



Corn Mother News

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

October, 2008
P.O. Box 152, Rollinsville, CO 80474



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

Hello...and Welcome to the Halloween/El Dia de Los Muertos edition of

The Corn Mother News

To acknowledge and honor El Dia de Los Muertos (The Day of the Dead) and Halloween (All Saints Day) is to remember and celebrate...The Dead...those who have gone before us, those who have given us life, paved the way for us, and who are no longer with us.

This time of year between October 31st and November 2nd is when it is said the veil between the worlds opens and we can communicate or have contact with those on the other side who we think of as deceased or dead.

Sooo with that in mind, what better time to look at aging and death? In the premiere edition of The Corn Mother News under the Healthy Mind section I mentioned that Dr. Deepak Chopra had some different and I might add here revolutionary ideas about the inevitability of aging. "Let me know if you are interested," I said, "and I would be happy to discuss his ideas in a subsequent newsletter." Well, you have asked and this just happens to be the perfect time, so in this issue we will look at the inevitability of death. Do we really have to age and die?

And we'll begin with a section I call *Empowered Women: Lessons from the Deformed Tortilla* . Next, month I will be sure to have the another chapter in *Lessons from Elizabeth* along with a review of *The Return of the Corn Mothers* exhibit which I am going to see this evening.

And now ...on with the News.

Empowered Women: Lessons from the Deformed Tortilla

My first extended stay in Mexico was living on a Huichol rancho with Guadalupe's nieces. This rancho was situated on the periphery of a Mexican pueblo located in the foothills of the Sierra Madre Occidental mountains. My experience, while being around these women, I kept trying to put into words in order to more fully understand what was happening. They would demonstrate for me





how to make tortillas, for example. I'm thinking now of the part of the process where the cooked ground corn is further ground into dough or meal on the metate, a rectangular shaped mortar and pestle. Hunks of meal would be pulled off the metate, rolled into a ball and patted into just the right size, then put into a tortilla press with a type of waxed paper on each side, very similar to the hamburger press my mother used when I was a child.

The tortilla was then pressed, pulled off the paper and flipped onto the hot comal grill. The press is more modern. In the high Sierras the women that I saw used only their hands to precisely pat and shape each tortilla. It sounds simple enough, but I was used to practicing and practicing until I got it right, not observing until I had it down. I would watch a little and then I would want to try. My corn balls would be too big, I'd press too hard, the meal would stick to the paper, but the hardest part was the way I had to flip the tortillas onto the comal so that they landed flat. You had to get it right the first time because they would stick immediately and would be hard to remove until they had cooked some in their deformed shape.

Now, I realize that these women had been making tortillas since childhood and had this process perfected. There was another quality, however, something else that was harder to explain. First, they would laugh and laugh at me as I fumbled about, but they wouldn't allow me to fumble for long and they always attempted to correct my mistakes. I kept having the feeling that I could learn this if they would just let me practice more. But no, they would simply laugh, shake their heads and take over.

It didn't seem like they were impatient with me, exactly. I was just not allowed to practice and make a lot of mistakes. Whether the tortilla was wrinkled on the comal as it cooked or flat wouldn't effect the taste I reasoned, so what was the big deal? Then, as I observed other aspects of how these women related to the corn (and other aspects of their lives) I began to have a greater understanding of what was at play behind their actions. I was beginning to get it.

The corn, you see, is very sacred to the Huichols. You and the corn are one. To cook you in a deformed shape is not good. You cannot honor, give energy, and acknowledgment to one part of your being and not the others. You cannot, if you want to be healthy and whole, feed your arms and not your toes. Feeding can be how you nourish your body with your thoughts and your actions, not just the food you consume. If you feed only one form of the whole, you weaken the whole. The whole, your whole, will not have *fuerza* (strength). For the Huichols you must respect the corn in all the ways in which you relate to it, otherwise, you will end up planting and growing and cooking yourself in your deformity, in your illness, in your ignorance. This is the lesson I received from contemplating the deformed tortilla.

Email me with your thoughts on how you can apply this lesson to your own life.
sunwindfields@earthlink.net

Health Mind... Are the limits to our longevity fixed, immutable?

The last frontier—the outer limit of human existence is... death. Or is it? Can we conquer death or push the limit far beyond where any woman or man has gone before? Emily Dickinson encouraged us to “Dwell in Possibility.”... Einstein thought aging an illusion. He conceived of a fluidity of time that rather than progressively marching forward was changeable. Time could move around, change directions and speed. In other words, Einstein saw time as fluid with no real beginning or end: time was timeless. What a possibility to dwell within.





In 1993 a book was published entitled *Timeless Mind, Ageless Body*. The author was Dr. Deepak Chopra a well respected physician whose own mind travels well beyond the confines of modern medicine. Within the pages of *Timeless Mind*...Chopra explores quantum physics and presents the case that the timeless, fluid, changeable qualities of reality at the quantum level of existence can also apply to humans, “but”, he qualifies, we have become locked in this linear thinking that leads to death.” The implication here is that if we could get beyond linear thinking the outer limit of our human experience might not be death. And here's what you need to do, according to Dr. Chopra, “When you see yourself in terms of a timeless, deathless Being, every cell awakens to a new existence. True immortality can be experienced here and now, in this living body. It comes about when you draw the infusion of Being into everything you think and do.

It occurs to me that what Deepak Chopra means by “you draw the infusion of Being” is the same (or at least very similar) to what Eckhart Tolle in *The New Earth* is talking about when he speaks of our “Being” as that which we really are. This Being is the part of us that is connected to God, or Consciousness, or the Universe or whatever you want to call our Creator.

In my mind (I would have to confer with these two provocative men to see if my thoughts are in alignment with theirs) it follows if you acknowledge your true identity of Being then you are in alignment with The Source and are drawing the infusion of God/Goddess Creative Energy into every cell and fiber of your being. And then let me go further to say that this Creator/Creative Energy is timeless.

Of course, really getting what it means to be a Being instead of solely a woman named Sally, who is.....and holding onto that knowing is the great challenge. And for many of us this may be too far out. First, we may want to come to peace with Sally, but then again maybe peace and Being, alignment and connection can all happen at the same time. This may be your next area of personal exploration.

I'd like to leave you with the words of Abraham which come to us through Ester and Jerry Hicks.

If you have learned to focus upon good feeling subjects, and you continue to find things in this environment that excite you and interest you—there is no limit to the amount of time that you can remain focused in your physical body. But when you focus negatively and chronically diminish your Connection to the stream of Source Energy, your physical experience is then shortened... Your negative emotion is a signal that you are cutting off the Source Energy replenishment. Get Happy and live long.

From *Money and the Law of Attraction: Learning to Attract Wealth, Health, and Happiness* by Ester and Jerry Hicks. The Teachings of Abraham. 2008

All these thoughts begs the question, “Do you really want to break the time barrier? Do you really want to live a long, long time? Indefinitely? Why?”

“I want to be an old woman when I grow up.”

From a CD by Michelle Shocked, *When I Grow Up*.

Your input is important. Send your comments and suggestions to:
Sondra Fields at sunwindfields@earthlink.net or write to me at P.O. Box 152, Rollinsville, CO 80474
I am available for presentations, speaking engagements and workshops. 303-258-0660, <http://www.cornmother.com>

The Corn Mother News is dedicated to *Las Tres Viejas*
Frances Grace Higgins, my mother.
Guadalupe de la Cruz Rios, my spiritual guide and healer,
and Elizabeth G., my mentor.

