikki Luna (writer/director/producer) of Time of the Sixth Sun

Dr Karambu is the Founder of International Peace Initiatives, visionary leader, born and raised in Meru, Kenya. Dr Karambu is an advocate for holistic peace giving that uplifts communities by supporting them to meet basic needs.

THE OF THE SIXTH SUN

"That time in the women's lodge where you are bleeding, you're connecting back through time and space with your ancestors where you came from—all of that bleeding womb power that sits within us as women. Even as grandmothers, we are still connected to the future and the past; as a baby, you are born with the seeds of your grandchildren within you. We are a seed, within a seed, within a seed, one within the other through time."

Jo Crow



THE OF THE SIXTH SUN

"THIS IS A TIME FOR US TO SPEAK OUT AND NOT BE AFRAID OF OUR OWN VOICES. WE ARE RESPONSIBLE FOR OUR BODIES, OUR HEARTS, OUR WORK, AND OUR COMMUNITY. IT IS TIME TO USE THAT FIRE WITHIN US AND MAKE CHANGES TO THE WORLD."

CAROLINE CAREY



THE OF THE SIXTH SUN

Jo Crow

"We truly are gatekeepers; we stand at the gateway of life and death."



THE OF THE SIXTH SUN

"PEACE IS NOT THE ABSENCE OF WAR. PEACE IS WHEN PEOPLE'S BASIC NEEDS ARE MET—WHEN A MOTHER CAN FEED HER FAMILY, A CHILD HAS A HOME, AND SYSTEMS ENSURE DIGNITY FOR ALL."

Dr Karambu Ringera



THE OF THE SIXTH SUN

Meet Caroline Carey... Grandmother, Healer and Speaker in the Film

Caroline Carey is an author and transformational guide who integrates her deep connection to her Indigenous European roots with creative expression, spiritual wisdom, and inner healing.

Through her work, she empowers individuals to reconnect with their authentic selves and ancestral heritage, fostering personal growth and transformation.



THE OF THE SIXTH SUN

Meeting Pat McCabe...

Navajo/Dine Indigenous Wisdom keeper and spiritual leader devoted to sustainability and living in the right relationship with the Earth.



THE OF THE SIXTH SUN

In this January 2025 edition of *Grandmothers' Magazine*, I am thrilled to share with you something very close to my heart: *Time of the Sixth Sun*. This film and docu-series have been a labour of love crafted over a decade.

The film emerged from an extraordinary journey that took me to 16 countries, where I interviewed over 85 Indigenous Elders, wisdom keepers, and spiritual leaders. It is a tapestry of teachings and guidance rooted in the wisdom of the Earth, ancestral practices, and the unfolding prophecy of the Sixth Sun.

For those of you who feel connected to prophecy, this film speaks directly to the global awakening foretold—a time of remembering, healing, and reconnecting with the sacred in an age of humanitarianism. But, it can only be done by each and every one of us coming into alignment with our vision, intention, and creative action.

We haven't done this before, but just for you within the grandmother's circle, we have prepared a ten-minute section from the film to see if it resonates.



[WATCH GLOBAL GRANDMOTHERS COUNCIL NETWORK - A CLIP FROM TIME OF THE SIXTH SUN](#)



*GGCN holds a vision that beautifully aligns with the essence of Time of the Sixth Sun. Grandmother wisdom is a guiding light in these times of uncertainty, reminding us of the sacred rhythms of life, our connection to Spirit, and the deep bonds we share with the Earth.*

# THE BEST YEAR OF YOUR LIFE

S U M M I T

January 14 - 21, 2025

A FREE 8-Day Summit  
Time Left to Watch the  
Summit

05	16	16	43
DAYS	HOURS	MINUTES	SECONDS

> REGISTER NOW FOR FREE

## What If 2025 Could Be the Year It All Comes Together?

- ✓ Reclaim your energy to live each day with renewed vitality and purpose
- ✓ Create meaningful connections that fill your life with love and joy
- ✓ Take control of your finances and build a future of confidence and abundance
- ✓ Discover proven strategies to thrive in health, relationships and personal growth

## 8 Powerful Days to Kickstart Your New Year

[WATCH THE CLIP](#)

[CLICK HERE TO VIEW A SPECIAL EXCERPT FROM TIME OF THE SIXTH SUN.](#)

We hope this film offers a moment to pause, reflect, and realign with the cycles of life as we move through the turning of the seasons together.

