

# Global Grandmothers' Council V tetwork Voices of Wisdom in Times of Chaos

Dec. 2025 Issue 15



Sugarne

What Does it Look
Like to Be
a Grandmother?

PEACEWHEEL
PRACTICE COURSE





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# Editors' Thoughts Kalina Bains



Continue The Journey Be part of the GGCN Grandmothers commUNITY. Share your stories, connect with others, and find inspiration in the wisdom and experiences of women like you.

- Advertise with GGCN
- Register for our Directory
- Submit an Article
- Volunteer

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.

Email your articles to submissions@globalgrandmotherscouncil.org Mail your submissions to: 4334 Salem Hwy, Stuart, VA 24171



# Welcome Grandmothers

With this special issue, we are remembering and rising in tribute to Suzanne Lewis, our GGCN Co-Founder.

With this special issue, we are remembering and rising in tribute to Suzanne Lewis, our beloved GGCN Co-Founder. Suzanne's vision, courage, and devotion to intergenerational connection continue to ripple through our community and every page of our magazine.

We honor her legacy by carrying forward the work she began: weaving voices, celebrating grandmothers, and creating living archives of love.

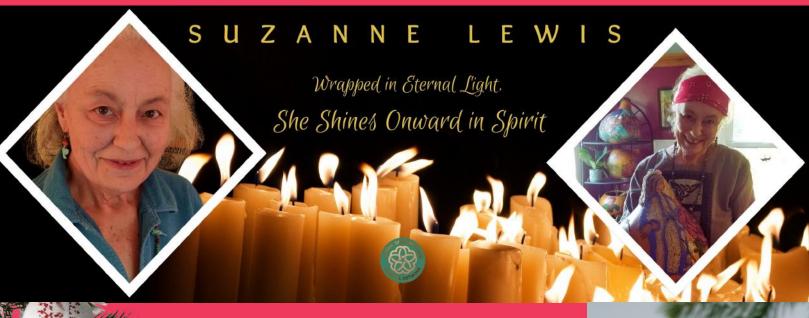
This issue is not only a remembrance, but a rising. It is a call to each of us to step into the circle with strength, to shine with the same brilliance Suzanne carried, and to ensure her spirit continues to guide our collective journey.

May Suzanne's legacy remind us that together, we rise.

With love and reverence,

Kalina Bains

**Editor GGCN Magazine** 



Wrapped in Eternal Light She Shines in the Beyond

Today, we gather in spirit to celebrate Suzanne Lewis, our beloved Global Grandmothers' Council Network Co-Founder, author, and visionary.

Suzanne's legacy is etched in every circle she formed, every story she honoured, and every flame she lit in the hearts of grandmothers across generations. Though she walks now in the beyond, her light continues to guide us.

Suzanne's presence was a blessing. Her words, her wisdom, and her devotion to grandmothers across the globe continue to ripple through our circles. Now, as she journeys onward in spirit, we continue the journey.

We celebrate her life by walking the path she cleared. We do not say goodbye. She shines. As we step into our own power, we do so with Suzanne's spirit at our side, a guiding star, a grandmother flame, a blessing that never fades.

Wrapped in eternal light, she shines. And so do we. Together, we remember. Together, we rise.

With love and gratitude, Kalina Bains GGCN Magazine Editor

globalgrandmotherscouncil.org



WE WISH YOU A

# CHRISTMAS

- and -

Jappy New Year







They are women who feel a call toward the sacred and respond to it by living their lives according to a higher design that activates healing change in themselves, others and the world.

Like many helpers/healers, Suzanne's young life was full of heartbreak and abuse. As she grew into an adult, she saw the abuses in her family reflected in the government's policies and actions in what she called the Vietnam error.

Suzanne was also a "downwinder;" part of a group of American citizens in Idaho and Utah exposed to the radiation of nuclear bomb testing who later developed different forms of cancer. The government knew of the risk to these citizens and did nothing to inform them or acknowledge the harm done for decades afterward.

uzanne didn't become a victim of her early hardships she turned them into entry points for the discovery of her greatest gifts. She let her family's abusive ways inspire her studies in healthy communication and loving touch. When she was diagnosed with a terminal brain tumor in her late 30's due to that radiation exposure, she chose to connect to the Earth and her own spirit to cure it.

