

One World - Expanding Worlds

The Humm

Whose Newsletter *IS* The Humm?

After our first issue of *The Humm*, an astute reader emailed to ask *Whose newsletter is The Humm?*

While it's mine, I certainly hope it's also 'ours' embracing various points of view, and many people contributing often and regularly. I trust your suggestions on the wise discoveries you've made, and will share in *The Humm* your recommendations that carry that chord of compassion and/or empowerment.

Keep on humming, and include me in your thinking. Please, join in making *The Humm* a newsletter that you also call yours. *Suzann*

Birthday Note - *Good news. With our unusually cold winter, I've postponed my birthday party from January to April 7, adding 3 months and maybe a hayride to the celebration! I hope you can participate. Invitation information is on page 2.*



Mark Probert and I enjoy the Edinburgh 2004 launch of Jane Ridder-Patrick's third series of astrology books. She specializes in medical astrology, heads the Scottish School of Astrology and may be found at janeridderpatrick.com.

Core Beliefs Unveil Limitations, Challenges

By Erna Ferris

I love the idea of exploring core beliefs. There was an EST seminar years ago called the Experience of Integrity. In that seminar we discovered our 'always, always saying,' i.e., *I'm not worth it, I'm not smart enough*, etc. It is amazing how easy it is to change those beliefs, just by discovering what they are and then hearing them when they echo in your head, then affirming something good in their place and visualizing the shift. Of course, it takes much repetition, but eventually the negative voice disappears. (Each of us has a number of these with one or two that are major).

One of my major beliefs was 'I'm only half worth it.' Frequently, things would happen in halves—when my toaster broke, it would only toast one side of the bread. After the breakup of a relationship, his Mom called me and said, 'It's almost Thanksgiving and I was thinking of you and the kids—I have half a turkey in the freezer, would you like to have it?' Experiences like this prove that the voice in our heads, the negative belief system, is, in fact, accurate. Until we discover our patterns and break through, we can't really move forward, can we?

Lovely Coincidences Surround Us

By Suzann Owings

I took a paper copy of the first issue of *The Humm* to a non-computer friend. As I bagged some clothes she'd set aside for recycling, she read Erna's poem. When she finished, she told me that although she didn't know any Jewish people, she had always felt that she, too, was a Jew in her heart. The poem gave her great joy and permission to voice her sentiments for the first time.

Next Issue - April: *Birthday updates, Santa Fe Salon schedule, ICE Cubes, Starting Mother Mary Clubs, Children's Rainforest, Your ideas and input*

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



Birthday Invitation - Celebrate Aging

4-10 PM, Saturday, April 7, 2007

Suzann's 60th Birthday Party **POSTPONED** from January 26

Musicians, hula and belly-dancers, fortune-tellers, food, games, frivolity

RSVP 505-867-0567/so@docso.com by April

(really, please RSVP--we must plan enough food and fortune-tellers, and you may need directions!)

Great gifts include hugs and donations to www.oifoundation.org/donate/index.htm for the Sandoval Club, #19-611.

For accommodations, call Suzann and/or investigate local motels--3 miles away in Bernalillo, NM (Hyatt resort to Super 8), or 15-20 miles in Albuquerque, Corrales or Rio Rancho, NM.



Zee Buzzz

The purpose of this column is to share whatever will benefit others, including the collective.

Suzanne Sparks explains that **The Council of Grandmothers** as a manifestation of the Divine Feminine that presented Itself to **Sharon McErlane** one day as she walked her dog at the beach. Suzanne describes Sharon as a very sane spiritual seeker, and long-time marriage and family counselor in Laguna Beach. Balancing Yin and Yang for survival of the planet is the Grandmothers' purpose. Suzanne points out that most of the people in this group are not grandmothers. Contact Sharon McErlane, The Grandmothers, gmothers@cox.net, phone: 949-338-4691, web: <http://www.grandmothersspeak.com>

Fran Stephens follows **Carl Calleman's Mayan calendar predictions** (www.breakthroughcelebration.com). Carl describes the Fifth Day, Nov. 24, 2006 - Nov. 19, 2007, as a time of balancing the East and West, and the rational and intuitive, which could include the decline of the American dollar and altering economic relationships worldwide. Carl says this important energy shift can lead to inner wholeness.

Pegasus Soars--My dear friend Michael Tabib is producing and directing Edward Albee's Tony Award-winning play 'Who's Afraid of Virginia Woolf?' which starts with the Opening Night Gala, Feb. 17, 2007 (\$35) and a 'Pay What You Can Night' February 22. The play continues Feb. 23, 24, 25 and March 1, 2, 3, 4, 8, 9, 10 with \$15 General tickets, and \$12 Seniors and Students tickets. *Knowing Michael, the Russian River production will be super.* Find Pegasus Theater at 20347 Hwy. 116, **Monte Rio**, CA. For reservations or directions, please phone 707-522-9043.

