



# GRANDMOTHERS CIRCLE OF NEWS



A Quarterly Newsletter

Volume 19: Number 2 Winter 2012-13

## BECOMES HER VISION

BECOMES HER VISION is the Guardian of All Cycles of Transformation and is the Clan Mother of the Thirteenth Moon Cycle. She is the emerging Spirit Keeper who teaches the Children of Earth how to bring their Spiritual Essences into their physical forms in order to become the living vessels of LOVE that the Great Mystery intended. Through becoming our personal visions and using our talents for the whole, we can then claim the Fifth World of Peace and Illumination as our own.

Becomes Her Vision is the Mother of Change, who teaches us how to go through every lesson and cycle of transformation in order to spiritually evolve.



"Receiving" is an image by Francene Hart published by We'Moon 2013. Visit her at: [www.francenehart.com](http://www.francenehart.com)

She shows us the importance of staying on our chosen paths and not being drawn into the limiting illusions that could destroy our personal visions. This process of change transforms the human body, mind, heart and spirit from a finite sense of self into an infinite, universal creative extension of the Great Mystery's Love.

When this transformation occurs, we will find that our Spiritual Essences are vast and are an extension of the Great Mystery. When we come into balance, owning the vastness of the total, there is a full understanding of how the Great Mystery's Eternal Flame of Love lives inside each of us.

Becomes Her Vision teaches us that we are all and nothing.

All worlds exist inside, as well as outside of us.

This Clan Mother tells us that every time we transform, becoming our visions, we are then shown a new vision and a more expansive point of view.

The spiral of the evolving spirit continues to take us from one level of understanding to the next and is eternal.

Becomes Her Vision teaches us that the ultimate transforming vision is the decision to simply BE.

During our spiritual evolution, we tend to place labels on who or what we want to become.

We usually discover that we do not need labels.

We can Become Our Visions by being who and what we are at any given moment.

The decision to BE all things and nothing gives us a sense of wholeness.

Becomes Her Vision reminds us that the dreams we hold for ourselves grow and change with every decision made and every lesson learned.

The evolving dream is constantly present in our lives.

As we make the choices that alter the course of how we manifest our dreams, we express our individualities.

This uniqueness is part of the Great Mystery's plan for wholeness.

When every individual  
walks the Earth  
as a realized dream  
of his or her  
spiritual and  
human potential,  
the Whirling Rainbow Dream  
of World Peace and  
Spiritual Illumination  
will be complete.

Animal Spirit Teachers  
for Becomes her Vision

CONDOR



Condor is the creature Guardian of the Whirling Rainbow Dream.

Its medicine of Life, Unity, and Equality for Eternity shines forth as it holds the promise of the future world of peace.

MOTH



Moth hovers close to the Eternal Flame of Love.

The medicine of Moth is to bring the intangible of spirit into the tangible world. She feeds us with the light of spirit.

FLAMINGO



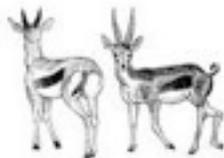
The Medicine of Flamingo is to open the human heart, allowing us to accept the Eternal Flame of Love into our beings by developing the talents of compassion and unconditional love.

HEN



Hen reminds us to tend the unhatched eggs of our own medicine.

GAZELLE



Gazelle teaches us surefootedness, allowing us to vanquish the last remnants of our uncertainty and fears.

LEOPARD

The medicine of Leopard is to understand the patterns that lead to self-mastery. Leopard will teach us to live with impeccability, compassion and integrity.



BUTTERFLY

Butterfly teaches us all of the secrets of the process of transformation that will enable us to teach others the art of transforming and changing our lives.

Excerpts taken from  
The 13 Original Clan Mothers

By Jamie Sams

**THE BEAUTY OF A BODY  
GROWING OLD**

IT'S BEEN CALLED UGLY  
THE SHAPE A WOMAN'S BODY TAKES  
WHEN HER LEAVES CHANGE COLOR  
SILVERY HUES  
GOLDEN SALLOW  
PIGMENT RETURNING TO THE EARTH  
ROOTING HER FIRMLY  
INTO HERSELF

BREASTS, BELLY AND BUTTOCKS  
FULLNESS OF RIPENED FRUITS

HANGING HEAVY AND LOW  
SEDUCED BY THE EARTH  
CALLING HER BACK

CREASES OF JOY  
OF PAIN  
EXPERIENCES  
ETCHINGS OF LIFE LIVED  
HERSELF SHE SHOWS THE WORLD

SKIN SAGGING  
PULLED DOWN BY THE WEIGHT  
OF THE SEASONS THROUGH THE YEARS  
TOWARDS THE EARTH  
GROUNDING HER  
INTO HER POWER  
INTO HER WISDOM  
WITH THE FIRMNESS OF STONE

THIS RUSH  
THE URGENCY WITH FERVOR  
TO COVER IT UP

CHEMICAL COLORS  
STAINING SILVER STRANDS  
OBLITERATING THEIR SCINTILLATION

BACTERIAL INJECTIONS  
FREEZING FURROWED BROWS  
FORCING EXPRESSIONS TO CEASE  
A SMILE PERCEIVED AS HIDEOUS

LOTIONS, POTIONS, SERUMS  
TO EXTRACT, TO CONCEAL, TO PLUMP

RAZORS SEARING THROUGH SKIN  
INVADING THE DERMIS  
INTERRUPTING THE PROCESS  
DISRESPECTING THE BEAUTY  
OF A BODY GROWING OLD.

