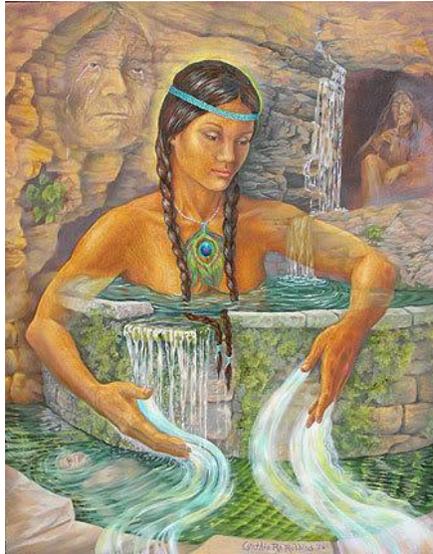


Sisterhood of the Planetary Water Rites

July Newsletter, 2012



Artist Unknown

Dearest Water Family:

It has been an amazing Springtime....I have been in ceremony for three months and now feel that Medicine Creek and myself are winding down. ThreeCrows and I will let the land rest for a while as we trek off to see the White Buffalo in Bend, Or. Go to their web site www.sacredworldpeacechurch.com .

Please listen to the new Medicine Walk radio show about the White Buffalo in Bend Oregon with Rain, Annique and Cynthia

<http://www.blogtalkradio.com/fountainofhealing/2012/06/24/medicine-walk>

Again, they are seeking a new home. They really need to just settle into their own home on a range of green pastures. Cynthia and Charley are open for suggestions.

Our sisterhood is still growing, these past few months I have added five more areas of water sites and joined many pints of water with our Mother Seed Container to share with all. We will try and keep the web-site current in a speedier manner, thank you for your patience.

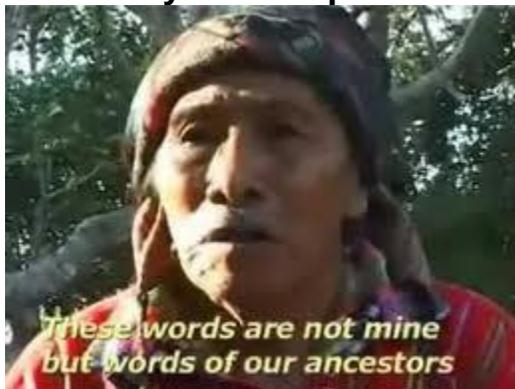
It looks like the majority of our members want to continue to see the Newsletters. At this time I can only do them every other month. With the writing of the Grandmother Book, Legends of the Grandmothers, and the green nation of endangered species on Medicine Creek, the ever growing Bear Clan, and the myriad of new projects pertaining to circles, women's gatherings and my continued education with Polarity Energy Work, (whew) do you think I'm a little busy...???? Not complaining, loving every moment of it. I just do not have much time for the phone calls and e-mails as I had before, so sorry for this...it does not mean I am closing my heart to any of you...keep your messages coming I love to

hear what you are all doing, but my responses may be really short and sweet with a hug or a kiss.

Many Blessings, Grandmother Whitedeer

.....
From Carlos Barrios

Carlos tells us: "The indigenous have the calendars and know how to accurately interpret it -- not others. The Mayan Calendars comprehension of time, seasons, and cycles has proven itself to be vast and sophisticated. The Maya understand 17 different calendars such as the Tzolk'in or Cholq'ij, some of them charting time accurately over a span of more than ten million years.



"All was predicted by the mathematical cycles of the Mayan calendars. -- It will change --everything will change. Mayan Day-keepers view the Dec. 21, 2012 date as a rebirth, the start of the World of the Fifth Sun. It will be the start of a new era resulting from and signified by the solar meridian crossing the galactic equator and the Earth aligning itself with the center of the galaxy."

At sunrise on December 21, 2012 for the first time in 26,000 years the Sun rises to conjunct the intersection of the Milky Way and the plane of the ecliptic. This cosmic cross is considered to be an embodiment of the Sacred Tree, The Tree of Life, a tree remembered in all the world's spiritual traditions.

