



Corn Mother News

*Women Who Desire to Grow into Wise
Old Woman Become Empowered!*

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P.O. Box 152, Rollinsville, CO 80474



Sondra Wynne Fields, Ph. D.
sunwindfields@earthlink.net

Hello Everyone and Welcome to the Spring Edition of...

The Corn Mother News

Four feet high and melting. Ah yes, Spring time in the Rockies. You have probably said at one time or another, "Watch out what you wish for, you just may get it." Well, I was serious in my cover letter in the last Corn Mother News when I encouraged you to put your heart and soles into dancing for snow. I also said, you may recall, that if you give your very best creative energy to the universe, the universe will give back in kind. For all of you who joined me in dancing-- from the heart-- for snow...Thanks a Bunch!

And...I am so glad the snow stopped at no more than 4' at my cabin. Down the road a few miles was the epicenter of the storm and they got 5'. Now that's a lot of snow especially when the power lines go down taking out electricity, phone (if you're still wired like I am), water (if you have a well with an electrical water pump like most folks up here) and your vehicle is buried. Quite an adventure. Besides the incredible beauty of pine trees bowing their heads from a couple of feet of snow hanging on their boughs and the Continental Divide solid white with not a spec or a spot of rock showing. The really good thing is fire danger is considerably reduced. Yes!

This mighty storm with all its elevated excitement happened after I fractured my shoulder at the end of February. March was quite an enlightening month. Including a grand challenge and an amazing opportunity for change, which I exploited to its fullest. Such a time of learning it was. I was even moved to write an article about my experiences and was going to use said article as the main content of this newsletter. I'm sorry, but it turned out pretty good, so I'm going to offer it to a few magazines. I'll let you know who picks it up. So you don't get the story... yet.

What I do have for you is a **Health Tip** and a peripheral insight that came about due to **having a broken bone as an older woman**. In this little vignette I share with you a super fun and super easy therapy for strengthening bones, not that my bones or yours need strengthening...but they





might... and this is soooo simple and is said to have enormous benefits.

I also promised and deliver in this edition what I have come to learn about *how to actually go about opening your heart*.

And-- I have another *Movie Tip* for you that also came about as a result of my accident.

Let's see what else?

Response to your feedback on last months *Guadalupe's Wisdom on Menopause and an Open Heart* and I think that's about it, unless I decide to throw in a surprise.

On with the News.

Your Feedback on: Guadalupe's Wisdom: Menopause and an Open Heart.

I have been gently reminded that there is a back side that is not so pleasant to the menopausal years. You all know what these are: hot flashes, night sweats, emotional swings, etc. What is interesting to me is that researchers in the field of women's health, including menstruation and menopause, are discovering that the attitude that is instilled in you as a young woman about your body and what it means to be a woman can make a huge difference in your actual physical experience. Remember, you can change your perspective and choose an experience of womanhood that celebrates your body and blood rather than finding them a miserable burden to be endured at any age.

I know of indigenous cultures that have women's societies that teach young women how to eat and care for their bodies so that they honor and welcome their menstrual cycles. Herbs, as well as particular foods, are used to bring balance to the woman's body and mind. Contemporary herbalist Susun Weed now has a new updated version of her popular book *Menopausal Years* entitled *New Menopausal Years; The Wise Woman Way*. Every woman should have a copy in her personal library. I have this book listed under Susun's name on my Resources/Links page and soon you will be able to order books directly from my website

<http://www.cornmother.com/resouces/links>.

Susun also has an e-zine you might want to check out *Wise Woman Herbal Ezine* and a newsletter *Wise Woman Mid-Month Newsletter* with a regular column called *Menopause Naturally*. In the February 09 issue her article was entitled *The Yoga of Menopause; Alternatives to Hormone Therapy*. Here are some quotes from that article that address the idea of attitude and actually underscore Guadalupe's wisdom.





Wise women the world over herald menopause as a health-promoting event. They see hot flashes as 'power surges' and menopause as an intense spiritual journey.

Menopause is enlightenment.

Menopause is not a 'pathology,' but a passage to power.

Let me repeat! Your attitude can actually affect how you physically experience menstruation and menopause. If you start out with this awareness you're well ahead of the game. Some of us are on the other side, but we certainly can pass on this wisdom to younger women. That's our role after all ...passing on the wisdom.

Another reader commented that Guadalupe's life is so different from the "modern woman." I just want to emphasize here that although there is a cultural divide, the message is universal and very applicable for your life and mine. Unfortunately, the modern world is taking its toll on indigenous people's ways of life and the Huichol Indians are not immune, although they have held out longer and in ways that other indigenous peoples have not. Guadalupe's ways of knowing and those of the Huichol people in general are being passed on especially in the traditional comunidades in the high Sierras of Mexico. And now, I am passing this knowledge on to you. Poco a poco, I will reveal to you more and more of her wisdom that you may find relevant to your life.

Spiritual and Physical Health: How to Open Your Heart

To begin with, like everything else, you need to have a desire to bring about change. I mean you really, really must want your heart to be open with a passion. With the passion in place you set the intent and then-- get to work.

