

# Summer of Peace 2012™: Grandmother Flordemayo

[0:00:00]

Myra: Welcome to the Spirituality and Peace Series. This is Myra Jackson, your Gaiafield Wisdom Council host for today.

Each week here you have helped us to build a field with your care, attention and intention toward the event coming up September 21st, International Peace Day. On that day the Gaiafield Project will host two -- actually three events. We want to take advantage of the full globe in their participation so there will be three events to include Oceania and the eastern part of our world into this event. We want you to prepare for that. We want you to visit the new website that's been put up for this event called [bethepeace.com](http://bethepeace.com).

Also on that day, September 21st, we will be joined by MedMob, Peace Day TV, and of course the HeartMath Institute's Global Care Room that you can utilize and click into today and the Culture of Peace along with the Gaiafield Project. As you go to [bethepeace.com](http://bethepeace.com), you want to be sure to tune in because it's growing very, very fast. There will be information added daily. We want you to join us to consider participating as a hub or bring your singular intention to that day.

In the series here, the Spirituality and Peace Series, we have today Flordemayo, a Mayan woman with many formidable titles, titles that began at an early, early age linking her to the traditional ways passed down from mother to daughter known as the healing arts of Curanderismo. Yes, Flordemayo is from a small town in that big highland area of Central America. She is a Curandera Espiritu, healer by divine spirit. She's also known as Grandmother. This is how I first met her, Grandmother Flordemayo, in her role as one of the 13 Indigenous Grandmothers.

There are many other titles and many other awards, but Flordemayo worked laying on of hands in the application of herbs and other modalities within her lineage. She has worked with alternative western healers, Native American and Mayan healers. She received her Mayan priest training from Don Alejandro, a respected spiritual leader and head of the K'iche' Maya Council of Elders. Flordemayo is now recognized as a priestess by the Maya.

She has founded and is president of the Institute for Natural and Traditional Knowledge, INTK. So she comes to us today with all of this, crystallized in this moment. We have the great honor of welcoming Grandmother Flordemayo. Welcome.

Flordemayo: Thank you so very much, Myra. Thank you to all of those involved in this beautiful peace conference that is happening around the world. I want to thank you so very much, and it is a great honor for me to be asked and to be part of this sacred moment. I would like to share with everybody in the four directions, I would like to share with everyone that today in our sacred calendar is 11 Tzi which means that it is recognized as the symbol of the wolf. The numbers go from 1 to 13, and today is 11.

The symbolism of the Tzi is the road, our sacred road. It is the spiritual law not only on the earth but also on the cosmic plane. It signifies justice and it is a true day of light as we speak today. It's very beautiful, incredible day. It is the law. I want to explain a little bit that it is the law that were given to the Mayan people in the beginning by the first mother and father, and it is also called the natural order which is really, really beautiful because we'll be talking about us humans being in balance with everything that's around us.

**[0:05:20]**

Myra: That's right.

Flordemayo: The representation is, like I had mentioned, the wolf, but it's also the dog. The job of the wolf, it has like a cosmic job, it is the secretary and the helper of the councils. It is that created all of the different changes that were applied and also that has to do with justice. They're the guardians of the material and spiritual, and they extract order. So the wolf is known as the guardian of the mountains and the valleys and also it represents the day of peace. How beautiful is that.

Myra: Ah, it's really -- it's so perfect. Well, Flordemayo, we are looking forward to experiencing a taste of your spiritual tradition later. I really love our format because we get a chance to really find out what's current from your prayer. Your prayer is ongoing. I have experienced the commanding power of your prayer, and I know that you're tapping that always.

So I'd like to begin today our conversation that preamble to what you will offer as we go into meditation and then into silence is a quote by you.

The quote is this: "Humanity is at a crossroads. We can only go one way as one can't go in two directions at the same time. We do not know what we need to do as a human species. There is only one place to go and that is into the light as one tribe."

I wonder if you might be willing to say more about what is needed at this time.

Flordemayo:

Well, I would like to share with everybody that these are quotes that I have received in listening to the Beloved Mother. The Beloved Mother would remind us over and over again that at first we are children of the light. So we come from the light source. As we become human, sometimes whatever our lineage and whatever our background is sometimes we have a tendency to put that aside and we don't remember that before we are human people are children of the light.