Barbara Raisbeck 2010  
Published by We'Moon 2013

**THE ARIZONA COUNCIL OF  
GRANDMOTHERS**

Would like to thank you for your contributions to this newsletter

Please send your stories, poems, photographs, artwork and news to:

**GRANDMOTHERS CIRCLE OF NEWS**

Margarita Acosta and Joanne Weiner

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## A NEW DAWNING

### Notes from the Editor

I can feel it inside of me. There is something very wonderful taking place. We are beginning to see the light of the New Dawn. What we have known about the world is changing.

Who we thought we were, we realize,  
we are not!

The world is changing because each one of us is changing. This inner transformation we are going through is deep, powerful and beautiful.

Even though the world seems to be experiencing devastation, calamities, shootings, wars and hatred ... there is an ever-growing population of people who have decided to take their destiny into their own hands and make a difference for the better.

There is a revolution of consciousness going on that has given birth to hundreds of thousands of organizations worldwide oriented towards a positive change.

This global movement is coming from inside each and everyone of us. The prophecies talk about these times when from the darkness of hopelessness, a new world of peace and illumination will be born. We are hearing a call that is prompting us to stand up and change ourselves if we want to see change in the world.

We have come to the realization that each one of us makes a difference: Either we stand up and do our part, or complain and do nothing, or deny what's happening to our Mother the Earth and to our fellow beings on the planet.

What will we choose? Extinction?  
Peace? Love? War? Greed?  
The answer lies within us!

O Grandmothers, I would like to share with you what happened here in the Cochise Stronghold in southeastern

Arizona the day of the end of the great world, we need to be the change we want to see in the world.

That very dawn drums were heard across the Canyon. We could see the smoke from multiple sacred fires burning. Our friends and neighbors were singing, dancing, praying and sending out happy thoughts for the whole world. We had two Sweatlodge Ceremonies going on in different locations in the Canyon, and our voices resounded and echoed each other.

We even had a Peer Spirit Talking Circle with neighbors and friends and reflected upon the question:

This IS the new world ...  
What are WE going to do to make it  
a better world?

The answer came to us all in a similar way: we all felt the necessity to reach out and work with the children. We recognized our gifts and talents and wondered how could we help children and their parents to create a better world.

We are men and women, young and old, who come from different cultures and races and have different spiritual traditions, yet we all agree that we want a world that encourages creativity, sharing, cooperation and understanding among people, all the while cherishing the beings that live beside us on this planet.

We understand that we are not separate entities, but that we are One Being with millions of facets. When we hurt or destroy the environment, we are only hurting ourselves and the next generations.

For a long time we have all felt somewhat overwhelmed and hopeless about the state of the world.

We thought it was impossible to confront the magnitude of the damage and the velocity of the destruction.

However, now ... it is so interesting to see how our minds have changed: we know that to change the

I have to say that personally I went through a great transformation that has given me great hope and happiness.

For over 40 years I have been a smoker, and during the past few years I have battled with this behavior of mine that has brought illness and self-hatred. I felt unable to break the cycle and was convinced that I didn't have any will power!

Well, one morning, not long ago, this thought came into my mind. I don't know how or where it came from but there it was:

I have always been very intolerant and impatient with women who are in abusive relationships. How can they let their husbands or partners mistreat them, hit them, put them in the hospital, and even kill them? I see the effects of these behaviors in their lives and the example that they leave for their children to learn.

Then, suddenly, I recognized that I was doing exactly the same!!

How? Well, I would put the cigarette to my lips, ready and eager for the pleasure ... and then feel this kick to my lungs. POW! Yet ... I continued to go back to this abusive lover, again and again, over and over ... WHY?

How can I ask a woman to stop the abuse against her if I do the same on a regular basis? Suddenly it was clear ... I needed to be the change I wanted to see.

So, I came to the conclusion that if I want more love in the world, how is it that I am not loving? I want to see less greed! How am I being greedy? I want to see more respect for the Earth! How am I disrespecting her? I am fed up with pollution! Where is my trash?

How much gasoline am I using everyday?

I have to say that I found my answers. A few days later I saw a documentary about rape in the military. I felt so angry that I started to think of ways to punish the perpetrators ... WOW!! I kind of felt pleasure in torture!

I can see now that there's no difference between them and me. There is no separation, we are one. Today I pray the Hawaiian healing sentiments of Ho'OponoPono (I'm sorry, Forgive me, Thank you, I love you) and hope to feel more compassion for all the hurting men and women in the world!

I don't want to complain anymore, I want to change my attitudes and behaviors and I know now that as I do ... the world will change!

I'm excited ... I don't know how successful I will be in changing each and every behavior that is hurting the world, but I will keep on trying and loving myself, even if and when I do things that hurt myself and others.

So, what am I going to do for the new world? I'm going to volunteer at our local school as a tutor and look for opportunities to teach what I love: songs, dances, mindfulness, meditation ...

Hopefully there will be receptivity amongst the children to learn how to be compassionate ... which can be a starting point to understand that we are all together in this. I also want to explore the possibilities of teaching children, and adults as well, a new way to relate to food! How to eat well and know where our food comes from and be thankful for what we have, rather than desiring more and more. I want to promote cooperation and creativity

and support the arts: music, painting, theater, poetry, etc. ... as well as more intimacy with nature.

Lynn McTaggart says in her book "The Bond," that when we do things in groups, the rush of "we're-all-in-this-together" elation allows us to resist difficulties, including pain. There is power in numbers, and this explains why we feel something extraordinarily akin to magic in groups working for a common purpose. It happens like that because we move outside of our own individuality and into the space of the Bond.

LYNN IS INSPIRING US TO:

Ease individual worries by improving aspects of our community and bond in the process.

Form "landscape brigades."

Take turns having the neighborhood come together to landscape a neighbor's yard.

Build something as a group ...

Build together something for a neighbor: a fence, a wall, a bookshelf, a foundation ...

Plant together in communal areas.

Start a community herb garden for healing.

Band together in hard times.