It is a heartfelt invitation to explore who we are, where we come from, and how we can walk forward in harmony with the Earth and each other.

For further exploration, we're also delighted to offer you free access to the full film.

[Click here to to reserve your seat...  
the movie is 100% FREE watch Time of the Sixth Sun.](#)

This is just the beginning of what we hope will be an ongoing connection with the Global Grandmothers' Council Network. We can't wait to share more content and ways to engage with the film, documentaries and in the months ahead.

With love and gratitude,  
'Planting Seeds and Opening Hearts'

Nikki Luna

Writer/Producer/Director,

Time of the Sixth Sun





# GRANDMOTHERS' MAGAZINE

Subscribe before the end of February to  
Global Grandmothers' Council Network  
Magazine

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Don't miss this limited-time offer! Subscribe today and join the GGCN community.

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# Remembering My Song

By: Regina Sën



# Remembering My Song

By: Regina Sën

In a world where the cacophony of daily life often drowns out the whispers of wisdom, there lies a sanctuary—a garden where stories intertwine and generations unite. It is here that we find solace, where the voices of grandmothers resonate with the wisdom of ages, weaving hope for future generations. As I reflect on my journey, I am reminded of the profound moments that led me to discover my own voice, and healing, woven through shared experiences.

## *A Serendipitous Encounter*

My journey toward the Global Grandmothers' Council Network began unexpectedly, amidst a sea of grief and the weight of a world burdened by pain. In the wake of my struggles, and trying to find a rescue for a loved one, I sought refuge, in art and poetry. It was during this time that a remarkable connection emerged. A doctor from Poland, drawn to my work on a shared Facebook page, reached out with a message of support. She recognized the feeling of universal love emanating in my art and offered to help me heal—not for profit, but as a gesture of compassion.

This connection was not just a lifeline; it became a catalyst for transformation. As part of her treatment plan, I was encouraged to find music that resonated with universal love, allowing my body to express itself through movement, however it felt to go. It was during one of these sessions that I instinctively burst into song—a melody that felt profound and indigenous. In that moment, I began a new phase of healing, interrupting the onset of PTSD, that had long held me captive post Lyme.

## *The Power of Collective Wisdom*

During the first listen of the "Tending Our Roots" series, when I felt this profound sense of grounding wash over me in tranquility and bliss. It was so unexpected. I recorded my thoughts and emotions in the poem above, eager to delve deeper into this unfolding journey. Little did I know, this was just the beginning of a beautiful interweaving of stories, healing, and transmutation.

As I immersed myself in the remainder of the first “tending our roots” video with Mayana and Suzanne, I realized that my greatest wish—to be an instrument for dismantling the walls of division among us—was manifesting before my eyes. The wisdom of the grandmothers and the collective embrace of our community illuminated the path towards a state of being that I never imagined to experience this world... (To be continued)



# Remembering My Song

By: Regina Sën

Fast forward eleven months, to the GGCN 11:11 event, a pivotal moment in my journey. It was here that I learned from one of the grandmothers that what I had experienced was not mere happenstance; I had "**Remembered my song.**" This revelation inspired me to share my poem, opening the "Tending Our Root" GGCN 12:12 event, marking the beginning of a beautiful interweaving of stories that would shape my path forward.

## *Welcome to the Garden*

I've dreamed of  
Where wisdom gathers  
Where grandmothers listen  
And their voices collective  
Weave hope for future generations.  
Where stories are told  
through the skill  
Of our wonderful Sandra Laub  
Can you hear the echoes  
Of their experiences  
Resonating with yours?  
I invite you to explore them.  
What a joyous time  
What a joyous gift  
We can bring to each other  
And to the mothers  
and the children  
Yet to come  
On our precious home  
Here on our Mother Earth.



As I listened to the recording of the first 12/12 event days later, I felt awash with a sense of tranquil bliss, a feeling beyond the taste of universal love that first flowed like a river with peace and comfort and tranquility within me in 201, on my home path of faith. A representation pictured in drawing below:

# Remembering My Song

By: Regina Sën

## *Tending Our Roots: A Poetic Reflection*

In my poem, "Tending Our Roots"; I expressed the depth of my emotions during this curious Experience:

### Joyful Tears

Watered forth  
In spirit  
In bliss rising  
Tranquility's song.  
Have we been  
Awaiting this day  
Our whole lives?  
What is this that I am feeling?  
Its importance so great  
How is it that I feel like a child?  
Like a giggle?  
Can something so important  
Feel like so much fun?