So I have to remind everybody and say, listen, before you were a human, you actually are this light source. So we have to go back and return to that source and get back into that balance of the physical and the spiritual. So through these ongoing journeys on a daily basis we then become that person of balance. When we become a person of balance, then we don't see -- how should we say? The difference that there is in other cultures and other nations and other religions and any of that that sometimes the mind puts us into a place of indifference.

So if we acknowledge ourselves only that we are children of the light, then we could proceed with honoring ourselves as that, as light beings, and this is who we are from the beginning.

Myra:

It seems to be that we do have wolf helping us today then. I know from the work that you're doing on the land that today I was thinking about all of this and also felt that in this idea of remembering that we are sourced from the light that so are all the other beings that we share this space and this time on earth with. You are working directly with our seed relatives on the land and that that is part of one of the ways that you are helping us to preserve that connection with all life.

Can you say more about how that is also a way of building peace?

**[0:10:36]**

Flordemayo:

Yes. Everything that is organic has a life source. The body needs life and light to survive. When we eat something that has been tainted with and

does not have the natural nutrients from the organic earth, then we're not receiving what the body needs. I have personally noticed in my lifetime many, many illnesses that come from non-organic applications of either ingesting, eating them or applying them on the body. There are many things that are contradictory to the natural body and what would happen would be like an irritant or it's just not good for us and we end up developing certain maladies that are not natural to the body.

So the body keeps fighting these things that are not natural. So I'd like to remind people to try their best to try to get something that is in its most natural form because the best way for the body to process anything would be in its natural state. This is a reminder to live within that harmonious way with all of nature that is around us. In order for anything to grow, it needs good water.

So we have to pray and keep the prayer going for the spirit of the waters. In order for anything to grow, we also need for the spirit of the earth to be maintained at its intactness so that we would be able to receive the nourishment from the earth. We also pray to the air because it is through that that the plants can breathe and also us and receive that goodness that we need to receive deep down inside of us, that oxygen, that pure oxygen that we need. So we pray about all of these things so that they are all working in conjunction for us to have a healthier existence.

Not only am I working right now on a temple, a seed temple for the preservation of organic heritage seeds but also I have a small water temple that I'm working on and also a temple of fire where I will be putting the prayers right now. The intent is being put through that, just the spirit of the prayers are being put in there on a regular basis. I don't have the water running through my little water temple, but it's something that it's going to be done pretty soon. I'm going through the logistics of doing that right now.

So everything is being built simultaneously, and the beauty of that is to see the ways the Beloved had put this task on my hands and also to show me that you cannot have the one without the other because everything has to be in balance, and everything has to work together. You can't have one without the other.

Myra:

So there is our interdependence for sure and our interrelatedness. Your prayer always has woven into it this logic, this wisdom just as you took us around the prayer for the water, the prayer for the soil, the earth, the prayer for the air, the fire. You pray with the seeds, correct?

**[0:15:03]**

Flordemayo: This is correct, yes.

Myra: Yeah. It seems to me part of what your tradition imparts to us is that as we go through our life having eyes open and a sensitivity to all these other aspects or other beings including the elementals is one way of walking different in the world and indeed in the quotation that you received from the Mother of being able to walk in one direction together.

Flordemayo: Yes. It's imperative. We're being called not to see any differences within ourselves, not even to look at ourselves as male or female but to look at ourselves as androgynous beings with one cause and that is to unite, to become a circle of light.

Myra: Wow, I think that that's a beautiful way to begin moving into your practice, Flordemayo, is thinking of that circle of light. I'd like to open it up this period before we move into that, that you could talk to us about your tradition and what you are about to offer in terms of leading us into this practice and then just move directly into it. We will follow you and then we will go into a period of silence, and I will call us all back afterwards.

I allow this time to go into your hands, your very capable hands to guide us in.

