



GRANDMOTHERS CIRCLE OF NEWS



A Quarterly Newsletter

Volume 20: Number 2 Summer Solstice 2014

STORYTELLER MOON

TELL ME A STORY SWEET MOTHER
OF THE ANCESTORS AND THEIR DAYS,
OF HOW THEY WALKED WITH BEAUTY
LEARNING THE MEDICINE WAYS

AS YOU RELATE THE STORIES
I AM ALLOWED TO SEE
THE IMPORTANCE OF EVERY LESSON
AND HOW IT APPLIES TO ME

THROUGH ANOTHER'S EXAMPLE
I SHARE THE LAUGHTER AND THE TEARS
THROUGH ANOTHER'S EXPERIENCE
I LEARN HOW LOVE CAN CONQUER FEAR

TOGETHER WE CAN JOURNEY
THROUGH THOSE OTHER TIMES
RECLAIMING ALL THE WISDOM
OF THE LEGACIES LEFT BEHIND



Doña Olga Garcia, Grandmother, herbalist, healer and carrier of many stories and traditions from the ancient peoples of the Sonoran Desert. If you would like to know more about Dona Olga's potential herbal walks in the Fall, please contact Margarita Acosta: cochisstronghold@gmail.com

Story Teller is the Clan Mother of the Moon Cycle that falls in the month of June and is represented by the color Red. She teaches us to have faith, to be humble, and to stay young at heart by keeping our innocence intact. These are some of the medicines found in the color Red.

This Clan Mother Speaks the Truth.

She teaches her human children how to speak from their hearts, always saying what they mean in a truthful, clear, and concise manner.

She is the pathfinder who shows us the faith we need to find our way through the illusory forests of our own confusions. Speaking the Truth is the basis of the oral tradition that keeps universal timeless wisdom alive. The hard-learned lessons that have guided other human beings safely down the Red Road of physical life apply to all humans because they are based on eternal truths. Story Teller teaches us how to use humor to dispel our fears and how to balance sacredness with irreverence. When we

can laugh at our humanness and our silly attempts to preserve our limitations, we will have conquered the self-created demons that bind us to high drama and our need to create constant upheaval. Story Teller is the holder of Heyokah Medicine, tricking us into growth through laughter.

Story Teller uses the Gifts of Wisdom presented by the Ancient One, now in Spirit, to present the Truths that helped those Ancestors. When Truth has been used to solve life's problems or challenges, those truths are to be shared with future generations.

The Guardian of the Medicine Stories reminds us that Speaking the Truth never hurts another if it is done with Love and if we don't include the projections of self-righteousness or the petty judgements we often use to criticize ourselves.

Speaking the Truth is an art that never includes judging another.

Animal Spirit Teachers
for STORYTELLER

WOLF

The ability to create new paths for learning and teaching.



Moontalker by Gretchen del Rio : www.gretchendelrio.com

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.



Nancy Masland, Shirley Tassencourt, Rebeca Redelsheimer in the back, Joanne Weiner, Nama Priya and Debbie Scott. At Grandmother Shirley's Birthday Get-Together in her magical abode!

MAGPIE

Magpie, little black eagle, relieves the pain of others. Reminds us that discomfort is a



warning that shows change in the body. Some Two-Leggeds are not willing to go through any kind of discomfort because they do not understand that chills and fevers are the body's way of shedding limitation.

When the Human Tribe understands the lessons found through the challenges of discomfort, Magpie will send her spirit to remove the discomfort and pain.

Eagle-Magpie shows the Two-Leggeds how to find freedom. Eagle teaches freedom of the Spirit. Magpie teaches how to allow the Spirit's understanding and freedom to enter the body.

TOUCAN

Toucan is part of the warning system of the jungle. Sometimes Toucan will visit us in dreams to make us more observant. When trouble or danger are near, Toucan will fly

through the jungle in the tangible world or send her spirit flying through the Dreamtime, calling out a warning...

Magpie nearly always follows Toucan, flying through dreams, showing human beings how to avoid the painful lessons found by not being aware of the warning signs and dangers along the Red Road of Life.

Magpie can see how Toucan's warnings can teach human beings to be aware of situations that could strip them of their physical well-being. Toucan sends warnings in life-threatening situations reminding unwary daydreamers that paying attention could save them from being physically harmed. Toucan says:

"Come back into Balance, Unity will be achieved."

Excerpts taken from The 13 Original Clan Mothers by Jamie Sams



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

cochisestronghold@gmail.com

P.O. Box 808, Pearce, AZ 85625



StoryTeller, the Guardian of the Medicine Stories, reminded me that Speaking the Truth never hurts another if it is done with love and if we do not include the projections of self-righteousness or the petty judgements we often use to criticize ourselves.

