



Global Grandmothers Council Network

Voices of Wisdom in Times of Chaos

Magazine

January 2026





*Editors' Thoughts
Kalina Bains*

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We genuinely appreciate and thank our featured partners for their amazing articles. Just a quick note, though: all the information on the GGCN online magazine is based on the authors' experiences, so it's meant for reference only. It's not a substitute for professional services.



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Welcome Grandmothers

We're not exactly where we want to be.
But we're not where we were last year.
And that, is progress.

The path is winding.
The vision is still clarifying.
The future is whispering, not shouting.
But the work is happening.
The roots are deepening.
The glow is returning.

As editor of GGCN Magazine, and
kalinadigitalmedia.ca

I honor this sacred middle.
The space between what was and what's
next.
The quiet rise.
The slow bloom.

We are building something beautiful.
Not rushed.
Not perfect.
But real.
And I'm proud of the progress.

Thank you for walking with me.
Thank you for believing in the vision.
Thank you for being part of this becoming.

With gratitude and grace,
Kalina Bains



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

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JANUARY 2026 ISSUE 16



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Our Founders



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StarRose of Idaho



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Sharon Reigie-Maynard
Waking Women Moving
Mountains

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Cindy Heider
Kaliff

And You?

Featured Grandmother

Sandra Laub

Sandra Laub is a performer, playwright, and educator known for her solo plays, especially *Picking Up Stones*, a work that grapples with Jewish identity, moral conflict, and the emotional aftermath of the Israel-Hamas war. She has a long history in theatre, education, and community engagement, and she often uses performance as a bridge for difficult conversations.



Continue the journey
with Sandra  



"Maybe it's time to let women run things around here—we might just figure it out together.' **Picking Up Stones: An American Jew Wakes to a Nightmare. Filmed at Edinburgh Fringe Festival 2025.**



Healing. Peace. Clarity.



Dear Global Grandmothers,

How are you faring in this topsy turvy upside down early 2026 world, where some folks believe 'might makes right' even though we learned differently in kindergarten? I'm doing well, thanks. My birthday number keeps increasing while I try to keep up with the 36 year old I think I still am. Recovering from a hip replacement. Still active in my local non-partisan branch of League of Women Voters South Eastern CT. Because Democracy is not a spectator sport.

And I'm still revising, rehearsing, honing my solo play about the most devastating Jewish experience of my life time: October 7th, and the cruel war Israel has waged against Gaza, first fighting justifiably, in self defense after the Hamas pogrom, but then, to my mind, turning the war into an abhorrent moral injury for its own people, for Jews all over the world, and for Palestinians. Others may feel differently. That's ok, my religion thrives on debate and interpretation. But certain values hold: 'that which is hateful to you, do not do to your neighbor.'

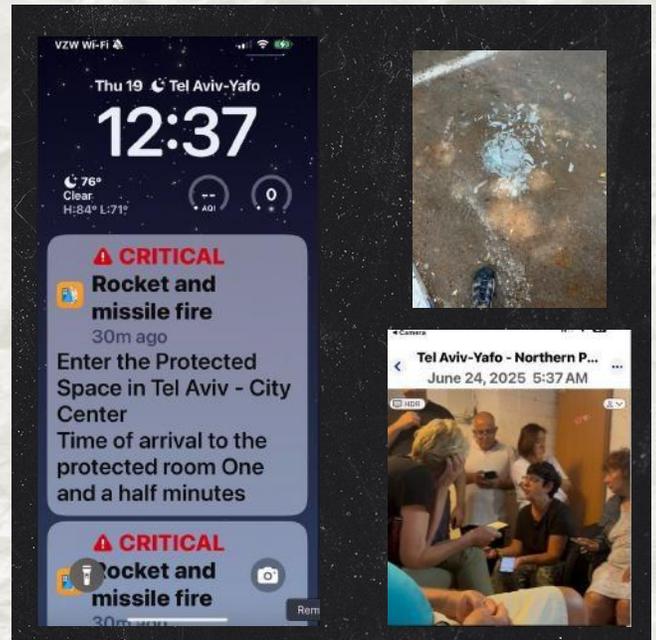
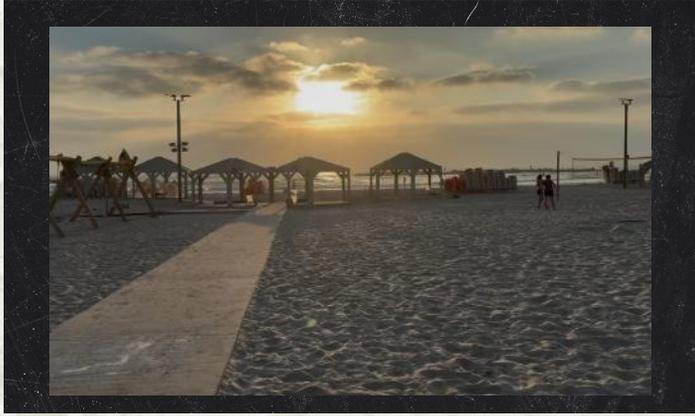
Sandra Laub

Continue the journey with Sandra here:



GlobalGrandmothersCouncil.org

I went to Israel to tour my play in June 2025 and was 'stuck there' - my tour cancelled-due to war with Iran. We (my husband Marty and I) were staying at a hotel in Tel Aviv, right across from the beach, which was gorgeous, but after the second night-deserted.



"My husband and I arrived in Israel one day before the '12 Day War' last June.' Everything closed, everything shut down. For 12 straight days.

Twice a night and sometimes during the day, we'd hear the electric trill on our phones, the warning, the missiles were coming and we had 5 minutes to get to shelter. Real damage was done people were killed not far from Tel Aviv; a hospital took a direct hit; thankfully patients had just been evacuated the previous day. No one was hurt. We walked through empty Hostage Square, turned into a shrine to the hostages, where just the week before hundreds of thousands of people had been demonstrating against their government's reluctance to make a peace deal and get the hostages back home. Ironically, a man I consider an enemy to my fellow citizens here at home was the one who was finally able to 'make a deal.'



Picking Up Stones: An American Jew Wakes to a Nightmare A One Woman Play Written and performed by Sandra Laub

Sandra Laub

Ladies, we are living through a strange history. And I know we have the capacity to affect it, bend it, collectively, to get humanity back on track to heal Mother Gaia and to protect the next generation to the 7th Generation. It's not mystical - it's the power of collective intention.

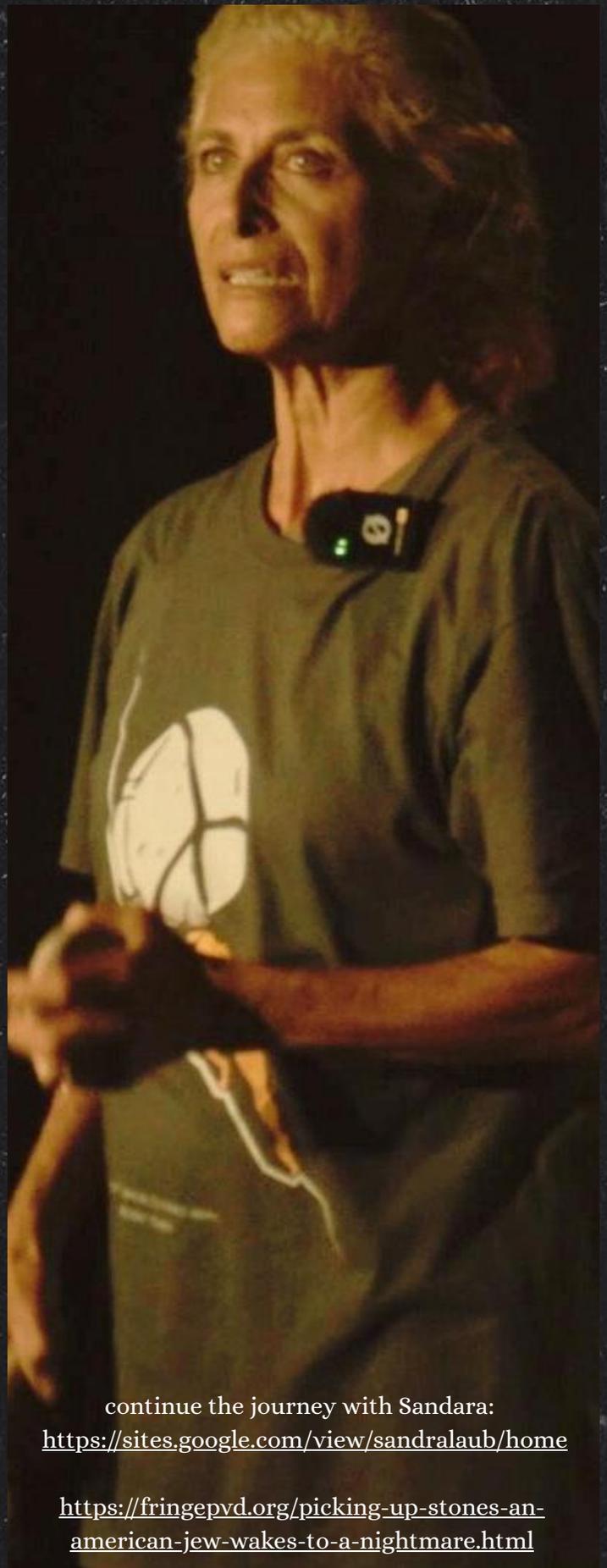
Intention can shift small and large things. That's why I wanted us all to 'dream peace' all at the same time a year and a half ago--10 minutes of focused intention on the same outcome--safety where instability is rising, peace where violence threatens, health and wholeness where fragmentation cracks the world we want to be.

We are not powerless observers--we are participants. The world has always shifted when people focus together with intention. That's why I keep returning to you my sisters, my Global Grandmothers. What do you say, Sunday nights, altogether at 7am or 7pm your time?

Healing. Peace. Clarity.

Call it prayer, meditation, anything you want, but call on it. Use your breath, use your mind's eye to conjure the world as you want.

GlobalGrandmothersCouncil.org Although my play tour was cancelled, I was able to perform it for my cousins and their neighbors who live on a kibbutz about a half hour from Tel Aviv. They were a respectful audience, even though they did not agree with everything I had to say. My cousin's parents were founders of the kibbutz, survivors of the Holocaust.



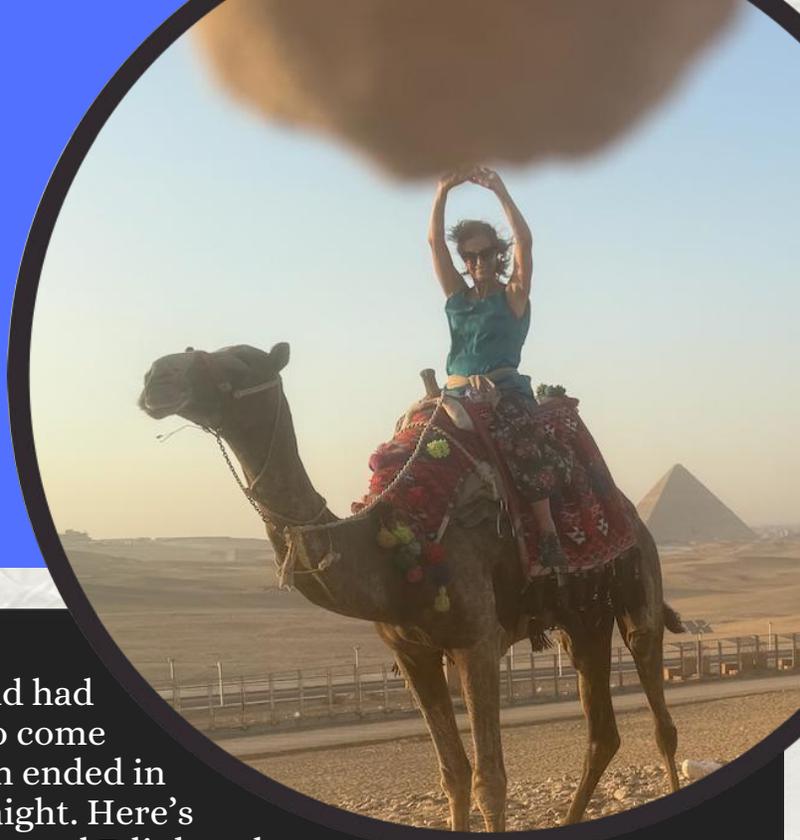
continue the journey with Sandra:
<https://sites.google.com/view/sandralaub/home>

<https://fringeprd.org/picking-up-stones-an-american-jew-wakes-to-a-nightmare.html>

Sandra Laub

We left Israel through the border with Jordan and spent two luxurious nights learning how the elite of Jordan live. Yes, the women were elegant, in designer sunglasses and hijabs. Segregated swimming ain't bad! Turkish bath is a delight!

But then into the dust and antiquity of Egypt and the pyramids of Giza. I rode a camel, which is treated quite well from what I could see, and earns its owner's living.



We flew to Italy next for a vacation my husband had been looking forward to. He hadn't expected to come along for the whole almost 3 month trip-which ended in Edinburgh where I did my play for 16 days straight. Here's a montage of the pics from Jordan, Egypt, Italy, and Edinburgh (Theater Festival) . (photos) It was the trip of a lifetime- a challenge toward the end for me, because my hip was giving out, but an enormous reward for years of work that enabled us to enjoy the freedom of travel and the fruition of my passion project. The story's not over yet. My stalwart producer, Jerry, has organized a return trip to Israel this coming May to tour the play in even better venues. And a stop after that to perform in London!

In late June I perform in a theater festival in NYC. I've rewritten my play to catch up with recent history, including the hostage return and this fragile cease fire. But always, my conviction that peace will come when we teach our children well; when the mothers and grandmothers lead the way. At the moment I write this, January 8, 2026, the world hangs in its precarious balance. Perhaps it will tip. But I share a knowledge with my global grandmother sisters: we may not be on the front lines as we were in our youth, but our wisdom and experience carries an enormous treasure we must share with the world so that our grandchildren can inherit a better one.

Be well. Safe travels. Have faith and hope and fun! And remember - our concentrated collective intention is POWERFUL! Let's put it to use.



Lake Garda Castle and moat!

"Feel" you on Sunday...



The pubs of Edinburgh



My Israeli cousins



Sandra Laub



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Starting over almost never looks the way we imagine it.

There isn't always a clean break or a dramatic reset. There isn't a moment where everything clicks into place and the past politely steps aside. Most of the time, beginning again happens quietly, in the middle of a life that's already full and already moving.



*The Grace
of Starting
Over*

Most people don't need a whole new life. They need a change from pieces of the one they're already living. The grace of starting over isn't about erasing what came before. It's about returning. Returning to yourself.