These lines capture the essence of a journey culminating, a journey that transcends individual pain and speaks to the collective healing we can experience when we share our stories. It is a reminder that, while our struggles may be deeply personal, the act of sharing them can create ripples of connection that resonate with others.

## *An Invitation to Participate*

I invite you to join me on this journey of healing and connection. Listen to the first day of the GGCN "Tending Our Roots"; series and allow yourself to be enveloped in the stories and wisdom that emerge. Together, we can explore the depths of our experiences, celebrate our roots, and nurture the bonds that unite us. There is a river that runs through us all, through all paths of the sincere and honest seeker, universal love.



# Remembering My Song

By: Regina Sën

## Artistry in Healing

The creative expressions that accompany this journey hold a special place in my heart. It is another prong in the treatment plan the Doctor in Poland offered me, to create from the feeling of universal love everyday. The first and third and fifth pieces of artwork were born in heart song poetic creation, using Mid Journey AI to fuse these songs into art with resonating hearts throughout history. The second piece, a prisma-color drawing from 2011, serves as a reminder of a first taste of universal love. Lastly, a mixed-media creation (the fourth image) reflects the joyful experience of continued healing—a vibrant representation of tranquil bliss...and what followed.

As I reflect on this journey of a continuing of healing and connection, I am filled with gratitude for the unexpected paths that have led me to this moment. The intertwining of my experiences with the wisdom of others has not only transformed my understanding of myself but has also illuminated the power of community and shared stories in our collective healing.

The grandmothers'; voices echo in my heart, reminding me of the profound truth in the Hopi prophecy: "When the grandmothers speak, the earth will heal."; We are all part of this Earth, interconnected in ways we often overlook or that get blocked by fear. Whereas, each story shared clinging to love with all the energy of our hearts come what may, each poem written, and each song remembered contributes to the greater tapestry of our shared existence.

When we tend to our roots, we honor the wisdom of those who have come before us and nurture the seeds of love and understanding that we can plant for future generations. Together, across divides that once separated us, we can cultivate a garden where healing flourishes, where joy is abundant, and where the voices of all are heard and celebrated.

I invite you to embrace your own journey, to find your song, and to connect with the stories that resonate with your heart. We can walk this path together (shawoman, Hindu, Sufi, Buddhist, Bahá'í, Jain, Zoroastrian, New Age Spiritual, true followers of Jesus Christ, Muslim, Sikh, Shinto, Kabbalah, Humanist, Tao) united in our shared humanity, in universal love, and the beautiful complexity of our individual experiences...

Next article: there's a river running through us all...my beginnings...and the doctor...weaving into Suzanne's Four River Spirit Quest. Thank you for joining me on this journey.



*Grandmothers'  
Voices  
Matter!*

I 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. Celebrate the joy of our community,

*How You Can?  
Show Support?*

- Donate
- Join
- Volunteer



# Drum Circle

by Robin Youngblood

In 1983 some of my elder women told me I must start a women's Drum Circle. I was horrified! At that time, only men sat at the drum, and women stood and sang behind them. Yet, Aunties Kathy, Agnes, and Doris kept urging me, and I kept resisting. They told me they'd heard stories from their women elders, who said that the women were the original drummers(5), and had gifted the drum to the men at some point. They said it was time for women to reclaim their right to drum.

Eventually, I surrendered and followed directions, as I was beginning to learn Spirit often spoke through the Elders. I started a Women's Native American Hand Drum Circle. We learned Women's Sacred Songs. We learned "Rainbow" songs. We occasionally sang Sundance and Sweat Lodge songs, but only in our circles, never in public.

We became a community. What started with only three or four women, ended up having as many as fourteen, of all races. We had a blast! We supported each other, without competition, through marriages, divorces, births, illnesses, deaths ~ and we not only became proficient singers and drummers, we learned to live the Original Instructions together.