Bring food or other types of support to local people who have lost their jobs or homes ... or are going through chemotherapy or radiation, or are sick or incapacitated.

Form Neighborhood Watches to lower crime.

Take turns to patrol in groups.

Create a community campaign to do something.

Pick up litter, improve a park, better medical services, lower crimes against children ...

Take turns tithing your time to the parks, the hospitals, old people's homes, hospice ...

Set up a neighborhood "savings bank."

Gather twelve people to create communal savings and loans ...

Each party can contribute a set amount every month with a set interest and take turns collecting the monthly pot. You can substitute money for food, a household spring cleaning, gardening, attic cleanups, or the like.

Cook or bake extra things and share them around the neighborhood.

Support your local school by taking turns teaching skills to the students.

Take turns walking each other's dogs or driving the children to school.

Start eco-schemes to save energy and recycle in the community.

Go to a local coffee shop and propose to have an afternoon every week to meet and mend clothes, knit, or repair objects that would otherwise end up in the dump.

With Love and Gratitude for a New World of Peace and Illumination

Margarita Acosta

AZ Council of Grandmothers

Editor of

GRANDMOTHERS CIRCLE OF NEWS

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**PEER SPIRIT CIRCLE**

The Circle is an ancient form that has gathered people into respectful conversation and story sharing for thousands of years.

Christina Baldwin and Ann Linnea are group process pioneers who have designed a modern adaptation of circle that synthesizes the attributes of circle over time and across cultures.

*PeerSpirit* is named to honor the equality of voice and presence fostered by circle (*peers* at the rim), and the synergistic center that houses the purpose for meeting (the *spirit* of the group).

The Circle is a social delivery system that allows us to access the heart of our conversations because we hold one another in strong, mutually agreed-upon infrastructure for dialogue. In circle, we discover each other and the resources we can truly be to one another.

For more insight into the PeerSpirit Circle process, please visit the following website:  
[www.peerspirit.com](http://www.peerspirit.com)

You might also find the following books of interest:

Calling The Circle:

**The First and Future Culture**

by Cristina Baldwin (1998, Bantam)

The Circle Way:

**A Leader in Every Chair**

by Cristina Baldwin & Ann Linnea (2010, Berrett-Koehler Publishers Inc.)



**PeerSpirit Circling and Group Bonding**

By Allegra Ahlquist

In the early years of the original Arizona Grandmother Gatherings, we flew by the seat of our panties ... without any particular guiding structure for our meetings, which were sometimes unsatisfactory or chaotic.

About ten years ago Kit Wilson introduced us to a method which she had learned from Christina Baldwin and Ann Linnea, who had been inspired by the Native American talking circle as an effective tool for group communication and decision making. They named this method **PeerSpirit Circle**, and for the past 20 years Christina and Ann have been teaching and refining the process.

Because the Planning Committee for the **Arizona Grandmother Gathering** and the circle facilitators were feeling a need to learn some of those refinements, arrangements were made for the Grandmother Council to sponsor an intensive training with Christina and Ann for three days in May of 2012. Notice was sent out to the Grandmothers and the 20 slots available were eagerly filled. As a result of the training, circle leaders now have more defined roles (Host, Guardian, Scribe), and more emphasis has been put on the different parts of the Circle (rim, spokes, and center). In my opinion, this additional training in circle energetics ... and giving more attention to the Center of the Circle ... helped the 2012 Arizona Grandmothers Gathering jump alive.

Another practice that helped contribute to a very inspired Gathering is a process known as "Open Space Technology," which was introduced to us by Grandmother Liz Campbell.

For more information, go to:  
[www.openspaceworld.org/](http://www.openspaceworld.org/)

Some of us fell in love with the PeerSpirit Circle process and began to

teach and practice it during many of our social gatherings.

For instance, instead of a Halloween party on All Hallows Eve, eight of us circled around an outdoor fire to discuss



death ... quite appropriate we thought for Hallowe'en. The focus question "What experience have you had with death?" brought surprising answers and insights for all of us. A new bonding was created in part of our community.

On December 12th, a day set aside in Mexican culture to honor the Virgin of Guadalupe, ten women circled in silent meditation and contemplation around an outdoor fire. We focused on the qualities of "Mother" energy.

At 12 minutes after 12 noon on 12/12/12 we created a powerful vibration using song and crystal bowls, while the conch shell echoed through Cochise Stronghold Canyon in each of the directions. Two young men who had also been in silent meditation nearby joined the 10 women in a talking circle at the end of a very satisfying day.

Next came the Winter Solstice, the long awaited December 21st, 2012. In our talking circle we asked,

"What do we want to focus on to create a better world?"

We all agreed that enriching the lives of children would be our priority. We will use PeerSpirit Circling to determine our goals and how to best reach them. We see how small groups can be trained in PeerSpirit Circling, and be brought into larger groups to create what is needed in our community. We think the resulting group actions will further community bonding.

**NEWS FROM THE GRANDMOTHERS**

We just want to let everyone know  
a little bit about updates  
on the health of some of our  
Grandmothers

who have been challenged lately ...

Our thoughts and prayers are with them  
as we continue  
to send love and light  
their way!

**Liz Campbell**

Joanne and I recently saw Liz and had a wonderful lunch together with her, Allegra and Shirley. She is keeping her spirits up and is wishing us all a happy new year. Liz is posting updates of her health at <https://www.mylifeline.org/lizcampbell>



"During the last 3 weeks I've been experiencing extreme fatigue most of the days, and this has definitely slowed me down. Usually for one day after my chemo sessions I have some energy -- mostly because of steroids in the treatment; then my energy level goes rapidly downhill. Fortunately I have friends around me who are watching over me and taking me to chemo sessions.