Some observers say this alignment with the heart of the galaxy in 2012 will open a channel for cosmic energy to flow through the Earth, cleansing it and all that dwells upon it, raising all to a higher level of vibration. Carlos reminds us: "This process has already begun. Change is accelerating now and it will continue to accelerate.

When we arrived to the Gold Coast retreat location in Australia, I asked Mother if we could swim in the ocean right behind our accommodations. She strongly advised me against it, noting the recent shark attacks and a bad undercurrent. She reminded me how the ocean there had claimed two local children the last time we had come. It was difficult for me to accept her strong warning as I loved the ocean so much and it was just so close. But I trusted Amma. I wondered if the ocean is perhaps getting more dangerous and unpredictable these days as Mother Nature is becoming more out of balance from our carelessness.

When her last darshan there finished sometime after dawn, Amma invited those of us traveling with her to meet her on the beach before leaving for the airport. By exotic palms and birds of paradise, a small group of us gathered on the seaside outside the hotel with her and walked down to the water. The clouds were puffy in the blue sky and Amma was almost child-like in her excitement to see the ocean. But expressing protective motherly concern when we got there, Amma insisted only experienced swimmers come with her to wade in the water and asked everyone else to stay behind. As she walked out into the waves, she kept shooing those to the back who wouldn't listen, like a mother swan. warning how dangerous the undercurrent was.

She walked out into the waves about knee-high. When one huge wave came, it almost knocked all of us over. Laughing, Amma protectively grabbed us, as if to keep us from falling or being carried out to sea. She then playfully showed us how to flex our feet forward and dig our toes into the sand to hang on when the waves came.

Then her mood deepened and a wave of her love to the ocean flowed out from her heart as she soulfully started singing prayers to the sea.

Shristiyum niye...

You are Creation, You are Creator, You are the breath of Life in all Nature...

Reverence, respect, and love rushed out of Amma's heart to the ocean through her eyes, her voice, her hands. The passionate expression of her universal love seemed to meet the intensity of the waves as she honored the divinity of the ocean with song. It was like seeing a mother running to embrace her child after a long period of absence.

Amma's voice along with others seemed to become one with the waves. During nightly bhajans, [devotional songs] I have often perceived the expansiveness of their voices as being one with the sacred sound of creation, or OM, but witnessing the sounds of their voices meeting and merging with the ocean was like beholding Divine Union in a visible form. As they sang soulful melodies like Anandamayi Brahmamayi, and Devi Jaganmata their voices seemed to harmonize the waves into a softer, more natural rhythm. The ocean appeared to grow more beautiful, radiant and somehow more expansive with every song, or maybe it was just me. Were my eyes deceiving me or was the water changing before my very eyes, its molecules visibly transforming as it took on a golden-silver sheen and the harshness of the crashing waves softened into foam.

Amma's eyes were liquid with love and adoration as she sang. They glowed bright white with the reflection of the milky waves. She appeared one with the ocean. Her white sari, mostly wet, became an extension of the white waves. She sat with us praying at the edge of this brilliant ocean of bliss for what seemed like eternity. Light danced on the swelling waves, like devas, [divine beings- who are also known to be attracted to spiritual singing]. And every time a wave rose up and came flowing down over our laps, it felt softer and sweeter. The ocean seemed so charged with the divine energy of Pure Love, I felt I had been let into heaven.

Immersed in these melodious vibrations of creation, as I looked out into the suddenly divine horizon, I felt I was sitting in the center of all existence. A new hope for our planet and a deeper faith and gratitude in the miracle of spirituality that Amma is sharing with the world arose from within.

Amma has said that the vibrations of bhajans help to keep Mother Nature in balance. She has also been mentioning in recent satsangs how different music creates different vibrations that cause different emotions within us and therefore different actions- depending on the quality.

Scientific research confirms this and has evidence to prove the restorative power of prayer can bring nature back to its natural harmonic state, especially through water as water is the most receptive element as well as a conductor of

electricity or energy. Metaphysicians and scientific researchers are now concluding what the ancient seers have been saying all along-that our words and thoughts contain energies that vibrate at different frequencies, affecting the molecules of the universe.

