

Study Guide, Group Activities

A Call to Power: the Grandmothers Speak

As you read *A Call to Power: the Grandmothers Speak* and *Our Love Is Our Power* you may find meaning is clarified if you become active in the reading. You might want to highlight or underline any words, phrases or passages that you feel a connection to, that ring especially true to your beliefs, that you can picture in your mind, or you feel are a message for yourself. Write any questions you have or thoughts that come to you in the margins. Your notes may be the wellspring of sharing and conversation around internalizing the Grandmothers' messages during book study.

Chapter 1. (1-8) *A Visit From the Grandmothers*

1. The author's interaction with the Grandmothers while walking the dog and trying to act "normal." Being involved in two seemingly separate realities at the same time. Have you experienced anything like this? What was it like, or what do you imagine it would be like?

2. The healing and nourishment of the caul (the Grandmothers' Empowerment). How was it for you to receive this gift from the Grandmothers? Dramatic? Disappointing? Subtle? Fulfilling? (If you have not yet received the Empowerment and you have read *A Call to Power: the Grandmothers Speak*, get in touch with us and we will arrange it for you. No charge.)

3. After her encounter with the Grandmothers, the author for a time chooses not to speak about her experience. Why? What would you have done in her place? Why? Explain.

4. On page 5, the word "caul" is equated with "initiation." In your opinion, what does this mean? Did the receiving the call feel like an initiation to you? Explain.

5. On page 7, the Grandmothers say, "**Yin and Yang are out of balance. Yang has grown excessive. Increasingly wild and violent, yang energy cannot come back into balance without the intervention in yin.**" Do you agree? Have you experienced this imbalance the Grandmothers are talking about? Please share.

Chapter 2. (9-19) *"We are Bringing to Earth Something of the Sky"*

1. Why do you think the author was afraid as she prepared for her first journey to the Grandmothers? How would you feel about an experience like this? Would you enter into it? Yes? No? Why?
2. On page 14, the Grandmothers say, "**We are bringing to earth something of the sky now.**" What do you think they mean? In your own life, are you perhaps also bringing to earth something of the sky? Reflect a moment and discuss.
3. The author battles her fear of losing control as she ventures further with the Grandmothers. Do you relate to the fear she's talking about? If so, how do you deal with fear like this?

Chapter 3. (21-26) *"Beauty/Power is One Concept"*

1. On page 24 the Grandmothers say, **"Dance and listen. Listen to the wind and to the subtle things. Listen to the way things happen."** What do you think they mean by, "listen to the way things happen?" Do you relate to this?

2. **"The Council of the Grandmothers holds the power of masculine as well as feminine energy"** (p. 24). Some find this idea confusing. In your opinion what are the Grandmothers saying here about their power, the power of the Divine Feminine?

3. **"Beauty/Power is one concept, not two."** How is this different from the way beauty and power are usually viewed? What do you think the Grandmothers are telling us when they link these words? Do you see beauty and power as two separate qualities, or as one?

4. On page 26 the Grandmothers say, **"Because of the intense push for masculine values, women, as well as men, have become increasingly intolerant of their sisters."** Have you ever experienced this intolerance? In others? In yourself? Explain.

Chapter 4. (27-32) *"A Different Realm"*

1. On page 28, Eagle cries, **"LOSE NOT THE FOCUS!"** What do you think he means when he says this? Is Eagle is a good teacher? Why or why not?
2. **"In being in one's place each one is doing something important"** (p. 29). Have you ever sensed this "place" the Grandmothers are talking about? What's it like for you to be in this "place?" What would it be like to live in and from this place all the time?
3. **"Pain and illness occur where new energy meets the old."** What do you think the Grandmothers are teaching us when they say this? Do you agree?