I met with the Doctor before I began the 7th session, and she says all is going well; and that the fatigue is to be expected ... it is cumulative. I have 5 more weekly sessions of chemo, after which there's a switch in drugs and I have another 4 sessions ... one every other week. I can expect more side effects during this time. I should be finished with chemo by the end of

March. I have friends arriving to stay with me for most of February.

After I've finished with chemo, I'll have about a month recovery time before surgery, to be followed by 6 weeks of radiation ... 5 days a week.

So I still have a good amount of time in treatment, probably until the end of June. I'm staying positive and feel supported by so many friends and family. Thank you. A recent MRI indicated that the tumor has shrunk by almost half and this is about half way through the chemo. Good news.

Love, Liz"

**Barbara Brewer Campbell**

B is having surgery on January 31st (fusion of her cervical spine C-4-5-6). It is an hour and a half surgery, with an overnight stay and the Doctor says she should spring back quickly.

As soon as this heals, then the "big one" (her back - much more complicated as MRI's reveal) will happen; however it will not take place until late summer and will be more complex. We pray for a complete recovery!

For more information contact B at: [bluechablis@comcast.net](mailto:bluechablis@comcast.net)

**Mary Lillian Brown**

We received an e-mail on January 19th from Grandmother Mary thanking everybody for the help, support and care she has received.

She also sent a couple of updates:

"I had the MRI on my spine this week and should hear from the Doc next week about what they found. I have a compression fracture in my spine (which I kind of suspected); it is at the base of my neck, so I didn't



break my neck -- but just below it -- when I fell. Anyhow, I am grateful for the new doc who suspected it also and listened when I asked about why I was still in pain. I am working on physical therapy, and progressing slowly. I think things will come together when we have the MRI on my shoulder and neck fully analyzed ..."

Mary also wanted to thank Evie and Eleanor for their offer to rewrite and update her donations page. We are sending Grandmother Mary prayers of healing and light ... and hope she will recover completely and keep working on her project for bringing about a Grandmother House in Minnesota.

You can contact Mary at:

[thatwoman09@me.com](mailto:thatwoman09@me.com) or write to:  
P.O. BOX 291, Pipestone, MN 56164

We would like to send our deepest condolences to Grandmother Joan Marker from the Gulf Coast Grandmother's Gathering in Alabama who recently lost her husband.

**"WE ARE THE NEWS WE'VE BEEN WAITING FOR"**

**By Robbie Lapp**

A vision of a  
Grandmothers Gathering with  
Cascadia by the Big River  
Running Through Her  
Came to me.

Like a plant I am rooted here,  
Sending up a cone of furred leaves and  
Waiting for them to open into the  
Weaving Circle.

I am calling forth this Weaving Circle ...  
Maybe four to seven of us with  
Heart coherence ...

Now in my eighth decade,  
I am watching for a Weaver of the  
Gathering to arise ...



# GRANDMOTHERS CIRCLE OF NEWS



## GRANDCHILDREN'S SECTION

### KID

Hey, little ant down in the crack,  
Can you hear me? Can you talk back?  
See my shoe, can you see that?  
Well, now it's gonna squish you flat!

### ANT

Please, oh please, do not squish me,  
Change your mind and let me be,  
I'm on my way with a crumb of pie,  
Please, oh please, don't make me die!

### KID

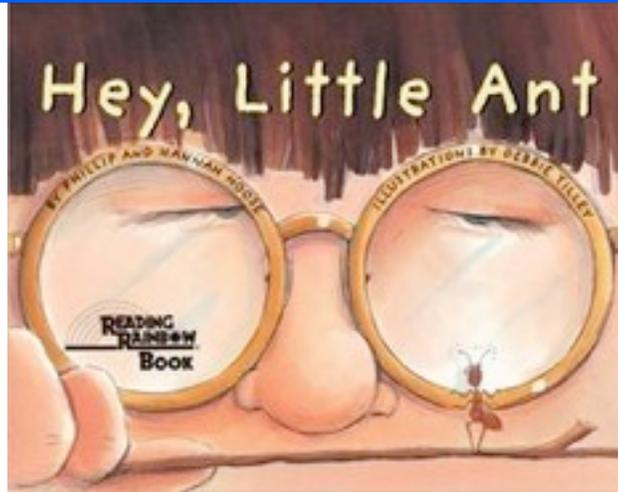
Anyone knows that ants can't feel.  
You're so tiny, you don't look real.  
I'm so big and you're so small,  
I don't think it'll hurt at all.

### ANT

But you are a giant and giants can't  
Know how it feels to be an ant.  
Come down close, I think you'll see  
That you are very much like me.

### KID

Are you crazy? ME like YOU?  
I have a home and a family, too.  
You're just a speck that runs around,  
No one would care if my foot came down.



Should the ant get squished?  
Should the ant go free?  
It's up to the kid, not up to me.  
We'll leave the kid  
with the raised-up shoe.  
What do **you** think  
that kid  
should do?

### About the Book:

Written first as a song in 1992 by Phillip Hoose and his then 9-year-old daughter Hannah, Hey, Little Ant is a rhyming dialogue staged beneath an upraised shoe. The song's lyrics became a picture book illustrated by Debbie Tilley six years later when it was published by Tricycle Press. The protagonists of the story are a plucky Ant and the Kid about to carelessly squish it.

Tension builds as the ant states a compelling case for its survival while the kid's friends gather round to taunt the kid for hesitating.

The final line of the book is a question:

"What do you think that kid should do?" leaving the decision squarely in the hands of the reader ... Meaning YOU, my little friend!

What do YOU think?

READ ON THE BACK WHAT OTHER KIDS THINK ABOUT THIS ....

### ANT

Oh big friend, you are so wrong,  
My nest mates need me 'cause I am strong.  
I dig our nest and feed baby ants, too,  
I must not die beneath your shoe.