Made famous by the movie, "What The Bleep Do We Know?", in which he reveals the connection between water and the collective consciousness, internationally renowned researcher Dr. Masaru Emoto believes that water holds the potential to create peace on earth. In his research of the molecular structure of water, he captures frozen water crystals in photographs to provide visual proof on the varying responses of water to thoughts, words and pictures. The formations show how water is affected by different words, music, photos and prayer; proving that water is living consciousness; and alive with memory. When the water was shown the words, "thank you" or "I love you" in Japanese, Chinese, German, French, Korean, Italian and English, exquisite snowflake-like crystals formed. When it was shown "you fool" in Japanese and English, no crystals formed and "I hate you" changed the molecule into a yellow mucosal blob. Water also doesn't seem to distinguish between languages but must be picking up on emotions that accompany the words and the visual images associated with our vibrations. We know through our human interactions that words hold the power to create or destroy but the movie shows how our thoughts too have the power to affect our bodies, minds and lives. Since our bodies are 70% water, in the movie they say, "If our thoughts can do that to water, imagine what they can do to us!"

And if our planet earth is mostly made up of water, how do our thoughts affect the waters of the ocean and how does the ocean affect the rest of the planet? Dr. Emoto believes by holding the intention of peace towards water, and thinking, speaking and acting with this intention towards it, water can and will bring peace to our bodies and to the world. I often wish I could see what visual crystals he would be able to capture from the water Amma blesses during Atma puja.

Watching Amma giving darshan daily to person after person into the thousands, some transformation is usually obvious in each of them-the signs of burdens disappear from their eyes and their faces suddenly glow from within with more joy. It is like she is transforming one molecule at a time. And every night, Amma sings bhajans for hundreds or thousands of people, depending on the venue and subtle transformations take place that one can feel if we tune in and are receptive. But to have the rare opportunity to visibly see the ocean respond to Amma's love and observe Amma's power of love to transform on such a large-scale was mind-blowing. It seemed Amma was blessing the entire planet Earth through the ocean.

I realized then how I really had no idea what respecting nature even is or what loving the ocean really is, and wondered if perhaps that was why Amma didn't want me going in the ocean. What would have been my intention? Seeking pleasure, or maybe a little healing from the salt water, clearing my aura, some relaxation? I realized perhaps Amma wanted me to learn to really respect and really love the ocean or respect it at least for being dangerous. I didn't have to put my body in it to feel one with it to get its benefit. And I wondered how much my mind being out of balance might affect the water and supposed that perhaps that is why Amma didn't want me to go swimming in the ocean on my own. Because she knew my mind was not safe to swim in at the moment.

At one point, I took advantage of her standing still, to submerge my head fully in the waters of pure love in front of her, which looked shallow but felt infinite. I prayed it would transform my molecules into love. It felt like a baptism in the waters of love and in a new appreciation for reverence. Now this is swimming, I thought. Why swim if it is not in the waters of pure love? Why do anything if it is not in or for Pure Love? A few people got concerned that my head was under water and asked me to come up. When I did, I felt reborn in my new understanding. When I came up, Amma was laughing with bright affirmation in her eyes. As usual, only she understood my intentions.

If water really does absorb and reflect thoughts, what ocean do I want to swim in - an ocean reflecting my unbalanced mind or an Ocean of Pure Love? I may have to wait longer for the latter and it will definitely take a whole lot of extra effort but it is worth every tear.

In most native cultures, one would ask permission before going in the water or taking food or whatever one needed. For instance, Native American hunters would go to a spot away from the tribe for sometimes four days to pray to Great Spirit for a dream of where the animal would be that they could hunt. Then sure enough the animal would come and offer itself as a sacrifice to the hunter to feed the tribe. And usually, the communication with the unseen realm was done through song. But in these days of convenience stores and immediate gratification, our harmony in the song of creation seems to be lost along with our traditional rituals of asking permission and relating to nature with reverence. We just consume and exhume the toxins like machines.