She learned about the Chinese Five elements, a 3,000- year-old system of knowledge about the human body and the Medicine Wheel, an inner and outer map of wholeness and well-being. She connected with a myriad of healers and teachers as a lifelong learner and co-inspirer of many beautiful events, teachings, workshops and ceremonies. She weaved of a web of crosscultural connections to healing wisdom and to the keepers of that wisdom from all around the world.

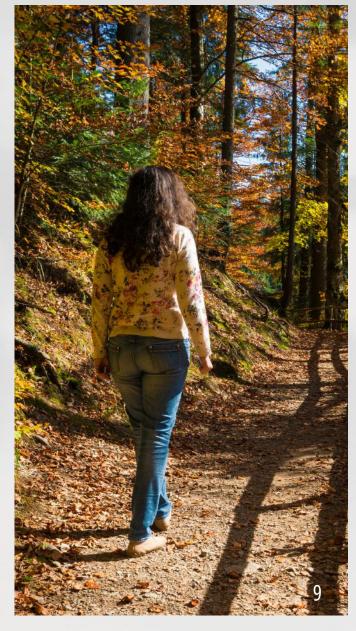


I met her in my late 20's when she knew it was time to teach the next generation and keep that unbroken line of feminine wisdom flowing. Her first class on spiritual healing turned into a three-year apprenticeship and changed the course of my life. I would say it changed me, but what it really did was bring the real me forth. Her teachings helped me heal generational patterns within my family, raise my own children without societal scripts as the guide, and hold myself through the experiences of miscarriage, divorce, death and abortion.



Suzanne was a teacher who had no need to keep her students small or one down. She was in no way seeking to create replicas of herself. She was giving us the tools to discover our own gifts and cultivate our own unique forms of healing to share with our families, communities and the world. From the beginning, she oriented us toward our inner knowing and our personal sovereignty. When she died this fall, I was not done learning from her, but I was fully prepared to help her transition and keep on being who she taught me to be; my truest, holiest, feminine expression of Self.

A few months before she passed, I was walking the river contemplating her powerful influence on the development of my own soul. The shape of my life, the strength of my heart and mind, the power of my spirit are all connected to who she was to me and the unique things I learned only from her. As I walked in the woods, I let my memory wander back to when we first met and named 9 things she shared that produced the biggest shifts in my consciousness and the way I related to myself, Spirit, others and the Earth.



# THE MEDICINE, THE MESSAGE, THE MOVEMENT



"The difference between a Western mind and an indigenous mind is that the indigenous mind knows the ancestors are real." She taught me the power of a sacred circle and how to track the ancestral patterns influencing me in the living members of my family and those that had been passed down through time from foremothers and fathers I may have never met but whose life stories were imprinting my own. She taught me how to be a conduit of change according to the Native American concept of "seven generations forward and seven generations back."

In my 40's I remember listening to my own grandmother share about her young life as a married woman long after my grandfather had passed. In her stories, I heard a pattern that I was struggling with in my own life and gained a new insight into why I was so prone to feeling powerless in certain situations. This helped me make new choices and craft my relationships differently. My parents also shared ways they felt they had failed when I was young and helped me not repeat the patterns with my own kids.





She believed that we chose our parents and come by choice into the specific family, time and place that we are born, for the purpose of learning, healing and self-realizing. This includes everything that happens to us, even if it is deeply negative, it can serve a purpose of teaching us what we value, what we stand for, who we really want to be. This helps us drop judgment, shame and guilt and open to the learning, healing and growing that all our experiences offer us. It doesn't ignore the victimization we experience in life, it frames it in a light that helps us turn it into victories and mastery.



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The art of sustainable storytelling. This is a practice of relating to the difficulties, traumas and tragedies of life as initiations into deeper wisdom, power, authenticity, perspective, and understanding. She invited us revisit our most difficult experiences through the 4 Rs. Remember, reframe, rejoice that you were willing to remember and then release/let it go. To recast the most awful things we have experienced as rites of passage through which we gain skill and vision is such a healing way to live. Telling the story sustainably is to avoid simply repeating the harm done to us and instead share the wisdom gained.