Returning to what's true. Returning to the part of you that hasn't been performing, managing, or bracing for impact. This kind of return doesn't require a breakthrough. It requires permission. Permission to stop dragging yesterday into today. Permission to release identities that belonged to a different season. Permission to choose differently, even when you can't fully explain it yet. Beginning again often starts with one small shift. Asking a better question. Not ... What should I do next?

But... What feels true right now?

Bayla Portzline

Truth doesn't shout, debate, or convince. It usually arrives as relief, a clear "NO", or sometimes just the absence of tension. When you listen for it early, before the day makes its demands, you begin from alignment instead of reaction.

Or at least closer to it. Also, it is important to remember how the body speaks first. Tightness in the chest. Weight in the shoulders. Fatigue that shows up before words do. Most people are trained to dismiss these signals, to push past them in the name of responsibility or momentum. Or habit.

Starting over often means stopping that habit. Nothing needs to be fixed in the moment. Noticing is enough. Awareness creates a pause. The pause restores choice. That's where real change begins. Usually slower than we want, but steadier. There's also a quiet discipline in letting things end cleanly. Many people try to begin again while still carrying roles, commitments, and habits that no longer fit. They keep them out of loyalty, fear, or inertia. Resetting requires fewer obligations and explanations. Fewer ways of abandoning yourself just to keep the peace.

*A simple question helps here...
What am I done carrying?*

Then honor the answer in one small, concrete way. Even if it feels awkward at first. Self-trust is rebuilt through follow-through. Not big declarations. Not insight alone. But small acts of integrity. Going to bed when you say you will. Leaving when it's time. Saying the truth once instead of rehearsing it silently for weeks (or months). These moments restore something deeper than confidence or control.

They restore trust with yourself.





YOU DON'T RESET YOUR LIFE
ALL AT ONCE. YOU RESET IT IN
MOMENTS. IN SMALL,
ORDINARY RITUALS
THAT BRING YOU BACK INTO
RELATIONSHIP WITH
YOURSELF.

BEGINNING AGAIN IS ALWAYS
AVAILABLE.
NOT AS A GRAND GESTURE.
BUT AS A GENTLE RETURN.

The body remains a reliable guide. It registers alignment long before the mind can justify it. Ease or contraction. Relief or depletion. These aren't inconveniences. They're information. Information most of us were taught to ignore.

LETTING THE BODY LEAD, EVEN
BRIEFLY, IS A POWERFUL RESET. SO
IS RELEASING IDENTITIES THAT
REQUIRE CONSTANT EFFORT.
THE STRONG, CAPABLE ONE.
THE ONE WHO NEVER NEEDS HELP.

If it takes energy to maintain who you are, it may no longer be true. A clarifying question is... Who would I be if I stopped managing how I'm perceived? The answer is usually quieter than expected.

Maybe even a little uncomfortable. The grace of starting over isn't about becoming someone new. It's about remembering who you were before adaptation became automatic.

DR. BAYLA PORTZLINE IS A
BUSINESS STRATEGIST AND
INTUITIVE GUIDE WHO WORKS
AT THE INTERSECTION OF
STRUCTURE, TRUTH, AND
HUMAN BEHAVIOR. WITH OVER
25 YEARS OF EXPERIENCE

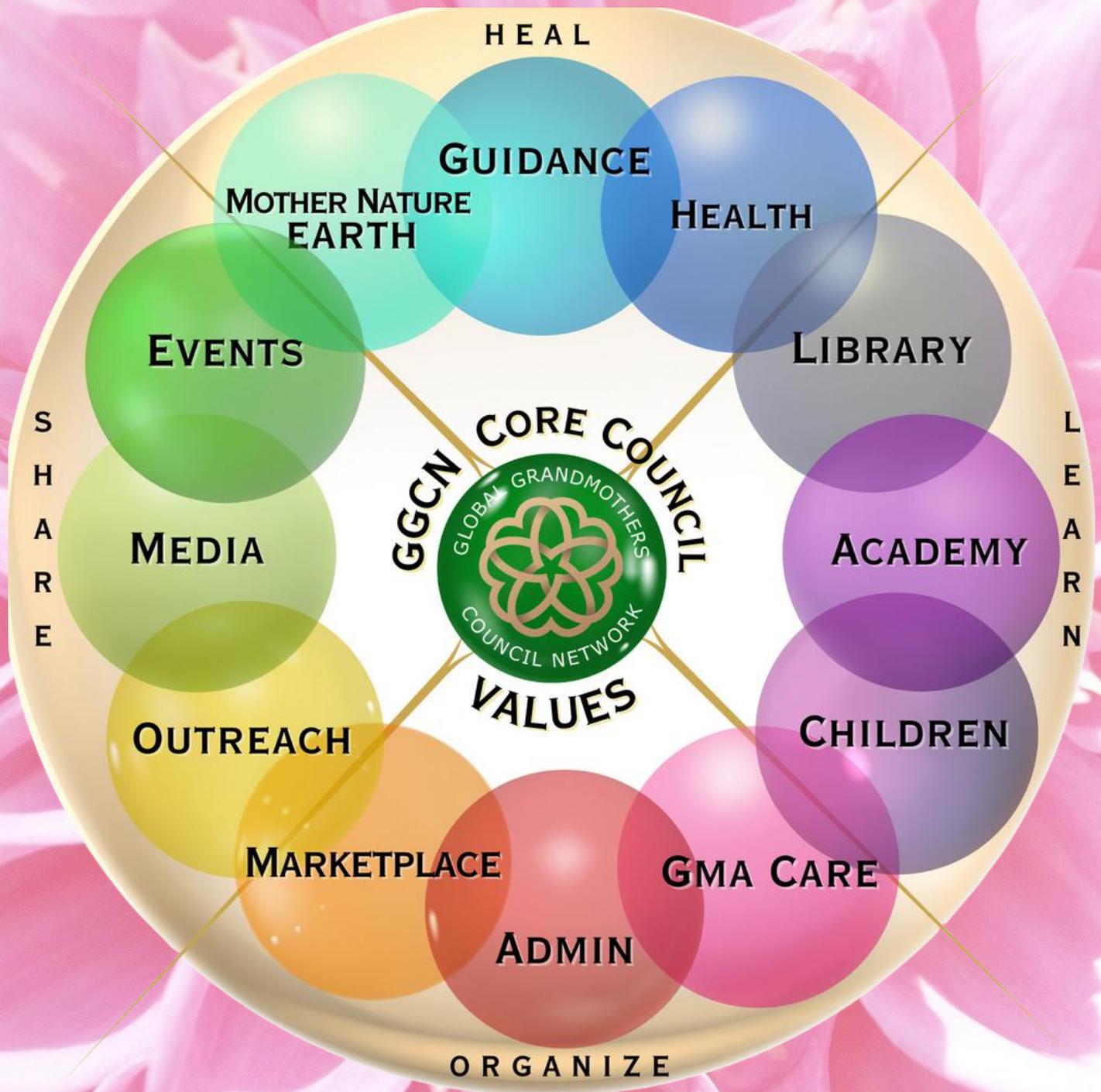
ADVISING LEADERS AND
ORGANIZATIONS, HER WORK
CENTERS ON HELPING PEOPLE
RELEASE WHAT NO LONGER
FITS AND RETURN TO WAYS OF
LIVING AND LEADING THAT
ARE HONEST, SUSTAINABLE,
AND ALIGNED. SHE WRITES
ABOUT CLARITY, SELF-TRUST,
AND THE QUIET WORK OF
COMING HOME TO YOURSELF.



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GGCN COUNCILS

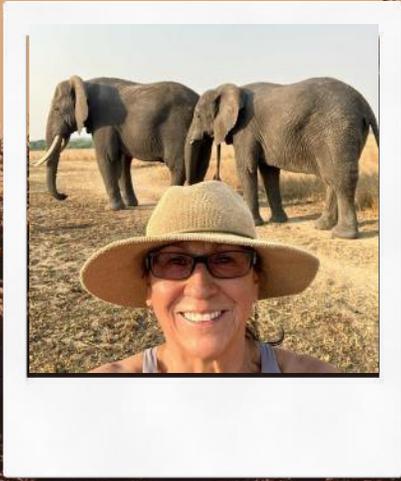


As we sit in Council together as Grandmothers in an organization, we become the GGCN Network we have envisioned. Providing structure for on the ground, local Grandmothers' Councils and Circles to connect, collaborate and communicate. We also sit in Sacred Council and Circle together online. for a new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

'We Belong' and are 'Better Together'

Many Positions Available for Women Leaders

Contact: circle@globalgrandmotherscouncil.org



Travel with Purpose



Brenda Martinez

I started watching videos or should I say, infatuated with watching and giggling out loud to baby elephants! Don't get me wrong, ALL babies are cute, but baby elephants! My goodness, the cuteness from that 'someday' gentle giant, was capturing the heart of my grandmother ness. I would find myself watching with love, compassion, tenderness, simply enjoying innocence, the playfulness with absolute joy!

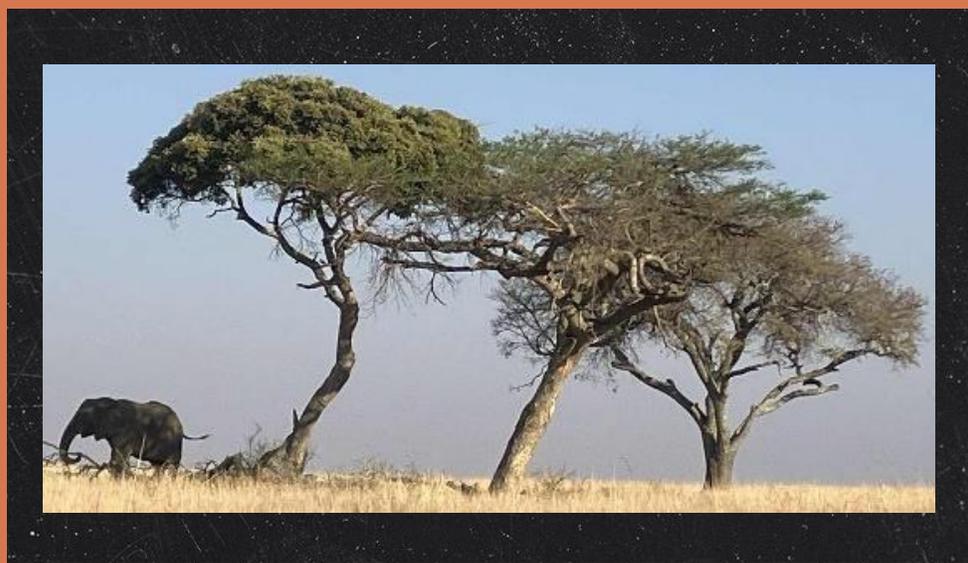
I started researching elephants and quickly realized why! Elephants are emotionally intelligent.

Emotions like grief, joy, and empathy, as well as social behaviors like mourning their dead, and comforting each other, and forming strong, lifelong bonds. What makes them even more special is they are led by a Grandmother, the Matriarch. Babies are raised by a village, as they say; by sisters, daughters, sons, aunties and Grandma.

One day, as I was enjoying my morning coffee and giggling with my baby elephants on Facebook, an advertisement on African Safari's came up, What? A Safari? Never on my bucket list, but it got me excited about seeing elephants, for real. After researching Safari trips, I was not motivated to spend over \$8K on a two-week trip but another advertisement caught my attention; 'Travel with Purpose, come to Africa and help preserve and protect animals from extinction by volunteering'. My heart started beating faster and I felt excited.

'Volunteer at a wildlife conservation in Zimbabwe and work with rhino's and elephants'.
'Would you like to feed, and walk and have breakfast with elephants?' I said out loud; YES! I'm In! Where do I sign up!

I chose "Imire Rhino & Wildlife Conservation" in Africa, Zimbabwe through The Great Projects.





Travel with purpose

IS HAVING A MEANINGFUL AND REWARDING EXPERIENCE WHILE VOLUNTEERING ON VACATION.

Travel to countries and volunteer for a non-profit that is supporting humanitarian or wildlife conservation and anti-poaching efforts. Africa recognizes the “Big 5” animals which are known to be the hardest & most dangerous to hunt and while on Safari, the most sought after to see: The lion, leopard, elephant, black rhinoceros, and cape buffalo. Imire is focused on the black rhino which is at a high risk of extinction.



The program cost approximately \$1900 which includes airport pickup-drop, all meals & accommodation and 24-hour onsite support, plus Airfare for 14 days.

There were many program choices which were lower in cost but thought if it’s going to take 25+ hours one way to get there, then I was willing to stay longer and pay a little more.

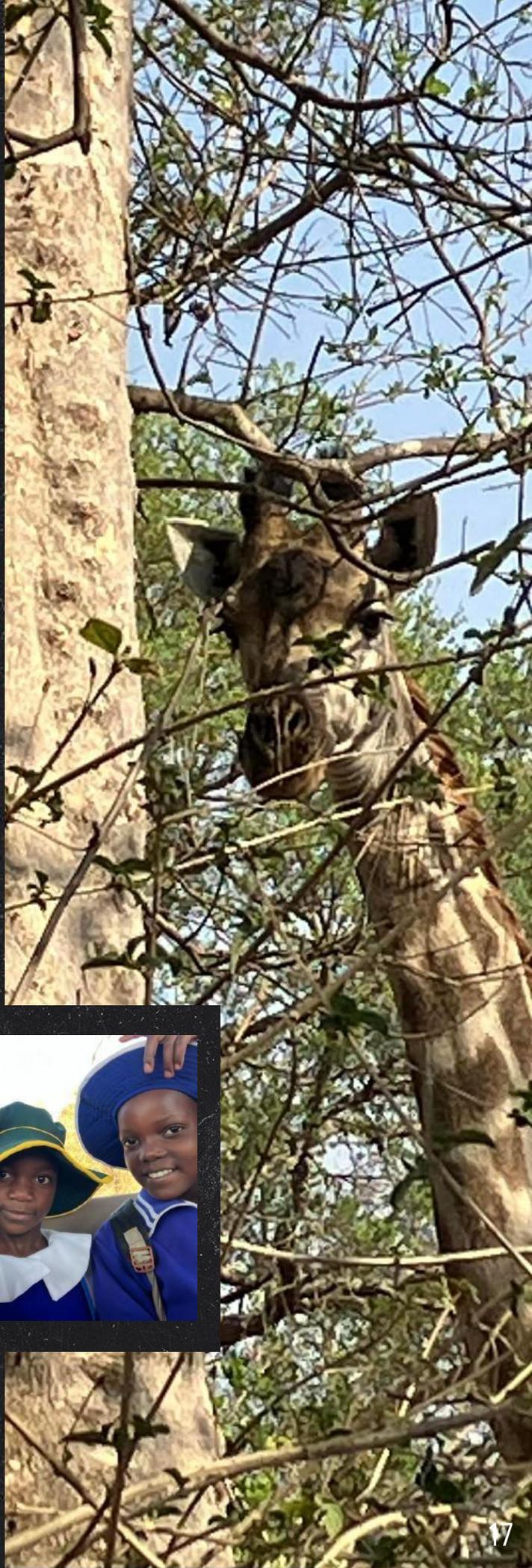
In exchange for helping with conservation upkeep.