Notes from the Editor

Stories have always kept me captive. When I was growing up we would come home after school to my Mother's helper, a woman who would feed us and take care of us until my Mother would get back from work. The afternoons were usually rainy and cold in Bogota, almost 9,000 feet high in the Andean Mountains and ... that was the time this woman would iron the clothes. I remember climbing up on a huge wooden ironing table and sitting for hours listening to her stories ... those are perhaps some of my very first memories. Later on, as my older sister learned to read, she discovered the world of stories inside of books and we all became avid readers.

I am thankful to my Father for his gentle character and the beauty and humor of his being. I like to honor him during this "Father's Day" time of the year, and I have to say that I remember him as a sumptuous storyteller. He used to keep us mesmerized ... imagining magnificent worlds made up of words, silences, accents and sounds that would bring to life the most amazing characters right there in front of our eyes as we listened to him.

This Moon I'm reading the message of the Clan Mother and realizing that stories are not only entertaining ... but that they have purpose and can help without pointing fingers or judging. The Clan Mothers Moon teachings continue to amaze me! This year I'm learning again that we must find ways of Speaking the Truth without being offensive, without hurting tender feelings.

That is so true. Recently I felt the need to speak about an issue with my family that had me at the border of anguish. I was angry and very afraid; and as these emotions took control of my mind, I wrote a very harsh and self-righteous letter to them.

I realized later that I had made a lot of assumptions, and that each and every one of those notions took my mind in descending spirals into very dark and dangerous worlds.

Right after I sent the letter I felt relieved, but pretty soon the anxiety came back when I received an e-mail from a member of the family saying to not seek contact with them anymore. Ever.

On the other hand, my sister took her time to answer, but when she did she was very jovial. She suggested that given such a delicate matter, it would have been better for me to approach the subject with the whole family personally. She said that the warning I had sent had been taken into consideration, but that many feelings had been hurt unnecessarily.

I felt sorry that I had acted from a place of fear in my heart and not from a place of love. I totally recognized that. I was also angry that they couldn't see things the way I was seeing them.

I realize now that when fueled by anger and fear without compassion, one can create scenarios and make assumptions that, according to Buddhism, will always take you away from the Path of Truth.

The words of Arinna Weisman, our meditation teacher, come to mind as I go through this path of suffering.

"When you are judging another's behavior without compassion ...
be certain that
Whatever you are thinking
is not the truth."
I BELIEVE HER ...

I'm learning to become more aware of this. I wrote a letter of apology and will see what happens.

Meanwhile ...

I am being reminded to chant

Ho'oponopono:

Lo Siento ... Perdón ... Gracias

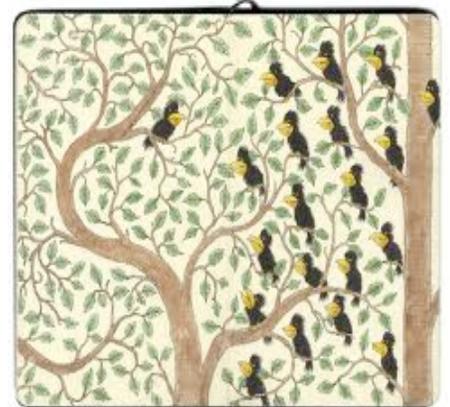
Te Amo ...

I'm Sorry ... Forgive Me ...

Thank You ... I Love You



Thank you for listening with
your heart ...
Our stories keep us connected.



Thank you Creator for the gift of
storytelling in my life.
May I continue to learn the
Medicine Stories ...
May I understand and be willing to
face the future ...
May I be mindful that we all
need to find the truth within
ourselves in order to experience
the Spirit's evolution.

With Love and Gratitude,

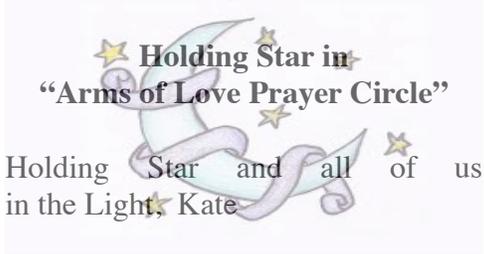
Margarita



**NEWS FROM
THE GRANDMOTHERS**

We are including a series of messages we received, letting us know about the condition of Grandmother Star's health in California.

Hello,
I have sad news. Our beautiful Star suffered a stroke today. She is in the hospital being evaluated. Judy Clark asked me to reach out to Star's friends on my e-mail list with this wonderful suggestion:



Good Morning,
Star is alert and resting comfortably. Judy Clark spoke to her by phone ... and though unable to speak, Star was able to listen. Judy let her know that her spirit family is holding her in a prayer circle. Star's daughter said that her face lit up and she was able to mouth the words 'I love you.'

She is recovering slowly, with the ability to move one foot and hand. But her spirit is strong. The hospital receptionist told Judy that the staff are all remarking that Star is such a beautiful spirit!

Blessings to everyone holding Star in our prayer chain, Kate



I spent some encouraging time with Star today. She is beginning to speak and feed herself. I was so happy to see this. She was also in good spirits.