One of my favorite stories... one afternoon, a lovely young woman who had heard about Owl Wing Drum Circle showed up and whispered in my ear, "I can't sing. Is it OK if I just drum?" I said "Of course." About six months later, I heard a shy little voice over on one side. Over the next few months, the voice got stronger and I realized she knew all the songs better than anyone but me!

By this time, our Drum Circle was becoming well known regionally, and we were invited to open ceremonies for many events. We were asked to welcome the Hoku'lea, the Hawaiian world sailing canoe, into Golden Gardens Park's beach in Seattle.



# Drum Circle

by Robin Youngblood

That morning, I woke up with laryngitis! I was supposed to lead all the songs. We gathered about a half hour early, as always. “Sandy,” I croaked. “I have laryngitis. I can’t lead. Will you?” With a look of terror on her face, she shook her head no. “You have to! I can’t.” I whispered as loud as I could. She did. And everyone in attendance that day applauded..

Sandy and I have been best friends for over thirty years, and we’ve had many adventures. Not the least of which has been co-authoring two books ~ one of which was while I was living on Maui and she was in Seattle, and the latest one while she’s been in an internet desert in Eastern Washington, and I was living in Arizona! Each book was written in three months, with us writing, then exchanging chapters, editing, and compiling.

The first book was for personal transformation, using the Medicine Wheel teachings as a compass. The second one uses the Medicine Wheel as a way to show us all our path forward, to help us discover how to co-create a better world than the one we left behind during the Covid years. Once it was complete, we both realized that all the teachings we’ve both had the privilege and blessing of learning throughout the years are exactly the wisdom that’s so needed in these times



*You Can Find Robin at:*

[churchoftheearth.org](http://churchoftheearth.org)

[www.dancetohealththeearth.org](http://www.dancetohealththeearth.org)

Facebook group, [Birthing a New Earth.](#)

[“Path of White Wolf: An Introduction to the Shaman's Way](#)

[White Bear: Path to the Center of Your Shaman's Heart](#) which can be pre-ordered now on amazon.com, co-authored with Sandra D’Entremont, as well as several music CDs



# Drum Circle

by Robin Youngblood



**Robin Tekwelus Youngblood, Okanagan/Tsalagi, is a minister, teacher, author, artist, and a shamanic practitioner/healer. She has been a student of her heritage for many years. She has learned the sacred teachings of Indigenous elders from her own Native American tribes, along with Siberian, Polynesian and Aboriginal elders.**

Robin travels the world, offering Medicine Wheel, Wheel of Relationships and Wheel of Co-Creation Workshops; Medicine Wheel Constellations; and facilitating Dance to Heal the Earth, as well as ceremonies such as Sweat Lodge and Vision Quest.

Robin has been a member of the Seven Generations World Wisdom Council, which organized multicultural Wisdom Gatherings in several countries. She was also a founding member of Grandmothers Circle the Earth, was Traveling Ambassador from 2009-2018, and helped establish Grandmother Circles and Councils wherever she travels. Currently, Robin is a board member of Sacred Earth Council, an organization dedicated to honoring the Sacred in all beings, helping to heal global trauma, systemic racism, and build sustainable systems in developing nations in order to restore balance and co-create a better world.

Since 2012, Robin has circumnavigated the earth four times, sharing teachings and ceremonies. As a graduate of Barbara Marx Hubbard's "Agents of Conscious Evolution" training, Robin is a Guide for the Wheel of Co-Creation, a method of working with others to co-create sustainable lifestyles that honour Mother Earth and All Our Relations

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*Like, Follow, and Share*

Stay updated on all our latest events, initiatives, and stories.

Follow us on social media and join our online community of inspiring grandmothers

It's the perfect way to engage with fellow grandmothers, share experiences, and find support anytime, anywhere

