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**SUZANN
OWINGS**

so@docso.com

P. O. BOX 872
PLACITAS, NM
87043 USA

505-867-0567

www.suzann
owings.com

We're relaxed, rested and well fed after a Goddess Retreat weekend in October.

Abundant trees and psychics, lovely people, delicious food and surroundings—who could ask for more?



Goddess Retreat Rejuvenates

Early in October, I took off a weekend to be treated like a goddess--divinely.

The Heavenly Lodge in Tijeras NM (pronounced T-hair-us) offers Goddess Retreats. Ladies come for the weekend to be pampered in the pine-forested mountains southeast of Albuquerque.

Besides lovely accommodations and meals, we received massages, yoga and

belly dancing lessons, and psychic readings. I was thrilled.

Only about 20 miles from downtown Albuquerque, the Heavenly Lodge is reasonably priced and available for private gatherings.

For further information, contact Michelle and Linda, info@heavenlylodge.us or 505-474-8359.

Suzann's Activities Expand

This has been an incredible year, which may be *my* norm, rather than *an* exception. A year ago, I resurrected my newsletter in its new *Humm* incarnation to share more about intuition with you. This past decade or so, I've taken few consultations and hope the *Humm* fills the gap for our missed conversations.

We Plan Ahead

This coming spring, I've two projects I want to do, although neither involves intuition. First, I'd like to put on a Cowboy Poetry/Western Music Jam.

The cowboy event will be a community fundraiser for the scouts, arts' groups and our two local Optimist Clubs, which UP-

vibe our communities and deliver service projects for the youth.

Second, I'm developing a Death workshop. It's far less dramatic than it sounds. Over three Saturdays we'll organize our deaths—wills, obituaries, Do-Not-Resuscitate statements, burial and post-death wishes.

Death Should be Good, Fun

Several people have made wonderful suggestions for the Death workshop. One friend suggests I use *In the Checklist of Life: A Working Book To Help You Live and Leave this Life* by Lynn McPhelimy. *Continued on page 5*



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P. O. Box 872
Placitas, NM 87043

Phone:
505-867-0567

E-Mail
so@docso.com

We're on the Web!

www.suzannowings.com

&

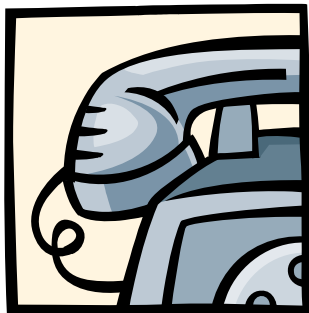
www.thesantafesalon.com



About the airplane clip art...

I kept the airplane clip art that came with this newsletter template because it reminds me of my dad who was a WWII pilot in the Pacific and then in the Air Force reserve.

He died a few years ago and the airplanes just sort of include him.



THE BUZZ . . . *Reports from Friends*

Joyea Pascoe is constantly busy, bless her! One of her core involvements is with the Ascended Masters Foundation, which is about to begin a new series. Please contact Ira Cooper, 505-385-1120. Visit their website at www.ascendedmastersfoundation.org Joyea and I are in the process of updating her website. We have good contact information for Joyea on the SFS website: www.thesantafesalon.com

Arlo Oskersdottir – Arlo's a talented astrologer, numerologist, financial observer and strongly curious person.

Arlo teaches a class through UNM's Continuing Education--"Live Your Instincts." She encourages those interested in financial astrology (markets and the dollar) to read a weekly column by **Ray Merriman**, <http://www.stariq.com/MarketWeek.HTM>

At Merriman's website, he provides an extensive prediction for the USA for 2007-2008, <http://www.mmacycles.com/articles/articles/>

Arlo recommends those interested in a global perspective, read <http://www.atimes.com/> The articles presented on the Global Economy link aren't found on our nightly news. The insights by **Julian Delasantellis** and **Henry C. K. Liu** are thought provoking.

For daily insights, she suggests reading

<http://www.cainer.com/> with **Jonathan Cainer** in London, and to remember to read your Sun, Moon and Rising. When you blend the three, she says, you'll have more pertinent insight than just simply reading your daily sun sign prediction.

You can reach Arlo at astro_arlo@yahoo.com and read more about her on our new website www.thesantafesalon.com

Call to action:

1. America's oldest African-American Catholic parish is being threatened with closure in New Orleans. **Jo Thompson** requests assistance for an activist church that helped in Katrina's aftermath: www.cta-usa.org/justchurch/neworleans/support/augustine-membership.html
2. Global Climate Change may be real. Learn more: www.stopglobalwarming.org/countmein.asp

Great Women Doing Great Work

I've received email information from the wonderful **Carolyn Conger** (310-453-0376) who does exquisite intuitive work. She's in Santa Monica, but travels, and seeing her is worth the trip.