Power animals and animal medicine. She gave me permission to get to know that language of the creatures we share the Earth with, the four directions and the five elements. To connect to the power of the natural world as an ally. And to commune with nature by spending at least an hour a day in it. I have often chosen a tree in a nearby park or natural place near where I live to walk and pray regularly. This practice generates a living connect to the waters, the sky, the trees and birds or animals that live there and becomes a daily magic and comfort that is infuse with personal meaning. The Earth has become one of my best friends and confidants. She is there for me when humans can't be and I am so grateful for that.

7.

Power songs -She encouraged us to let the Earth sing her prayers through us. She gave us no further instruction than to "go sit on the Earth and find our power song." I have more than 20 songs that came directly from the Earth. I encourage you to do the same.



Through the art soul retrieval and guided journeying she taught me to trust my imagination and the information it gives me. She spoke to us of the symbolic language of life and how to pay attention to our own symbols and signs in waking life or sleeping dreams and decode them as keys to our own becoming. This included keeping a dream journal for many years where I got to know the themes that my psyche was bringing up for me in the night space. It has also included paying attention to the way signs and symbols come through every day moments to guide, comfort and encourage us on our way. Maybe a bird or a bumper sticker, a song or a perfectly timed moment in nature's beauty. When we pay attention and let our imagination connect the dots we can feel Life's responsive connection to us.

9.

The power of a true commitment to one's own spiritual path and the personal power that is uniquely cultivated between a spiritual teacher and her students when the students are never asked to export their power to their teacher but share power in a form of intimacy that is unique to them and transcends lifetimes.





I first meet Suzanne when she reached out to several, myself included, to invite a conversation about the time for grandmothers to come together. Her awareness came from the indigenous work she had been doing with Brooke Medicine Eagle. My response of "Yes" came from my work over the years guided by teachers in the unseen.

At one point early on she said, "What does it look like to be a grandmother that stands up and names who and what she is?"

I never spent physical time with Grandmother Suzanne. Her postings told me clearly the woman she was. She loved her and was thrilled with the woman he chose to marry. As ther granddaughters were born, I could sense her heart open and flow. Her's was a heart already opened for giving and lifting others. I saw the art and blessings on her gorgeous gourds and the connections to our Mother Earth as she grew her roses. I could almost smell their scents through her words, smiles and pictures.

began a more intense walk with one of my daughter's cancer journeys about the time Suzanne was on her own. We had not talked during that time, and I was unaware of this new challenge. As I stepped away, trusting her great tending of the grandmothers she attracted those who could support her walk.

The example of Suzanne was one of love, beauty, tenacity, creativity, integrity, and steadfast love and commitment to her family. She held steady even when her life was more and more shaky.

Suzanne is a grandmother we all can look to as a reminder. When you see her with her grand-daughters, her smile, the twinkle in her eyes, and sense her words to them, remember, You are such a point of light for those you love!

# <u>Sharon Riegie Maynard</u>

substack.com/@sharonriegiemaynard



**Featured Section** 



# Peace Production



# "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

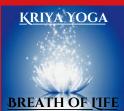
Guard what is Sacred

Be a Voice of Wisdom



# **EVENTS & TEACHINGS**







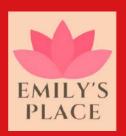








# PROGRAMS & PARTNERS



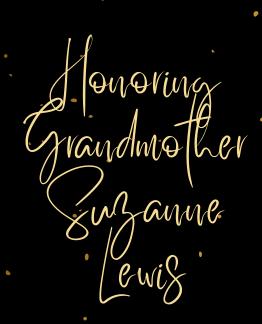












A Tribute to a
Life of Wisdom,
Service,
and
Sacred Transition



We gather today with full hearts to honor the passing of our beloved elder, Grandmother Suzanne Lewis, one of the original founding Grandmothers of the Global Grandmothers' Council Network, a peacekeeper, water mother, teacher, and luminous presence whose wisdom touched thousands around the world.

As many learned, Jane Goodall, another 'global elder of compassion and courage, took flight at the age of 91. Alongside her, one of our own core founders took her place among the Ancestors. Our Elder of inspiration, Suzanne Lewis, completed her journey on Earth and 'stepped fully into the light.