Flordemayo: Okay. I would like to explain a little bit about how we're going to do this meditation. According to the sacred teachings, we have 13 sacred centers. So I'm going to walk everybody through these 13 sacred centers. Then when we get up to the last one, we will be in synch, we will be within that circle of light, of humans around the globe. We are not going to stop just here in the globe, but we're also going to extend our intention out into the heavenly body and also bring in all of the star beings that are always talking to us about the peace within us.

So I'm going to start right now. We're going to concentrate on our breaths. We exhale, and we feel from the spirit, the heart of our Mother Earth as we inhale. We feel her breath traveling at the bottom of our feet, allowing it to enter, going into a place of relaxation, honoring the spirit of the heart of the Mother. Her beautiful breath starts to enter at the bottom of our feet, and it is concentrating on the left and right ankle. That would be number one and number two.

Going back, concentrating on the breath again and allowing the sacred breath to continue pulling it from the heart of the earth as it travels through the first and second area, the two ankles coming up into the knees and settling on the left and right knee which is the third and fourth area. Allowing her breath to circulate, bringing in the warm healing energy throughout our body.

**[0:20:11]**

We take our direction back, allowing the breath to go back into the heart of the earth and come back, traveling through first and second area, third and fourth coming up into our thighs. Allowing it to travel into the left and right hip, fifth and sixth area; letting it stay there. Allowing it to do what it needed to do to release and to relax us so that we can receive all of the healing energy. Becoming one with the heart of the Mother; becoming one with the spirit of the breath of the Mother.

Now, we concentrate on allowing it to go back into the center of the earth and bringing it up again; traveling into the first and second area, third and fourth area, fifth and sixth area. At this moment, it is traveling into the tip of our fingers, going into the seventh and eighth area which is the wrist, the left wrist and the right wrist; allowing it to stay there for a moment. Concentrating on the beauty of the breath of the Mother; allowing the heart of the Mother, her loving energy to cleanse and clear these areas. We allow it to go back into the heart.

We bring our attention back to the heart of the Mother as it travels first and second area, third and fourth area, fifth and sixth area, seventh and eighth area. It will continue to travel up into the arms, into the left elbow and the right elbow. That will be the ninth and tenth area; allowing our bodies to relax and to be one with the heart of the Mother. Holding the energy there, it is also traveling in our area of the stomach around the bellybutton and also traveling in the back of our neck.

We concentrate and allow the energy to go back into the heart of the Mother as it is traveling out of the body. Again, we pull her sacred breath coming up into the first and second area, third and fourth area, fifth and sixth area, seventh and eighth area, ninth and tenth area; allowing it to travel our forearms, the front of our chest, our back, and it is settling now in our shoulders, 11th and 12th area. We allow it to sit there, to cleanse and to clear, to heal, to remove anything that doesn't belong there.

**[0:25:28]**

As we concentrate again and allowing the energy to go back. Left and right shoulder, allowing it, releasing it; left and right elbow, allowing and releasing; left and right wrist, allowing and releasing; left and right hip, allowing and releasing; left and right knee, allowing and releasing; left and right ankle, allowing and releasing it back into the heart of the Mother as she is clearing and purifying all of this that has been taken out of our body.

Again, we concentrate on the beauty of her breath coming from the heart of the Beloved Mother Earth, allowing it to come through the first and second center, third and fourth center, fifth and sixth center, seventh and eighth center, ninth and tenth center, eleventh and twelfth center. Now, we're traveling into the thirteenth center which starts in the neck going in the front of your face, around the back of your head and coming up into the crown of the body.

As this beautiful breath of the Mother comes out, we allow it to come out of the crown like a fountain of light bathing the outside of the body, turning into a beautiful fountain of light, of this sacred breath of the Mother. It goes back into the original source, into the heart of the Mother and forming this beautiful heart of light and breath between ourselves and the heart of the Beloved Mother Earth.

We will continue to visualize this, and we will continue not only to visualize this with ourselves but we will send the intent of this beautiful cleansing light outside into our family. It will go out into our community. It will go out into our state. It will go out into the country. It will go out into the oceans, lakes and rivers. It will go out into the different continents. It will continue to go around the earth, and it won't stop there. It will go beyond the earth. It will go into the heavenly bodies, and it will continue to move and rotate.