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Keep Those Cards and Letters Coming

Love Hearing from You

Edwina Morena just added her moving story of intuition to my [suzannowings.com](http://www.suzannowings.com) website—actually, she sent it to me in January and I'm just now getting it installed.

You can find her story in the Sixth Sense section of this www.suzannowings.com website. It's titled **The Dream**, a story I'm certain you will identify with.

You'll be glad you've taken the time to read the Dream in the Sixth Sense section.

On the www.suzannowings.com website, you might also check out the free Tarot readings I developed with Bonnie Barbareck.

Keep those cards, letters, emails and phone calls coming.





What's up with the Santa Fe Salon...?

In March I created the Santa Fe Salon to support the professional intuitive community, and to nurture a growing collaboration that includes support for the up-and-coming.

The idea, I think, grew out of being “on the road” for over a decade as a professional psychic and knowing how hard that process is. Doing this work is demanding enough without also having to do your own marketing and all that entails, make travel and facility arrangements, and handle scheduling. It's also lonely.

While I was very fortunate to have friends and appreciative people help me, it's still daunting. I want it to be easier for people now, than it was for me then--that's one of the Santa Fe Salon's goals. Soon, I'd like us to have a chautauqua circuit, much as **Tricia Kelly, George Tice** and I envisioned in 1984. My friend **Diane Keyes** has termed this chautauqua the Festival of Light. I'll write more about this venue of educators--the Festival (do you like it?)--in our next Humm and on the SFS website: www.thesantafesalon.com.

SFS hosts programs on the last Saturday of the month at Santa Fe's Zodiac Cafe. Topics change monthly. We have two practitioners share their experiences and we hear from the audience. That's been step one. We also have a website, supportive get-togethers for the “faculty” and are launching an eMagazine in November. The magazine and our schedule can be found on www.thesantafesalon.com. Join us in body, mind and/or spirit.

Folk Medicine Updates . . .

Fungus - A few months ago, I shared with you my friend Star's remedy for fungus, tea tree oil.

Right after learning of her treatment, I discovered that I had some ‘chums’ growing beneath my large toenail and tried the tea tree oil. I'm sorry to report that it didn't work very well for me so I reverted to my very cheap tried-and-true hydrogen peroxide. I'm again conspicuously fungus-free.

Barbara Rossman writes with another tip for fungus under nails--immerse your feet in chlorinated water (i.e. pools) for 15 minutes 2-3 times a week. She did this as a form of walking exercise and discovered the side benefit of killing off the fungus.

Ticks - Please remind me of this tipmaster's name. The best way to remove a tick,

especially in those places where it's difficult to reach, involves liquid soap.

Apply a glob of liquid soap to a cotton ball. Cover the tick with the soap-soaked cotton ball. Let it stay for 15-20 seconds.

The tick will come out on its own and be stuck to the cotton ball when you lift it away. It should work on pets, too.

Cuts - While helping at the local Ronald McDonald House, I cut my finger deeply.

My Optimist Club co-workers thickly covered my finger in sugar and a bandage. They predicted my finger's rapid recovery without a scar. In less than 2 weeks, it's totally healed. We don't know why it works, it just does.

Please keep that good info coming. You never know who needs help.



Kuan Yin by artist Mary Mears Cutsinger.

Mary is one of the best people I know and a marvelous artist. I still kick myself for not buying a painting of a group of flowers she did, but I do have others--the swan dance, a seascape....

For years I've tried to get her to more widely do soul paintings, but I have one of the few--it's awesome.

She has some new work coming. Contact her, 760-375-4718.

Better yet, go to Ridgecrest and see her work--talk/bribe her into doing a soul painting for you--and buy everything she's got so she starts the new goddess/madonna work.

Give my love to Chuck (her husband), too.

<http://www.kuanyin-image.com>

Creative Folks Do Great Creative Work

Donna Bevans's Murder Mystery. While in California I met Donna Bevans who's finished her romantic murder-mystery *Whatever It Takes* (ISBN 978-1-4259-9598-0), which I helped edit in our writing group! Do arrange a book signing: donnabevans@comline.com or visit www.donnabevans.net. Your bookstore can order *Whatever It Takes*, or buy your copy at Amazon.com or Authorhouse.com. *Fun, good book.*

Doreen Goodlin's Arts in the Community. Totally committed to community, art, healing and service, Generous as always, Doreen is organizing several NM art gatherings in Bernalillo (pronounced Bur nah lee yoh. The town's between ABQ and Santa Fe. For further information, contact her at 505-867-5162 or Whspiritdove@aol.com.