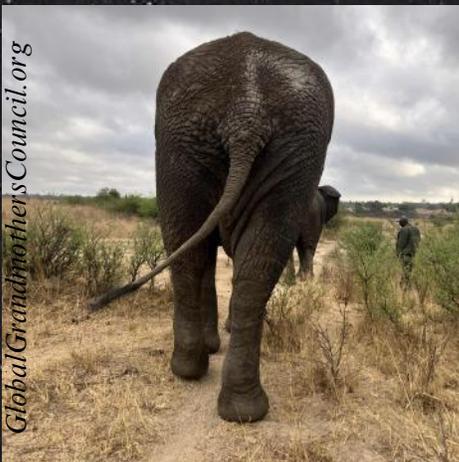
Brenda Martinez

I arrived with much anticipation and excitement. Every day, up at 5:00 am and out by 6:30am on a wildlife game drive to track Rhino's or bird watching. Back for a delicious organic Breakfast, then out to build a rock bridge, back for a luscious lunch, then out again repairing or installing fencing or picking up Elephant dung from their overnight boma, then back for a delicious dinner and free time. During my stay, I moved 50# hay bales, watered trees, planted vegetable cuttings on an organic farm, painted a metal container for a local school library and much more.

Every day was outside with a view of the beautiful African landscape and majestic wildlife; elephants, white & black rhinoceros, giraffes, zebra's, the sable antelope (Zimbabwe's national animal), many different types of deer and antelopes, cape buffalo, a crocodile, unique beautiful birds, an ostrich, monkeys, baby turtles, and a cobra snake. Daily interaction with local children walking to school that we picked up along the way. These children as young as 5 walking 3-10 miles to school every day; let that sink in for a minute? We visited a local village and spent half a day learning their customs; like making peanut butter by hand and dancing to the African rhythms and sharing a traditional meal.

Lots of education from tracking different animal footprints to game counts to rhino observations and learning about each animal.





Highlights:

Learning about the extinction of the black rhinos reminded me of the extinction of our American bison, a sad reminder of animal poaching. We observed white and black rhino's with babies and a newborn while I was there. Observing baby rhinos in person gave me that giggly feeling I have with baby elephants. I was in awe of them; they were so special and sweet and funny and cute. Up close and feeding black rhinos was an unexpected bonus for sure. They make a squeaky baby sound that puts this majestic animal's innocence in perspective.

There are three elephants. Mack is the bull and Mande the female calf. Being up close and able to touch, hug, and kiss this magnificent gentle giant was breath taking and an emotional overwhelm that I started to cry with deep emotion. I felt comfortable, natural and had an emotional connection. Also, a feeling of relief of this long-awaited anticipation of being near one which was so gratifying.

This was by far the highlight! We walked with them, beside and behind, and watched them swim with pure childlike fun, fed them by hand and had breakfast with them. I'm tearing up with emotion right now just thinking of them, feeling their energy, missing them.

Giraffes and zebras were stunning. To see the giraffes large, beautiful camouflage body hidden in the large trees was the realization of 'Now this is Africa!' And did you know that zebras skin is black with white stripes?

Now introducing the third elephant! I LOVE this story about Nzou, the Matriarch elephant of a buffalo herd. Yes, you heard that right! Nzou, known as the Queen of the Buffalo, or the elephant that thinks she's a buffalo. The Matriarch of Imire Conservation. This is a beautiful & heartwarming story of baby Nzou that was orphaned 40 years ago. She was introduced to Mack and Mande, but they did not accept each other.

She ran away and started hanging with the buffalo. Because elephants are social animals, especially females, she found her way into the herd and they accepted her and they started following her lead, communicating with them, as elephants do, with her low rumble. Nzou, the matriarch of her buffalo herd is now a grandmother of 8 generations of buffalo.

Brenda Martinez



Want to Buy or Sell a home in Colorado!

Brenda Martinez



Brenda@MartinezREInvest.com Phone: 303-931-8288

I can imagine a meaningful and beautiful children's book.

The most significant, fulfilling, inside and out, experience I have ever had, so much so that I'm looking to do it again this winter, like Costa Rica and help care for rescued sloths and the preservation of the jungle both facing extinction or the nesting-hatching-release of baby turtles out to sea.

Another story soon to come.

Here's to happy, fulfilling and purposeful travels.

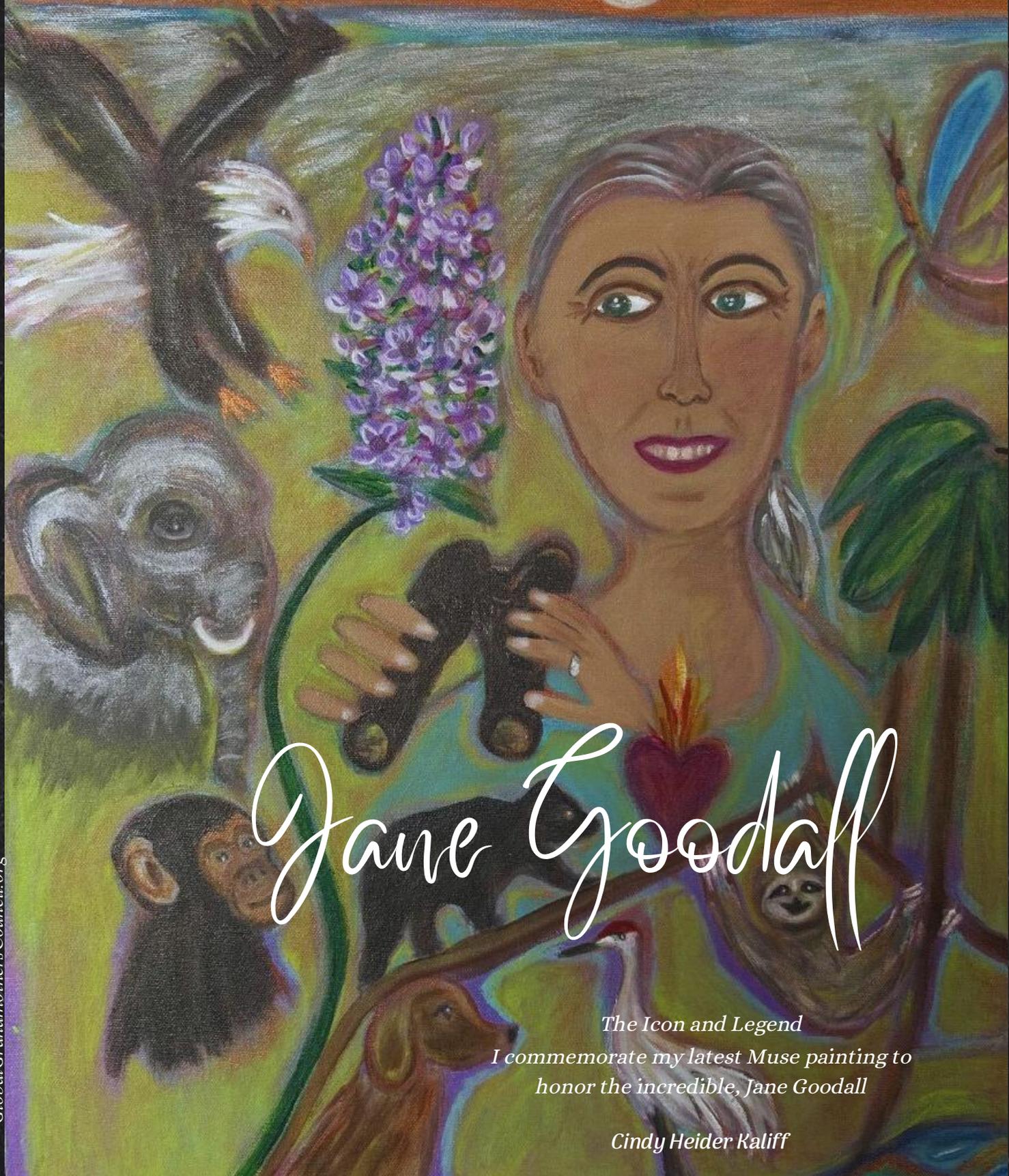
Blessings, Grandma Brenda



Brenda Martinez is a native of Colorado a semi-retired Real Estate Investor and part-time Broker.

Grandmother of three; Joaquin 11, Meilani 8, and Julian 3 and mother of 1, Abran 41. I'm passionate about living for today and enjoy adventure, hiking, biking, traveling, reading, writing, water-animal-human conservation and the environment. I have embraced being a grandmother and want to leave a legacy of history, stories, culture and living life to the fullest with grace and conviction.

THE OLD WISDOM



Jane Goodall

The Icon and Legend

I commemorate my latest Muse painting to honor the incredible, Jane Goodall

Cindy Heider Kaliff

On October 1st, 2025, Jane Goodall left us for the heavenly realm!

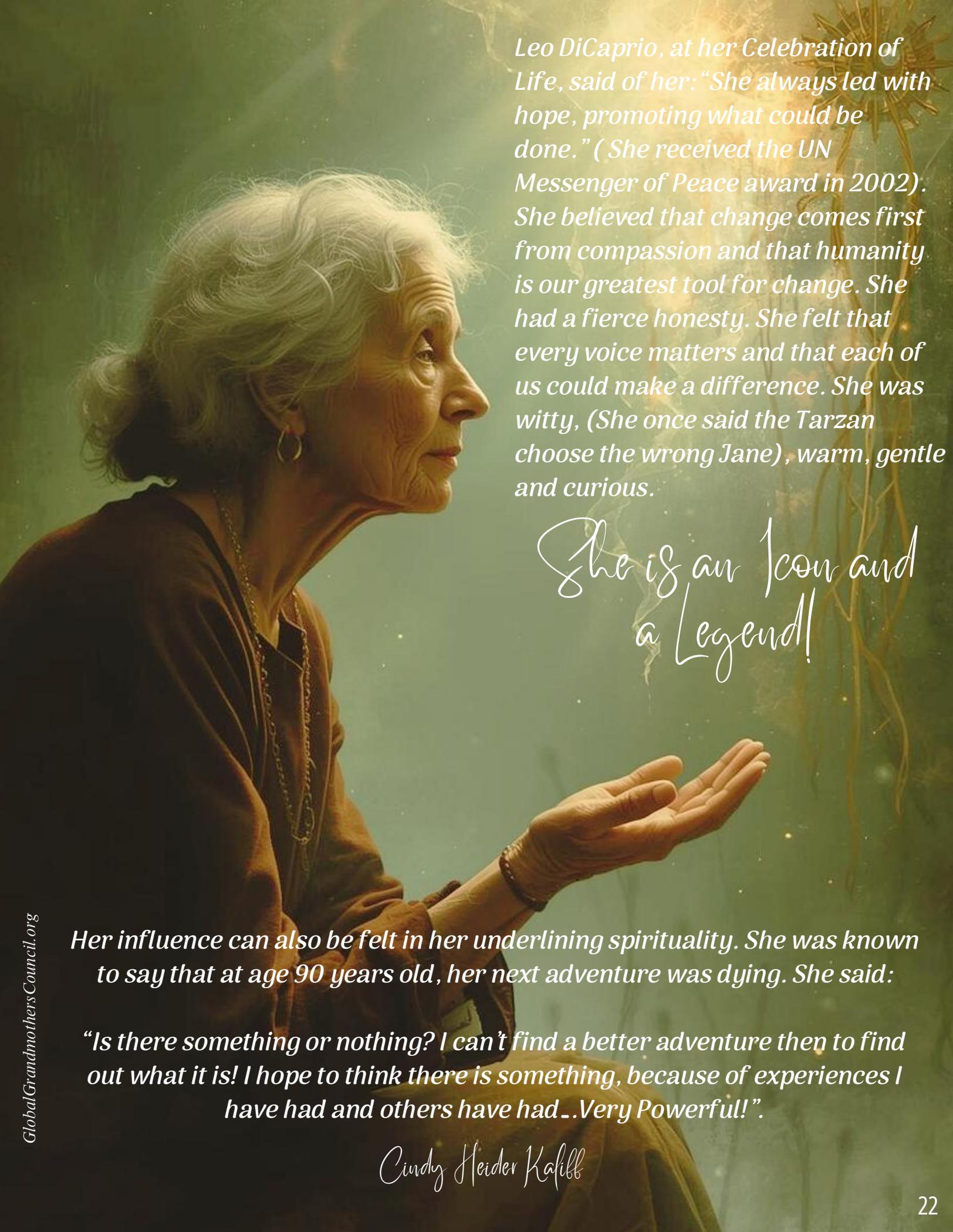
I read an interesting thought on the internet: Why don't we have the flags at half-mast for Jane Goodall? That would have been one of many fitting gestures for one of our foremost female role models... certainly my most influential one!

Jane Goodall... the epitome of grace and purpose...made her way in the world, a fitting example of the power of the Divine Feminine that we aspire to be. She followed her heart and intuition from an early age, evolving into a world renown Primatologist and Anthropologist. She was a pioneer of Primate ethology, having spent 6 decades of field research on Wild Chimpanzees.

She founded the Jane Goodall Institute for Wildlife Conservation and a global network, Roots and Shoots, to promote environmentalism for all ages. She inspired a whole generation of young girls to pursue careers in conservation, changing a field that had been male dominated. She was an outspoken activist for preservation of our natural and animal worlds. I had the great pleasure of seeing her and hearing her speak when she came to Nebraska, my home state, to promote preservation of the Platte River Corridor for the migration of the Sandhills Cranes. She was convincing and influential! She made over 300 appearances, annually to promote environmentalism. She, at age 91 years, was actually in California for a tree planting ceremony with children... when she passed!

*Cindy Heider
Kalikk*





Leo DiCaprio, at her Celebration of Life, said of her: "She always led with hope, promoting what could be done." (She received the UN Messenger of Peace award in 2002). She believed that change comes first from compassion and that humanity is our greatest tool for change. She had a fierce honesty. She felt that every voice matters and that each of us could make a difference. She was witty, (She once said the Tarzan choose the wrong Jane), warm, gentle and curious.

*She is an Icon and
a Legend!*

Her influence can also be felt in her underlining spirituality. She was known to say that at age 90 years old, her next adventure was dying. She said:

"Is there something or nothing? I can't find a better adventure then to find out what it is! I hope to think there is something, because of experiences I have had and others have had...Very Powerful!"

