

# The *Humm*

## One World - Expanding Worlds



With me at my 40th birthday party in 1987, Mary Cutsinger, renowned artist and friend, is even more beautiful now.

### ***Re-Joining the Fun***

*Having missed being in touch with you and your magic, I'm returning from my hiatus to resume both my readings and newsletter, but with some important differences. While I've yet to figure out just how my psychic work will change--that's coming but slowly--the newsletter now will include information about exciting activities gathered worldwide.*

*Please join me in identifying wonderful conferences, opportunities, insights and learning experiences, which may include Lessons Learned from the Ordinary World, or experiences with a great teacher.*

*Share discoveries about life, mystery, community, the dynamics of family and growth. Teach us what has taught you. Describe your humorous or sad stories on any event or insight to help us better understand our own lives and challenges.*

*If you want to join but not 'write,' let me help. Email, USPS, fax or phone. We all need you and your teachings. Get back to me; the water's fine.*

*Love, Suzann*

### **Last Quarter News**

**Mary Russo McAfee in San Francisco** is excited about Calvary Presbyterian's series--**Bach's Passion of St. Matthew** with full orchestra...a 3+ hour piece cut into 6 segments in the Spring (one for each Sunday in Lent leading up to Passion Sunday)... 'It's probably never been done before. Intensely beautiful. Intensely beautiful,' she says.

According to Mary, Bach composed the piece through automatic writing and had difficulty scoring as quickly as it came straight from God! In Bach's day, folks usually did the Passion on Passion Sunday with a break for a big lunch, if you will, and then finished the piece. *Easter quickly will be upon us. Help Bach as part of a New Year's gift.*

Audience members are welcome. To make a Bach project donation, contact Mary at russomcafee@mac.com.

### **Humm? Huh?**

How'd this newsletter get its name? In New Mexico, we have the famous Taos Hum, which not everyone can hear. Welcome to our Humm, from which I hope everyone will benefit.

In envisioning this newsletter, phenomenal Scottish physician Roger Melhuish suggested it be called 'Life.' He really captured the essence of it, of course.

Some of my writer friends have suggested including their short stories and poems. We have one lovely poem from **Erna Ferris**. Come on **Diane Keyes**, **Donna** and **Madison** and everyone else. Send them along.

***Next Issue, January: The nature of psychic readings--How they work; Health Recipes***

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**★Written by Suzann Owings. Please copy and distribute in useful ways.★**



## *Zee Buzz*

*The purpose of this column is to share whatever will benefit other individuals and/or the collective.*

While living in Santa Fe, I dined with masterful psychotherapist **Fleur Green** who's exploring her singing gift for joy and to push beyond her boundaries. This reminds me of another excellent therapist, **Renee Merian** in **San Francisco**, who uses her martial arts and opera singing practices to expand her world.

Renee once said that whenever she has a block in one area of her life, she works all of her practices to find the opportunity for a breakthrough. Breaking through in one area opens up every other area.

### California Friends

A new friend, **Sue Trumpfheller**, has collected her thoughts on a blog and invites everyone to visit with her (as we say in New Mexico) at [www.discoveryiv.typepad.com](http://www.discoveryiv.typepad.com).

While in California for a year to help with some family difficulties, I was fortunate enough to meet some wonderful people who began the **Saddleback Optimist Club**. Optimist Club's do volunteer work to help young people and the community. For further information about this bright spot in southern Orange County, contact **Erna Ferris**, a brilliant healer and writer ([patso@lworld.net](mailto:patso@lworld.net)).

One of the delightful aspects of being in California last year was to visit with **Mary and Chuck Cutsinger** in Ridgecrest, a community filled with brilliant artists and talented engineers--quite the mix. Mary updated me on her work with Jean Houston and others around **Kuan Yin**, and her website (<http://www.kuanyin-image.com>) where she did all the artwork. In the San Francisco Bay Area I visited **Karen Buckley** who's doing great work with wise feminine leadership and **Mary Ann Gallagher** who's doing brilliant change work. Also in the Bay Area, **Bryn McAfee** graduated last year in peace work at Naropa in Boulder--peace is possible!

### Travelin' Tales

This past month I flew up to Nova Scotia--one of my favorite places--got to squeeze in visits with Halifax therapist/management consultant/novelist/playwright all-around great gal **Jan Morrison**, Chester candle maker **Judy Parsons** and a few other great friends before heading south with the pick-up truck I've keep up at my cottage land.