Chapter 5. (33-44) *"Too Much Doing"*

1. The Grandmothers talk about women growing up without a strong role model. Have you had any "strong" women in your life? Who were they? Were they strong in the way the Grandmothers are speaking of? Explain.
2. What do you think this sort of strong woman would be like? Would you enjoy being with a woman like this? Would you like to BE one? Explain.
3. While looking out from atop the mountain on a journey with Bear, the author hears, "**The sun beats down over all, touching everything according to its nature. Not everything requires the same amount of sun, or wants it.**" She feels relief when she hears this, but what does this statement mean to you? Please explain.
4. The Author encounters Gaia while in the cave with Bear and learns about Gaia's relationship with the animal kingdom. Who is Gaia to you? Do you have a relationship with Her? Would you like one? Why or why not?
5. What do you think the Grandmothers mean when they say, "**Nothing is one-dimensional. Nothing takes place only in a dream or only in the physical world or only on the mental plane.**" Do you relate to this? Discuss.

Chapter 6. (45-57) *"We Will Fill You Full"*

1. On pages 46-47 the author shares how vulnerable and embarrassed she was when she first "exposed" her story of the Grandmothers. Have you ever shared something you cared about only to then feel "exposed" or "weird"? Explain. When you look back on that experience now, how do you feel about it?

2. On page 47 the Grandmothers say, **"...humans do not live in the land of the Self, but in the land of the small self."** What do you think they mean? Explain. If you decided you wanted to live in "the land of the Self," what would help you do that?

3. On page 49 the Grandmothers say, **"Now is the time for the return of the Great Mother of the world. The world needs mothering now.** Have you asked the Grandmothers what role they would have you play during this time of the return of the Divine Feminine? If you want to, you can ask them now. Their response.... Your response....

4. **"When you have a strong feeling, when you feel something emotionally as well as in your body, follow it. If it is of the mind only, know it is not a true feeling."** (p. 49) Do you agree with this statement? Why or why not?

5. On page 52 the Grandmothers say, **"Belief in self is primary. We believe in you. Turn to us and we will help you learn to believe in yourself."** Have you allowed the Grandmothers to help you believe in yourself? How has this worked for you? Do you need more work in this area? Explain.

6. The Pitcher and the Cup exercise on pages 55 and 56. Take a moment and practice it. What does this exercise/meditation do for you? Who do you feel would especially benefit from this meditation?

Chapter 7. (59-61) *"Feminine Power is a Fearsome Thing"*

1. In this short chapter the Grandmothers explain the specific dignity of a woman who stands in her power. **"....dignified, always dignified, even in play,"** they say. What do you think of this idea? What would it be like to experience this dignity? Do you think you would like it? Why or why not?

2. **"The high heart"** (p. 61). Have you experienced what the Grandmothers call "the High heart?" If you'd like to, close your eyes, breathe slowly, call on the Grandmothers, and ask them to show you what it is. Share your experience.

Chapter 8 (63-68) *"You Must Grow into Your Spirit"*

1. On page 65 the Grandmothers say, "**The work should be effortless. If it is not effortless, it is not us working, but your mind.**" Please share your thoughts on what you think this "effortless effort" the Grandmothers so often refer to, means. Have you experienced it? What is "effortless effort" like for you?
2. The Grandmothers say that when in doubt, "**Trust your body instead of your mind.**" What do you think of this idea? Explain yourself.
3. On page 66 and 67 we see the out-of-control energy of yang in the crazed bull that races wildly back and forth. From the Grandmothers' explanation, what part do you see women having in helping to corral this desperate and crazed energy of yang? What part do you see for yourself?