Cindy Heider Kafitz

*This is one of the poems that she feels best represents
her thinking:*

THE OLD WISDOM

*When the night wind makes the pine trees creak
And the pale clouds glide across the dark sky
Go out my child..go out and seek your soul..
The Eternal I.*

*For all the grasses that rustle at your feet
And every flaming star that glitters huge above you,
close up and meeting you..the Eternal I.*

*Yes, my child, go out into the world
Walk slowly and silently comprehending all
And by and by, your soul, the Universe, will know itself,
The Eternal I.*

By Jane Goodall

Cindy Heider Kafibb

ACADEMY OF TIMELESS WISDOM

PLANS FOR 2026 MANIFESTING JOY

academyoftimelesswisdom.com

This is my answer when people ask me what my plans are for the coming year: Manifesting joy. I say this with a big smile on my face. Yes, I repeat. I just wanna have fun. You might wonder what joy and fun might look like. For me, it is: Being in good health. Enjoying strong relationships with family, friends, and my communities. Planning and having soul-fulfilling activities and adventures. Achieving personal, social, and/or academic goals. Overcoming challenges – whether physical, emotional, or spiritual.

As to the last point, I know we must find solace in accepting what we cannot change while making changes within our abilities. Winter is the perfect time of year for reflection. We slow our pace. We can take time to reflect on and process the experiences and insights we have gained. The challenges I faced in 2025 were accompanied by strength and endurance, and the joys, at times, were bittersweet. I view each interaction and thought as a gift. I make no judgments and let the reflections be lessons gifted by every situation. When reflection becomes difficult, we have each other to lean on for clarity and comfort. Let us strengthen our connections and our support for each other. Blessings as we approach this sacred time of inner work.

Inner Work of Self-Actualization: I was once given a wonderful compliment about being self-actualized, but I had to look up what it really meant. I was tickled to read about myself and how I view life. One Example: An artist who has never made a profit on art, but still paints because it is fulfilling and makes them happy. A few examples of behavior a self-actualized person might exhibit include finding humor in a given situation. Finding enjoyment and satisfaction in the present moment. Understanding what they need to gain a sense of fulfillment.



How do you know if you are self-actualized? You maintain a continuous sense of appreciation, rather than seeing everyday experiences as mundane or stale; for example, self-actualized people continue to feel awe, wonder, and joy. They maintain a sense of gratitude for the good things in life, regardless of how often they experience them.

Why is self-actualization difficult to achieve? Here are some reasons why it can be difficult:

Complexity of the Self:

Understanding oneself deeply and uncovering true desires and passions requires self-reflection and introspection. Many individuals struggle with self-awareness and may have limited clarity about their own values, strengths, and aspirations.

What is the difference between self-awareness and self-actualization? While self-awareness is the foundation of personal development, self-actualization is the ongoing journey toward realizing one's full potential and living a fulfilling life.

Wisdom from the beginning of time; wisdom from the past, present, and future Co-Founders: Gayle Crosmaz - Canada and Susanne Steinel - Bavaria.

At the Academy of Timeless Wisdom, our mission is to inspire spiritual awareness in humanity by authentically sharing international wisdom from the beginning of time, the present, and the future. The Academy of Timeless Wisdom is dedicated to empowering students to achieve their full potential through storytelling challenges, with examples of transmutation shared by Grandmother Gayle Crosmaz. This guidance helps individuals towards self-awareness and overall well-being in the field of health and wellness.

Through personal sharing and engaging in online learning of experiences, restrictive old family patterns are released.

Facilitator

Grandmother Gayle - BlackBear is a storyteller and inspirational speaker, encouraging others by transforming herself through a lifetime of challenges and trauma. From personal experiences, growth, and cellular memories, Grandmother Gayle shares her insights on overcoming trauma. Her wisdom, rooted in the primordial knowledge of the ancients, was gleaned from her ancestral DNA, which spanned many cultures of Mother Earth. Gayle-Black Bear trained for several years with Inuit Elder Angaangaq Lyberth/Ice Wisdom International. She was initiated in Greenland as a Shaman/Angakkoq within Greenlandic traditions, connecting her ancient memories of the North. Grandmother Gayle is invited to travel the world to share her teachings and her ceremonies. As a professional artist, she is the creator of spiritual ceremonial drums and rattles worldwide.



Grandmother Gayle Crosmaz
of Canada
and Susanne Steinel
of Bavaria
are proud to introduce

The Academy of Timeless Wisdom
Wisdom Since the Beginning of Times
Online Seminars/Sessions & In Person Gatherings

Website: www.academyoftimelesswisdom.com
Emails: grandmother.gaylecrosmaz@gmail.com susanne.steinell@me.com

Gayle's Movie: Ann's Story: Life story of overcoming childhood trauma.

Gayle's Books: Challenges of Awakening – Living Parables (translated into English, German, and Greenlandic) aid others in their life struggles. A hard copy or PDF of /Challenges of Awakening can be purchased. Messages from the Ancestors is her newest book, soon to be released. Gayle's CD, Walking the Path of the Ancients, features drum meditations that awaken divine abilities.

Academy of Timeless Wisdom

Monthly Topics

1/ Introduction to Ceremony

Living Ceremony with intention versus ritual from patterns. Ceremony is a living entity, and nothing is more powerful than a living ceremony and heartfelt intention. We will cover various ceremonies and take turns creating and performing them.

Wording with Respect: Give credit to the traditional keepers of wisdom when referring to their traditional teachings. We often follow the teachings of traditional wisdom keepers and then share their knowledge. We must attribute this knowledge to its source.

2/ Space In Between Realities

Everything that has ever been known and taught has its page within the cosmic book of knowledge, but beliefs are limited to their page.

We can read the pages and learn from them, but remain detached. Step out of current realities and view life from the place of observation. Step out of the persona of who we were told to be, step out of the books, step out of the imposed restrictions of beliefs. When we stand in the space between the pages, we can connect to infinite wisdom. “Compassionate disengagement,” coined by my mentor Harry Jim, refers to having compassion for personal experiences or those of others without becoming attached to the drama or sorrow.

3/ Fears and Control

Analyze the source of fears and the need to control or be controlled. Examine our fears to determine if they are real, imagined by society, or innate. Our need to control life stems from fear. Across our cultures, religions, traditions, and families, many rules instill fear. We are taught that if we do not follow these rules, there will be negative consequences.

4/ Forgiveness

Master plan of our Darma and Karma here on earth It's about the feeling in the heart, not the feeling in the mind, and then, through forgiveness, we can clarify our contracts here on earth. We blame others and ourselves for experiences we had planned to have. Once we realize that our experiences were all part of a master plan, we can forgive ourselves and others. It was all part of the scenario that we wanted to experience in this human experience.

5/ Trust Your Own Authority

Trust that you are enough and not too much. Once we have forgiven ourselves, our ancestors, and society, we can have faith in our own authority and wisdom. Now that we have clarity about our challenges and successes, we feel competent in our life choices and allow life to flow.

6/ Truth Versus Ego

Process feelings that appear to be true to determine if they are from the mind or heart-knowledge. We often hear various phrases about this; Lakota Elder Fools Crow said be “Hollow Bones”, spiritual teachers frequently say, “Be an empty vessel”, many indigenous wisdom keepers call it “Heart Knowledge”. One interpretation carved on a temple in Mexico of the condor and eagle prophecy states that the eagle and the condor can fly together, in alignment with a mind free of attachments.

7/ Ancestors DNA

Take a look at the cellular memories of all our ancestors from across time. There are several ways to connect with your ancestors; the most powerful one is through cellular memory. Everything your ancestors experienced, their wisdom, their skills, and their talents from across time are inborn. Some ancestors are also with us in spirit form, guiding our daily lives. Connect with your ancestors through dream times and meditation to receive answers and guidance.

8/ Collective Consciousness

Humanity’s consciousness is connected across space and time. The collective consciousness can be universal, worldly, or local within your environment. We often need to take the time to discern whether our thoughts and feelings are our own or are being influenced by external sources.

9/ Life, Death, and the Aftermath

We are energy that can never die; we are here having human experiences, lifetime after lifetime. Interactions with those who are looking for reassurance near the end of physical life, those who connect with the spirit of those who have died, and those who have had near-death experiences. We will clarify the channeling of spirits who wish to convey information to loved ones here on earth, as well as the process of remembering and recovering lost soul fragments from past lives.

10/ Parallel Worlds – Other Dimensions

Tap into your existence in alternate worlds and dimensions. We are not the only ones here on earth who come from the same source of our creation, our higher selves. Other selves are walking this current Earth, past Earth, or even on other Earths or in other planetary forms.

11/ *Quantum Mechanics*

Manifesting life here on earth, experiences of time and space looping, astral projection, shapeshifting, and remote viewing.

Manifesting: THINKING is merely icing over a negative thought; it just makes it easier to swallow. A positive belief is all-encompassing, with no negativity in the mix; it becomes your reality. Explanations of experiences of outer realm energies, such as time and space looping, or remote viewing.

Shape-shift into the energies of your power animal to experience the depth of your true self.

This past October 2025, we held our first online gathering at the Academy of Timeless Wisdom, featuring seekers from Germany and Switzerland. Susanne Steinel, my German co-founder, had our day's itinerary all laid out, knowing that having me on board can be challenging. I can be the calm in the eye of the hurricane at times, and at other times, I am the hurricane itself. I am chaos in creation, never knowing what inspired interactions will take place. One thing that is always true is that there are much laughter and spontaneity. We are taking registration for our next set of classes starting soon.



Academy of
Timeless Wisdom
Year 1 Class

Grandmother
Gayle Crossmaz
Black Bear/White Raven
academyoftimelesswisdom.com

What I've Learned About The Soul at 76

Reflections on time, gratitude, and the quiet work of becoming kinder.

As a new year begins, many of us take stock of our lives. Earlier in life, that often meant setting goals and making plans for what lay ahead. Later in life, the reflection feels different. It's less about becoming something new and more about understanding who we already are.

LOVE
YOUR
SELF

I'm 76 years old, and I'm aware now, more than ever, that the time ahead is shorter than the time behind. That awareness doesn't bring sadness so much as clarity. It sharpens my gratitude. I'm thankful for the opportunities I was given, the people I met along the way, and the experiences that shaped me, even the difficult ones.

As seniors, many of us have spent decades meeting responsibilities. We built lives, raised families, worked, cared for others, and did what needed to be done. There wasn't always time or space to think about the soul. That isn't a failure. It's simply how life unfolded.

“Feeding
the soul
doesn’t
require
grand
changes.
It often
happens
quietly.”

Caring for the soul is rarely something we’re taught. It doesn’t come with instructions, and it isn’t easily separated from rules, beliefs, or expectations that may or may not have suited us. For me, caring for the soul has become less about following a prescribed path and more about paying attention to the heart.

What lives there now?
What has softened?
What still needs care?

Feeding the soul, as I understand it at this stage of life, is largely about how we love. Not in a romantic sense, but in the everyday human sense. Learning to be unselfish. Learning to be patient and considerate and learning to listen. And just as importantly, learning how to be kind to ourselves. Self-care later in life isn’t about self-improvement or fixing what’s “wrong.” It’s about compassion. About forgiving ourselves for what we didn’t know then. About accepting our limits and allowing ourselves rest, reflection, and gentleness.

As we grow older, the measures of success tend to shift. Achievements matter less than relationships. Being busy matters less than being present. The question becomes less “What have I done?” and more “How have I lived?” Did I act with kindness? Did I leave people feeling heard? Did I meet life with as much grace as I could manage?

Connect with Jean Janki Samaroo
jeanjankisamaroo.com/books



amazon



I often think of this line by G.K. Chesterton:
“The object of a new year is not that we should have a new year, but rather that we should have a new soul.”

To me, a “new soul” doesn’t mean reinventing ourselves. It means tending what remains alive and growing within us. It means softening old edges. Letting go of what no longer serves us. Giving the inner life the care it deserves. Feeding the soul doesn’t require grand effort. Often it happens quietly. In a thoughtful conversation. In a small kindness. In moments of stillness where we allow ourselves to simply be.

A Thought for the Year Ahead If you’re in the later chapters of life, perhaps this new year offers a gentle invitation rather than a challenge. An invitation to listen more closely to your inner life. To notice what brings peace. To let go of what feels heavy. If you’d like, I invite you to share your thoughts in the comments.

What has nourished your soul over the years? And what feels important now? Sometimes, especially at this stage of life, sharing our reflections can be a gift to one another.

Happy New Year!

Sacred Pause



GlobalGrandmothersCouncil.org

Many of us are going things we don't talk to others about. Feeling sad, alone and anxious about what was, what is happening, or what is going to happen.

For all of us who have a child with cancer, estranged children, death of a child or parent, broken relationships, dysfunctional relationships, surgery coming up, recovering from surgery,. Manipulated, defensiveness, it's hard.

All those sticky feelings that we don't want to let go off, can let go of we feel stuck, unsure, confused, unheard.

Feeding into the fear, the anger, the sadness we are broken, we are hallow, we are numb. Standing up in the fear we remember where we have been, we remember we have got through all the loss, pain and rage. We worked through all that has broken us and survived, we stood up courageous, stronger, and braver.

Cry, breathe, pause, sit in silence, reflect. Journal, meditate, colour, call a friend, get out in nature, walk.

What has worked in the past?
What tools do you have that helped you in the past?

It is time to have a conversation with self. Remember the abundance out there, the love, the happiness, look through the photos in the scrapbook of your life, of your mind, your heart.

The path we are on today is ours and we can keep walking back over the bridge and rehashing things or we move forward through and past, the pain and change our direction, our mindset, our response to now, to our future.

If you are stopped on the bridge and can do nothing today, but wait and see what is happening, look down into the reflection of yourself in the water and see the beautiful bold brave woman you are.

Feel the sunshine, surrounding you, feel the rays of of love, covering you, receive the strength, hope, and health that God has for you. Know God has a purpose of you, that is working through you.

Open your heart, your mind and shine brighter, and stronger knowing this to shall pass.

I am brave enough, strong enough, to get through this.
You are brave enough, strong enough, to get through this.

Dig deep inside, you can do this. This is just another opportunity to grow and SHINE!

Have you got a happy place, a safe space in your home, a chair, pull up the blanket, read a book, watch a comedy, get a chai tea. What will calm your thoughts, your heart, before.

You can lose a relationship, a loved one, your health, but don't lose yourself. Connect to self Remember to take care of you, love you, trust you.

I am so happy you are here with me on this journey.