As we do that, we are uniting the people around the globe and also inviting our brothers and sisters, the star nation, to become one with us in this circle of light and peace.

**[0:30:10]**

Myra: Thank you, Grandmother Flordemayo.

Now, we will take that image of the circle of peace and rest in that during our silent period until I call you all back for comment and question and answer.

**[0:35:00]**

At this time, I'd like to invite you to return from this silent period and join us in the conversation during our final segment with Flordemayo.

If you are participating via webcast, you can place your question in the chat box. If you called in to participate, you can raise your hand by pressing \*2. Those that are supporting us there, Lindsay, you'll let me know if we have anyone who would like to ask a question or comment on the process.

I'd like to continue the conversation with Flordemayo in the meantime.

Lindsay: We actually do have a comment.

Myra: We do? Okay.

Lindsay: Yes, on the webcast. This is from [Participant], "Can you talk about the sources of light, white light and golden light?"

Flordemayo: Yes. The way that I've experienced the golden light it has been through the presence of a divine being what I would call the Beloved Mother. We at times become showered with this essence of the Mother. So we then become golden beings. It is a progression like a spiritual progression that we go through. I have met people that have golden light around them that are physical beings, and I have met also people that sometimes are conscious of it and sometimes they are not conscious of it.

So in other words, what I'm trying to say is that a human might be walking around with golden light, but it doesn't necessarily mean that they're living a monastic life. They're like everyday people, but they're walking with this light. Sometimes children are born with this light. It shows that the individual is at a particular state of enlightenment. The white light is always like a neutral light. It is the light that mostly shows on all of us human. From there it transforms into different color lights, kind of like rainbow lights.

This is the way that I see the majority of humans is through the white or the rainbow light. It looks something like the aurora borealis. It's always



moving and changing within the body. Sometimes it's very steady with the way that it looks, but it always changes depending on the person's mood and thoughts. It also changes like that.

I hope that that answers your question.

Lindsay: Great. We also have a question from [Participant] coming in from Belgium, "How to do a fire and other elements templed in the garden?"

Flordemayo: Absolutely. You can get a tiny little vessel, very, very tiny little plate or a tiny little bowl and you can light a charcoal and you can add some incense of choice being lavender or sage, any kind of incense that might be growing locally in your community and just allow yourself to connect with the spirit of the fire invoking the spirit of those plants that you are putting in the fire and putting the intent in whichever direction that you might be thinking of at the moment if it's for world peace or world unity. Perhaps maybe you are sending it to family members. Perhaps maybe you're asking for healing for a particular person. It could be done in that way.

**[0:40:43]**

Lighting a candle is also good, and sometimes even to have these stones that are called lightning stones which they translate to the obsidian. We call that in Central America lightning stones. But to own or to possess Obsidian, that also means that you are carrying the fire within that stone. So that's another way of acknowledging, and you can put that on your altar that you are working with the spirit of the fire.

Lindsay: Okay. For those people who are on the phone, just as a reminder, if you would like to make a comment or question, you can press \*2 on your phone keypad to raise your hand.

We have another one from [Participant] coming in from Hood River, "Would you share more about the water temple you are creating, its purpose and plan for shaping it?"

Flordemayo: Yes. I received -- and I'm just going to say that the stone came from the heavens, but this is the way the joy in my heart feels. But in actuality it was at a rock shop. The stone is about three tons which is about the size of a car, and she has a crevice on the top which is kind of like a circular crevice. It has a hole that's been drilled so that the water can come from the bottom of the rock up. It will flow out of the rock. I'm going to make

this little pool down at the bottom, and I'm going to fill it with some stones that I have in the property.

So the water is just going to circulate, go up the rock and down into the rocks, and I'm going to cover the rocks so that the rocks look like it's right out of the earth and try to make it as natural as possible without using too much water, just being water conscious and allowing the water to just circulate as I go in there and touch the water and bless myself on a daily basis and also send the blessings out, right here into the family, into the community, into the state, and sending it out around the world for the children of the future so that they also have the same water as I have right now, sending the blessings through there in prayer.

Lindsay: Okay, we have [Participant] live on the line. [Participant], you have the mike.