One world,
one community,
one neighborhood,
one family,
one.

Buddhist Crisis Erupts in Burma,

which makes it everyone's concern

I just received this from a Canadian friend, and then saw it as the cover story on The Economist. Our actions may range from a letter to joining in a Call to Prayer for the monks and other victims. I've left her emboldened text as she sent it to me. Thanks, Maaike.

Dear friends,

The worst is happening - over the last few days, **Burma's generals have unleashed terror on the peaceful monks and protesters** shooting and beating many to death, and taking others away to torture chambers where at this moment they must be enduring the unbearable.

We can stop this horror. Burma's powerful sponsor China can halt the killing, if it believes that its international reputation and the 2008 Olympics in Beijing depend on it. To convince the Chinese government, Avaaz is launching a major global and Asian ad campaign on Tuesday that will deliver our message and the number of signers.

Our petition has exploded to over 200,000 signers in just 72 hours, but we need 1 million voices to be the global roar that will get China's attention. If every one of us forwards this email to just 20 friends, we'll reach our target in the next 72 hours. Please sign the petition at the link below -if you haven't already- and forward this email to everyone you care about:

http://www.avaaz.org/en/stand_with_burma/o.php

The petition will also be delivered to the UN Secretary-General, and we will broadcast the news of our effort over radio to Burma's people, telling them not to lose hope, that the world is with them.

The Burmese people are showing incredible courage in the face of horror. **The fate of many brave and good people is in our hands, we must help them and we have hours, not days, to do it.** Please sign the petition and forward this email to at least 20 friends right now.

. . . .If you would like to join in the massive wave of demonstrations happening around the world at Burmese and Chinese embassies, scroll down our petition page for details of times and events. Please add avaaz@avaaz.org to your address book to make sure you keep receiving emails from Avaaz. Avaaz.org is staffed by a global team of campaigners operating on 3 continents. We have administrative offices in London, New York, and Rio de Janeiro. Please direct mail to our NY office at 260 Fifth Avenue, 9th floor, New York, NY 10001 U.S.A.

"When a great ship is in harbor and moored, it is safe, there can be no doubt. But that is not what great ships are built for."

Thanks, Fran.
Good one.

Sometimes when discussing American policies with friends, I feel this must be how many Germans felt in 1938 with their out-of-control government. Perhaps, we can help with peace in Burma, which will lessen our guilt about the Iraq war--Suzann

Remember, this is a pdf newsletter.

The internet addresses referenced here must be copied-and-pasted into your internet address bar. You can't just click on the address and magically get there.



Suzann's Activities, *cont. from page 1*

Diane Keyes sent me a copy of Stanley Terman's *The Best Way to Say Goodbye*.

Most folks have said that they, too, need this work, and that they, too, are unprepared for life's only guarantee.

I plan to have morticians, our local probate judge, samples of obituaries, folks from cremation firms, everything I can conceive. What do you suggest? I'm sure it'll be terrific and will keep you posted.

I also want to do something with trees as sublime teachers. Maybe it'll be an SFS topic—it's so fun.

Autumn Presents Challenges

This winter I'll start rebuilding my Optimist de Sandoval club, which has suffered from overworked lone-ranger-itis. We must work together for ourselves, our community and the young people we serve.

I thought my hands were full, but this past month I took on a new assignment for my Optimist District. To my astonishment, they asked me—and I accepted—the position of our District chaplain. I'm not certain how to honestly uphold this fine tradition, but I'll try.

Busy Summer

While summer was a blast, there was no down time from the previous spring and winter. Our hilarious July 4th Parade in Placitas, Mom challenges, more unpacking, and the seventh year of Optimist Club summer camp were wonderful, and jammed.

Will this Winter be Easier than Last?

All told, I took eighteen months out helping my mom in California. I returned to my house in December 2006 and decided to teach high school Social Studies—just woke up one morning and had decided. I emptied my storage and found a great job, which I started in January after another trip to California. Teaching school has done what it promised—help create structure and order after my upheaval, which I very much needed.

Deep Breaths, Whew!