Kintsugi Woman
Kalina Bains



Kintsugi Women, We may not be exactly where we want to be but we are no longer where we used to be. Moving forward, rising higher, learning, healing, becoming.

Every shift matters.
Every bit of progress is worth celebrating.

We are evolving, growing
Becoming bolder and stronger every single day.
Proud of how far we have already come.

The She-Shed of Her Soul



*Every Kintsugi Woman deserves a place
that is hers alone
A she-shed of the soul.
A quiet corner where her spirit can settle,
her breath can deepen,
and her heart can return to its own
rhythm.*

*This is not just a room.
It's a refuge.
A soft, golden retreat where she can think,
dream, release, and rise.
In her she-shed of the soul,
She is not performing.
She is not holding the world together.
She is simply becoming.*

*Every pillow, candle, and journal page,
Every beam of afternoon light
becomes part of her healing architecture.*

*Here, she remembers her worth.
Here, she honours her cracks.
Here, she rebuilds in gold.*

*This is her sanctuary.
Her reset.
Her sacred pause.*

*A she-shed of the soul created by her, for
her, to hold her as she grows into the
woman she is becoming.*

Creating Your She-Shed (Safe Space)

1. What: A safe space is a personal sanctuary, a chair, a room, a window, where your nervous system softens, your breath deepens, and your spirit remembers itself. It's a place designed to restore you, uplift you, and bring you back into alignment.

2. Why:

Because your energy needs a home.

Because your soul thrives in stillness.

Because healing happens when you feel held, protected, and free to inhale, exhale.

A safe space becomes the energetic anchor that supports your clarity, intuition, and emotional wellbeing.

3. Where:

Anywhere in your home that feels naturally peaceful or inviting.

- A sunlit corner. A cozy chair. A bedside altar.
- A quiet nook that whispers, "Come back to yourself."
- The location matters less than the feeling it evokes.

4. When:

Whenever your spirit calls for recalibration.

- Morning rituals. Evening wind-downs. Moments of overwhelm
- Times when you need centering, grounding or a return to your inner truth. Your safe space is always ready to receive you..

5. Who:

You , the woman reclaiming her energy.

You , the one choosing peace over pressure.

You , the Kintsugi Woman who knows that tending to her inner world is an act of self love, and power, not indulgence.

This space belongs to you, and only you.

It is your refuge, your sacred pause, your sanctuary.



Take a Moment to Inhealing & Exhealing

Place your hand over your heart. Let
your breath become your guide.

Inhealing:

Breathe in gently... Feel light entering
your body, softening the places that
feel tight, warming the spaces that feel
forgotten. Let the inhale gather peace,
clarity, and calm.

Exhealing:

Breathe out slowly...
Release what no longer serves you.
Let the exhale carry away tension,
old stories, old fears, old weight.
Feel yourself becoming lighter.

Again...

Inhealing — receiving.

Exhealing — releasing.

A rhythm of renewal.

A cycle of return.

With every breath,
you come home to yourself.

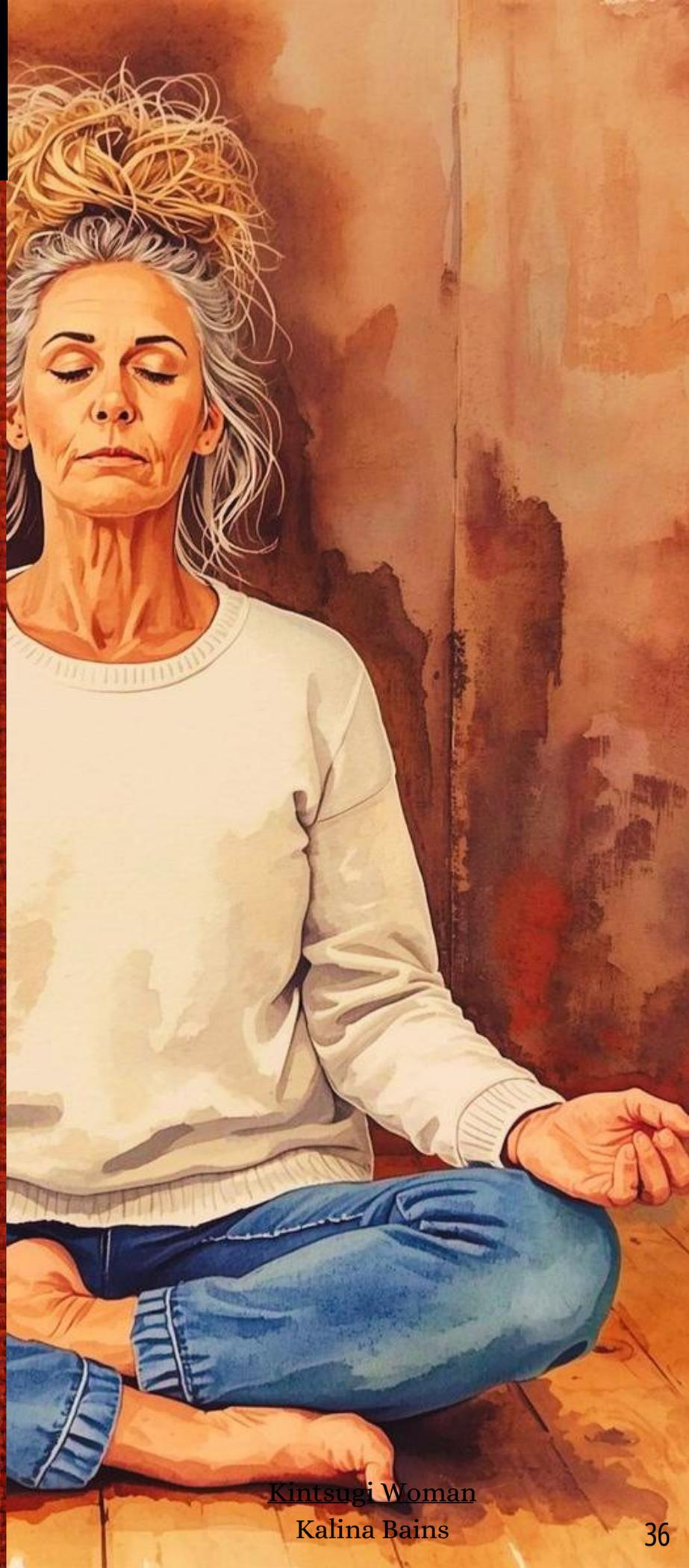
With every breath,
you create safety within.

With every breath,
you rise a little more in gold.

This is your sanctuary.

This is your healing.

This is your moment of peace.

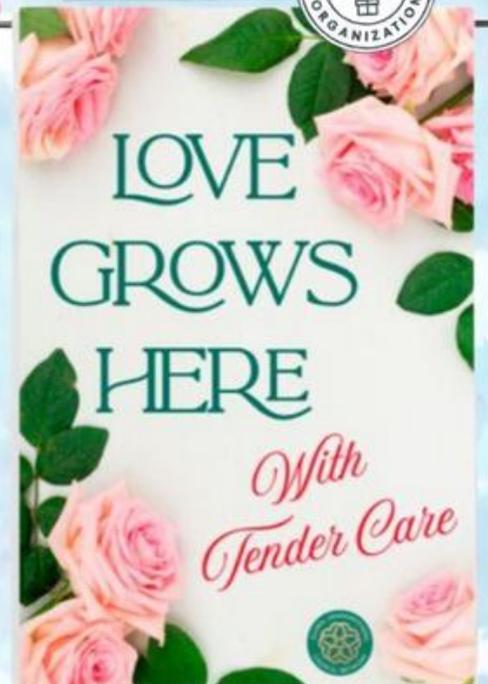
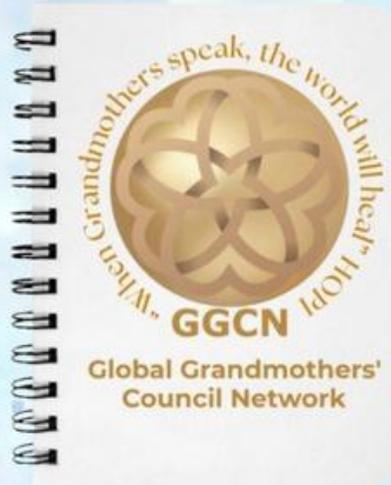


Kintsugi Woman

Kalina Bains

Heartists for Peace

bonfire.com/store/heartists-for-peace



White Spirit Bear & The Courage to Go Within A Teaching from the Song of Returning

Kelley Springer



A Teaching from the Song of Returning

Courage is often described as bravery in the face of danger. Yet for many of us, the deepest courage is quieter and more personal. It is the willingness to turn toward ourselves with honesty and care. True courage is not about pushing through. It is about listening, slowing down, and creating enough safety to meet what lives within us.

For me, the White Spirit Bear has become a symbol of that kind of support. Over time, I came to understand her as an inner and spiritual ally, a presence that reminded me I was not alone on my healing path. As a child, during a life-threatening experience, I felt myself leave my body and encounter what I experienced as the Bear Mother in the spirit world.

Whether understood spiritually, symbolically, or psychologically, that experience became a source of strength and protection that stayed with me throughout my life. Years later, as I began consciously healing, I realized that my journey was not only for survival, but also for sharing.

Through this process, I developed a framework I call the Song of Returning, a gentle map for coming back to oneself. In this work, courage is the first doorway: the willingness to begin self-healing, at one's own pace, with compassion.

Before we can reconnect with the parts of ourselves that feel lost, wounded, or forgotten, we must feel safe enough to enter our inner world. In my experience White Spirit Bear represents that steady, nonjudgmental presence that walks beside us as we do

The White Spirit Bear: A Symbol of Inner Clarity

The White Spirit Bear, sometimes called the Sacred Ghost Bear, is rare in nature and rich in symbolism. Rather than representing aggression or force, she embodies stillness, awareness, and quiet strength. She teaches that power does not always come from intensity; often it comes from presence.

The Spirit Bear reminds us that courage is not the absence of fear. It is the ability to stay with ourselves even when fear arises.

Courage in the Song of Returning
To return to oneself is not a dramatic leap. It is a series of small, compassionate choices.

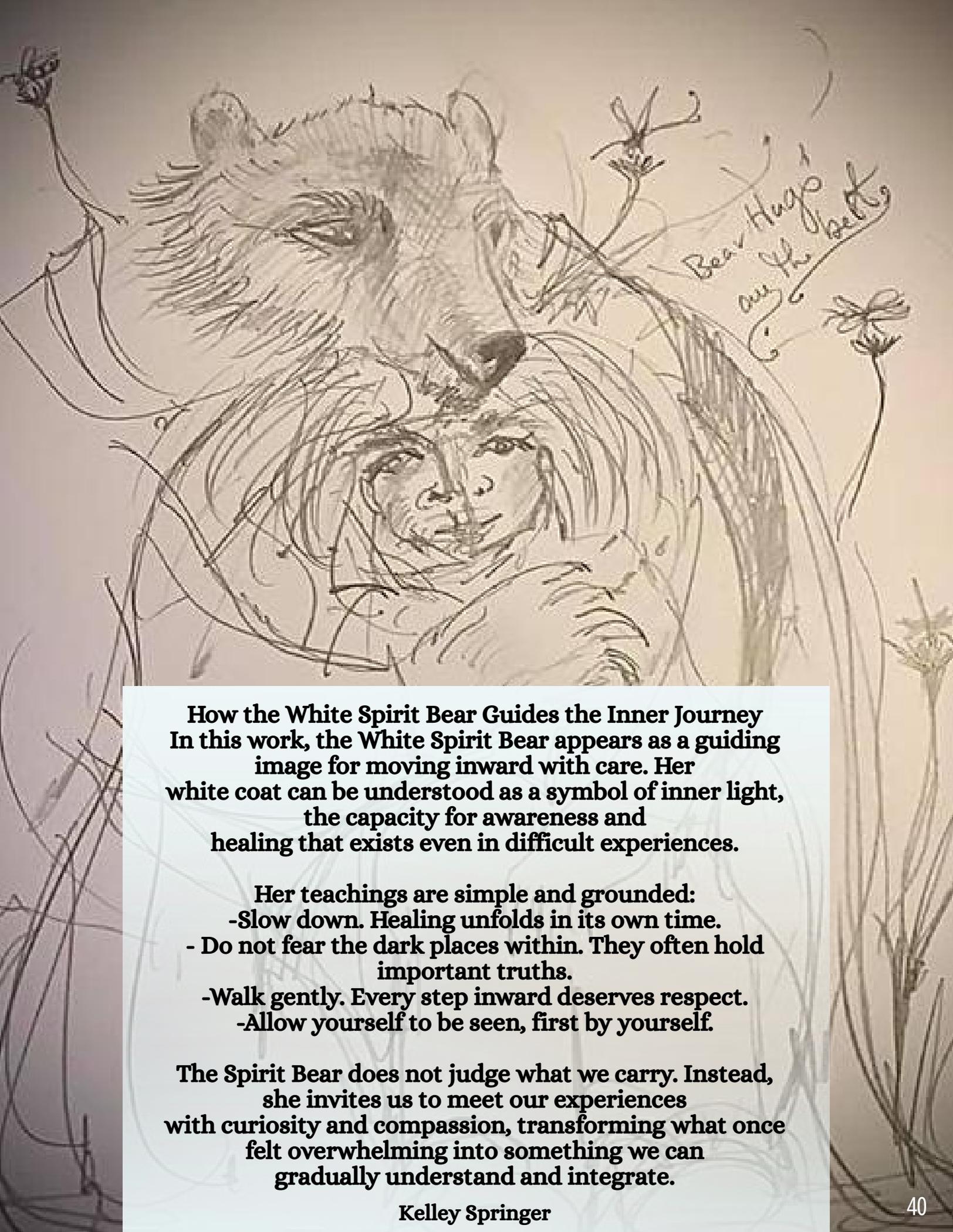
In the Song of Returning, courage might look like:

- Sitting gently with the inner child instead of silencing their feelings.
- Allowing grief or sadness to be felt without rushing it away.
- Listening to the body rather than overriding its signals.
- Recognizing moments when we disconnected from ourselves and choosing to come back.
- Beginning to sense an inner guidance or “inner council” that reflects our values, needs, and wisdom.

This kind of courage is deeply human. It does not demand perfection. It invites presence.

Kelley Springer





How the White Spirit Bear Guides the Inner Journey
In this work, the White Spirit Bear appears as a guiding image for moving inward with care. Her white coat can be understood as a symbol of inner light, the capacity for awareness and healing that exists even in difficult experiences.

Her teachings are simple and grounded:

- Slow down. Healing unfolds in its own time.
- Do not fear the dark places within. They often hold important truths.
- Walk gently. Every step inward deserves respect.
- Allow yourself to be seen, first by yourself.