I loved spending time with her two sisters, Ruth and Margie, and I got to meet Ruth's son today as well. Robin and Margie were there also. Kate and Joan also stopped by for an encouraging visit. Star is surrounded by such amazing love. Your prayers are working so well, so please keep them coming. I have been so blessed to know such amazing people who are in Star's circle. Thank you all!

Blessings and Love, Amy



Star's recovery seems almost miraculous. I saw her yesterday morning and she had no speech; today she is able to speak again! We had a beautiful candle lighting circle for her this morning, and then Joan and I brought the roses that were on our altar to the hospital. Star's eyes were shining (even more than usual) when she saw them. We didn't stay long because she was enjoying her first meal of solid food.

Everyone's prayers have been so effective. I know Star would want me to thank all of you from the bottom of her heart.

Blessings, Kate



Hi Rob-bee and Margarita,
Star was able to leave the hospital and move temporarily to a nursing home for rehab. She's had to set a limit with all her adoring friends here in Ukiah, asking us not to visit so she can focus on her recovery :)
So ... continued prayers for her recovery would be very much appreciated.

xo, Kate



Sending much appreciation for the care and ceremony ...
In Love and Light, Rob-bee Lapp

**THANK YOU SO MUCH
GRANDMOTHERS**
for keeping us all informed about
Star's progress and
for being there for her ...
The Prayer Circle connected the
online community with a
surge of Love ...
This Love we feel for one another.
Blessings, Grandmothers!!!

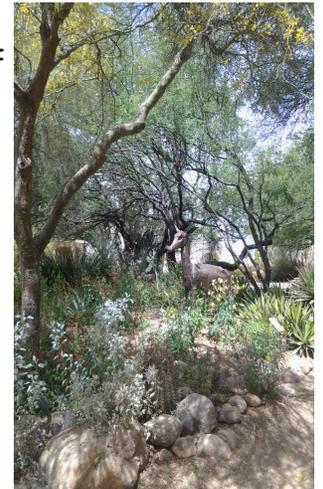
ON ANOTHER NOTE ...

Grandmother Irene Walden and Grandma Baba (Barbara Nelson) recently worked as volunteers at a program at Pine Canyon Camp in the Chiricahua Mountains in SE Arizona, called "Strength for the Journey." Irene was registrar and Grandma Baba worked in the kitchen.

This program was for HIV/AIDS people. Irene and Barb said that they had good food, great weather and accommodations, small groups, hikes, campfires, a talent show, and a Dress-up Night.

Grandma Baba took out her "gut-bucket" and played "This Land is your Land" with a guitarist and electronic pianist. Everyone got a BIG kick out of Grandma's "Gut-Bucket"!!!!

Our Grandmothers felt honored and humbled to be part of this group and to hear their stories ...



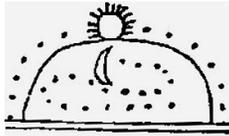
Here is one of the pictures they took at the camp.



Hi Joanne and Margarita,

I know as usual the Grandmothers will be focusing on the heart. Most of us know what's in this video from experience. However, I liked hearing that science is agreeing with me. If you want to put a link in the newsletter this time, I recommend this one.

Hugs {{{
Kathie Murti



<http://www.heartmath.org/about-us/about-us-home/hearts-intuitive-intelligence.html>

Grandmother Allegra continues to help us deepen our connection to our innermost heart. She is conducting a weekly meditation and inter-spirituality group in which we share ancient wisdom as well as our personal relationship with Spirit. A place where we nurture each other with words of love and poetry, history and storytelling, silent prayers and walking meditation ... This is what she wrote to the group one time:

Dear lovers,



... i was inspired to begin this group by the words of Mirabai Starr, teacher of inter-spirituality:

"What i am seeking is the source of love itself, a paradoxical melting of my thirsty little self into the Ocean of Being ..."

i catch the object of my heart's desire in eastern thought, western esotericism, and indigenous wisdom ways."

In addition to the meditative practices we do, i think we will find a deepening of our spiritual lives through books like Julian of Norwich by Mirabai Starr and Silence by Robert Sardello.

Sardello says:

"Silence gathers in nature. Instead of simply enjoying nature's silence, however, our initial practice is to notice what happens when we are within the Silence, for we are within a very active presence."

Our recent experience in a holy forest was nothing less than miraculous! When we sat in Silence, we vibrated with the light and aliveness of just being there, ALIVE AND PRESENT.

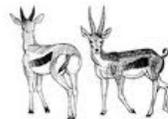
May you be free of suffering
May you be free of ill will
May you be filled with lovingkindness
May you be truly happy.

Love, a

From JudyO

Hello everyone ... Here is the news about Paula Olch that I received from her daughter Karen:

"This has been incredibly hard on Paula and I am hoping that all of her friends can really step up to the plate, especially



in the next couple of months, but continuing on after that as well. She is going to need so much support in this transition from independent living to a pretty controlled living situation.