Between starting the Santa Fe Salon in March (see www.thesantafesalon.com), continually unpacking, and this summer being swamped with new school-teaching work (volunteerism is my life) and Optimist Club activities (see www.superoc.info), I'm only now starting to see daylight. *Thank you for your patience.*



Sitting in the shade, I'm collecting litter and hearing stories—great metaphor. Our summer campers, teen assistants and chaperones (chauffeurs) spent a day at Santa Ana Pueblo's Golf Course where First Tee took good care of us.

First Tee internationally provides a fine complement to our Optimist Junior World of Golf program.



Mother-daughter team Linda and Michelle have decided to bring in additional partners to run their Heavenly Lodge.

As with all information in the Humm, the Heavenly Lodge notice is a gift of sharing, not an endorsement or paid advertisement.

Heavenly Lodge Looks for Angels



Would you like to invest with a small group in a beautiful retreat center located in the tall pines of the mountains just southeast of Albuquerque? Contact Linda at 505-474-8359 for more information. **Check out Heavenly Lodge - www.heavenlylodge.us** Linda and Michelle are available at info@heavenlylodge.us.



SUZANN OWINGS

P. O. Box 872
Placitas NM
87043 USA
505-867-0567



www.suzann
owings.com

Phone:
505-867-0567

E-Mail:
so@docso.com

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Wanna link?

THE BUZZ . . . Reports from Friends Worldwide, *cont.*

Thanks to my dear **Mary Miers Cutsinger**, the excellent artist, I receive information about international peace development from **Jean Houston** (JeanHouston.org) with whom Mary works. Check out Mary's Kuan Yin site: <http://www.kuanyin-image.com>

Suzanne Sparks: Suzanne reports that too many voters still use paperless voting machines that are vulnerable to tampering and malfunction. A new bill in Congress would ban paperless voting. It's got enough support to pass, but time is short. This week, the Democratic leadership is deciding what Congress will take up next. If they don't put voting on the agenda, there simply won't be time to make the change by the 2008 presidential election.

To help Congress ban paperless voting, sign the petition: http://pol.moveon.org/paperlessvoting/?referring_id=2672989k0Nd_1&taf=1

Diane Keyes: Diane writes that Michael Moore's "Sicko" is the BEST movie he's made and required viewing. She says what matters is our health, personally and collectively, not politics--see the movie, probably through Netflix.

Sophia: I've always liked Sophia's music. She has a new CD coming out - www.songhealer.net

Whenever **Jan McDermott** sends me something, it's good. She verified that there's a bill called the **Breast Cancer Patient Protection Act**.

This requires Insurance Companies to cover a minimum 48-hour hospital stay for patients undergoing a mastectomy

and eliminates the 'drive-through mastectomy' where women are forced to go home just a few hours after surgery, against the wishes of their doctor, still groggy from anesthesia and sometimes with drainage tubes still attached.

Lifetime Television has put this bill on their Web page with a petition drive to show your support. Last year over half the House signed on.

PLEASE, sign the petition by copying and pasting the Web address below. You need not give more than your name and zip code number.

<http://www.lifetimetv.com/breastcancer/petition/signpetition.php>

Penney Peirce – Penney Peirce is a very accomplished intuitive who was immensely kind and generous with me when I first started professionally doing readings in 1984. Catch up with her on her website: www.intuitnow.com

Barbara and Kent Rossman are hosting **Elizabeth Moore** in Scottsdale, January 17-20. While I don't *think* I know Elizabeth Moore, if Barbara's supporting her, Elizabeth must be cool. Barbara's also having **Carolyn Conger** at her home for the weekend of Mar. 27-30, and **Brugh Joy** Nov. 13-16, 2008.

Barbara's doing lots of work with the **Enneagram via Helen Palmer and David Daniels** certification, and some dream groups and Soul's Flow, which meets every other week to come to an awareness of the numinous in ordinary reality. She's joining the fourth year of **Brugh's Joy's Jubilation** series. As you know I really like Brugh and Carolyn's work, too.

About the Humm . . .

For several years I mailed a newsletter to let people know where I was and what I was doing. Back then (pre-web), I usually traveled at least six months of the year, oftentimes monthly, doing psychic readings and workshops to develop intuition.

People who wanted to use my services face-to-face, could read the newsletter to plan ahead and schedule an appointment during my visit to their area. For those who wanted to socialize, they knew to call when I was home in the pre-pocket phone days.

I stopped my newsletter for a couple of reasons, but primarily because I thought it had become boring. Other people liked it, but I thought it was too much about *me*. The Humm is my new effort to stay in touch and share what's going on in a larger sense. I hope you enjoy it as much as I do.