Chapter 9 (69-79) *"This is the Net that will Hold the Earth"*

1. On page 70, the Grandmothers say, **"This is the Net of Light that will hold the earth together."** The Net of Light is one of their pivotal teachings. What do you experience when you work with the Net of Light? Do you feel, sense or see it? Please share your personal experience of the Net of Light.
2. **"Each person is a jewel in the Net of Light, and helps hold the Net together."** (p. 71) Are you aware of this "jewel of the heart" within you that activates and holds you in the Net? Move into your heart now, call on the Grandmothers, and ask them to let you experience the jewel of your own heart. Please share your experience.
3. On page 72 the Grandmothers say, **"The universe supports an open heart. The universe waits for an open heart."** Would you like to have an open heart? Why or why not? If you would, sit quietly, close your eyes and ask the Grandmothers to teach you how to soften inside, expanding little by little—opening at the perfect rate for you. What does this feel like? Scary? Safe? ... ? Share your experience.
4. On page 73 the Grandmothers explain the purpose of their meditations. How important are these lessons or meditations to you? Do you use them? Which ones do you use most? Share.
5. As the author struggles to understand what the Grandmothers call "Dissolving the fear of dissolving," the Grandmothers say, **"It is your identification with your small self that creates your fear."** What does their explanation say to you? Do you have this fear too? If so, what would you like to do about it? Explain.
6. On page 76 the Grandmothers explain how important it is for groups of people to join together and practice their work. What do you think of this idea? Would being part of a group help speed your spiritual evolution? Is being part of this group helpful to you? Explain.

Chapter 10 (81-84) *"It is Time for Yin and Yang to Move"*

1. On page 82 the holy man says, "**The light within them is actually great, but the light you see coming from them is small.**" Then he adds, "**Do not look to others.**" What do you understand from this? Do you agree with him? Why or why not?

2. The Grandmothers talk about "verticality" and then couple the word with "confidence." For a moment, sit or stand up straight and think of the Grandmothers. Are you able to sense what they mean by this? Please explain.

Chapter 11 (85-94) *"Rearranging Yin and Yang"*

1. On page 87 the Grandmothers say, **"Stagnation and stuck states must be removed from you as well. Your work is not separate from planetary work."** What do you think they mean when they couple your individual work with planetary work? What do you think of this idea? And by the way, are you aware of any "stuck states" within you that need to move? Discuss.

2. The Grandmothers tell us, **"The Divine came in the form of the Grandmothers because this work is about the feminine principle, yin."** How would you describe the feminine principle? What differences do you see between yin and yang? Can you feel when you are in a 'yin' state vs. a 'yang' state? Explain.

3. On page 89 the Grandmothers say, **"When the mind is busy in outward pursuit, which is yang, there can be no reception."** Why, in your opinion, are human beings so easily drawn to what the Grandmothers call 'outward pursuit,' and why do they/we spend so little time in a receptive state?

4. **"God takes different forms at different times to give the lesson of the moment."** What do you think about this statement? Agree? Disagree? Is there a particular form of the Divine that is dear to you? Share.

5. On page 91 and 92 the Great Mother says, **"I do not want your worship....The act of worship creates a separation between worshiper and worshipped."** What does she mean? As you read over this part of the chapter, what do you think the Mother is urging us to do?

6. The archetype of grandmother is discussed at the end of this chapter. Why do you think the Divine chose to show up at this time in history in the form of the Great Council of the Grandmothers? Share your thoughts.

Chapter 12 (95-105) *The Fabric of Being*

1. In explaining the Fabric of Being, the Grandmothers say, **“The differences you see in people are only seeming differences which occur on the level of life on earth. It is the cloak that is real.”** In this and the other examples they give of the Fabric of Being, what are showing us? Explain.
2. **“The right pace is full of grace,”** they say. When you reflect on this statement, what does it mean to you? Explain. Are you aware when you are in “the right pace?” How do you know when you’re ‘there?’
3. **“You are more than you have ever conceived. You are as the night sky. Vast,”** the Grandmothers say. To experience this, take a moment, call on the Grandmothers, and then sit quietly and meditate on this truth, the Fabric of Being. Please share your experience.
4. On page 101 Bear explains his behavior to the author, saying, **“It is not selfless. It is beyond selfless. It is that all are one.”** What does he mean? Can you conceive of living in a way that would be “beyond selfless?” What would that be like for you? Reflect and share.
5. On page 104 the Grandmothers say, **“...there is no life in belief; life is only in experience.”** Has this been true for you? What do you think would help you to ‘experience’ more of the Grandmothers’ truths? Explain. Can this group be of help?