### KID

But my mom says that ants are rude,  
They carry off our picnic food!  
They steal our chips and bread crumbs,  
It's good if I squish a crook like you.

### ANT

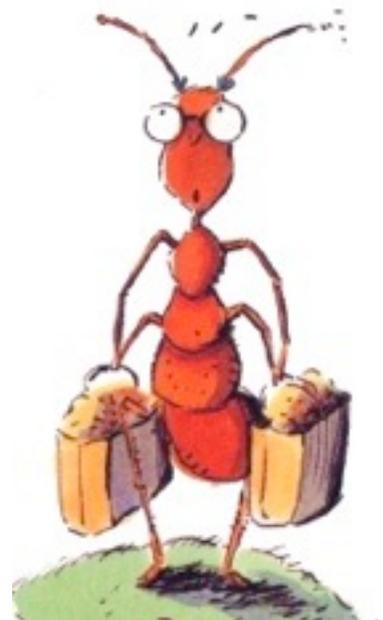
Hey, I'm not a crook, kid, read my lips!  
Sometimes ants need crumbs and chips.  
One little chip can feed my town,  
So please don't make your shoe come down.

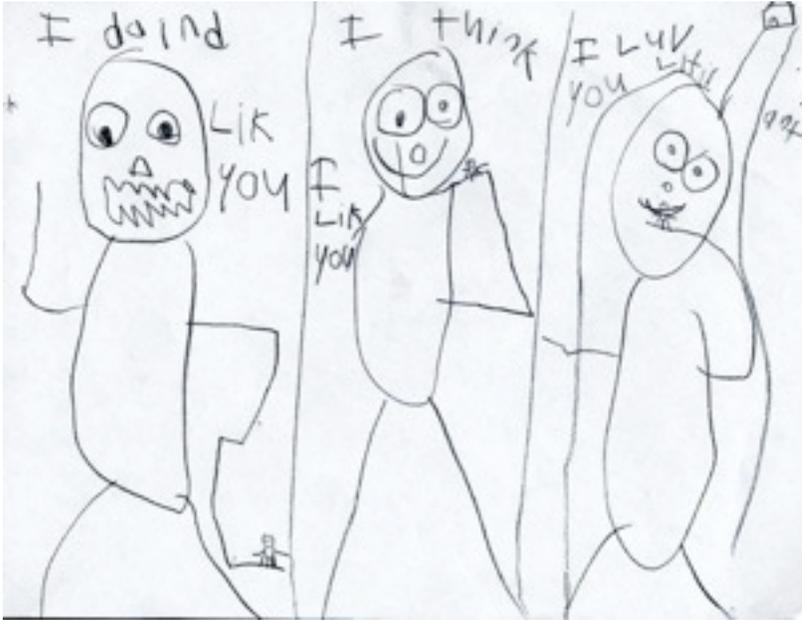
### KID

But all my friends squish ants each day,  
Squishing ants is a game we play.  
They're looking at me—they're listening,  
They all say I should squish you.

### ANT

I can see you're big and strong,  
Decide for yourself what's right or wrong,  
If you were me and I were you  
What would you want me to do?





Sophie Berghmans; Calgary, Alberta  
Kindergarten

“Hey, Little Ant”

Essay Challenge by Charley Parsons, 3rd Grade  
Lincoln, Nebraska

The kid said, “Well, you’ve got a point. I’ll let you live.”  
The ant was so happy he did a little jig and ran off.  
The other kids laughed and laughed at him,  
“Ha, ha! Andy Arson is afraid of squishing an ant.”

Andy was infuriated. He ran off the playground and into  
the forest, to find something to impress the kids.

He came back with a cool dead snake.  
Andy said, “I killed it myself.”

One kid said,  
“Hey, that kind of snake can only be killed by bears.  
You lied to us, Andy.

We will definitely never be your friend! Unless ...?”  
“Unless what?”

“Unless you kill the same ant.”

So Andy went back into the woods again.  
He found the ant. He was about to squish it when ...  
It said,

“Those kids are mean,  
why would you want to be friends with them?”

That made Andy think, “That ant is right, they are mean.”

Andy didn’t bother squishing the ant,  
instead he ran off to find some new friends.  
Andy and the ant lived happily ever after.

Amos Livers, Oldenburg, Indiana  
(2nd Grade)

If an ant were under my shoe, I would lay on  
the ground by the ant and watch it crawl to safety.  
The ant might wonder why this big giant kid did not  
squash it, but it would quickly decide to find food  
and go home underground. The ant would scurry  
quickly to the crumbs of food on the ground and  
pick one up and use its muscles to carry it home for  
his family. I would watch the ant tackle this chore  
and admire his strength and determination.

The ant would watch me watching him and  
want to hurry home to feed his family. I would love  
to go underground with the ant and see what his  
house looks like and see how many other ants live  
there. The last I would see of the ant would be him  
climbing up his ant hill and immediately dropping  
into a hole on the ground. Maybe if I wait long  
enough, he will pop back up and look for more food.  
I’ll wait and see.

WOULD YOU LIKE TO READ  
Hey, Little Ant?

Look for the book at the Library ...  
We would love to hear what you have to say ...

TO SQUISH OR NOT TO SQUISH?

Please write to us at:  
Margarita Acosta/Joanne Weiner  
P.O. Box 808  
Pearce, AZ 85625  
[cochisestronghold@gmail.com](mailto:cochisestronghold@gmail.com)

The boy's friends pressure him to squish the ant.  
Should the boy listen to his friends?  
Do you always do what other people tell you to?  
If enough people want you to do something,  
does that make it okay to do?  
Do you listen to what your parents tell you?  
Why or why not?  
Is that different from listening to your friends?