After what seemed like an eternity, somebody reminded Amma that our flight was leaving soon. So she called out to all of us to head back for the bus. I looked at her and said emphatically, .NO!. Amma turned to me in acknowledgement. She knew how I did not want to ever leave this feeling of bliss. Her gaze held mine as deep as the ocean floor. She knew my love for the ocean and how I have longed to experience it with her. She knew I had resisted the urges to swim, not even knowing I would get to share this moment with her. And she knew how badly I did not want to leave the miracle of this experience.

Her eyes anchored mine into the infinity of the moment there, as if saying, "Stay here then... let's stay here. We don't have to leave. This is your true home. This expansiveness, this pure love is within you. It is your very own self. Remember this experience and access the energy anytime you wish through prayer."

As she got up to go, she started singing Mata Rani, the celebratory Punjabi bhajan about how the Goddess fulfills all our wishes, making our lives complete and joyous. She laughed as she sang as if she just couldn't stop herself from singing to make herself leave.

Someone brought Amma's swim dress. She put it on and walked almost ceremoniously in reverie further out to the sea - a sweet sacred focus in her every step. There was a magnetism between her and the sea.

Then, as if an exaggerated demonstration of our carelessness in nature, someone from our group suddenly ran out, screaming, arms flailing about, and dashed into the waves for kicks - right in front of Amma, - completely interrupting the intimate communication between Amma and Mother Ocean. I guess she had not been tuning in to the tender holy space Amma was holding with the ocean. It shocked everyone, especially Amma. Amma turned away to leave, looking pained. The sacred connection of union with nature in reverence was interrupted. The moment was lost. Will we ever get it back? Will we ever learn? This is a lesson for all of us to look into whether we are listening, tuning in to Mother Nature like Amma always is. Amma says nature is so disturbed now, that only Divine Grace can save us. Let us pray for our reverence and gratitude to the Divinity in nature be restored and that we only perform actions with conscious loving intentions so that we evoke Divine Grace.

- Laksmi

AN INVITATION TO STAND IN THE GODMother HEART



Dear Sisters,

We are two women, part of the team at Standing Women with a long history of interconnected women's circles and projects, called to invite you *to step into* the better world for which you have been standing...

To open our space, we want to reflect to you how significant we feel these thousands of shared 'standing moments' have been, 2007-2012... beautiful intentions to connect worldwide as a human family... the many voices reflecting our moments of silence for the children. We are so blessed by these years of holding for a better world, by all the women and organizations who have anchored something better, who have heard the call vibrating through the heart to nurture and serve the greater good.

Like many of you, during these years we have been noticing the subtleties of what it means to be a woman. We have begun to notice a deeper call than even nurturing and serving, a call toward a unity of Self and a trust in the whole of what is happening around us.



We have come to describe this step as a quantum shift from the Mother Heart to the GODMother Heart, and this, we believe, is how women will step together into a better world...

To demonstrate the shift, we invite you into a new kind of experience online, a virtual video circle, catalyzing our conversations with segments of the film *The Heart to Lead: Women as Allies for the Greater Good*. As the film highlights 17 women in conversations and circles intimately sharing what life is really like for them now, it also outlines what we are calling 'The GODMother Path', along which the Mother Heart is awakened, activated, stretched, befriended, and transformed. We begin to see how a new culture is being born.

Our deep calling right now is to offer you 'GODMother eyes' to notice the nuances of this film and the new culture being born in our midst! Beginning June 16, and for ten consecutive Saturdays (or alternatively, ten consecutive Thursdays beginning June 21), we will view 10 segments of the film together, and continue the conversations that the film activates. We are very excited to be able to share what we

see women bringing forward in themselves and as a collective.

If this meets an excitement in you, **please write us at GODMother108@gmail.com**. Currently, we can accommodate 11 women in the two different series of conversations, to total 22. We are completely activated to share our heart-knowing, AND we need financial support to do this work. We've arrived at the sacred number \$108 as an indication of what we would like to receive (Oneness, No-thing, and Infinite Supply), but would love a conversation that arrives at the right mutuality and exchange of energies.

So looking forward to sharing the new culture with you...

Bonnie Kelley, Godmother, and Jeanie DeRousseau, Anthropologist
Sister Mirrors of the new in each other

P.S. Please forward this to anyone you think might be called to the GODMother Path!