The Spirit Bear does not judge what we carry. Instead, she invites us to meet our experiences with curiosity and compassion, transforming what once felt overwhelming into something we can gradually understand and integrate.

Courage as a Return Home

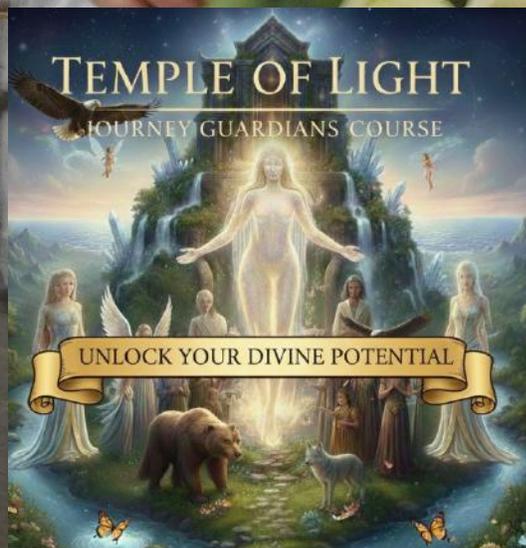
We often imagine courage as moving forward, yet sometimes it is a return — a return to the parts of ourselves that never truly disappeared. In many traditions, the Bear is associated with introspection and inner wisdom. In this sense, going inward is not withdrawal, but restoration.

The Song of Returning teaches that every part of us has value. When we slowly gather these parts, breathe through vulnerability, and learn to listen inwardly, we begin to experience a deeper sense of wholeness. **Standing in Your Inner Light**
The White Spirit Bear teaches that courage is not about conquering life.

It is about staying present with ourselves, even when that feels difficult. It is the courage to say:

“I am willing to meet myself, gently.”

I offer this journey to those who feel called to deepen their relationship with their own hearts. When we reconnect with our inner spark and honor the dignity of our own experiences, we build a foundation of wholeness that supports our lives in practical and meaningful ways. Grounded in ourselves and in the Earth, we become more present, more connected, and more able to share our gifts. I am grateful that we walk this path together, supporting one another as we remember the way home.



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





What's Happening in the World Today?

From My Perspective Emerging From Fundamentalism Into Becoming a Heartist

Those children grow up carrying unprocessed fear and trauma, and they pass it on to their own children. This cycle has repeated itself for two thousand years or more.

During these moments of intense violence and blatant disregard for human life, care, and suffering, I find myself returning again and again to reflections on my upbringing. The same questions arise: How can they think this way? How can they do what they do? Have they no shame?

They are groomed, trained, and programmed this way. These behaviors are not accidental; they are embedded within belief systems and doctrines that discourage inquiry and punish dissent.

If it doesn't make sense, it does not have to. You are told to believe—or else. Or you go to hell.

Ah, hell. That is the true instrument of power wielded over children.

“Now I lay me down to sleep, I pray the LORD my soul to keep. If I should die before I wake, I pray the LORD my soul to take.”

Mayana Kingery

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Council Network
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GlobalGrandmothersCouncil.org

- *Do not question.*
- *Because I say so. I'm the boss.*
- *I brought you into this world and I can take you out.*

The Cost of Questioning

I know this world intimately, not as an observer, but as someone raised inside it.

From an early age, I questioned authority. Not rebelliously for the sake of defiance, but instinctively, because what I was being told did not align with what I could feel in my body, my heart, or my conscience. I asked questions adults did not want to answer. I noticed contradictions they preferred to ignore. I sensed cruelty where obedience was praised as a virtue.

That Made Me Dangerous

”
By the age of fifteen, I was formally “withdrawn from by the church. This was not a quiet distancing, it was an exile. A public severing. A declaration that I was no longer safe to associate with, no longer worthy of belonging. I was labeled a rebel because I refused to surrender my capacity to think, feel, and discern for myself. What the church could not tolerate was not disobedience, it was agency. To be withdrawn from at that age is to experience a spiritual death sentence.

*Your community disappears overnight. Your relationships are erased. Your identity is stripped away. The message is unmistakable:
Conform, or be cast out.*

I chose to be cast out.

Becoming a Heartist

Leaving did not mean I escaped unscathed. I carried fear, grief, and confusion with me. But I also carried something the system failed to extinguish: my heart.

Mayana Kingery





Over time, I came to understand that what I was doing, what I had always done, was listening deeply. Feeling truth somatically. Refusing to numb myself in order to belong. I was not faithless; I was faithful to life itself. This is how I became a Heartist.

A Heartist is not sentimental. A Heartist is someone who lives, creates, and speaks from the intelligence of the heart, even when it costs them safety, approval, or belonging. Especially then.

Women bear the greatest burden of abuse, neglect, and disrespect, but boys suffer too. In many uneducated, fundamentalist religious families, pedophilia and incest are far more common than society is willing to admit.

This is precisely why education is resisted. Education introduces concepts such as human rights, trauma awareness, consent, and alternative ways of thinking, ideas that threaten the narratives these systems are desperate to preserve.

Women within these structures are profoundly dominated and disempowered. They are taught that men are superior and closer to God. That women must be submissive in all things. That no woman could ever teach a man anything of value. It's written in the scriptures, they are told—so it must be true.

And when sons or daughters are sexually assaulted or abused, the blame falls on the child—because that is how the system protects itself. There is no true protection for human beings in a fundamentalist society. This is what has taken hold in many places across the world today. It is viral. It is unchecked. And it is dangerously out of control.

Mayana Kingery

Being a Heartist means questioning authority when authority demands silence. It means refusing narratives that require harm in order to sustain themselves. It means honoring lived experience over imposed doctrine. Fundamentalist systems fear Heartists because hearts cannot be controlled by threat alone.

The violence we see erupting across the world today is not random. It is the inevitable outcome of systems that have trained generations to obey without conscience, to dominate without empathy, and to mistake submission for morality.

Until we name the roots, until we listen to those who survived these systems from the inside, we will keep mistaking symptoms for causes. I speak now not only as a survivor, but as a grandmother, a witness, and a Heartist. I speak for the children who are still being silenced, for the women still being erased, and for the boys taught that power means cruelty.

Why This Matters Now



*The future depends on
our willingness to
question what we were
told was sacred, and to
reclaim what is truly holy:
the dignity of every
human heart.*

When What Is Hidden Is Revealed On Light, Truth, and the Responsibility of Seeing

There comes a moment, often quiet, sometimes shattering—when what has been hidden can no longer remain in the dark.

For those of us who emerged from fundamentalist systems, revelation is not a single event. It is a gradual, relentless unveiling. Piece by piece, the stories we were told unravel. The behaviors once justified by doctrine reveal themselves as harm. The silences we were trained to keep expose themselves as complicity.

Light does not arrive gently in these systems. It arrives as disruption. To shine light into darkness is not an act of aggression, it is an act of fidelity to life. And yet, it is almost always received as betrayal by those invested in keeping the dark intact.

Seeing What Was Never Meant to Be Seen

Fundamentalist structures depend on secrecy. Abuse thrives where questions are forbidden. Control requires that pain remain unnamed. The system functions only as long as the truth stays hidden—behind closed doors, behind scripture, behind shame.

When the light begins to shine, it exposes not only individual wrongdoing but the architecture that allowed it. This is why truth-tellers are exiled. Why whistleblowers are discredited. Why survivors are blamed. The issue is never the harm, it is the exposure of the harm.

Once you see clearly, you cannot pretend you do not. And once you speak, you cannot return to silence without betraying yourself.

Mayana Kingery

The Weight of Illumination **There is a cost to seeing**

To bring light into darkness is to accept responsibility—not for fixing everything, but for refusing to participate in the lie. It means standing in the tension between compassion and accountability. It means grieving what you can no longer protect by denial.

Illumination brings grief alongside clarity

You mourn the child you were. You mourn the generations before you who never had language, safety, or allies. You mourn the people who remain inside, still defending what is destroying them because the alternative feels too terrifying. And still—you speak. Because silence is no longer neutral once you know what it conceals.

Why Darkness Fears the Heart **The heart is a light- bearing organ**

This is why authoritarian systems work so hard to sever people from their own felt, knowing. Obedience requires disconnection from the body, from empathy, from intuition, from moral imagination.

Heartists threaten these systems because we lead with coherence rather than compliance. We trust what we feel when it contradicts what we are told. We listen inwardly, then speak outwardly.

*Light does not shout. It reveals.
And revelation destabilizes power built on fear.*



As grandmothers, elders, and witnesses, we hold a particular responsibility now.

We are no longer seeking approval. We are no longer trying to survive childhood. We have lived long enough to see patterns repeat, and to name them without apology.

Our role is not to convince, but to testify. To tell the truth plainly. To protect the young. To affirm those who are questioning their way out of harm. To remind the world that spirituality without humanity is not sacred, is dangerous.

Bringing light does not mean we are without compassion. It means our compassion is aligned with truth rather than denial.

The Responsibility of Elders

Standing in the Light Together

The darkness we face today did not appear overnight, and it will not dissolve all at once. But every act of truth-telling weakens its grip. Every voice that refuses silence widens the field of safety for others. When what is hidden is revealed, something irreversible happens. The lie loses its power.

And those who carry light, Heartists, truth-tellers, elders, become wayfinders, whether they sought the role or not. This is not a burden we chose lightly. It is a responsibility we accept with clarity, courage, and love for the generations yet to come. Because once the light is on, the only ethical choice is to keep it shining.

Mayana Kingery

A Blessing and a Call to Service

Mayana Kingery

May we be brave enough to see what is revealed, and gentle enough to stay human in the seeing.

May the light we carry not harden us, but soften what has been armored by fear, silence, and obedience.

May those who are just beginning to question know they are not broken, sinful, or alone, they are remembering.

And may those of us who have walked this path longer stand where the light is strongest, not to dominate the conversation, but to widen the circle of safety.

This is our service now. To listen when truth trembles in another's voice. To speak when silence would protect harm.

To protect the young, believe the wounded, and refuse doctrines that require suffering in order to survive.

May we use our years not to look away, but to look clearly and act with love.

May we be Heartists in practice, lighting the way not with certainty, but with courage, compassion, and truth.

And may our lives themselves become a blessing, a quiet, unwavering light that others can follow home.



“Bringers of the Dawn”

Mayana Kingery

In 1992 Barbara Marciniak published “Bringers of the Dawn”. This book found me in the mid to late 1990s and enlivened my soul as I resonated with every word she wrote. I recognized myself in the words of this book and felt clearly that I AM a Bringer of the Dawn. I took what Barbara said personally. I was an eager student learning as much as I could about ME, Consciousness, Reality, Multi-dimensional experiences, and what it means to be a Human Being - to ME!

What meaning do I bring to Humanity?

- *Will I see the Dawning of New Earth through Mama Gaia?*
- *Will I be able to BE who I AM - in my power - in my strength - in my sovereignty - every moment of every day?*

In 2007 I was attending the local Center for Spiritual Living in my home town. The first time I went with my family, an elder man came up to me with light in his eyes and excitement that comes from Divine Inspiration. He said “I see you! You are a Bringer of the Dawn!”

Wow. I was able to respond in that moment - “Yes, I Am. Thank you for seeing me!” The next week he brought me his copy of Bringers of the Dawn and said “I highlighted the pages where I see you.” That was a great gift for my heart and soul that became a strength through the coming trials I would endure.

Barbara says to dive into your emotions. Ride the waves of your emotions without self judgement. Allow your emotions to take you wherever they need to go - while you observe how you feel and consider what actions you may take carefully - but feel deeply and fully.



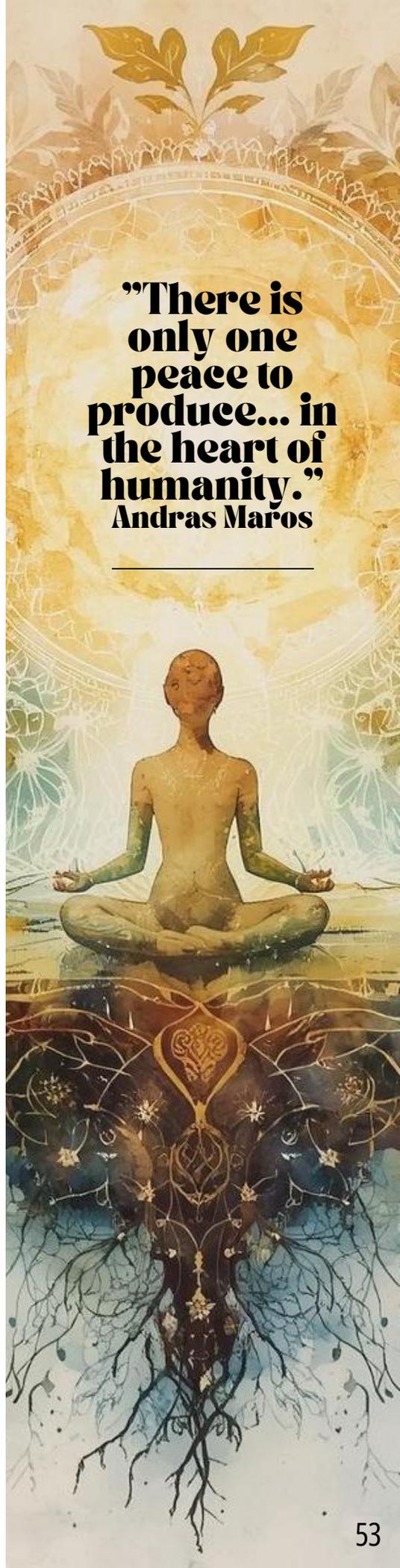
The Dawn is Here NOW. WE Brought the Dawn and we have arrived at the Dawning of the New Age and New Earth. You can see it from the corners of your eyes and in your Beloveds' eyes. You see it in the children of the Sun, Moon, and Stars WE Brought Through.

"If industry, educators, and all people first stopped and committed to the highest integrity and love for all involved and asked that there be no harm to Earth or humans, it would be phenomenally received. This would put into motion the plan for a high civilization. Such awareness is beginning to come; many people are getting this kind of information at this time." Barbara Marciniak Bringers of the Dawn; Earth's Initiation Through Integrity... "When enough people create their own reality - consciously create it- you will create a new planet. ... You will have some very puzzling and confusing space dramas take place with some space cousins who need to figure out quite publicly who they are."