Suzanne was a model elder: a woman of profound grace, gentle strength, and unwavering devotion. She offered her Peace Wheel teachings, walked as a keeper of the waters, and embodied what it means to live with a heart open to service. Her contribution to our Tending

Our Roots series this past year was a blessing that touched so many. She gave from her whole

being openly, generously, courageously. We were so deeply blessed to receive her teachings and love in the final year of her life.

Even just weeks before her transition, Suzanne was with us, radiant, smiling, offering inspiration as naturally as breathing. Though her body tried to defy her, her spirit shone brighter than ever. She lived fully, fiercely, and beautifully until her last breath.

Together with Suzanne and our council, we grew this community from 8,000 women to over 54,000 wisdom carriers worldwide, a testament to the unwavering dedication of elders who tend the roots of the world with love. Suzanne's hands were there at the foundation; her presence shaped the soul of this movement.

Thank you, Grandmother Suzanne, for being a living, example of a life well lived. Thank you for the love, the service, the teachings, and the heart you offered to all of us.

We are blessed for having known you.

We are blessed by your example.

We bless your journey now, knowing that heaven has received a true gift this day, one of its bright angels returning home.

We will miss your physical presence, yet we look forward to hearing your voice in the choir of our Ancestors.

As I (Butterfly Woman) wrote these words, a tiny butterfly, no more than a quarter of an inch, landed on the window in front of me. It stayed for two hours, one small wing raised as if waving to say, "You've got this, keep going, Love." Those of us who carry the names of transformation understand these moments. We know that life is a continuum, an ever-unfolding journey of awakenings, initiations, celebrations, births, and sacred endings.

Today, we wave farewell to a woman whose grace, wisdom, and profound care shaped our lives and this community.

Grandmother Suzanne, we honor you. We thank you. We carry your flame forward.
Rest in peace, beloved sister.







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

# Susan Lewis GGCN CO-FOUNDER

# Grandmother Suzanne 4 Rivers,

we are invited to journey with Suzanne to the Four Rivers of Life. A reminder that our lives are nourished by multiple streams: body, mind, spirit, and community. Watching this video feels like standing at the confluence of waters, where each river carries its own song yet merges into one flow of belonging.

The rivers remind us that healing is not linear but cyclical, flowing back to the source.

# The Peace Wheel Practice

offers a circle of balance. Suzanne's Peace Wheel is a teaching tool, a practice course, and a living mandala of reconciliation.

Each spoke of the wheel represents a direction, a value, and a way of walking gently in the world.

The wheel turns endlessly, reminding us that peace is not a destination but a practice.

As you watch, you might ask yourselves: "Where in my life do I need to turn the wheel toward peace?"

Moments with Suzanne: Wisdom Through the Years



# The <u>Beginning of GGCN</u> In Suzanne in her own words,

we hear directly from Grandmother Suzanne Lewis about the foundation of the Global Grandmothers' Council Network

Her voice carries the tenderness of beginnings, the courage of vision, and the clarity of purpose. This video is not just a tribute—it is a testimony to how one grandmother's dream became a global sanctuary.

Suzanne's words remind us that movements begin with a single voice, spoken with love.

As listeners, we are called to ask: "What legacy am I willing to begin today?"

Visiting these three videos is like walking a ceremonial path: first to the rivers, then to the wheel, and finally to the voice of the grandmother who dreamed it all into being. Together, they form a triad of practice, peace, and legacy.

The Global Grandmothers' Council Network offers these as living archives, to revisited, and carried into our own lives. In celebrating Suzanne Lewis, we honor the rivers that flow through us, the wheel that guides us, and the words that remind us; we are all part of the circle.

# Grandmother Suzanne 4 Rivers

Journey with Grandmother
Suzanne Lewis to the source of
the Four Rivers of Life. Global
Grandmothers' Council
The twork offers this as a
tribute to our co-Founder's
has work.



# PEACEWHEEL PRACTICE COURSE



Grandmother Suzanne's
Peace Wheel Practice
Course for Global
Grandmothers'
Council Network

# Grandmother Suzanne in Her Words

Grandmother Suzanne Lewis
describes the beginning and
foundation of Global
Grandmothers' Council

Network.