*Click on the links and Connect with us on social media platforms*

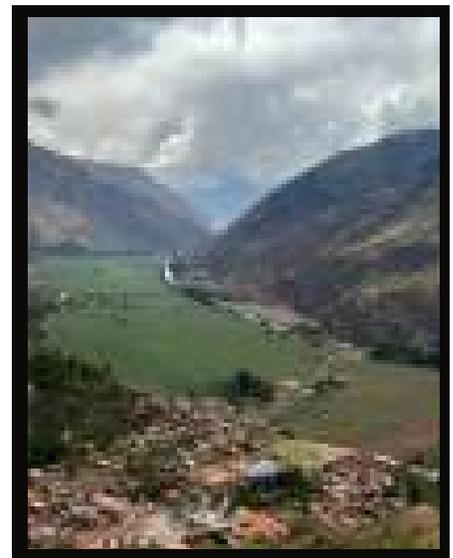
# "I am What I am" Power

By: Sandra Laub

If we can manage it, travel can be a great heart opener and mind expander. Since retiring last June from my job as a high school English teacher, I've been grateful for the trip I took to the Sacred Valley of Peru last October. I went there as part of a Biodanza intensive workshop held at Paz Y Luz, a retreat center in Pisac. Biodanza uses expressive movement and music to connect us to our innate creativity and bond with others in safe yet extremely intimate ways. I love it and highly recommend it! Here's a pic with me and our joyful Biodanza group:



We took day trips to beautiful ancient sites, temples and "apus", mountains surrounding Pisac where you could feel their energy, and the energy of the Qechuan people. They (the Shamans and medicine people) are the receivers of ancient wisdom from their ancestors, including the Star People, who originally delivered the rites of Munay Ki: a "Knowing", "I am what I am" power (Ki) that is infused with love ("Munay"). In recent years, passing these rites on has become 'urgent', given the state of humanity, so 'ordinary' people like me can learn the rites and pass them on, with the intention to 'raise our vibration' and our consciousness to heal ourselves and the world.



# "I am What I am" Power

By: Sandra Laub

Since returning from Peru I am grateful to have received all 9 Munay Ki rites in person, and have passed them on, free of charge (as is the way) to friends and family.

Here are some pics that show us in energetic connection with the "apus" and sacred places, including Machu Picchu, which is everything you've heard about it! (including the possibility of altitude sickness!)

I arrived in the Sacred Valley with the sacred river running through it, from high in the Andes all the way to the Amazon jungle. It has many names. On either side of the river are the terraced farmlands at the foot of the sacred 'apus' the mountains, which are either masculine or feminine in nature.

We placed our hands on what is believed to be the most powerful place on the Sun Temple at an apu not far from where we were staying. Yes, the energy was palpable! At Paz Y Luz, the proprietor, Diane Dunn (pictured on the left), an author and healer, led us in a Four Elements ceremony before the Biodanza intensive began.



# "I am What I am" Power

By: Sandra Laub

She walked us to the river, where we immersed ourselves next to drinking cows, for a water ceremony; then, to a nearby mountain for a wind/air ceremony (she pointed out the place on a mountain across from where we meditated where she believes she was whisked away and safely returned by ETs because they 'wanted to work with her'). The next day we put our cheeks to the cool, soft grass in the gardens of Paz Y Luz to whisper our deepest secrets to Pachamama, Mother Earth. And let her absorb any thoughts or feelings we wanted to compost.

*Nothing is wasted, nothing is ever destroyed, only transformed.*

Our evening ceremony occurred with the shaman you see lifting his hands over his despacho, his medicine pouch, full of sacred things, coca leaves, candy, stones, flowers, and trinkets. He engaged each of us 24 or so people by pressing his medicine bag to our foreheads, our hearts, and our solar plexus... imparting the transforming energy of the Quichen ancestors.