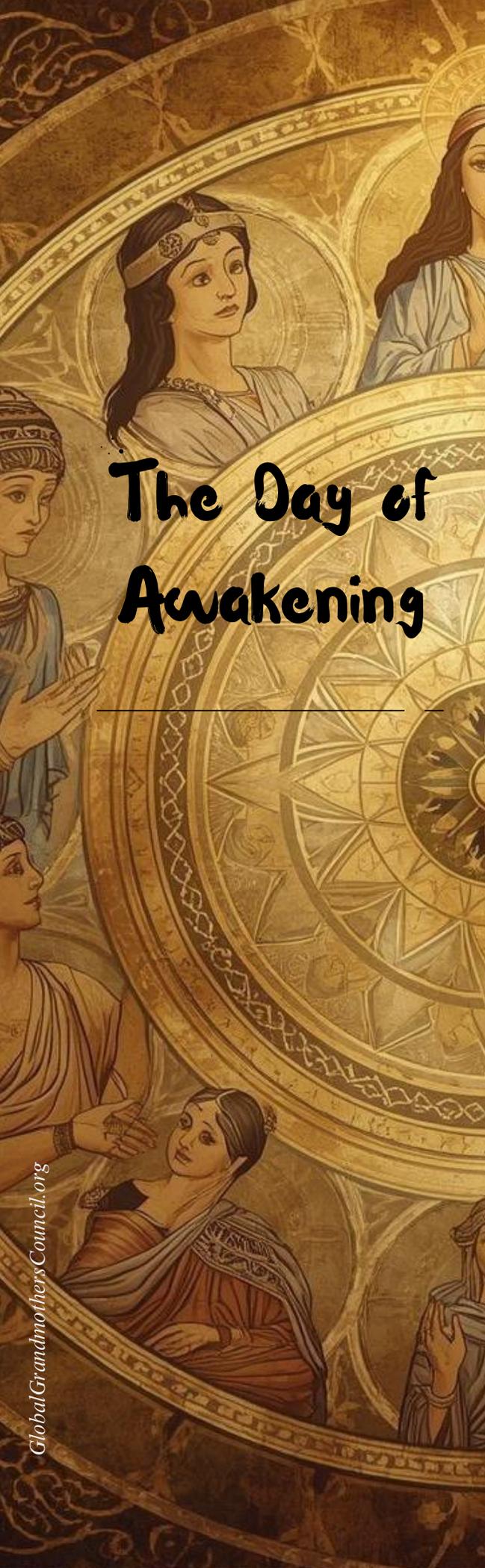
We are moving from the old land/matrix/programs of duality into Triality. To accomplish this feat, we must first experience the fullness of each emotional spectrum from fear to joy in all frequencies. When Fear and Joy meet - Joy embraces the Fear and Fear is dissolved. In that UNION - something new emerges. We want Unity to embrace Greed and Peace to embrace War to each become something new for our children - the Ones we bring through - all of them. I'm writing this on New Year's Eve. Ending the year of the frequency of NINE and crossing into the year of a NEW ONE. I can feel the difference this year from other New Years - can you?

We've come past the time she referred to as a splitting of worlds. That's very clear. We've even seen that split here in the Global Grandmothers' Council Network group. We come through being ravaged and are nearly on the other side of it. Have we had enough? Are we ready to rise up and say NO MORE WAR?

Mayana Kingery



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



The Day of Awakening

A woman came to me several years ago for a TAG-Galactic session. She carried a conflict so many women know well: a powerful inner call to 'stand, move, dance, and act', and an equally powerful inner command to 'stay silent, invisible, safe.' Her heart said, "Go big." Another voice whispered, "Be quiet. It's dangerous."

In session, I called in her Higher Self and healing teams. I saw the two grandmothers who shaped her lineage, one Black, one White. Black Grandmother smiled with fire and said, "Get out there and dance!" White Grandmother said, "Be still. Be careful. It is not safe."

There it was: two heritages, two ancient contracts, pulling one woman apart. I knew we had to go further back than her childhood. We traveled into that sacred realm where memory, imagination, and ancestral truth meet. I asked the teams with us to take us, "Where this conflict began."

We went back, farther than any history book. Back to the time after the nine original Star Beings arrived on this planet nearly 600,000 years ago. Back to when Star beings in female body suits were designing villages. They were working with Gaia, weaving policies of harmony, birthing cultures of beauty.

They flourished together in a stable, joyful community. And then, something shifted.

We saw a moment when one by one the clan sisters lifted their heads. Searched the heavens. They felt distress signals from other villages, pain, confusion, warning. Quickly moving into their sacred circle, amongst trees held by Gaia, they followed the energy streams to see what was happening.

They witnessed male-looking bodysuits entering villages. They were ones that did not respect the women's words and took actions contrary to those of our Star Families. These beings were attacking women, taking their bodies, their gifts, their creations. The authority centers of the female mission, discern, identify, and declare "Not Allowed", were not functioning in those villages.

Something had gone terribly wrong. These sisters knew: if they did not protect the female gifts, the mission would collapse. So they gathered everything sacred to the female purpose, such as designing, birthing, alchemy, healing, creativity, community building, and placed them in the center of the circle. Each sister came forward to choose a gift. Her contract was to pass it forward through her daughters and granddaughters until the authority to safeguard women's work was restored. To hide the gifts from the invaders, each gift was wrapped in a form that looked "ordinary, unimportant, harmless," so it would never be targeted or stolen.

For example, alchemy became cooking. and healing became drumming. Then two sisters stepped forward. "We will take no gifts," they said. "We go into the world empty, naked. We will appear to have nothing worth taking. We will walk among the invaders, learn their weaknesses, and seek the correction."

My client suddenly recognized her own lineage in this ancient story. Her white grandmother was one of the "naked ones", tasked to stay invisible, silent, alive long enough to discover the restoration of authority. Her Black grandmother was one who carried the high dancing, the vibrant expression of healing. Her grandmothers were living out ancient contracts and their contracts were living inside her.

She wept with recognition. She restructured her life, reorganized around this truth.

Grandmother Sharon Riegie



Women across the world are awakening to the great damage of domination, discounting and losing ownership over their own bodies. They see clearly their creations, their children, treated as commodities in such cultures. Traditions of unique gifts are being seen for the power they are.

It is important in today/s world to know the contract of ourselves of white heritage. Look for the gift of restoration to design, discern, and declare wholeness with the voice of authority.

Generations ago, my White great-grandmothers began to forget their contract. My grandmother survived by going to sleep or becoming agreeable to the 'invaders'.

I did not return to the ancient contract because women in my white lineage remembered and activated my memory directly. I saw the entrapping, targeting, and discounting in modern culture and said to those in spiritual worlds, "Something is wrong here. What is the problem?"

The answer from those Ancient Ones woke me, "Know of, Activate, and Embrace Sophia Authority." We are in a time when sleeping women are awakening. The white tradition of restoring Sophia, the solar plexus power center of female authority, to say, "NO!" has been remembered and activated. That gift to speak into the worlds of our Star families and be answered is what I give you to anchor.

There is an old Chinese saying, 'When sleeping women wake, mountains will move.'

I say, "As sleeping women wake, activate their Sophia power, mountains that have crushed humanity will be dissolved."

Grandmother Sharon Riegie



The doors after the Sophia restoration are asking us to bring the female gifts, powers, and passions held within our tribes and traditions together. Teaching one another. Expanding through collaboration. Acknowledging the tribe of many colors is here, secured, and activated.

Through the restoration of the Sophia Authority, women in white-skinned lineages can wake up and know. Their assignment was not to 'become' dominators, but to study for weakness and divert intentions of harm until female authority could be restored. The time of separation, when each gift had to be hidden and guarded, has ended. The threat that required silence is being removed.

This is the time when women of all traditions, Dancing Women, Healing Women, Visioning Women, Designing Women, Listening Women, come back together.

*Not divided. Not hidden. Not competing.
But 'sharing', remembering, expanding.*

The Tribe of Many Colors is gathering. We, women, can now drop the survival, the silence, the separation, the sleep from memory loss of contracts, and step into the voice of authority that says: "Sisters, the gifts are safe now. We rise together as the Sophia Collective into the Heavens."

We are birthing the New World. This is the Phoenix Rising. This is our day.

In Sacred Sovereignty, Grandmother Sharon Riegie

Continue the journey sharonriegiemaynard.com

- My Books: <https://books.by/the-lemon-tree>
- Waking Women: wakingwomenmovingmountains.com

- Patreon: patreon.com/c/amysticsview
- Substack: sharonriegie.substack.com/
- YouTube: youtube.com/@radicalmystic





Mayana's Musings

By: Mayana Kingery

As we consider what steps to take next with GGCN, I am filled with deep gratitude for those who stepped up and in over the past year. This work is never done alone, and what has been held together has been held by many loving hands.

I am profoundly thankful for Kalina Bains, our fabulous Magazine Editor, who spends countless hours each month gathering wisdom from our Grandmothers and weaving it into offerings for us all. What a true treasure trove we continue to discover within the pages of Global Grandmothers' Magazine.

Michele Telfer, who originally invited me to meet Grandmother Suzanne, has stepped into the role of Global Ambassador. She has been making meaningful connections with sister groups around the world who share similar intentions. As a Peace Production Peace Councilor, Michele leads with vision and clarity. We have scheduled a coordination call this month to begin formally gathering these groups together, magnifying our collective reach and resonance.

Kelley Springer has been by my side throughout the year as a Peace Councilor for Peace Production and a steady source of support during trying moments. Kelley even traveled to help my son and me while we were caring for my brother and his wife's estate. Her presence, generosity, and grounding strength have been a true blessing.

Carole Schaeffer and Brwyn Griffin have faithfully held the strength of our Facebook group moderation, with invaluable support from Pamela Sutton and Gabriela Llanos. This work requires constant vigilance and care to keep our shared space clean, clear, and rooted in wisdom and they have done so with dedication and grace.

Robyn Davis offered many hours of service last year and is now taking time for her own healing. Her technical skills helped bring us to where we are today, and her inner strength has infused the very foundation of our work.

Together, we co-sponsored two powerful events this year: Guardians of the Sacred with Grandmother Flordemayo, and The Voice of the Grandmothers of the Americas, where our own Grandmother Gayle "Blackbear" Crossmaz was present, representing GGCN with dignity and heart.

Vera Bartholomay and Jutta Westphalen stepped forward to create a German-speaking GGCN group and have built a strong, thriving circle of 68 members. With Vera serving as German Ambassador, our European Grandmothers are finding one another and growing stronger together.

We also joined efforts with the Galactic Grandmothers of MU and offered ~~seasonal Tending events filled with~~ nourishing content—strengthening our hearts, our connections, and our shared remembrance. Tending Our Roots, Tending Our Peace, Tending the Mother Wound, Guardians of the Gateway, and Half-Moon Zooms can all be found on our Youtube channel.

As I reflect on this past year, I am reminded that what we are building is not just an organization, but a living web of care, wisdom, and relationship. For all of you who have given your time, energy, love, and presence, thank you. We walk forward together.

With gratitude and devotion,
Mayana



We are building is not just an organization, but a living web of care, wisdom, and relationship



Peace Production

and the Global Grandmothers' Council Network



“THERE IS ONLY ONE PEACE TO PRODUCE... IN THE HEART OF HUMANITY.” ANDRAS MAROS, FOUNDER

MISSION:

Bringing forth visions, ideas, art, inventions, and imaginings for a peaceful foundation in the world by producing positive growth and sustainable projects such as (but not limited to) events, activities, programs, books, films, publications, and business models.

VISION:

In a scattered and fragmented world, Peace Production helps individuals return to oneness within and sparks imagination to envision a world in harmony with nature and one another.

We are co-creators ~ Building a world where our children will thrive. Walk with us: Guard what is Sacred & Be a Voice of Wisdom



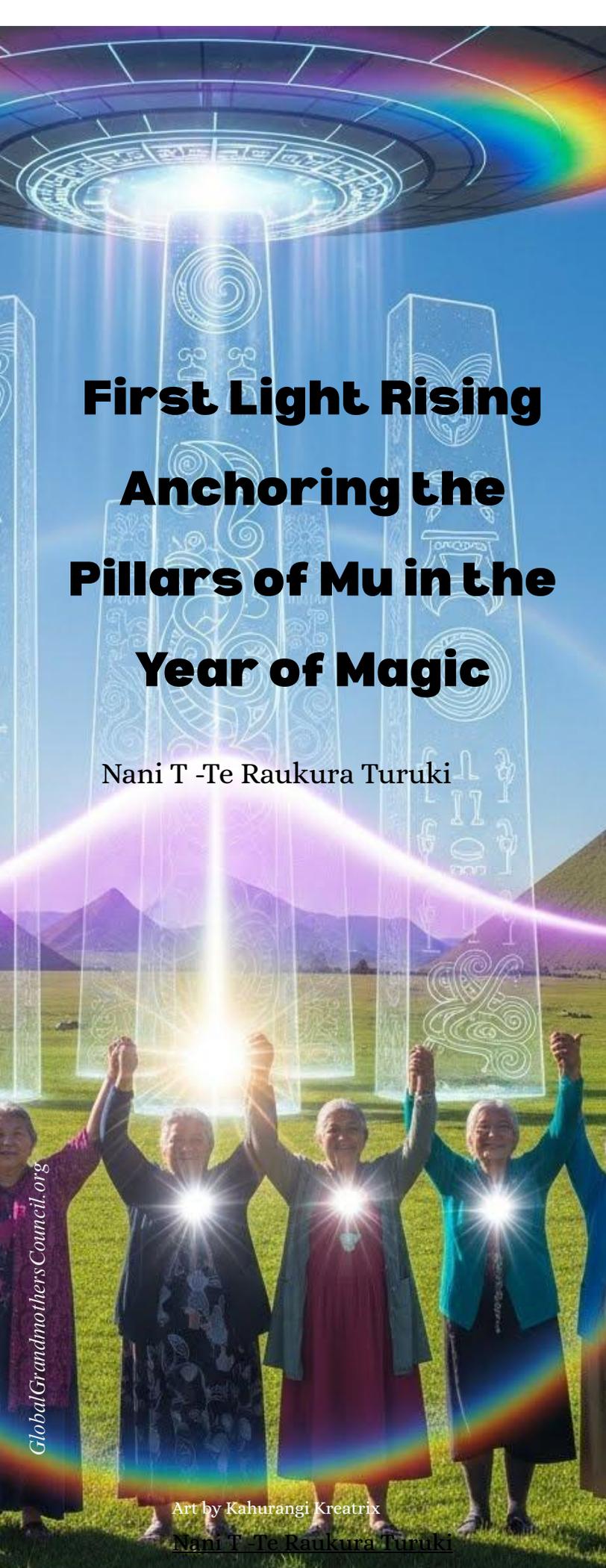
EVENTS & TEACHINGS



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Contact us: heartist@peaceproduction.org



First Light Rising Anchoring the Pillars of Mu in the Year of Magic

Nani T -Te Raukura Turuki

Down Here in First Light, Aotearoa (NZ)
The land is humming with ancestral
memory. The waters shimmer with
encoded light. Solar plasma dances
through our fields as living
remembrance, igniting the first Light
codes of Mu, of the Star People, of our
Soul Agreements.