Grandmother Drum Sets Down Home after a Year of Travel



As the youngest woman to climb North America's highest peak Mt. McKinley or Denali in her late teens and having built largest crystal drum in North America indicates that White Eagle Medicine Woman has enormous vision, creativity, and determination, all gifts of a far seeing leader.

White Eagle Medicine Woman (Suraj Holzwarth) is the director and drum keeper of the International GrandMother Drum Peace Project. She is an international shamanic healer, seer, and ritual and performance artist who has traveled the world for over thirty years, performing, teaching, healing and inspiring thousands. Her CDs include Journey of the Heart, Songlines of the Soul and Living Waters of Grace. She is the director and co-producer of the newly released documentary film GrandMother Drum: Awakening the Global Heart. She is also the founder and director of The Whirling Rainbow Foundation and the Rainbow Fire Mystery School in Palmer, Alaska. whirlingrainbowfoundation@gmail.com

**Solstice June 2012
WELCOME HOME GRANDMOTHER DRUM**



After one final closing Prayerformance in Melbourne, Australia, Grandmother Drum completed her spectacular four months- 25,000 kilometers Tour of Australia. In the last year Our tour also included 4 months in Hawaii and 5 months across Peru, celebrating Grandmother Drum's busiest year ever on the road. The 2012 journey thus far has exceeded all expectations as we enter together the final completions of a grand cycle in 2012, opening to the planetary alignments of a new birthing of the Global Heart of Humanity. Deep gratitude for our entire family across the world working in unity together to let love get stronger and stronger with the beat of the drum clear message

^^^

Ritual Reciprocity for Earth, Water, and Star People: A message from Meg Beeler

Some years ago I met with Mandaza, a wonderful traditional healer from Zimbabwe, for help on my path. I had been called by spirit to make offerings to the star beings, and didn't feel very confident. How could I develop a relationship with star beings? Mandaza said, "Earth, water, and the Star People are the three legs of your stool" (an important practical and metaphorical symbol in most of Africa). He gave me rituals--prayers and offerings to make--for each of the three "legs." The instructions are an example of the substance of indigenous people's relationships with the living beings of earth, spirit, and cosmos. The connections are comprehensive, focusing on surrender; obstacles; mistakes; forgiveness; assistance; and reciprocity. They are also profoundly healing, deepening, and mysterious.

When we know we are related to the animals and plants who feed us, the ancestors who watch over us, the mountains that gather rainclouds to water our crops, and the spirits who teach us, we are inspired, even compelled, to acknowledge and honor them, to express our appreciation and gratitude.

"Go to a mountain and surrender to spirits. In surrendering, you are saying to them, 'I know nothing about your ways.

I want to make body and heart an empty vehicle, an unpolluted temple, for spirit.'

Let go of obstacles in heart, mind, and spirit.

Ask for forgiveness for whatever wrong you did as a human.

Ask the good spirits above to heal you physically & spiritually.

Ask the spirits to give you clear sleeping dreams, visions, and messages that do not need interpretation.

Ask them to be your teachers.

"As you pray, throw the offerings in six directions: North, South, East, West, Above, and Below."

For the Star People Spirits, offerings are made from a mountaintop. For the Water Spirits, offerings are made to river, ocean, or lake. For the Earth Spirits, offerings are made to the six directions while sitting under a tree. And, in the traditional African water ways, you jump into the water for initiation by the spirits once you have made your offerings, immersing yourself multiple times."

Staying Focused and Balanced in Troubled Times

So many of you have questions about staying focused, and finding balance in your lives, that I'd like to offer some simple rhythms I use during my day. With much experimentation I've figured out that whatever daily practices I do must meet several requirements, or I stop doing them. A practice must:

- Calm and quiet me.
- Bring me pleasure.
- Help me shift my energy
- Bring me into my body and spirit.

So, for example, if something takes too much time or is too complicated to learn, it doesn't calm me, so I stop doing it. Our intent underlies and feeds everything: reflecting on intent guides what we do, and don't do, during the day. When we know our intent, we can figure out methods, practices, and our requirements, and the rhythms that take us back into balance can follow. Your intent, and your requirements, may be different from mine. What's important is to pay attention to what works for you, and do it!