Young girls at an Arhuaco village in the Heart of the World

## FROM THE HEART OF THE WORLD

By Grandmother Shayna Tovah

My journey of connecting with the Elder Brothers who live in the Sierra Nevada Mountains of northern Colombia, South America, began in October, 2011, after my son, Adam Yellow Bird, had come back home from his third visit in 2 years to the sacred land that has, until now, survived the onslaught of dominant consumer culture.

Yellow Bird told me that he had been asked by some of the Mamos, the Spiritual Elders of the Kogi and Arhuaco tribes, to bring them to our homeland in Sedona, Arizona, so they could continue their work as balancers of Mother Earth from a place other than their homeland. They knew it was time to share some of their practices with those who would listen. The Mamos know, without computers or TV's, way up in the mountains, that Mother Earth is imbalanced, the waters are declining, and the four elements of Earth, Air, Fire, and Water are polluted to the point of no return. Point of no return, as dominant consumer society relates to them.

Most of these Mamos had never left the top of their mountain. It is a two-day hike down

the mountain to a place where a vehicle can pick them up to then travel further down the mountain to the cities and ocean. They live as people have lived forever. They live in balance with Nature, get their food from Nature, make their clothes by hand from natural plants: everything as it has been since the beginning of humanity.

Yellow Bird told me that we were going to bring the Mamos to Sedona, Arizona, in June of 2012 for a gathering. We both knew it would be a huge undertaking as none of them, including their translators and traveling guides, had passports or visas. To obtain the passports and visas, it would take months of back and forth travel for them all to get to the cities and fill out the proper paperwork. Remember, these people weren't born in hospitals; there is no record of their births.

So the journey began, and over the next 8 months our lives were consumed with the loving energy of the Elder Brothers, who so seriously knew that it was time to share with whoever was ready to hear, the teachings of the ancestors to help balance Mother Earth before it's too late for all living things to survive.

In June, 2012, after months of struggle and delight, at Phoenix Sky Harbor Airport we loaded 6 Mamos (Kogi and Arhuaco), 2 translators, and one Mamo in training, into an International yellow school bus with most of the seats taken out of it ... and drove them one and a half hours north to a quiet 11 acre sanctuary in Cornville, Arizona.

We kept the place a secret, as we wanted to help them maintain

their personal energy spaces while traveling and experiencing life as they could never have even imagined it. After their 4 days of travel, these quietly powerful beings blessed our land and forever changed our lives, as we did theirs. Ceremony began at sundown as they sat on hammocks under the large hundred-year-old Cottonwood trees located by the artesian well water head source.

With very few words, the Mamos did what they do best. They energetically share through transmissions: Balance.

At their direction, we created a small fire and a small circle of stones under the Cottonwood trees.

Twenty of us Westerners sat in silence and knew that we were to be present. That was all. At about 2 a.m. the Ceremony ended. We were told to get some sleep and be back at 5:30 a.m. to do the Sunrise Ceremony. This was to go on like this until they left, a week later. The first 2½ days we took the group to Sedona, to the Sedona Performing Arts Center, so they could interact with 250 participants at the weekend workshop. They continued their transmissions, spoke some, but mostly spent their energy attempting to adjust to being indoors. This was not successful for them. The artificial light and surroundings were draining their energy. We ended up having to turn the stage lights down and end the workshop early on Sunday. The Mamos were experiencing chairs, lights, floors, bathrooms, etc. for the very first time. Being indoors took too much of their energy. Even with all of that, the participants were moved.

On their next to the last night, the Mamos shared with about twenty of the core group a Cotton Ceremony which they do every day; they call it "giving payment" back to Mother Earth for all that she has given us.

*Their message is that we consumers forget to give back to the Mother, energetically and physically.*

This causes imbalance of the elements. The Ceremony is very detailed and can be used to clear many aspects of our lives to help us become in balance with Mother Earth. The Mamos left us with a request that we share this Ceremony with others so that we can help them help Mother Earth.

They told us the damage is too much for them to do this alone anymore. They need our help.

The Mamos left in the same International yellow school bus and went back to the Phoenix Sky Harbor airport. We got word they arrived safely at their homes a few days later.

A couple of months later I received an invitation to facilitate the Full Moon Ceremony for the 19th annual AZ Council of Grandmothers Gathering in October, 2012, at Kenyon Ranch.



Grandmother from the Heart of the World

I knew right away that I was to share the Cotton Ceremony with the Grandmothers. On the second night of the retreat I started the fire and set the intention of the Ceremony. Evie, a younger "newbie" with the

Grandmothers, brought 50 chairs from the Lodge and placed them under the grand Mesquite trees, creating a 3-tiered circle around the fire. Her gift of service helped create the sacred space, for which we all were very grateful.

The Grandmothers gathered around the fire just after dark. I began the Ceremony with a drum song to honor the ancestors of the land. Everyone was centered. Not-so-newbie Grandmother Eleanor assisted ceremonially by tending the fire. I then "fed" the fire with corn meal, sacred Hopi corn, and seeds from South America. Grandmothers were handed sacred Hopi corn to offer to the fire and make their connections. After all were connected, I explained a little of who the Mamos are and what the Cotton Ceremony was about. Grandmother Margarita added blessings by singing beautiful Colombian songs to Mother Earth.

The Cotton Ceremony took on an energy of its own; we were all one ... clearing and cleansing ourselves, as the Mamos have done for hundreds of thousands of years. Next, the Grandmothers offered the cotton to a Mesquite tree, thus creating a "Prayer Tree." They were encouraged to do this daily at home, to make their "payment" to Mother Earth daily and to clear and cleanse themselves, as well as any money as it is received, and thus create a space for balance of the Elements and Mother Earth ... so that there would be enough clean Air, Water, and Earth for all.

