



GRANDMOTHER WISDOM

Ruthann Valentine, PhD, PMHCNS-BC
Athanasius Cherry, MSN, CRNP

Grandmother Wisdom is good medicine for everyday living. It keeps us close to earth and our existence on this planet. This medicine is like a layered tapestry of healing wisdom that dates back thousands of years. This healing wisdom is not afraid to meet a person where they are and in turn, the person isn't afraid to receive the wisdom.

I remember a time when I was babysitting my grandson. He came home from school feeling very hurt and angry. Someone was teasing him. He told me that he felt like a volcano. I saw his eyes fill up with tears and I told him that I was coming down the volcano with Jesus to be with him. He was silent and he allowed me to descend down into the volcano where he was. When I reached the bottom where he was, I announced, "I am here with you." We sat together silently for a while. I watched the heat of his anger and hurt gradually melt into a more calm state. Healing was happening as we were grounded in the safety of my nonjudgmental acceptance and compassion. At some point in this safety zone, I asked him if he was ready to come out of the volcano. He told me, "I'm ready".

Grandmother Wisdom honored him and joined with him in his struggle creating a sacred space for healing. The volcano became a Grandmother's Cave of safety and love. Then I called upon all of Creation to transform this violent experience into a blessing for my grandson so he would heal and grow. When he said, "I am ready," he stepped into a new energy, grounded in reconciling acceptance. His soul was being watered with grace.

Today our world is in need of healing, peacemaking and prayer. We need to establish proper relationship between men and women, and a proper relationship with Mother Earth by deepening our relationship with the feminine.

In 2004, a Council of Grandmothers was formed. These grandmothers are a group of thirteen indigenous spiritual elders from all over the world. The main reason for the formation of the Council was the state of the world.

The Grandmothers declared that we need to tap into the feminine aspects and powers of our lives and of the earth. Both men and women are to embrace this collaborative consciousness. The principles of equality, cooperation, integrative medicine are upon us. We need to tap into our spiritual lives and become spiritual elders for our families, community and our world.

Mothers are the first teachers of compassion. To create a compassionate society, grandmothers are crucial. You are sharing the wisdom of your experience. Share your wisdom with family, friends and society. Step into the feminine side of yourself. Have a good talk with your grandmother. You will learn a lot about life. Respect, honor and pray for our Mother Earth. She teaches us every day.

For more information please contact S'eclairer.
Phone: 724-468-3999 ruthann@seclairer.com