Unhealed, unreleased emotional wounds keep the heart closed. There are numerous techniques available to help you identify your wounds. Sometimes it is as simple as acknowledging the pain and saying you no longer need or want it.. Most of the time, however, the pain is all tangled up in the actions of other people or with our own actions and this is where forgiveness comes in.

Five understandings about forgiveness that made all the difference for me:

1. Forgiveness does not mean that what was done to cause the pain was right. When you forgive you are not condoning the action of the person who hurt you.





2. The inability to forgive only hurts yourself. It poisons you. It zaps your energy. To hold onto resentment, anger or any of the other negative emotions wrapped up in the wound is to remain a victim. You have given your power to the person who wronged you. I recently read this declaration, “You can't have my power.” said by the forgiver to the one to be forgiven.
3. Compassion helps you forgive. My definition of compassion came about from pondering over the years a comment made by my Aunt Nancy. In a time of confusion and sadness my aunt explained that my father loved me and my brothers as much as he was capable of loving. Over the years those words jelled into this definition of compassion: Compassion is understanding that everyone is doing the best they can with the level of awareness they possess.
4. You do not have to forget to forgive. The idea here is when you have truly forgiven then the memory does not elicit the same draining pain, but rather a softness in the heart that feels deeply the difficult plait of all humankind to become more conscious.
5. You can tell if you have truly forgiven when the memory returns and you are no longer chewing on, regurgitating and poisoning yourself with the injustice or the way you were wronged..

Forgiveness is the key to an open heart. An open heart no longer holds onto emotional pain. Remove the constricting pain and your heart will automatically open...all by itself. I know this to be true.

Health Tip: Healthy Bones

I found it interesting that when people learned I had broken a bone they automatically attributed it to my age with the inference that this is to be expected with age. Yes, it's true that if we haven't taken preventive measures like walking regularly and consuming enough calcium and Vitamin D, etc., people's bones do tend to weaken with age. It is my understanding, however, that osteoporosis is not inevitable. It is not a given. This piece is important because if you make the assumption that weak bones or anything other physical malfunction is bound to happen with time then you're setting yourself up to have it happen.

My bones are strong. My humerus head fractured because of a hard fall that could have happened to anyone at any age. Briefly, I'll explain. In rescuing my kitty from the coyotes, I grabbed my kitty in my left arm turned and started running down a slippery, muddy slop and I fell hard catching the blow of the fall with my right arm. My antennas are now up attuned to bone health information. Like a proactive self healing organism, I seek out and soak up everything that can help me heal and strengthen my injured shoulder.





As is my usual habit, I pick up the *Natural Grocers Health Hotline* published by Vitamin Cottage when each new issue comes out at the beginning of the month. I had to smile and say thank you, when I discovered the March issue was all about...that's right...BONES.

“Why Flamingoes don't get Osteoperosis” by Jacob Schor, ND grabbed my attention. Dr. Schor sites the work of Sakamoto who first coined the term “uniped standing” to describe a bone strengthening treatment he developed. Later he renamed the treatment “**Dynamic Flamingo Therapy.**”

This is Schor's description: *Bone density and bone strength is improved by mild stress to the bone, that's why we make all the fuss about weight bearing exercise. By Sakamoto's calculations, standing on one foot for a minute would have an effect on bone density equivalent to walking 53 minutes. Repeating his exercise three times a day would be the equivalent to taking three almost hour long walks a day.*

Guess what I'm doing everyday? Flamingo Therapy here I come. And--.I'm improving my balance. This is my preventative insurance against future falls and strengthening my bones at the same time.

Movie Tip: Ambition to Meaning. Produced by Wayne Dyer

Just as the newsletter with the bone strengthening information came to me exactly when I needed it, so did this movie. My down time became a time for reflection and at these times I pay attention to what comes into my environment. When *Ambition to Meaning* popped up I felt pulled to watch it. A quote from Carl G. Jung establishes the theme of this movie. Jung tells us, *We cannot live the afternoon of life according to the program of life's morning, for what in the morning was true will in the evening become a lie.* Contemplating this movie's message was pivotal for me in examining my life at this juncture. I want to pass this movie on in case you may find it meaningful as well. I found and watched *Ambition to Meaning* on-line. I know you can purchase the CD also. I suggest you go to <http://www.hayhouse.com> or Google Wayne Dyer and I'm sure you'll find it.

Pick of the month: *Forgiveness~The Divine Connection Ebook* by Cindy Goldenberg

I have to tell you I have not read this ebook. If you are receptive to psychics, channeling, and angels this ebook may help you along. It talks about insight, intuition, abundance, and joy thru forgiveness and encourages you to change your life. This is exactly what we've been talking about here. So if you want to go further you can [click here](#) to find out how you can get your





copy.

Announcements: Still on the way...

- **Corn Mother Guidance** will definitely be available in May. Check it out <http://www.cormmother.com/supportandguidance>.
- **Ability to purchase recommended books and CD's directly from my website.**
<http://www.cornmother.com/resources/links>

Technical Assistance: Katrina Harms <http://www.katrinaharms.com>
Judy Ferril (corrected web address) <http://positivesolutions4you.com> .