# Manana's Musings By: Mayana Kingery

This month has been full of movement for me, inner, outer, and everything in between. Perhaps you've felt it too. I often listen to Kaypacha's Astrology for the Soul as a way to orient myself amidst the shifting energies. His weekly reflections remind me that we are all connected, woven into one great field. When something stirs in one place, it ripples through us all.

That truth has been especially alive in me as we honor our beloved founder, Grandmother Suzanne, in this memorial edition. She understood that the personal journey and the collective journey are never separate. What we heal, we heal on behalf of all. What we stand for together.

In my own life, this has been a month of restructuring. We bought our little house during COVID, and after years of traveling by van, renting rooms, and trading services, this home became our first true place to root. But the world continues to shift, especially for elders, and like many, we've had to adapt.

So we made the decision to offer the upstairs of our home as a short-term rental. Over the years, we had created a small but lovely studio in the basement, and now it's become our living space while we welcome guests above.

This meant getting down to the nuts and bolts of life, literally, as I sorted hardware today!



Our rural county has no hotels, and our tiny hospital will soon open, so there will be a real need for lodging. It feels good to transform our home into something that serves both our community and our own stability. My daughter has been an incredible help, cleaning, decorating, offering insights, and even shopping with me.

This morning, the photographer came, and by 10 a.m., we were fully ready. Our first booking is December 5th, and this extra income will help us breathe and also allow us to travel again while keeping our nest. Of course, we'll need house sitters from time to time for our two sweet brother cats, Tutu and Yoda.

As I sit with these changes, I feel the deeper resonance with the work of <u>GGCN</u>. The Grandmothers are in a moment of restructuring as well, carrying forward Suzanne's vision of hope, healing, and intergenerational care. This anniversary issue reminds us that strong foundations are built piece by piece, with both love and practical support.

Which brings me to something I rarely speak of directly: the flow of funding.

Like many heart-led endeavors, GGCN has grown faster in numbers and spirit than in financial support. The work is real, the vision is alive, and the need is clear—but the resources come slowly, in gentle trickles rather than steady streams. And yet, this too feels like part of our collective lesson: learning to ask, to receive, and to allow abundance to support purpose.

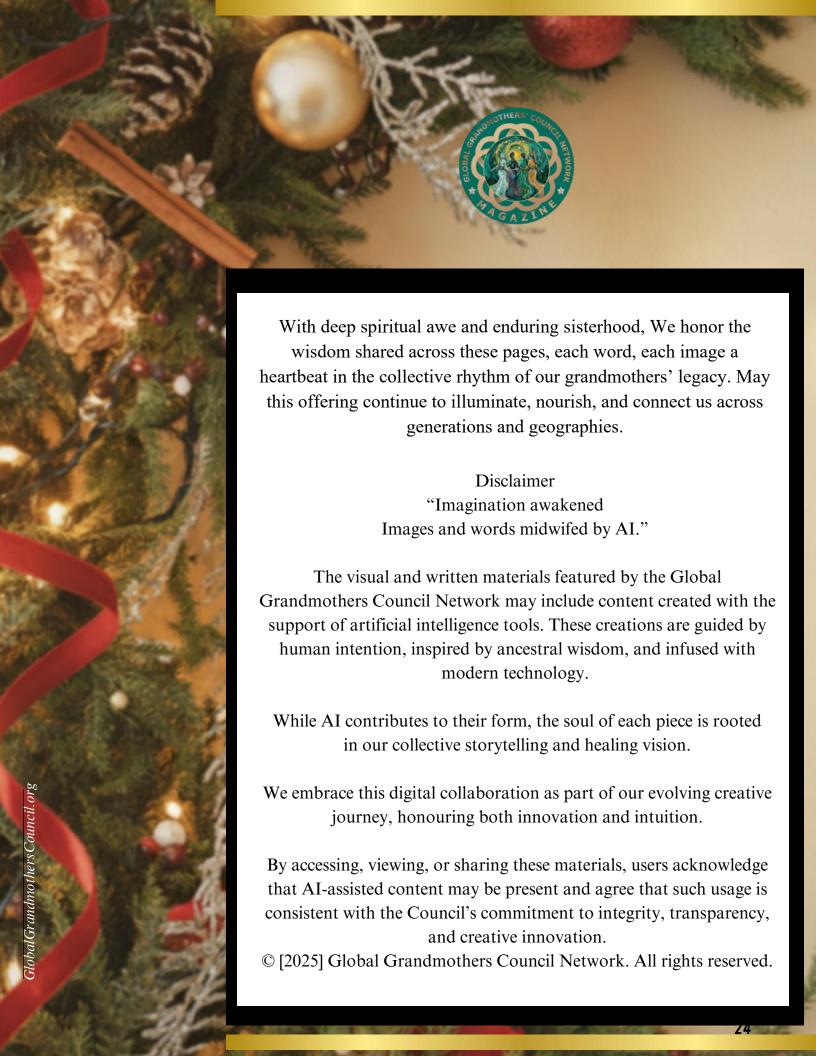
Suzanne dreamed of Grandmothers empowered, not only in wisdom, but in sustainability. She envisioned a community that could fund its own offerings, gatherings, and support for the young. She believed in us.