While Fairmount Community is a lovely place, bright and light and based on an integrative health care model and the idea that food is medicine ... and so much more ... it is still going to be a shock to her system.

My sister and I are both depending on all of you who live here to be there for her in whatever ways you can ... whether that means visits, taking her out, taking her shopping or to thrift stores, taking her out for a movie or something fun, calling her to check in, sending her cards ...

ALL of you together can help make this excruciating time a bit easier on her. She is going to need people to listen to her, let her cry, hear her feelings ... and she is going to have a cavalcade of them as she grieves letting go of her former life and adjusting to this new life. She is blessed with such a wonderful circle of friends! We thank you in advance for being there for her. And for those of you who are far away, cards and phone calls and e-mails will mean the world to her.

Paula Olch
6161 E. Fairmount St.
Tucson, AZ 85712

Phone has changed, to: 520.332.2168
Her new e-mail: gmapapu31@gmail.com

Blessings, Karen

Hi everyone,
Hope your summer days are lovely ... can't believe it is July already! Thought I'd send out an update on Paula -- just spoke with her this morning. In late June she fell and fractured her pelvis in two places and was moved to a skilled nursing facility to do rehab. However, she sounds MUCH better, stronger and in a better state of mind. She is working hard in PT and is really being motivated.

She is still experiencing times of confusion or muddledness, often near the end of the day when she is tired, as an FYI if you visit or talk to her. She's been so grateful to those of you who have called, sent cards, visited, done laundry for her and brought her things from her room at Fairmount ... HUGE thanks! I expect she'll be at The Forum until mid-July at the rate she is going. Will keep you all posted as to when she'll be back at Fairmount. Be well! Karen

The Forum
 2500 N. Rosemont
 Skilled Nursing Facility: room 624B
 Tucson, AZ 85712
 Her room phone is: 520.319.4380



Recently Grandmother Nancy Masland was asked to direct the Abbie School in Tucson. She accepted the challenge and undoubtedly has made a world of difference with her vast experience and "savoir faire". A few weeks ago we invited her and a group of kids from the school to come and visit us in the Cochise Stronghold. She came with five 7th and 8th graders and two mothers (a teacher and a board member). We all had a great time as we took a silent walk through the forest, mindfully observing our surroundings. The kids enjoyed themselves and heard some important

messages from the forest, the rocks, the birds, the insects ... Thank you Grandmother Nancy for all that you do ... and for these sweet sentiments and poem by Mary Oliver:

Dear Ones,
 What an 'awesome' experience ... the silence, mindfulness, and natural time with you blessed us all! Please thank Linda, Karen, and Allegra ... Nancy and Michelle as well for their quiet and tasty contributions! We are refreshed and released to peacefully, not hurriedly proceed. Gratefully,
 Nancy, Carrie, Susan, Ansel, Tiffani, Ally, Gillian, and Sam

What Can I Say ?

What can I say that I have not said before?
 So I'll say it again.
 The leaf has a song in it.
 Stone is the face of patience.
 Inside the river
 there is an un-finishable story
 and you are somewhere in it
 and it will never end until all ends.
 Take your busy heart to
 the art museum and the
 chamber of commerce

but take it also to the forest.
 The song you heard singing in the leaf when you were a child is singing still.
 I am of years lived, so far,
 seventy-four,
 and the leaf is singing still.
 ~ Mary Oliver ~
 (Swan)

Grandmother Ursula Gurau
 Fractured her Femur in February ... (an F month!)
 She has recuperated since then. She is driving and walking without a cane.

Grandma B Campbell posted this picture recently ... so glad to see her coming through this challenging journey ... Blessings dear Grandma!



Grandmother Nancy Masland brought a wonderful group of kids to the Cochise Stronghold. We had close encounters with nature, practiced mindfulness, learned about food and health, shared stories and had a delightful time together. Thank you Abbie School !!!



GRANDMOTHERS CIRCLE OF NEWS



GRANDCHILDREN'S SECTION

LAUGHTER MEDITATION WITH CHILDREN

BY PRAGITO DOVE

I first learned about the laughter meditation when my son was 5 years old. Like all children, he loved to laugh, play, dance, sing, have fun. He was a natural ... and highlighted how much I had lost touch with those qualities in myself.

The "laughter meditation" gave me permission to invite my deeply buried spontaneity, playfulness, wonder, creativity, imagination and joy to be lived and enjoyed NOW. Wow! All was not lost. I was re-claiming myself and discovering a whole new revitalized me.

It seemed crazy at first to invite my son to do a meditation with me. I thought of meditation as a serious, grown-up activity. However, he loved it. His laughter helped me regain my authentic laughter, and in the quiet time he liked the opportunity to lie in stillness and silence.