Finally, I offered the Grandmothers sacred water from Montezuma Well, a place where indigenous peoples have gone for centuries for blessings from the sacred waters.

The job of the Mamos is to revitalize the waters of Mother Earth. They do this by going to the place where a spring begins and ceremonially energizing it for purification and to bring the water up to the surface. I encouraged the Grandmothers to bless themselves with this Holy Water as they completed the Ceremony.

The next morning I visited the Mesquite tree for morning prayers and thanks-giving. As I approached the tree, I was in awe of the beauty of the hundreds of pieces of cotton that were given to Mother Earth. I knew in my heart that those who had participated fully were clearer and had created a place in themselves for the best to come to them. I sat on the ground next to this Prayer Tree and gave my thanks to Mother Earth and Father Sky and all living things. I gave my thanks for the Grandmothers who dared to come to the retreat and take a look in the mirror to discover themselves, some for the very first time.



Grandmother Shayna Tovah, Adam DeArmon and a few of the visitors from the Heart of the World.

I gave my thanks for the opportunity to share this ancient wisdom with the Grandmothers. I am truly humbled and grateful.

To learn more, please go to the following website: [www.indigenousnativeamericans.com](http://www.indigenousnativeamericans.com) and click in the left column under Projects: Kogi and Arhuaco Project.

# NEWS FROM GRANDMOTHERS COUNCIL GATHERINGS

## The Gulf Coast Grandmothers Gathering Alabama, 2013

Ruth Geraci  
[ESILLruth@gulftel.com](mailto:ESILLruth@gulftel.com)

February 14th - 17th, 2013  
Camp Beckwith  
Fairhope, Alabama

"Camp Beckwith is a beautiful serene bayside setting with an outstanding environment for group activities as well as personal communing with nature. We have a full roster of women (50 in all) and a waiting list at this point, with participants coming from all over the U.S. to gather with us. We are very excited about sharing our feminine energy and experiences with this group. Our planning circle of 12 wise and wonderful women has been at work all year making plans. Our intention for this Gathering is to acknowledge, honor and perpetuate for the next seven generations our sacred connection with each other and with Mother Earth.

Our theme this year will be:

*The Power of the Stories We Tell ... AND  
How Will They Be Retold?*

We are planning several workshops, which include a storytelling workshop led by Grandmother Mary Michael, a sound/spirit workshop led by Grandmother Skip MacDonald, along with a craft workshop led by Grandmother Judy McKee.

We will sit in circle in small groups each day to share our stories, as well as holding a variety of ceremonies and celebrations."

Thank you  
Grandmothers  
Ruth Geraci and Helen Herring  
for being co-weavers of this  
special event.

## Dream Weavers Council of Grandmothers Gathering 2013, Tucson, AZ

Nonine Anderson  
[coachcwa@yahoo.com](mailto:coachcwa@yahoo.com)

The Gathering will be held at  
Picture Rocks Retreat Center  
7101 W. Picture Rocks Road, Tucson AZ  
May 24 through May 27, 2013

If you have questions, please call  
Nonine Anderson at 520-888-1762.  
For more information about this  
Gathering please see our last  
Newsletter.

Thank you  
Dream Weavers  
for inviting us once again  
into your Council to feel the  
powerful energy of the  
Grandmothers.

## THE 2012 GRANDMOTHERS GATHERING AT GITCHIGAAMING, Lake Superior, Madeline Island Lapointe, WI

Lorraine Norrgard:  
[Lnorrgard@aol.com](mailto:Lnorrgard@aol.com)



"Thirty four women gathered in appreciation of the water on Madeline Island August 16th-19th, 2012. We gathered in small circles every day and deepened our understanding of oneness through ceremony, sharing, and reflection.

On the first day, we journeyed to the Lake and honored the water in the Anishinaabe tradition with Sue Nichols of Three Fires Midewiwin. We blessed one another and the young women who were present, demonstrating our commitment to lift the young ones as they move forward with courage and love in service to the water.

The next day, we expressed appreciation and joy to the water while singing, dancing and swimming with her at the public beach. There was much laughter and lightness. Gitchigaaming enjoyed playing with us.

On our second night, we connected with the sacred geometry of the Vesica Piscis and the powerful essence of potential and beginnings with the New Moon. We walked this sacred symbol ... chanting, holding our intention of appreciation for water and oneness. We offered our prayers to the water upon our breath. We sang with the earth and the stars and felt a profound sense of interconnectedness with all that is.

On our third day, we visited the state park and came into relationship with the rocks, trees, plants and water. This was a peaceful quiet time for reflection and contemplation of our oneness. That afternoon, many of the grandmothers joined the All Nations Rainbow Water Dance organized by a local young woman named Rhiannon Tourdot. We danced and sang, and it rained and a rainbow blessed us and the island. It was incredible! Other grandmothers participated in a flower essence workshop with Camilla Bloom, practiced Yoga Nidra, shared in ceremony, or simply rested.

In the evening we listened to 13 Grandmothers share their experiences with the water, small circle and ceremony. It was an intimate and

ARIZONA COUNCIL OF GRANDMOTHERS GATHERING

20th Annual Gathering

October 17th - 20th, 2013

Kenyon Ranch, Tumacacori, AZ

Our Theme: Presence in the Present is the Present

When the Grandmothers speak, the world will heal

playful gathering. So beautiful to bear witness as our youngest grandmother, Sarah, gifted and honored the 13; and they, in turn, loved her. We sang to the Grandmothers, to the water, and to one another. It was so gentle and joyful.

On the last day, we gathered at Grant's Point to offer a group gift to Lake Superior and all water. The ceremony created so much peace and reverence. Each woman really centered in their love, appreciation, and respect for the water and the process of being in ceremony. We tenderly held our bundled gift, breathing our intentions into her; and together we danced her into the water. Our prayers birthed into the water and rippled across the world to all of creation. It was an extraordinary Gathering and we appreciate all the donations and help we received."