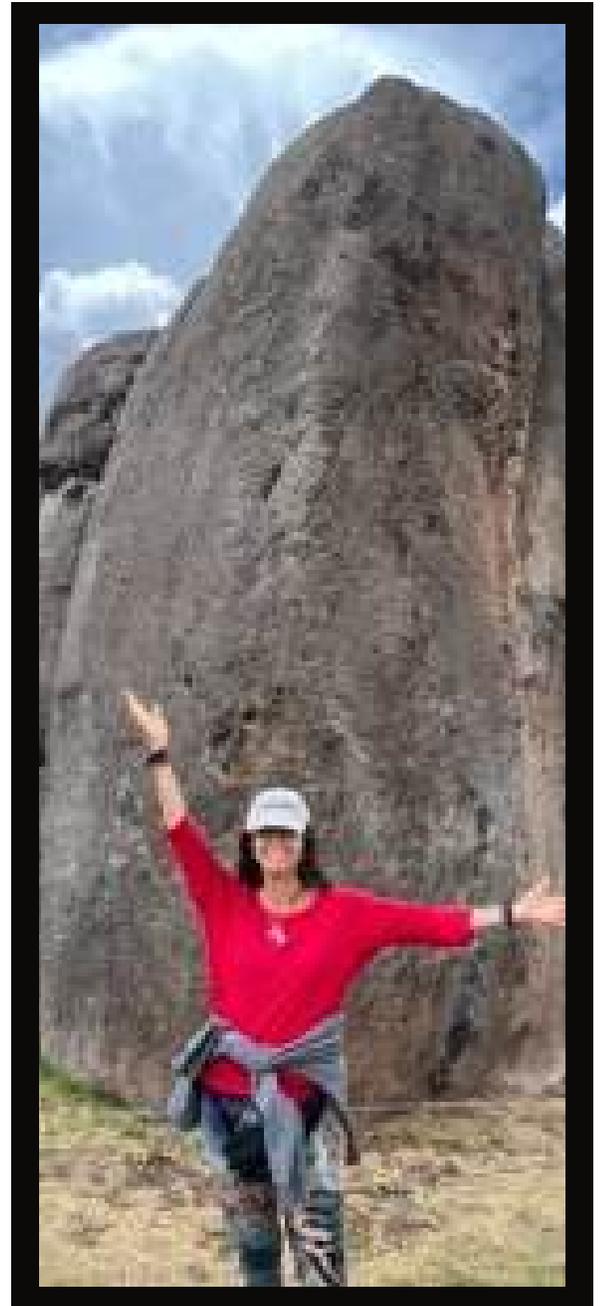


# "I am What I am" Power

By: Sandra Laub

Whatever we each wanted to transform, let go of, or become free of, we sent into his despacho, we each had been given 3 coca leaves to place in there, too. Because I'd gone to the mountains with a different Shaman the day before, I had my own despacho.

We greeted our ancestors with gratitude from the four directions and addressed ourselves to the archetypes and symbols of the Qechen culture and placed endowed objects (stones, candy, even animal crackers!) into the despacho. I'm still in touch with the gentle Shaman Puriq Quo Dante, whose father and grandfather are and were shamans. (You can friend him on Facebook!) In the ceremony at Paz Y Luz that night, I threw 2 despachos into the sacred fire.



# "I am What I am" Power

By: Sandra Laub

At various historical sites that held wonder for us all because you could indeed feel the energy of the people who had lived and died there, carving symbols, creating sacred resting places for their kings, and yes, being massacred by the Spanish when they invaded this land in the late 15th, early 16th centuries.

The Qechen/Andean people's wisdom lives on in the sacred and eternal symbols of the jaguar, the condor, the serpent, and the hummingbird, all sacred animals that derive their power from the everlasting directions, north, south, east and west, up to Father Sky and down to Mother earth inside and outside of ourselves, they come from, and the gifts they imbue in us. Read more about their stories and their power, and about sacred places in Peru, and about the Munay Ki. Diane Dunn wrote a book about it!

I met women weavers after my ceremony with Maestro Dante in the mountains, past that lake, Kinsa Qocha. I loved that they demonstrated the weaving, which is remarkable. I brought many gifts back to my family!



# Contact Us



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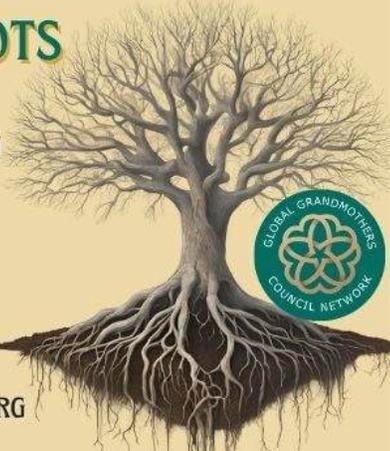
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## SUBMIT ARTICLES

We are always looking for inspiring stories, insightful articles, and practical advice to share with our readers. If you have a story to tell or expertise to share, we invite you to submit your work to Global Grandmothers Magazine.

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- **Personal Stories:** Share your journey, experiences, and lessons learned as a grandmother.
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### Guidelines for Submission

- **Format:** Please submit your articles in a Word document or Google Doc format.
- **Length:** Articles should be between 500 to 1,500 words.
- **Photos:** If you have high-resolution photos to accompany your article, please include them.
- **Bio:** Include a brief bio and contact information with your submission.