I had gotten stuck on the word "meditation." When I explained that we were going to laugh together for no reason, and then sit or lie down in silence, he jumped right in and had no problem with it at all. It was my mind that had been making a problem out of it.



So there we were, mother and son, laughing (first step) and then sitting or lying down in silence (second step) together. His authentic laughter triggered my giggles and joy to arise from the depths of my being. I was inspired by my 5-year-old!

Laughing together reminded me of the innate happiness that I also was born with. The joy was still there, buried under all the stress and to-do lists. The more I practiced, the more I laughed. And the energy spilled over into our daily life, as if we were always looking for an excuse to start laughing, smiling, having fun and being playful.

The laughter practice was to kick in for us big time when my son arrived at the roller coaster teenage years. We were still able to find those

moments of laughter, when we connected heart-to-heart and all differences dissolved. I was grateful we had cultivated the practice for so many years, because it had created a strong bond of love that was able to withstand the hurricane-test of teenage unfoldment.



One of the most powerful benefits I experienced from the laughter meditation was my enhanced creativity. I discovered an ability to spontaneously come up with creative solutions in tense situations that had the potential to explode into conflict. The highest form of creativity, I found, is relationships. Certain people in certain situations require us to dig deep within ourselves to come up with creative, compassionate solutions that serve the highest good of all.

The Laughter Meditation gave me a creative edge to navigate this uncharted territory. It wasn't always perfect, but I credit the laughter practice with helping us jump through the hoops of life with greater ease and agility.

Now my son has his own son and daughter, and tells me he wants to raise his little ones the way he was raised. The legacy continues and I know for sure there will always be a lot of laughter, and quiet time, in our family.



*Two-Minute
Laughter Meditation*

BENEFITS:

The first step helps children - and adults as well - to release stress and tension; and the second step brings calm, relaxation and grounding. Do this meditation with your children ... and friends, too. Start with one minute for each step, and then vary the length of time depending on the ages, personalities, and schedule you have to work with.



Thank you Grandmothers for sending us pictures of your Beloveds.

**STEP ONE:
LAUGHTER**

(one minute)

You and the children shout "yahoo!" three times, and then burst out laughing. There should be no talking, only laughing ... very easy with kids!



STEP TWO:

**SITTING OR LYING DOWN
IN SILENCE**

(one minute)

Ring a chime or bell (better than shouting out "stop" which can be jarring) and have the kids sit or lie down quietly for one or two minutes. The more you do this with them, the more they will get into the rhythm and idea of it; and you might be able to try four minutes of each step, depending on your situation.

Allow the same amount of time for each step. Allow the children to continue to laugh in the silent step until the laughter dies down naturally. Try and make sure they have their eyes closed, but don't force. The most important thing is that you and the kids are enjoying yourselves and connecting non-verbally (i.e. no words from the intellectual mind).



**LIFE IS A JOURNEY
NOT A DESTINATION
... ENJOY THE RIDE**

**A DAY WITHOUT
LAUGHTER
IS A DAY WASTED**

**LOVE IS THE
POETRY** OF THE SENSES

**DREAMS
ARE TODAY'S ANSWERS
TO TOMORROW'S QUESTIONS**

**LUCK IS WHEN
OPPORTUNITY**

KNOCKS AND YOU ANSWER

**WISDOM IS
KNOWING** WHAT TO DO **NEXT**

**DANCING WITH
THE FEET IS ONE THING
BUT DANCING WITH
THE HEART IS ANOTHER
REMEMBER,
THERE IS NO SUCH THING AS
NORMAL**



"Lexophiles" is a word used to describe those who love using words in rather unique ways, such as:

You can tune a piano, but you can't tuna fish
or

To write with a broken pencil is pointless.

A competition to see who can come up with the best one is held every year:

When fish are in schools,
they sometimes take debate.

A thief who stole a calendar got 12 months.

When the smog lifts in Los Angeles,
U.C.L.A.

The batteries were given out free of charge.

A dentist and a manicurist married.
They fought tooth and nail.

A will is a dead giveaway.

A boiled egg is hard to beat.

When you've seen one shopping center,
you've seen a mall.

Police were called to a
daycare center where a three-year-old was
resisting a rest.

Did you hear about the fellow whose
whole left side was cut off? He's all right now.

A bicycle can't stand alone; it is two tired.

When a clock is hungry it goes back
four seconds

The guy who fell onto an upholstery
machine is now fully recovered.

When she saw her first strands of grey hair,
she thought she'd dye.

Acupuncture is a jab well done.
That's the point of it.

A robber held up a bank in Beijing
and vanished into thick air!

ENJOY! (From KAYE GUERIN)



"The Navajo SunBearer" by inspiring artist and Grandmother Kaye Guerin.

Dear Friends:

Young families and oldsters came to create a Waterwheel by Mt. Adams. We joined with the many blessings of the waters on World Water Day and with the Grandmothers who gathered in Arizona at Montezuma's Well. We sang the Nibi-Wabo Ojibwa water song and "Row, Row, Row Your Boat."