**Contact:** Judith Bobbitt, Weaver, at (520) 575-0802 or e-mail [jmbobbitt@comcast.net](mailto:jmbobbitt@comcast.net)  
Irene Walden, Registrar, at (520) 795-0400 or e-mail [iwalden@cox.net](mailto:iwalden@cox.net)  
~ Please put **2013 GM** or **2013 GM Gathering** in the subject line of your e-mails~

**2013 Grandmothers Gathering  
for Gitchigaaming  
(Lake Superior) at  
Madeline Island Music Camp  
Aug. 15-18, 2013**

Email [info@grandmothersgathering.org](mailto:info@grandmothersgathering.org)  
and check out our website at  
[www.grandmothersgathering.org](http://www.grandmothersgathering.org).

Registration forms will be  
online soon.

Hope to see you this summer at  
Lake Superior.

Thank you  
to the Grandmothers  
at Gitchigaaming for their  
appreciation of water,  
and the beauty and ceremony  
they continue to bring into our  
world through their Gatherings!

POETIC CORNER

Women, We

Women, we ~  
star dreamers  
and earth clay movers,  
circle makers and  
hunters of berries and cedar  
for the winter fires,  
wearing children on hips  
like jewels in the storm.

Women, we ~  
listeners for cries in the night,  
believers in hope for the morning,  
picking up the pieces,  
and the tent,  
and the tribe,  
sweeping up the ashes and  
washing away the bitters.

Women, we ~  
warriors  
fending off the onslaughts,  
suffering the tyrannies  
with muscles of forbearance  
and the resilience of spring,  
keepers of the Beauty Way  
in the ghostly freeze of winter.

Women, we ~  
blood red with life,  
pulsing with new flesh,  
weaving the pod and  
rocking the ancestors

with their new face to the wind,  
painting in the eyes and  
filling out the tongues,  
bracing for the Circle arriving.

Women, we ~  
seers of the inner world,  
instinctive stewards with ears to the earth,  
rooting out the stale and obsolete,  
holding a brave finger  
to the steely wind,  
knowing the shifts  
before they arrive.

Women, we ~  
patient when we must,  
daring when pushed to the wall,  
baring truth like lanterns in the night  
until the silent turning  
when the Great Wheel  
moves to welcome back the sun  
for another season of planting.

Women, we ~  
wisdom keepers  
of the seven directions,  
collectors of sacred herbs  
and fragrant singing stories,  
with grace like dancing waters, shining,  
shining,  
dusting off the stars  
so they won't go out.

2013 Pamala Ballingham  
Earth Mother Productions, Inc.

## INVITATION TO BECOME QUANTUM ACTIVISTS

by Dr. Amit Goswami, Quantum Physicist ([www.quantumactivist.com](http://www.quantumactivist.com))

Quantum physics in the form of its famous observer effect (how an observation transforms quantum possibilities into actual experiences in the observer's consciousness) is forcing us into a paradigm shift away from the primacy-of-matter to a new paradigm: the Primacy of Consciousness. Quantum Activism is the idea of changing ourselves and our societies in accordance with the transformative and revolutionary message of quantum physics. This change is taking its cue from the emergence of a new paradigm within science: the paradigm of a consciousness-based reality as articulated by Quantum Physics.

So, what are the transformative messages of Quantum Physics?

First, consciousness is the ground of all being, and all objects of our experience (sensing, thinking, feeling, and intuition) are quantum possibilities for consciousness to choose from. Secondly, if we choose from what is known, that is to say, what is conditioned in us from prior experiences, we are choosing from our ego-consciousness. But if we choose what is unknown, what is un-manifest in our prior experiences, we are choosing from what spiritual traditions call God-consciousness (in scientific language, we call it quantum consciousness). Choosing from God-consciousness requires quantum leaps (movement from point A to point B without going through intermediate steps), non-locality (signal-less communication), and tangled hierarchy (causal relationships of circularity). The third message of quantum physics is the evolution of consciousness, and it is taking us toward a greater and greater capacity for processing the meaning of our lives and the world around us. The immediate future of evolution is promising to take us from our current preoccupation with the rational mind to an intuitive mind that values the archetypes -- such as Good, Beauty, Truth, Justice, and Love -- and gives us the ability to process the meaning of our lives through these archetypes.

So the goal of the quantum activist is to explore quantum possibilities and manifest these archetypes -- Good, Beauty, Truth, Justice, and Love -- in his or her life as intimately and as expressly as one can; and in doing so, to help transform the world. The means a quantum activist uses to achieve this goal are threefold:  
right thinking, right living, and right livelihood.

**RIGHT THINKING** consists of understanding the paradigm shift from a user's point of view and helping others in our environment to do so.

**RIGHT LIVING** consists of walking the talk, manifesting our understanding in how we live, and becoming guiding examples for the inspiration of others. As such, it takes a lot of quantum leaps, openness to being in the non-locality of God consciousness which informs the doing of the ego's day to day activities, and the desire to change hierarchical relationships into tangled ones. (i.e causal relationships of circularity)

**RIGHT LIVELIHOOD** consists of earning our living in a way that is congruent with our modes of thinking and living, and helping our entire society to achieve this congruence.



Cartoon By Alfredo Garzon

CARTONES DE GARZON. TALLER DE EDICION ROCCA GRAFICA BOGOTA, D.E. COLOMBIA

It is exciting you say,  
but is that enough to motivate me?  
I will tell you my fundamental understanding:  
If you are reading this, you are already motivated.  
Consciousness is already pressuring you  
to join its evolutionary movement.  
So what do we do now?  
We become quantum activists of course!

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Cartoon by Maxine