Participant: Hi, everyone. Good afternoon and good morning to everyone out in the West Coast.

Myra: Hello, [Participant]. Welcome.

Participant: Thank you. I just wanted to say that was very beautiful, Grandmother Flordemayo. I don't have any questions, but I just want to say thank you for sharing. I know this is a very important time in our earth's history, and I think it was really beautiful your prayer. I experienced just a tremendous amount of beautiful golden light that I could see when you were speaking. I just wanted to say thank you.

Flordemayo: Thank you to you. Thank you so much.

David: This is David in Berkeley. I also felt a lot of gratitude for the practice and in particular for bringing in this particular quality of the earth wisdom, the cleansing power of that earth brass.

**[0:45:05]**

I was particularly fascinated when we made the connection to the star people. My experience of that was one of -- this feeling some sense of delight and sense of the solidarity but is very sincere and truthful field that we created and reaching out to allies beyond the earth and just made me curious too, Grandmother, if you could share a little bit more about your experience of the star people and perhaps their role in supporting us in our efforts to evolve here.

Flordemayo: Yes. Thank you so much, David. I would like to share with everybody that even though I am sitting here in this room in New Mexico in my little house I am a child of the stars. This is where I come from. I'm a star being. I would like to share with everybody that my relation with the stars has been from the beginning of time I am from there. I go back so often out there. I had a difficult time in the beginning just staying in my physical body as a newborn baby. I am here to do the work that I am called to do.

One of the experiences that I continue to feel which is called the maintenance of my physical body, the star beings always come and repair my body if something goes capooey, whatever it is. Whether my back goes out or something, I'm not feeling good or I have a muscle spasm or something like that, there is always that interaction where they come from their heavenly place. They work on this physical body, and they maintain me. So this is my relationship with the star beings, and I always remember them, and I always think of them. Every night I always look up into the heavens and feel the love that I feel for the great mystery out there.

Participant: Thank you.

Lindsay: Okay. This is [Participant] writing in from Portland, "Can you speak further about how the Mother fountain of light moves out beyond the earth?"

Flordemayo: It is when we speak, the words are vibrations. When we send the intent out through the prayer, it creates these bands of vibration, and they move through these bands that extend out from the source out into the universe. So as we do this on a global level, the bands of light will go out from the earth realm and out into the universe. This is the way that we send it out.

Lindsay: Okay. I have a comment and then a question. This is a comment from [Participant] in France, "The sense of peace and connectedness to the Mother that is pouring through Flordemayo is profound. The wisdom and knowledge are astounding. I feel so privileged to be connected with her today. Thank you."

And then from [Participant] in Calgary, she says, "Thank you for this beautiful image of a fountain of light flowing through me to all around

me. Do you have suggestions about how we can share the concept of oneness in our daily lives?"

Flordemayo: Just by doing this practice, absolutely. Be an example of that. That's what we can be is an example and share.

Lindsay: Okay. Those are all the questions we have so far.

Myra: Thank you, Lindsay, for monitoring that so well. I see a hand --

Lindsay: Oh, we actually have another one that just came in.

Myra: Yeah, let's take that.

Lindsay: This is from a cell phone in Georgia is all we have. Please say your name, and I'll say it back.

Participant: Sure. My name is [Participant].

Myra: Hi, [Participant].

**[0:49:59]**

Participant: Hi. I live in Fairmount in Georgia, but I am originally from Mexico. As I was listening to Grandmother Flordemayo, I feel a deep connection back to my roots. I hope and pray that I do connect with the Mayans, and it's a privilege to be here and do the exercise. I do have that light and golden light within me, and I'm glad that I hear that that is possible to have that. Thank you.

Flordemayo: Thank you. It is all very possible for sure. Thank you.

Myra: Thank you, [Participant], in Georgia.

Participant: Thank you.

Myra: Wow, Grandmother, here we are. Thank you for the practice.

I want to remind listeners that in the Global Care Room and I hope that those of you who have gotten the mailing and have been a part of this series have had a chance to go to the Global Care Room that for the next week or seven days or so you can return to this practice. What I like to recommend and suggest is that when you do, if you are connected to any

network out there that you let folks know that you're dropping into the Global Care Room and invite them to join you.