You can see me wearing the shawl and the Lake Superior hat. The Waterwheel spokes were made with cornmeal and the Ceremony conveners -- Ellie Trichner, Robbie Lapp and Camilla Blossom -- wore aqua, of course. LOVE AND LIGHT, ROBBIE LAPP

Perhaps some of you would be interested in Barbara MacDougall's address.

186 Jerry Browne Road
(Browne does have the "e" on the end.)
Apt. 5212

Mystic CT 06355-4015

Barbara has attended Grandmothers -- attended St. Francis -- lives on Block Island in the summer -- went to Miss Porter's with Nancy Masland -- sold her house in Tucson this past year. She's a great spirit!

Love, Irene



Grandmother Patrika shared with us these images of a sculpture in South Africa in honor of Nelson Mandela ...



I am very impressed with Andrew Harvey and the passion that he displays as he talks about "sacred activism."

I think that we are at that point in humanity where we need to stand up for our beloved Earth,

In Commitment to Oneness ...

If not, this insane group of world leaders and corporations will destroy the human race and the planet ...

THE RETURN OF RUMI

BY ANDREW HARVEY

The return of Rumi to the consciousness of the planet (since you know he is now the best-read poet all over the world) is not a coincidence. It is one of God's last and greatest gifts to a humanity that is on the verge of suicide.

Because, if you can't listen to Rumi,
If you can't listen to this
Naked, pure, poignant, noble,
Holy voice
That arises out of the
Heart of Islam
But is a Universal voice ...
A voice that embraces all beings ...
Welcomes all beings into the
Heart of God ...
What can you listen to?

The greatest joy of my life is that I have been able to spend 35 years of it plunged into the burning ocean of passion and truth that is the poetry of Jalāl ad-Dīn Rumi. I believe that the return of Rumi to the consciousness of our planet is one of the greatest graces that the Beloved is showering us with. In Rumi we have the most inspiring imaginable guide to the great process of transformation that we are living through at this terrible and amazing moment.

I have selected four poems that will take us through that whole vibrant message that he is pouring out to us. Just a few months before he died in 1273, Rumi wrote about his relationship with his great master, Shams-e Tabrizi, the following quatrain:

**Those tender words
we spoke to one another
have been stored in the
secret heart of heaven and
one day like the rain
they will fall and spread
And the whole world
will grow green with our love.**

The time for the greening of the world by the massively passionate and compassionate love that was birthed between Rumi and Tabrizi is now! We need it desperately, like oxygen. And Rumi is that oxygen:

**The wine of divine grace is limitless
All faults come only
From the faults of the cup
Moonlight spreads from
Horizon to horizon
How much it can fill your room
Depends on its windows
So grant a great dignity my friends
To the cup of your life
Eternal love has designed it
To hold its eternal wine.**

But in order to be the cup of eternal love ... you need to go through a massive transformation in which towards the end, a great Death will be required of you. A Death into life, a Death into eternity, and this Death is known in the mystical systems as the Dark Night.

I believe that the whole world now is in the global Dark Night.
Going through the stripping of

all the false agendas of the false collective human self, so that a holy new kind of human being can be born on the Earth and co-create with God a holy new way of being and doing everything.

This is the great evolutionary transformation that we are all going through and no one has ever described it as brilliantly and movingly as Rumi does in this poem:

**The grapes of my body
can only become wine
after the winemaker tramples me.
I surrender my body
like grapes to his trampling
so my innermost heart can blaze
and dance with joy.**

**And although the grapes go on
sobbing blood and screaming:
"I can not bear any more anguish,
I can not bear any more cruelty,"
The trampler stuffs cotton
in his ears and says:**

**"It is I who am the master
of this work, and I am not working
in ignorance ... and when through
my passion you reach perfection,
you will never be done
praising my name."**



What arises out of this chipping away of the false self is what is going to be born on the Earth in millions of people, if only we can listen to this great universal poet. An immense passion born from the immense passion of the Beloved and ready as fuel for the great work of **sacred activism** that we need now to pursue healing the world on every level.

This poem is Rumi's supreme poem about this holy sacred passion founded in a peace absolutely pure of theatrics or emotionalism, but which is the essential energy for dynamic change:

**Passion ...
burns down every branch of
exhaustion.**

**Passion ...
is the supreme elixir and
renews all things.**

**So don't sigh heavily,
your brow bleak with
cynicism and boredom ...**

Dare! Dare to look for Passion!

Passion Passion Passion, Passion!

**Futile solutions deceive
the force of Passion ...**

**They are marshy and stagnant
bandits**

**who will only extort money
through lies.**

**So run my friends,
Run**

**far far far away
from all false solutions.**

**Let Divine Passion
triumph and rebirth you
in your Self.**

Rumi is saying here: If you think the governments are going to do it, you are crazy. If you think the corporations are going to do it, you are crazy.