Chapter 13 (107-112) “Our Empowerment Holds Our Message Steady”

1. On page 110 the Grandmothers say, **“There is nothing anyone must ‘do’ to participate in infusing the energy of yin back into the earth. This happens automatically when a woman receives the caul and a man receives the cloak of comfort.”** Do you agree that there is nothing that you must ‘do’? How do you feel about this concept of *being*, rather than *doing*? Do you find it easy? Difficult? Confusing? ...? Please share.

2. The Grandmothers explain the importance of ceremony, saying, **“Ceremony helps you recognize what you have received by stopping the incessant chatter of the mind.”** Is ceremony present in your life now? Would you like to add some? Where? How? Why?

Chapter 14 (113-119) *The Power of the Deep Feminine*

1. **“Wherever there is nurturance of one of the kingdoms of life, there is a sacred place.”** Does this statement seem true to you? Why or why not? Have you nurtured something recently? Explain.

2. The Grandmothers say, **“No act of love is small. The great act is the loving heart in action.”** Have you experienced what they are calling “the loving heart in action?” In yourself? In someone else? Please share.

Chapter 15 (121-132) *Men's Role*

1. On page 122 the Grandmothers say, **“The energies of masculine and feminine must be respected for their differences. This work is *specific*. Although it is primarily for women, *all will benefit from it*.”** In your opinion, how will “all benefit” from us working with the Grandmothers?
2. On pages 124-126 the Grandmothers go into detail about the differences between the energies of yin and yang. How do you conceive of these two energies? Discuss.
3. **“Everything benefits from a woman who holds the energy of yin.”** Why do the Grandmothers say this?
4. **“Yang held and reinforced by yin will always reach out in support of life.”** What might the world be like if the energy of yang was truly supported by yin? How might you as an individual help make this happen? Are you doing anything *now* in this direction? Share.
5. The Grandmothers encourage us to meditate with the Tree (page 131) in order to harmonize the energies of yin and yang within ourselves. Try it. Call on the Tree, lean against it, call on the Grandmothers and see how it feels to draw strength from both roots and branches. Please share your response.

Chapter 16 (133-139) *The Tree of Life*

1. The Grandmothers talk about the cycle of life—receiving ‘our specific fruit’ from the Tree and then giving back to the tree and to others. Does this cycle they’re referring to make sense to you? What specific fruit would you say that you’ve received from the Tree of Life and what are you doing with it? Please share.

2. The Grandmothers talk about the roots and branches of the Tree of Life saying, **“The problem with life today is....that the tree has not been seen as a unit.”** Do you think this is true? What does this mean to you? Please explain.

Chapter 17 (141-152) *"Make Your Lives Sacred"*

1. **"Ceremony is not much present in your world today,"** the Grandmothers say, **"and you suffer from this."** Why in your opinion is ceremony important? Explain.
2. The Grandmothers talk about the importance of praying in an inclusive way, saying that the purpose of such a prayer is to open your heart. Do you agree? How could you begin to pray in this way? What might that be like for you? Please explain.

Chapter 18 (153-161) *It is Time*

1. On page 153, after the author observes the strangely moving figures backlit by the light of the sun, the Grandmothers cry, **“SHIFT YOUR FOCUS to the light!”** Why do they tell the author to *shift* her focus? Why is this shift important? How important to you is a shift like this? Discuss.
2. The Grandmothers differentiate between “life” and what they call “the activities on the surface of life.” Do you understand what they mean? Discuss this as it pertains to your life.
3. **“Wise is very different from smart,”** (p. 154-255). Why do the Grandmothers distinguish between the two? What do you think of this? Explain.
4. **“The earth will help you open to who you are. The earth will help you to go deep; it will help you to go slow.”** What do the Grandmothers mean by this? How can the earth help us? Has it ever helped you in this way? Would you like it to? Share your thoughts.
5. On pages 156-159 the Grandmothers explain the difference between wisdom and knowledge. What in this lesson feels useful for you? Share your thoughts.
6. **“Allow yourselves to dance and trust the grace within you,”** (p. 160). What do you think the Grandmothers mean by ‘allow yourselves to dance?’ Have you ever ‘danced’ like this? Did you enjoy it? Would you like to try it? Explain.