As we enter this next year, I want to gently remind our circle that our strength is not only in our hearts but also in our shared stewardship. Every small contribution, financial, energetic, or creative, helps build the future Suzanne saw so clearly.

Just as we are tending our home to create stability, so too are we tending the home of GGCN.

Piece by piece.
Grandmother by Grandmother.
Heart to heart.
Thank you for being part of this unfolding garden.























# **TENDING** OUR **ROOTS**

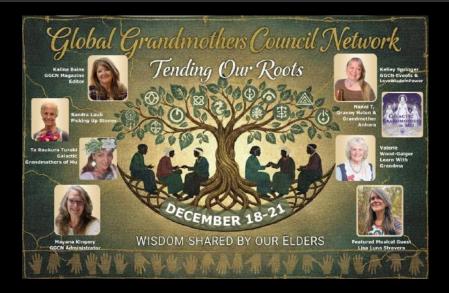
December 3:00 pm

6:00 December pm



Tending Our Roots is an annual event offered to our members on Youtube and Facebook. This year we will stream our 30 minute interviews along with a special Musical Guest - Lisa Luna Stravers - one of Suzanne Lewis' 'Ladies' as she called them. Suzanne was Co-founder of GGCN and passed this year.





Our guests this year are:

- Mayana Kingery
- Kelley Springer
- Kalina Bains
- Sandra Laub
- Valerie Wood-Gaiger
- Te Raukura Teruki
- Galactic Grandmothers of Mu: Nanni T, Granny Helen & Grandmother Anhara
- Special Musical Guest <u>Lisa Luna Stravers</u>

As we consider what it means to Tend Our Roots individually and collectively, we intend that the clearing away and nurturing of our roots will bring Grand Growth in the coming year. We will stream videos

throughout these days. There is no live stream event - all interviews are pre-recorded and edited. If you would like to join a zoom after this time, you are welcome to join Mayana, our Administrator on 12/27/2025 for the final GGCN Half Moon Call of the year. Our focus will be Tending Our Roots for that call.

https://fb.me/e/hAxbH6snQ

# Read our Global Grandmothers' Council Network Magazine Anniversay Issue



### Support the Movement

Our circle now holds 54,500 Grandmothers. If each of us placed even \$1 on the altar of this work, imagine the roots we could strengthen. This season, as we offer free teachings, conversations, and sacred stories during December 18–21, we also open a circle for giving.

The Global Grandmothers' Council Network is a movement of elders rising, reclaiming our role as Wisdom Keepers, truth-tellers, bridge-builders, and protectors of future generations. Every letter we write, every magazine we publish, every gathering we host, and every directive we share is fueled by the generosity of those who believe in this work.

Your contribution, one time or monthly, keeps the fire lit. It supports the voices of Grandmothers across the world, strengthens our platform, and helps us carry teachings forward for the children of tomorrow.

And we don't stand alone. We call forward Mothers, Daughters, and Granddaughters to walk beside us, to help tend the digital pathways, preserve ancestral wisdom, and ensure this movement continues to grow. The world is asking for elder wisdom now. Your support helps us answer that call. Thank you for giving from the heart and helping us tend the roots of a global movement.

Donate · Share · Stand with the Grandmothers