You have to go through a great transformation so that Divine Passion can be yours, and so with it -- a host of others galvanized by the same passion -- we can go forward to save ourselves and the planet.

And lastly
here is the poem about the kind of
continuing strength that
anyone who turns up in this great work
needs so deeply.

A strength that is only really obtained
through deep
immersion in Spiritual Practice.

Whatever your religion or spirituality,

find a practice

which will guide you to the depths
of your heart,

so that you can experience what lives

in your heart,
which is the measureless wild love for
the whole of creation ...
That is the radiance that irradiates all of
Rumi's work:

**The whole world could be
choked with thorns,
a lover's heart will stay a
rose garden.**

**The wheel of lovers could
whine to a halt,
but the world of lovers
will go on turning.**

**Even if every being
grew sad,
a lover's heart will stay
fresh, vibrant, light ...**

**Are all the candles out?
Well, hand them to a lover!**

**A lover shoots out a
hundred thousand fires,
the drunkenness of lovers
comes from the soul, and
Love's companion
stays hidden in secret.**

**Love cannot be deceived by a
hundred promises,
it knows how innumerable
the ploys of seduces are.
Wherever you find the lover
on a bed of pain,
you'll find the beloved right
by her bedside.**

**So,
mount the stallion of love
and do not fear the path,**

**Love's stallion knows
the way exactly ...
and with one leap
Love's stallion will
carry you home,
however black
the obstacles of your path
may be.**

**And when my beloved
Shams-e Tabrizi comes from Tabrizi,
May he grace you
a heart at once drunk and
supremely lucid.**

I believe that the world will wake up, and I think one of the greatest forces in this awakening is the torrent of golden love that is coming from the Heart of God in the poetry of Rumi:

Come ... Come ... Come

Whoever you are

However many times

You have broken your vows

Come!

Ours is not the kingdom of despair

Ours is the kingdom of joy!

That kind of multi-universal invitation to all beings, whatever their state of disrepair or grief or desolation ...

That kind of invitation is what every human being is famished to hear ... and the master of that holy invitation, an invitation which irradiates all of his work, is Jalāl ad-Dīn Rumi.

And how blessed we are to have him in so many wonderful translations so that we can be bathed in his sacred fire and illumined by his love.

<http://www.andrewharvey.net>



NEWS FROM GRANDMOTHERS COUNCIL GATHERINGS

2014 Grandmothers Gathering

for Gitchigaaming

(Lake Superior)

August 21-24,

Madeline Island, Wisconsin

www.grandmothersgathering.org

"Grandmother" is a fondness term for all women over 50. Younger women are welcome and will receive an Elder mentor."

The Call ~

It is time to gather:

The women, as

"Keepers of the Waters,"
are gathering at

Moningwanekaaning-minis
(Madeline Island)

August 21-24, Thursday - Sunday !

Won't you come with us to this Sacred Island in the largest lake on Earth that holds 10% of the world's fresh water:
Gitchigaaming (Lake Superior)?

She will benefit from our prayers and be influenced by our gifts of appreciation.

We are gathering on Madeline Island for her, won't you come ?

It is time to give:
Gitchigaaming (Lake Superior) is aware.

It is time for YOU to speak your prayers, time to sing your songs, time to give your gifts, and time to hold the vision of a clean,

healthy Gitchigaaming (Lake Superior) now and beyond the seven generations.

Your prayers, songs, ceremonies, and visioning will impact the health of the Lake and all WATER.

It is time to join together:
We ask that YOU, women of all four directions, from near or distant lands, all nations, all beliefs, all races, all backgrounds, come together as ONE to amplify our speech, to amplify the beauty of all our gifts, and to amplify the voice of our songs of appreciation for the health of this Great Lake, Gitchigaaming, all together.

We are the ones we've been waiting for, who must come together now, to remember and acknowledge the spirit of Lake Superior ...
To love her as she loves us,
To encourage the women to gather to amplify love and appreciation
For this amazing lake and all water.
It is Time! Please come!



The 15th Gulf Coast

Grandmothers Gathering

took place March 20-23, 2014 at Camp Beckwith in Fairhope, Alabama



The theme for this Gathering was **BEAR MEDICINE -- "Awakening our power and wisdom by accessing the Stillness within."**

The intention for this Gathering was that in practicing Stillness we may then share our wisdom with others.

For more information, please contact this year's weavers, Helen Herring lrwest@gulftel.com or Susan Pearce sbpearce3@gmail.com

The Dream Weavers Gathering
from
Nonine Anderson:
coachcwa@yahoo.com

"Our Gathering of **Oneness** took place in Mead, Oklahoma, March 23-27, 2014. We asked for a Sacred Hoop knowing of the actuation of a new consciousness now that the Shift-of-Ages is underway. Our Gathering brought good weather, good ceremonies and good friends together!"