In Maine I breakfasted with **Dick Law** who extolled the virtues of meditation, and stopped to shop in Freeport. I dined with diversity and management expert **Dani Monroe** in Boston, and then tootled around Princeton, Baltimore and Savannah.

The I-10 bridges were back up and the driving was easy along the Gulf Coast. In Houston, I visited with **Era and Charlie Buck** and their nearly grown daughter **Julia**, and psychologists **Michelle Byron** and **Wright Williams** and their maturing wonderfully daughter **Gabriella**. I've a lot of psychotherapist friends doing great work--take note

### Future Tales

In our next Humm, I'm hoping for more stories from other people. A lovely **Sufi** friend is considering sharing some of her wonderful life's experiences...come on **NA**. **Suzanne Sparks** may share her thoughts on elder communities and her great recent experiences with **Feldenkrais**.

**Mary Catherine Burgess** promises to write more about her adventures. She's recently returned to Edinburgh from the first UK Gathering of the Society for Shamanic Practitioners and a Celtic Shamanism workshop in Glastonbury.

**Roxsan Meyer** has promised to share some of her adventures and insights. **Tamsen George** will share some of her recent learnings from babies, daughters, a dead husband and mother, and from her latest conversations with **Dick Law**. Should be good. I finally caught up with **Monte and Michel Mohr** in Durango--if I keep torturing her, Monte may write something for us.

From San Francisco **Jan McDermott** may tell us about her dancing through Latin America and **Renee** may tell us about our extraordinary youth. I'd also like **Mary and Tom McAfee** to tell us about their Palestinian-Israeli peace talk work--truly. Hopefully, too, another Tom, **Tom Dolan**, will share what he's done in creating collaborative communities, and from Southern California **Harold Shapiro** will share what they're doing around **Elderfire** communities. **Maaike Zuyderhoff** in Montreal may tell us her story about the perfection of the moment.

I'd so love ICE programs from all these folks, and you!

*How'd you get the name 'Zee Buzzz'? Friends of mine always come up with metaphors and nicknames for me, just as I do for them and for myself. One friend, now dead, started calling me Mde. Bumble because I buzz around collecting and disseminating news--love that networking--and should not be able to do some of the things I do, rather like the aerodynamics of a bumblebee. I've taken it as a compliment....hmmm.*



## Current Projects

### A to Z in Santa Fe

One of the activities I started upon my return to New Mexico in August focuses on highlighting the great talent we have locally. I'm putting together in **Santa Fe** mini-workshops by local luminaries in healing, intuition, history, and art. I may call it 'A to Z' since it will take place at the **Aztec** and **Zodiac Cafes**, probably on Thursdays. I may do the same in **Albuquerque**, when I find venues.

### January Brings Birthday Time

I do love a party and am planning *some things* for my 60th on January 26. It may simply begin on Friday, January 26, and go the weekend, or week, or just that Friday night. Join me in creating something fun as I step into the next decade.

### ICE is NICE

In June, TV producer/playwright/musical genius **Dawn Harwood-Jones** of Pink Dog Productions offered me an unRadio station for free within her untv network and web umbrella. At first I was shocked.

I had been walking behind Dawn through a theater, told her that on my vision-quest I realized I wanted a radio station of my own on which I could create compassionate, empowering broadcasts that could end war/create peace. She turned toward me, extended her hands and said, 'Here.'

Of course, my mouth dropped open. *What was she saying?* Dawn explained the plans she and her business partner had just developed for untv. Their research showed the demise of traditional media--tv, radio, newspaper, magazines--replaced by the internet. My timing and request were perfect, of course. In **Nova Scotia**, **Jan Morrison** agreed to develop 'Dispatches from A Broad' as my first show.

### How ICE Happens

Developing a radio station rumbled around my brain as I moved to my next stop. Thanks to the very good offices of the brilliant astrologer **Jane Ridder-Patrick**, I had quite a nicely full schedule in **Glasgow** and **Edinburgh Scotland**. I met phenomenal storytellers, environmentalists and one tv producer, whom I hope can do radio. We brainstormed ideas for shows. On the train from Glasgow I came up with the name--ICE--the C stands for Compassionate, the E for Empowerment and the I for whatever you like--Integrity, Innovation, International.

Since June, I've chatted up the concept across America, and learned that we need only superb MP-3 audio shows to keep our end of the no-fee deal with untv and which I'm passing along free to the people I find.