Morning Rhythms: Starting the Day Full, Focused, and Connected

I like to wake with first light. This lets me watch the dawn as I doze into consciousness; it is also a fruitful time for **insight**, so I keep a notepad by my bed during this "hour of power."

Images from dream, journey, or meditation are extremely potent at this time of day. I usually have **one image** I work with until it fades (often in about two weeks). For example, in a journey recently, where we stepped into the "fire of wisdom" to begin, my body became gold light as soon as I entered the fire. I was kept in this place for quite a while in the journey, exploring the nature of the light, the fire, how I felt, and what was transforming and floating away as ash. As this image is both potent and liminal for me, I have returned to it each morning (and at other times during the day) to explore and deepen its metaphorical and practical impact. I haven't tried to find a lot of words for what it "means;" rather, I focus on experiencing it. I know that much of our transformation and our ability to connect in new ways comes from these non-verbal, experiential perceptions-what others might call "raising vibration," or "entering new dimensions"-and I believe it's very important to learn to embody images we are given in meditation, dream, and journey.

I "**greet the sun**" when it rises with a wonderful, simple practice I learned in the Andes: Opening my mouth wide, I feel the rays of first sunlight touch the roof of my mouth. I swallow them, feeling and watching the gold light enter my brain, slide down my insides, fill my heart, my cells, my organs, and my limbs. I repeat this three times, concentrating on the felt experience. I know also that this practice helps me begin my day as a being of light, connected with the sun itself and the rhythm of the days.

So: I'm still in bed, I'm still floating in that in-between state. I snuggle with my sweet partner, making **connection** and feeding soul and spirit, even while I am attending to these other realms of deep listening and experiencing. His rhythm is different: he likes to rise and attend to business, so I've had to train him not to ask me about practical questions in the morning (they are distracting to my transitional state!) When he rises I focus a bit on the day: what I am supposed to do, what my intent is.

Then I do my **exercises** in bed, because I have learned that is the only place I am guaranteed to do them, and because it's so pleasant! Because my mind is still quiet, I can focus totally on the muscles and core work.

Next I **meditate**, still in bed. I am exposing my lazy but surefire practices because it took me so long to give myself *permission* to do things the way they made sense for me. (I certainly wouldn't tell my meditation teacher!) All of us have a huge struggle keeping whatever meditation practices we have, so if I know I will do it here, why not? The connections I have already established-dreams, images, partner, sun, the nature of the day-feed and strengthen my meditation. This is when I send blessings to students, family, suffering places and beings. This is when I connect with the web of life, the heart-fields of other light workers, and groups I am connected with. This is also the first time during the day that I connect with earth and cosmos, or with the elements to release and fill.

Any of these practices could be accomplished at another time of day if mornings do not work. Before you sleep.

Lunchtime at work. And so on. I've been self-employed for nearly 30 years because, in part, that has let me make schedules that fit my body, my family, and the seasons. I know it's more of a challenge when you have a 9 to 5; and I know you can find rituals and rhythms that fit whatever schedule you have!

Shifting Energy

Another key way of getting into focus and balance has to do, really, with paying attention. Any time you are sitting too long, or thrown off balance by a conversation, or stuck, it's important to find ways to:

- Clear your mind
- Get out of your head and into your heart
- Return to your body
- Connect with spirit

I've written about many methods of shifting energy over the years, but everyone has to find their own, find what works.

The key is to do something! Five minutes of chi gong. A short, mind-clearing walk. Intense exercise on your lunch break.

Yoga fire breath. Toning or singing as you drive. Lying on the earth and returning to your breath (shivasana). Whatever. Now, this brings us to habits and distractions. We all have them. They are insidious in our culture, worse if you are a media junkie. The issue is: are they feeding you? Do you need to do it? What else might you be doing?

The most practical method I have found is to choose one habit/distraction that I want to change, and work on it. I try to find a different way that will shake up the habit part as well as being a little silly. Too much computer time is my best example, because it is an ongoing struggle. One practice that worked for me is to open my computer while I am brushing my teeth, and scan my email while I am brushing: it is time-limited, goofy, and makes me stop so I don't drool! I know there's a disadvantage: I don't respond immediately to people. Yet I choose this over being on call constantly, just as I choose not to use a smart phone or texting. I want to keep focused on my intent, and my balance!