The image we have of the circle of light and the actual experience in the Global Care Room as David mentioned is beautiful. I think it is an enhancement of the practice. It's a way of coming together. This was the most beautiful practice, Grandmother Flordemayo.

I'd like for us to spend the last moments together hearing about what's coming up next in your world. I know for one that your seed work is continuing and that the Mother has asked that you prepare seed bundles to send to children. I know of a child that is waiting to be born. We're expecting him in October. We celebrated yesterday Nicholas. You have agreed to be sure that Nicholas gets a seed bundle.

I want listeners to know how to receive a seed bundle through your website to support your work. So perhaps we can spend a few moments there.

Flordemayo:

Yes. I am also traveling. As I travel in my speaking engagements, I am also empowering the children and giving children bundles. Of course, the Beloved Mother said that the children are to be given to the babies, but one of the things that I know in my heart is when the Beloved Mother speaks, we are all children, each and every one of us regardless of what our age are. We're known as child. The Mother would say child or the children. It's really beautiful when she speaks.

So these bundles are being made, and they're being taken. They're being brought to empower the children to remind the parents that the physical living children are reminder that the seeds are also living, breathing children of nature and that parents need to learn to be able to take care not only of their physical children but their seed children and also for the children to have the awareness of the seed children and for them to become warriors of the seeds and to fight for the life of the seeds.

So I am walking with this mission, working with this mission and bringing the little bundles in different areas where I travel.

Myra:

Right. For more of that information, listeners, we can connect to Grandmother Flordemayo's website, and I invite you to do that as well, and that is [followthegoldenpath.org](http://followthegoldenpath.org).

Lindsay, do we have any other comments from the chat room before we close?

**[0:55:07]**

Lindsay: We do have a comment from [Participant] in Belgium. He says, "Thank you, Grandmother, and everybody else on this call. The peace is present indeed."

Myra: Indeed.

Flordemayo: Okay, can I leave everybody with a couple of words from the wolf?

Myra: Absolutely. We want it.

Flordemayo: Okay. So this is what the wolf says. It says, "We pray not to go into negative ambition but to be in equilibrium and all of material and spiritual but in love with the divine."

Myra: Wow, that one hit me right between the eyes. Equilibriums has been the message, the repeating refrain in these last days. So thank you, wolf, for that message.

I, in these last moments, really want to thank you, Grandmother Flordemayo, for being with us today and for the work that you're doing. You've been working with all hands on deck out on the land to get those seed temples up. I would imagine some of the listeners out there are gearing up to join you.

Flordemayo: Absolutely. I'm also teaching classes out here for anybody that's interested out there. I'm so grateful to have this opportunity to be able to voice my voice. I thank you so very much and everyone involved in putting this conference together. I send so much blessings to everyone. The Beloved Mother always says that there is nothing but love and light. So I send lots of love and light to everybody.

Myra: We thank you for the depth of the enrichment, and it's been a glorious time, Grandmother Flordemayo. Thank you.

Listeners, I just want to remind you, as we say goodbye and as we feel the appreciation that we are reminded that the Spirituality and Peace Series continues.

David, can you share with listeners who is up and coming?

David: Yes. So next Sunday we have a very interesting special call with Mark Naseck from Israel. We'll be co-hosting a Sufi teacher, Dr. Ibrahim, as well as a rabbi, Rabbi Glick from Jerusalem. They'll be in dialogue together and then guiding us in a shared practice from their traditions to bring healing at a deep level between the Islamic and Judaic extremes. So that promises to be a very profound experience so please join us.

Myra: And that was David Nicol. He is the founder/director of Center of Subtle Activism and our head captain over there at the Gaiafield Project of which we are Wisdom Council members.

Thank you, David, for being with us throughout this series and keeping it going strong.

All right, any other last comments before we say goodbye from Lindsay or David? We are set it seems.

Thank you, everyone. Join us in the Global Care Room throughout the week, and we'll see you again on Sunday for the Spirituality and Peace Series. So long.

**[0:59:10] End of Audio**