Submit your articles to [circle@globalgrandmother.org](mailto:circle@globalgrandmother.org)



**At GGCN Magazine, our mission is to connect, empower, and inspire grandmothers across the globe. Through advertising, collaborating, or contributing your stories, your involvement helps us create a vibrant community where grandmothers can thrive.**

**Together, we can celebrate the incredible impact of grandmothers and ensure their voices are heard.**

**Thank you for being part of our journey.**

**Let's continue to empower grandmothers, one story at a time.**

# Who's Energy are You Carrying

By: Victoria Savage

There's a book called "The Body Keeps Score." It's based on the premise that everything that happens to us during our lives is stored somewhere in our bodies and will eventually be visible in some way.

And I'm not just talking about the physical body only. Did you know that our bodies also keep track of our emotional events as well? AND...

Not just ours but our ancestor's emotions too?

When we come into the world, we don't just carry the DNA of our parent's appearances, physical build, muscles, bones, and hair color, we bring in stored emotional traumas, fears, and beliefs that our ancestors experienced as well!

So, with that understanding comes this; much of the struggle you face on a daily basis may very well not even be yours! Daily, I work with clients who have brought in energies of poverty consciousness, success limitations, relationship strife, physical dysfunction, and unwarranted fears that plague them regularly and hold them back in many areas of their lives, and these energies don't even belong to them!

Now mind you, your life experiences, thought habits, and belief systems have fed this as well so you've added your own energy to this process along the way.



# Who's Energy are You Carrying

By: Victoria Savage

Shame is a huge energy that many of us experience really, really young, and seemingly have no valid reason to be experiencing this.

Poverty consciousness is another HUGE energy that many people bring with them.

Self-doubt, success sabotage, relationship strife, communication issues, and anger issues as Well.

“I’m not smart enough, I’m not good enough, I’m not special enough,” ...all these can be carried overs from your ancestors.

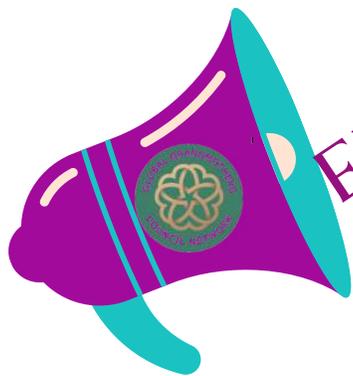
These emotions are often the building blocks of physical dysfunction. Anger can affect your liver, fear of the future can settle in the hips, and self-doubt can manifest in the eyes. What are you carrying that is not yours that can be released so you can get on with life?

Muscle testing yourself is one way you can get these answers.

If you don't know how to muscle test yourself, I have a short 11-minute that can teach you how to do it. If you'd like a free copy, email me and I will send you a link to that video.

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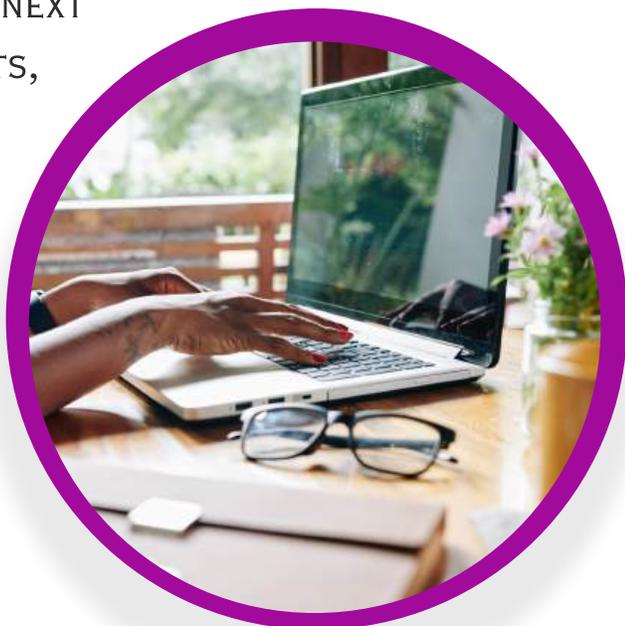
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LOOKING FOR SUBMISSIONS FOR OUR NEXT ISSUE. SHARE YOUR STORIES, INSIGHTS, ON WHAT IT MEANS FOR THE NEXT ERA OF GRANDMOTHERS TODAY