ARIZONA COUNCIL OF GRANDMOTHERS GATHERING

AZ Council of Grandmothers 21st Annual Gathering

Theme for 2014

☯ "On the Brink of Unimaginability: Questions on a Blank Canvas" ☯

Thursday through Sunday, November 6 - 9, 2014

Kenyon Ranch, located near Tubac, Arizona

"When the Grandmothers Speak, the World Will Heal"

If you have any questions or would like to participate please contact:

Deb Scott, Weaver, at (520)826-1028 or

e-mail: chisscott@gmail.com

Irene Walden, Registrar, at (520) 795-0400 or

e-mail: iwalden@cox.net

~ It is very helpful if you put 2014 GM or 2014 GM Gathering in the subject line of your e-mails ~



Joyful Grandmothers
Ursula, Allegra and Patrika

HOW MUCH DO WE REALLY KNOW?
(JudyO inspired us to write this column)

"There is no better exercise for strengthening the heart than reaching down and lifting people up."

- 1) Who went back to college and got another degree in Textiles? (Tucson, AZ)
- 2) Who at 68 owns and operates her own insurance company and is recovering from cancer? (Mobile, AL)
- 3) Who at 74 is a Certified Water Fitness Instructor and teaches 4 days a week? (Idaho)
- 4) Guess who at 89 is learning how to use a computer? (Bisbee, AZ)
- 5) Who in Tucson teaches and does clay workshops regularly, turned her dome into a boutique, and is writing her memoirs?
- 6) What Cosmic Messenger in New Mexico has authored her newest book, "VISION OF WISDOM," and is recovering from cancer?
- 7) Guess who picked up and packed up herself, moved to Bisbee, and changed her name from Grasshopper to Sitting Bull?
- 8) Who at 85 is actively involved with an International Group of Women? (Phoenix, AZ)
- 9) Who at 79 is a new school Director in Tucson?

Judith Billings, Judy McKee, JudyO, Marion Sinclair, Ursula Gurau, Judith K. Moore, Katherine Lohr, Kit Wilson, Nancy Masland

We were sad to hear that Nancy Masland's daughter, Betsy, died of a heart attack on June 26th, 2014. She was 52 years old and had lived in Tucson for most of her life ... where she enjoyed riding her horse, playing the piano, ceramics, and walking outdoors. She met life's challenges of mental illness with spiritual courage, a sense of humor and tenacity, and many benefited from her numerous contributions. A memorial service will be held at 10 a.m. on Saturday, July 26th at St. Francis in the Foothills: 4625 E. River Road, Tucson, AZ 85718. All are invited for a light lunch. Instead of flowers, donations may be sent to St. Francis or Greenfield School: 6000 N. Camino de la Tierra, Tucson, AZ 85704

As Irene Walden so beautifully expressed:

"We bless Nancy and her great heart that has modeled for all of us a depth of love and commitment that every human being deserves. Nancy has shown us what love in action really looks like ... Betsy is safe in that love." Nancy recently went back east to say goodbye to her sister who is dying after a lengthy illness.



You can contact Nancy at:
P.O. Box 30248,
Tucson, AZ 85751
Phone: (520) 749-4220
nancy@nancypmasland.com

TOUCAN'S MESSAGE TO THE WORLD



"Many changes will befall the Two-Leggeds during the "passage of the worlds." My warning is two-fold: If the Children of the Earth forget to laugh at themselves, they will perish from the actions they take when seriousness strangles their sense of play and laughter. I am a reminder to use humor to diffuse potentially painful or destructive situations.

If humans forget how to balance sacredness and irreverence, the joy of living will be lost.

The second part of my warning concerns the keeping of Oral Traditions.

When a Medicine Story has been passed to many generations and contains truth, those wise ways will support humans in their growth throughout time.



To let those stories die would be an injustice. The Children of Earth will change and some will lose their connections to the Natural World.

If only through their dreams, the Medicine Stories will keep them connected to the rest of the Planetary Family.

Any person who can Speak the Truth by telling a tale that will give listeners a way to reflect on their lives without pointing a finger, will carry my medicine of warning. If the warning allows those listening to come back into balance, Unity will be achieved."

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 Pearce, AZ 85625

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LOVE DONATIONS IN ADDITION TO SUBSCRIPTIONS ARE GREATLY APPRECIATED!

POEM FOR TWO THOUSAND AND FOURTEEN

By Karen Richards

(From Nonine Anderson: Gathering of Oneness)

**Two Thousand and Fourteen,
 free from the dream.**



**The fog has lifted,
 and The Real is Seen.**

**Delusion (darkness) could not hold,
 The Divine within its fold.**

**Two Thousand and Fourteen will yield,
 The Elysian Fields.**

**Records will be found,
 deep beneath the ground.**

**This begins "Wave of Knowledge Sweeping,"
 and the catalyst for Awakening The Sleeping.**

**With Ascension in full swing,
 darkness (ignorance) has had it's last fling.**