There are other ways to respond to the constant barrage of requests, for sure. I admire my teacher Sandra Ingerman for her willingness to respond to the hundreds of Yahoo group posts her students make (not to mention private emails). How she does it, even in the midst of caring for her aging parents, is to make immediate, quick responses on her smart phone to all emails, usually just one sentence. This makes people feel heard, and feel good that their teacher is responsive; it lets her take care of business with a minimum of backlog.

Anyway, you are a smart person and can figure out your own ways! These are just some examples to get you thinking outside the box.

Knowing and Being

Another part of focus and balance has to do with what we really need to *know*--the stuff of the mind, information, and data--and what we need to *be*.

So many of us fall into the web of the web, whether it's Facebook, web sites, newsletters, or YouTube links. Curiosity is wonderful, but one thing leads to another and we discover that two hours have gone by, or four.

Here are the questions I ask, every day, many times a day:

- Do I need this information?
- How will this link feed me? Feeding might be entertaining, or energy-shifting, or fear-engendering, or distracting, or overwhelming, or whatever. If intent is clear, we can make choices more easily.
- Do I need to do this right now (in the middle of writing an article or preparing for a class) or can it wait till I have space to explore new stuff?
- How will this information or activity help me on my life path? Help me stay in balance? Help me stay focused, or not?
- In this moment, will I feel happier if I stick with my intent, or cut loose?

With all the suffering in the world, severe problems everywhere, and our awareness of them, it is a constant challenge. Some of us become ostriches, hiding from "news;" I've done that myself in times of burnout and discouragement. Yet I see now that having an open heart-knowing what is happening, facing it with equanimity, and paying attention to what I can and cannot attend to-is a more viable way of being in the world. Having an open heart helps me with my intent, with balance, and with focus: I no longer need the details of the latest invasion or famine, and I do need to hold those people and places in my heart as I try, with you, to repair and strengthen the web of interconnections that holds us together. Silence helps. Shifting perception and energy helps. Having intent and sticking with it helps. Beauty helps. Being connected with all beings helps.

Gratitude

Thank you, everyone who responded to my experimental questionnaire! (If you still want to respond, [click here.](#)) I am humbled, amazed, and inspired by what you shared. Among other things, it has really helped me clarify and hone what I am writing about now, and what I'll save for the next book. I will be sending a more detailed reply to responders later, and wanted to express my deep gratitude right away!

Meg Beeler/Earth Caretakers
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"The key is not to repress the challenging emotions and thoughts that are coming up for you. The key is to replace your thoughts with inner self-talk that will inspire you to move forward. Replace old, painful memories with memories of joyful experiences. In this way we acknowledge all that has happened to us and at the same time create new possibilities for growth. This is a way to move out of feeling stuck and held back by our suffering..." -- Sandra Ingerman
"Joy is not for the lucky few. It's a choice anyone can make. Joy is already there inside you. It is inherent in every one of us, an innate capacity, like the ability to learn a language or to love. As innocent babies we came into this world with a natural joy, and we can discover it again." -- James Baraz



Star Despacho Mt. Shasta

Cool Consciousness Web Links

The links that follow offer you insight, beauty, and just plain fun. Click the green underlined text to go to the link. For example, if you wanted to go to our website, you'd click [Earth Caretakers](#).

Spiritual Revolution

"You carry Mother Earth within you," says Thich Nat Hanh. "She is not outside of you. Mother Earth is not just your environment. In that insight of inter-being, it is possible to have real communication with the Earth, which is the highest form of prayer. In that kind of relationship you have enough love, strength and awakening in order to change your life." [More...](#)

Q'eros in Sonoma in September

Don Humberto & Dona Bernadina will be here doing ceremony, karpays (Q'ero intitations), and personal healings September 6-9. He is a kuraq' aq'ullaq', the highest level of Q'ero healer currently alive; together they are a couple in yanantin, complementarity. I've spent three different weekends with them in various ways, and they are wonderful! [More...](#)

12.21.12: Plan Ahead!