We've just passed through one of the
most potent alignments of our time,
3iAtlas, Solstice and the Perihelion
Portal, January 1st – 7th Jan, Earth's
closest annual dance with the portals of
the Suns, Matarki- Pleiades,
HineTakarua - Sirius and the Sun of the
True Self , all aligned with precision.

Within us and outside of us. And it
wasn't just astronomical. It was
interstellar.

This alignment activated a planetary
transmission sequence, adiating a deep
wave of coherence, levity, and
integration.

We're not simply entering a new year.
We're crossing into a new era, the Era of
Magic, Truth, Monad Integration and
Power to the People, The 3iAtlas, a living
tri-fold field of Integration,
Internalization, and Interconnection, its
arrival left a trail of illumination, which
now pulses through those who have
walked the inner spiral, embodied the
work, and now hold the codes of
coherence.

Art by Kahurangi Kreatrix

Nani T -Te Raukura Turuki



This multidimensional map is activating across the Earth through:

- Upgrading DNA Infinity Spiral of 1440 degrees
- Activating the Monadic intelligence
- Opening opportunities for Co-creative tribal systems
- Community resonance economies
- Shared guardianship of sacred land
- New Earth technologies rooted in joy, harmony, and liberation.

We are not just talking about unity. We are living it. The collective nervous system is recalibrating. The inner temples are coming online. We are evolving, fast, and together.

The Rainbow Prophecy Ignites

Te Kooti Arikirangi Turuki spoke of a time when the tribes would return. Not through politics or power-over systems, but through inner liberation. Through psycho-spiritual decolonisation. Through the rising of the Monad field, the return to wholeness.

The Four Pillars of Mu are active once more, not as memory, but as living transmission:





GlobalGrandmothersCouncil.org

THE FOUR PILLARS OF MU

Anchoring the Feminine Grid and Resurrecting a Unified Field

1. Te Kooti Arikirangi Turuki Prophet of First Light Rainbow Prophecy, he called for the gathering of all tribes through soul liberation and the dissolution of the Roman mind-control systems. His vision: the Return of the Monad — unity consciousness embodied through joy, sovereignty, and coherence.
1. Matua Hemi RapanaMap Holder of the Kemetiic Hawaiiki Tapu Alignment. Revealed the Blue Diamond Portal on 1.1.22 Te Kooti's Birthday— igniting the inner navigational system and restoring humanity's ability to move beyond the soul trap. A living key-holder of the sacred geometric map to multidimensional remembrance.
1. Aunty Rose Carrier of Waitaha Wisdom and the Te Wheke Consciousness Transmitting through the wairua tapu, she offers realtime-dreamtime teachings, walking the AIO Peace Trail. She bridges us with Hine Takarua (Sirius), opening the Mothersun lineage of multidimensional peace, wisdom, and the breath of the cosmic ocean.
1. The Temple of Kōpū Living Venusian Field of the Beauty WayA resurrection site of the Ankh body, where levity, PEACE, Joy, Truth , Authenticity, Sensuality, and Devotion to Mother are the medicine. It returns wellness to body, land, and relationship, and holds the feminine codes of the Venus-Mu- continuum.

Together, these four form a Unified Pillar of Undistorted Light, one light, many flames.



A Global Call to Integration

On **Te Kooti's birthday, 1.1.26**, the Earth entered a new phase. **The fourth anniversary of the Blue Diamond Revelation** aligned with a peak in Sirius light, creating a double gate of awakening. What has unfolded is not just planetary — it is **personal, cellular, and quantum**.

We are not ascending. We are **incending** — turning inward and expanding from the center. The **Ankh body** is online. The **nervous system** is harmonizing. The **1440° spiral** is active — unlocking memory, movement, and multidimensional embodiment. We are restoring Mu, as **the architecture of living consciousness**.

The Year of Magic Has Arrived

As we gallop into the fiery momentum of the **Year of the Fire Horse**, we are invited to manifest with bold, untamed magic, hearts blazing, spirits unbridled. This is a year of wild creation, where intentions sparked from soul truth catch flame and ride the winds of change. We do so having shed the skin of the **Year of the Snake**, a cycle of deep shedding, introspection, and cellular renewal. The serpent prepared the path, now the firehorse charges forward, igniting our dreams with passion, courage, and unstoppable life force. Magic is **remembrance**. Truth is a **frequency**. Sovereignty is **a lived body-temple reality**.

This is the movement: A return to tribe A restoration of joy
A reclamation of the imaginal field A reweaving of the feminine grid
A radiant rising of the First Light family. The Grandmothers must lead the way through this next octave.

The Pillars Have Returned

The **Axis is Set**. The **Field is Coherent**. The **Temple is Online**. **First Light is rising**. **Mu is alive**. **And so are we**.

[Love Nani T -Te Raukura Turuki](#)
[Galactic Grandmothers of Mu](#)
weloverongoa.com
medicinewomenofmu@gmail.com



JOURNEY SAFELY TO YOUR HEART'S HOME

DISCOVER YOUR OWN PERSONAL GUIDANCE SYSTEM (PGS)

12 Dimensions of Self • One Living Vehicle

You are not lost. You are multi-dimensional.

This online course is an introduction to your Personal Guidance System (PGS)—a living framework that reveals 12 perspectives of Self through which you can experience, understand, and navigate life.

Rather than offering answers from outside of you, this work helps you listen differently from within.

Each dimension is a lens of awareness—a way of perceiving choice, emotion, relationship, purpose, and meaning. When these lenses come into harmony, guidance becomes natural, embodied, and trustworthy.

**LET THIS EXPERIENCE FEEL LIKE CEREMONY
— SOFT, SPACIOUS, AND SOVEREIGN.**

12 CONTROLS. ONE VEHICLE. YOUR BODY.

JOURNEY SAFELY TO YOUR HEART'S HOME.



This is not self-help.

It is self-remembering.

Through reflection, inquiry, and shared presence, you will begin to:

- Recognize how you are perceiving life in each moment
- Expand beyond habitual reactions into conscious choice
- Restore balance within opposites and harmony across all aspects of self
- Access guidance as a felt, internal knowing

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scan to enroll

Mayana Kingery

Embodiment & Self-Healing Practitioner

Peace Production co-founder and GGCN Administrator

Mayana's mystical journey led her through life challenges and self-healing that brought through the Personal Guidance System (PGS) and Blue Lotus Chakra Bloom, both teachings that encourage conscious evolution for individuals.

Discover: The Art of Becoming YOU!



GlobalGrandmothersCouncil.org

Journey Safely to Your Heart Home

When we drive a car, we rely on a GPS to guide us. But how do we navigate our own lives?

Many of us carry the same quiet questions:

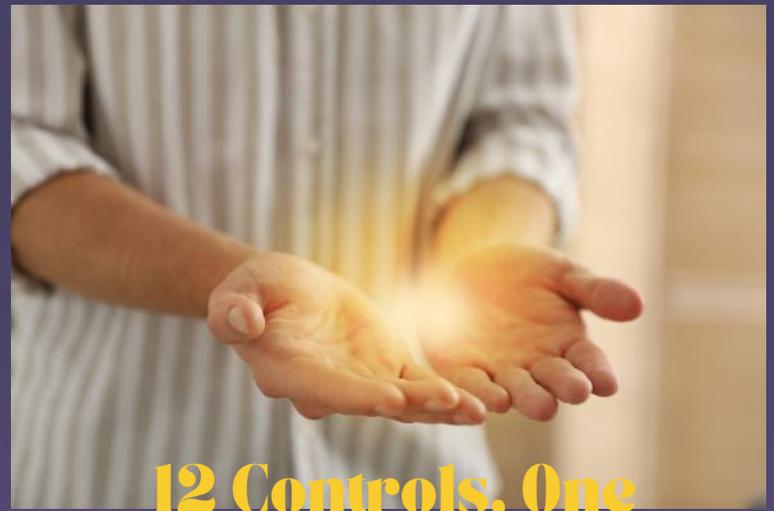
- *Where are my instructions for life?*
- *How do I know the right choice in the moment?*
- *When will my purpose become clear?*
- *Who am I, really?*

This course offers a living answer. The Personal Guidance System (PGS) An introduction to 12 Dimensions of Self or 12 Lenses of Perception through which to experience and understand life.

These dimensions invite you to discover yourself as:

Spirit · Ego · Mind · Action · Source · DNA · Earth · Soul · Receiving · Emotion · Power · Aura

These are not categories to memorize. They are dimensions of listening, each one a lens of coherence through which life can be perceived, felt, and understood.



12 Controls, One Vehicle Your Body

February 8th - Class 1: We explore our Center first - then the vertical and horizontal axis with Spirit, Earth, Emotions, & Action - the BLUE Spheres. These stand in front and relate most to our interactions with the world.

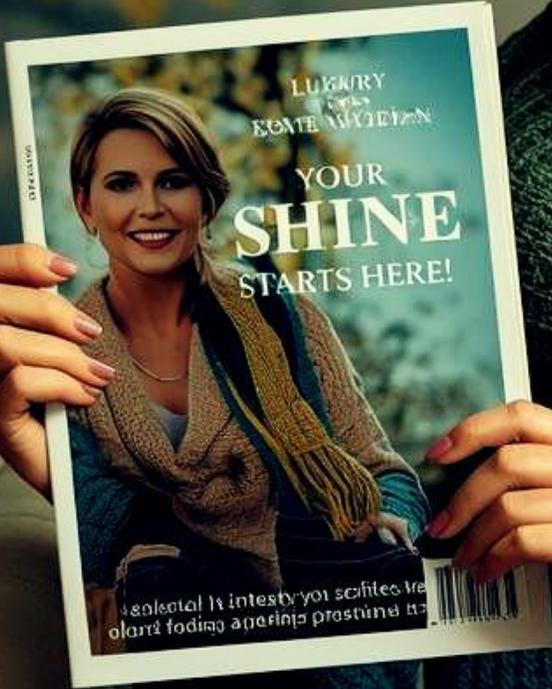
March 8th - Class 2: We share what we've experienced from the first class and then dive into the Purple Spheres Power, Mind, Heart, & Source

April 5th - Class 3: We review what we've learned from ourselves with the first two classes and then dive into the deepest realms shown in Pink Spheres ~ Aura, Ego, Soul, & DNA



*Pay What You Can Model! Value \$333
Minimum \$88*

If you want to attend and need other cash support, contact Mayana for work/trade options.



SHINE OUT LOUD!

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

Disclaimer

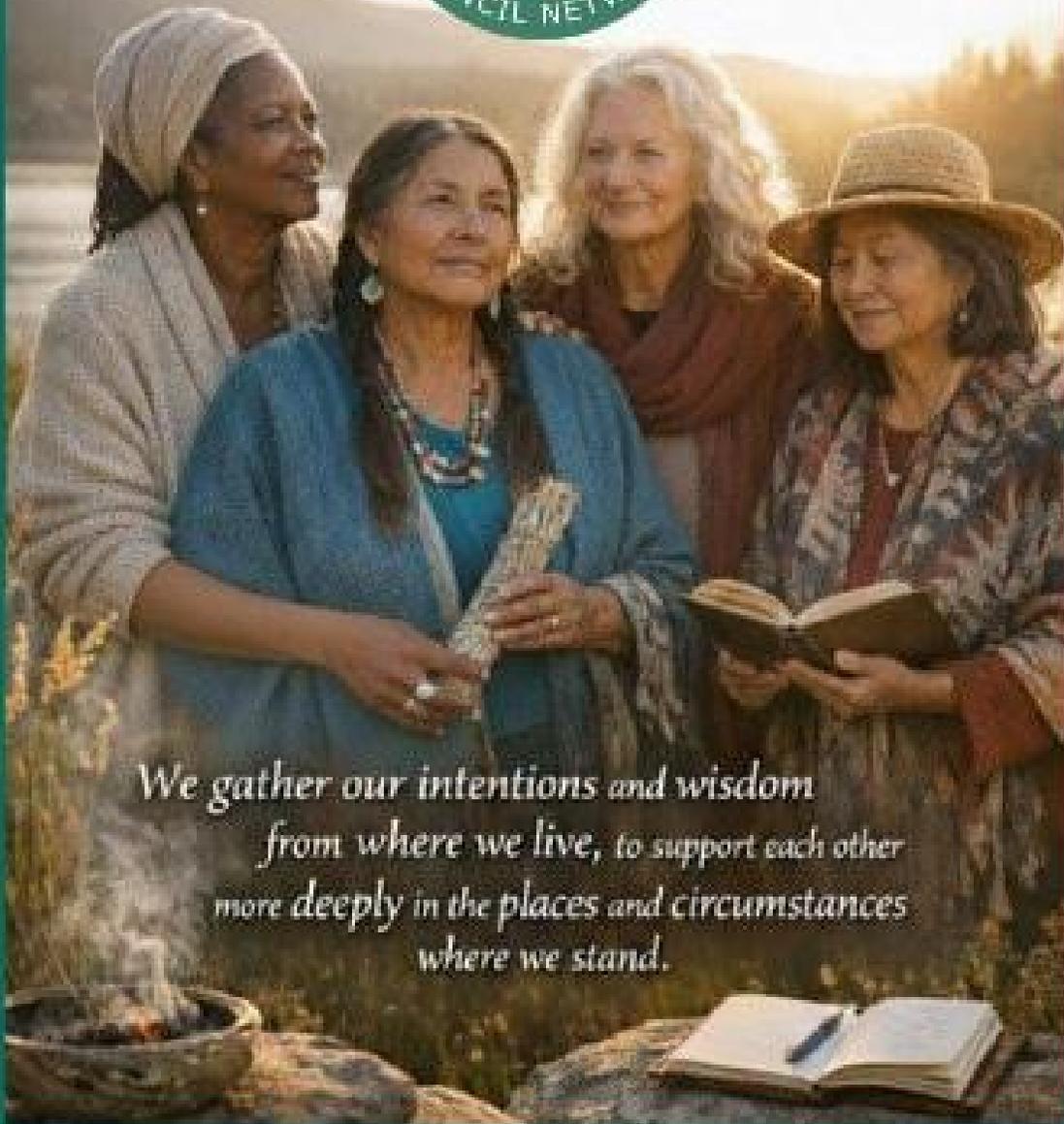
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*We gather our intentions and wisdom
from where we live, to support each other
more deeply in the places and circumstances
where we stand.*

Global Grandmothers Connection Survey

*In this new year it is time again to ask our
members some questions that will help guide our
actions moving forward. Please take a few
minutes and respond to this survey.*

When Grandmothers speak, the world will heal. HOP! GGCN