*What offerings & events do you have for our grandmother's?*

*Submission Details*

- LENGTH: 500-1000 WORDS
- FORMAT: WORD DOCUMENT OR PDF
- DEADLINE: 11TH OF THE MONTH
- EMAIL: [CIRCLE@GLOBALGRANDMOTHER.ORG](mailto:CIRCLE@GLOBALGRANDMOTHER.ORG)



# Mayana's Musings

By: Mayana Kingery

This morning I was thinking about all the Treasures I have discovered within this Global Grandmothers' Council Network:

- Two Grandmothers (Suzanne Lewis and Sharon Riegie Maynard) who began the work with a united vision and created a Facebook Page and Group while gathering women (and men at first) who honor the traditions of the Native Grandmother Councils.
- This Magazine Kalina Bains/Kintsugi Woman has published is launching us with a Grand Delivery System to the public for Grandmothers' Wisdom and more.
- Our brand-new Website, Platform, Marketplace, Academy, and Grandmothers' Garden developed by Robyn Davis, (aka One Divine and her work in the world through Mothership Alliance) where all our full presence may be seen, heard, honored, and have our Wisdom preserved for our Children's Children for all future generations.

*The Grandest Treasure  
is YOU!*



Each individual woman of experience who responded to the call to gather in the Facebook Group is a Treasure. Those who also responded to the call to gather in Grandmothers' Garden have been the Seeds planted there, the Flowers blooming there, and the harvest of the Fruits & Nuts, those who have responded to our public calls for live streaming sessions and daily zooms, and those who have scrolled through the Facebook feed learning and sharing with others have all been a part of our growth.

Our blend of nonprofit purpose, private membership association, entrepreneurial innovation, and educational outreach is a model the world urgently needs in these times of transformation. The treasures we've built—the GGCN platform, website, academy, and marketplace—are invaluable and deserve our utmost care.

*The relationships  
I have personally built  
through this process are  
mutually nurturing,  
sustaining, and filled  
with love.*

Weekly 'Prayer for Peace'  
from the grandmothers every  
SUNDAY NIGHT at 9PM

Wherever you are, sitting,  
praying, meditating, stilling  
ourselves or walking to attune to a  
cosmic vibration that will manifest  
the conditions of peace, healing  
and reconciliation on our planet-  
for all beings.

AHO AMEN NAMASTE



*A endless ripple  
of love across time  
zones from heart to  
heart with an  
unbroken chain of  
unity and prayer*



For those concerned about time zones, think circular instead of linear. A woman's circle is her true power, embracing and amplifying connections. Instead of everyone praying simultaneously, pray at 9 in your own time zone. This method creates a powerful, continuous wave of prayer encircling the world as each person wakes and rises. The prayer gains momentum and lasts a full day, like ripples in water, deepening its journey. This meditation completes a spiritual path, emphasizing that life is a circle.

Pray at your assigned evening time and envision passing your prayer to the next spirit woman, who continues the process. This creates a chain of connection, unity, and endless ripples of love.

Blessings and love to all.  
Catch a prayer, pass it on!

*A New Year, A New You*

# Looking AHEAD



A Year of Empowerment and Fulfillment

As we step into 2025, let's embrace the journey of becoming the happiest, strongest grandmothers we've ever been. This new year is a gift, filled with endless possibilities for growth, joy, and connection. By nurturing ourselves, strengthening our family bonds, sharing our wisdom, and centering ourselves in our community, we can create a legacy of love and empowerment that will inspire generations to come.

May 2025, be a year of empowerment, fulfillment, and happiness for all of us.

Together, let's make it our best year yet.

As you continue on this new year, and a new era as grandmothers take a moment to reflect on your goals and intentions. Share your journey with the GGCN community, and let's support each other in becoming the happiest, strongest grandmothers we can be

Together, we have grown, shared, and inspired each other. Let's continue this beautiful journey with the same spirit of unity and resilience. Thank you for being with us, and here's to a year filled with growth, joy, and endless possibilities.

With love and gratitude,

GGCN Team

57



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