Join Earth Caretakers Nov. 3-4 to explore the mystical energies that support our 2012 transitions, and Dec. 16 for an Earth-Star despacho ceremony. [Find out more.](#)

Beautiful Ones

We are just coming out from Moondance ceremony; it has been powerful and beautiful. In the time when Venus, the perfect archetype of the Goddess, came into being, she brought with her so many remembering of the ways of the feminine, the ways of the inner world, and the ways of the true human being.

In the beingness is where you reach all the encounter with the Mother Goddess, it is about the women, about giving birth to an incredible beautiful world, a world where the

ancestors told us about, a world where the ancestors resides.

Human being are multidimensional being by nature, by nature are peaceful beings and by nature human beings realize the interconnection that they have to each other, the environment as well as deep inside of themselves, In our encounter with the Goddess in this time space, she also remind human beings the interconnection with the cosmos, for the cosmic being needs to be awaken within themselves.

Human beings are the connector as well as the web, a conscious connection within the self as well as the realization of the own self is understanding the web, understanding the multiverse and how everything is so interconnected, wherever you are, there you are..

And it is beautiful

There is nothing really that can hold you down, only yourself, there is nothing that can make you stop your beingness only yourself, the slavery of the mind is over.

As the same way that when you see a star you are observing the past, for the star is not there anymore, what you see is where she was, the same way is the Venus transit, that still is, and will be there for ever, for in the ways of the Goddess there is no time, she have give birth to a new world, a world where is to be reach through the being that you are, through the realization of your own self, through the understanding and love together, for it is the mind that wants to understand and it is your heart that is about love, The new world is wide open, a realm where the ancestors are, and the way of living of the true human being has always been there. The world of separation is over for it was only a bad dream.

The Great Mother is showing her ways; deep inside of you, for you to embrace the interconnectedness that resides within you and all around you, the download is almost complete; the realm where you trust and believe in yourself is here.

Tlatzocomate for being you

In love I am

In lakesh

Magdala

Heart Attack & Water

Something I didn't know either! I asked my Doctor why do I and other people urinate so much at night time. Answer from my Cardiac Doctor = Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc) seeks level with the kidneys it is then that the kidneys remove the water because it is easier. This then ties in with the last statement!

I knew you need your minimum water to help flush the toxins out of your body, but this was news to me.

Correct time to drink water... Very Important. From A Cardiac Specialist!



Drinking water at a certain time maximizes its effectiveness on the body:

- 2 glasses of water after waking up** - helps activate internal organs
- 1 glass of water 30 minutes before a meal** - helps digestion
- 1 glass of water before taking a bath** - helps lower blood pressure
- 1 glass of water before going to bed** - avoids stroke or heart attack



Please pass this to the people you care about.....

I can also add to this... My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.



Dear Ones:

We are living in the most wonderful of times...going into a new world, learning new ways of being for ourselves in a spiritual and physical way. Most have found that we are waking up to new ways of feeling and thinking. Myself, my prayers are getting more connected to the needs of others.

Communal living is what we need to adapt into our new ways of being. With the new world we will all have to live within the safety of a communal existence.

When we have our gatherings we are seeing why these ways must be. As we become more concerned with the uses of gas, propane, water and mostly food. We must think of others before we decide that a meal needs to be prepared. Knowing that the community is taken care of reminds us that our ancestors are also working with us in their communal ways. This reminds us also that we are all ONE.

Can we all make this little vow to our own families and communities?

I commit myself to befriend

others who love, serve and celebrate the Web of Life,

and to work with others to build

cooperative communities of mutual support,

That honor and encourage such love, service and celebration.

Let us leave the drama behind so that we can manifest our Dreams !

Clearly we are receiving thought forms from our Most Divine of Sources....send me your messages so that others may know what we are being gifted.

Let us continue with our Water blessings, singing in the morning our beautiful Ho-O-Pono-Pono song for our united universal prayer.

Let us make a covenant to our Divine Feminine Mother and all that she represents to hold her Silver Cord close to our hearts.

The Grandmothers are coming to more and more of those that open the portal of their hearts to knowing.....AHO....Blessings.... Grandmother Whitdeer