### ICE Flows

ICE program producers are charged nothing as long as they develop excellent quality programs that are heart-based. Their advertising should be embedded in their two to four minute programs (really, 2-4 minutes). **JoAnn Sartorius** is looking at having her teen suicide kids create programs to pay for a conference they could then attend out of state.

I love this concept and would love your help making it happen. Contact me for more information. It's quite a wonderful opportunity to Compassionately Empower our dreams, and ourselves.

## Could it Be 'Light Load?'

**Wright Williams** last week in **Houston** told me a story. While he couldn't quite remember which was Tibet and which was Nepal, he said that one was characterized as Heavy Load-Heavy Heart; the other was Heavy Load-Light Heart.

Perhaps one of our human obligations is to actualize Light Load-Light Heart. What would it take for us to give up our belief that 'it' was hard/heavy, and allow ourselves to feel 'it' as a light load and to have that lightened heart?

## Core Beliefs, Life's Milestones

I've started noticing that my core beliefs are a bit like good old friends. My beliefs include 'that doesn't happen to me,' and have become reassuring chums as I piece together my world. This morning I heard **Robert Redford's** core belief, 'If I can do more, I should.' Our beliefs protect, inspire and yet may imprison us in curious ways.

Last December I got to again enjoy **Brugh Joy** and **Carolyn Conger**. They are such great teachers. As usual, Carolyn gave me the perfect reality check. She asked what I was teaching; I asked if she meant English or Management? Her look stopped me. She said, 'No, *your work.*' *Brugh also was welcoming/encouraging at the Denver weekend, what, two years ago. Sometimes, it takes a chorus. Thank you Carolyn and Brugh.* We met up at the yearend **Asilomar Elderhood Conference** developed by the divine **Marsha Sheldon** and **Michael Goodman**. *Brilliant job, brilliant.*

Would you like to explore with me how our core beliefs are linked to intuitive unfoldment and achieving Light Loads and Light Hearts?



## Personals

### Personal Interests/Favorite Links/Contact Information

*I envision this section as an opportunity to share our favorites, to reach out and touch others. My webmistress, the incomparable **Patti March**, has encouraged me to create a forum on my website. Join me in putting ourselves out there. If you'd rather have an electronic forum, let me know, Patti can do that ([www.candothat.com](http://www.candothat.com)).*

**Things I like:** Walks, the mystery of writing fiction, developing the wisdom for conscious foresight, the sacred, community, the great Teachers, my home, travel, good stories, dear friends, ambience, editing, intense conversations, silence, music, the ocean, watching youngsters, helping, tv, the wind, trees, in books less sci-fi and more murder mysteries these days, historical fiction, books on tape, remodeling my house, and probably order-to-chaos and chaos-to-order. Google's my favorite link, Mapquest and Mary's Kuan Yin site, which is beautiful. Contact Suzann, so@docso.com.

**Observations from Tamsen George:** Must get questions and issues into it or it could be boring. Something like my greatest personal something - fear? dislike? favorite? Pet peeve? Need something for others to respond to. Maybe a discussion on politics or religion - both forbidden issues in polite society. A quotation to respond to? *Great, yes....*

#### *Shana Tova By Erna Ferris*

I saw a woman today  
 In her right hand  
 She carried a long walking stick  
 Carved perhaps from the branch of a tree  
 Her hair was dark, cut so short  
 It barely framed her face  
 And around her neck  
 A small silver Star of David  
 Shone against her brown skin.  
 I met the gaze of her eyes with my own  
 I spoke, "*Shana Tova*"  
 And I could see  
 These were words  
 She had never heard before--  
 "It means Happy New Year" I said  
 "It was *Rosh Hoshana* last week.

Why are you wearing that Star?"  
 (Forward of me, I know)  
 "Because spiritually I am a Jew" she said  
 "Spiritually, I am black" I said  
 Her arms opened and we embraced  
 In that crowded little clothing store,  
 We embraced, skin mixing with skin,  
 Fragrance with fragrance  
 Walking stick  
 Resting on my back,  
 Friends looking over my shoulder,  
 Friends looking over hers  
 And then I watched  
 As step by slow and careful step  
 Leaning on that stick  
 She proudly walked  
 Out of the store.

*Happiest and safest of holidays.*

*Peace* 🕊

**Suzann Owings**

P. O. Box 872 📮

Placitas, NM 87043