During our college days, Michael was at UCLA's theater school where he directed me and our friend Haitham Abdullah in Virginia Woolf--guess who was Martha. Break a leg, Michael.

Mary McAfee reminds us that words heal and harm: <http://www.nhne.org/news/NewsArticlesArchive/tabid/400/articleType/ArticleView/articleId/2163/Therapeutic-Suggestion--Verbal-First-Aid.aspx>. *Way to go. Zee Buzzz, cont., pg. 4*

Starry Night Haiku

Blazing meteor falls
over Pedernal
Red cliffs so quiet.

C. S. Merrill, Ghost Ranch, NM, USA, October, 2006 © C. S. Merrill

How Psychic Readings Work

My version of how psychic readings work is on my website. Here's the navigation: Go to <http://www.suzannowings.com>. In the navigation bar on the left, click on Intuitive Counsel. On the page that opens, in the box, click on How Readings Work. Or, copy-and-paste the following internet address (I can't provide a link here): http://www.suzannowings.com/Intuitive_Counsel_How_Readings_work.asp If you don't internet, let me know and I'll mail you those pages.

Healthy Recipes Collected, Shared

I've collected these recipes from several anecdotal and experiential sources. Use as you wish--no guarantees (like life) and I'm certainly not a physician--I'm passing along what I've learned and heard.

Osteoporosis

Several years ago a client phoned me to ask how a juice recipe based on those used in the Gerson therapy for healing cancer could heal her osteoporosis. With her permission, let me share what my channel said: The organic greens give access to the bones' interior; the organic apple extracts unhealthy elements and the organic carrots act as super-penicillin.

Here's the recipe: Daily juice and drink 1 organic apple, 3 organic carrots, 1 handful of organic greens, such as broccoli or green beans.

I learned of the Gerson Institute's from my friend Jane Ridder-Patrick whose friend Beata Bishop wrote a book 'A Time to Heal' about her recovery from terminal malignant melanoma using the Gerson Therapy's rigorous juice regimen. The Gerson Institute is based in San Diego with a clinic in Tijuana (www.gerson.org).

When my nephew chose an alternative, nutrition-based path to heal testicular cancer, he chose Gerson. He's doing fine, three years into recovery. He and his family now are vegan and robust.

Candida

When I had Candida, my excellent physician Jim Dorobiala tried everything--we changed my diet, tried pills--nothing worked, until the following visualization.

Get relaxed and then picture your body in your mind's eye. You might start by visualizing an outline of your body, or, if you're tactile, touch your body to get a sense of where it is. Picture how much of your body *you* actually occupy.

The first time I did this visualization I was amazed that I 'occupied' only a small portion of my body, around my head (surprise?), throat, and heart. None of me was in my arms or legs, or most of my torso.

After you find where *you* are in your body, envision where the Candida is. You may be surprised to find Candida everywhere other than where *you* are. *I realized my Candida was a great 'squatter' occupying all the space I left vacant.*

Thank the Candida for filling the empty space and then encourage your essence to reoccupy your body. This may take several efforts before you can actually *stick* in the 'new' territory. Visually/mentally *flow* or *push* yourself into the Candida territory as you bid farewell to the Candida and instruct it to go out and help occupy empty space in some other vacant body. Repeat this process until you are a comfortable, flowing occupant of your own body.

Lime Disease

A friend just told me that one-in-seven people diagnosed with Parkinson's and/or MS actually has Lime Disease. The misdiagnosis has resulted in treatment and prescription errors.

Please send any recipes you've found useful. I'd like this to be a recurring column.

While in Orange County last year I met some wonderful people including Star Warford, who told me these three recipes.

Stiff Joints

Star recommends eating 9 gin-soaked white/yellow raisins a day. Soak the white/yellow raisins in an open glass jar for 3 days with the lid off. After 3 days of soaking, you can use a lid, but no refrigeration--the gin will keep them.

Star's used this recipe for 12 years. When she began, she couldn't raise her arms above her shoulders, arthritis, I believe. After two months of the recipe, she could easily do those little pirouette arm movements over her head, like the good pixie ballerina she is.

Bone Spurs and Gout

Cherries--14 daily--of course, no sugary ones. I don't know what 'sugary ones' means, maybe candied.

Fungal Infections

For nail fungus and athlete's foot, Star recommends Tea Tree Oil, which stinks but seems to work.

New Projects - Suzann Launches the Santa Fe Salon

Beginning February 24, 2-3 PM, **The Santa Fe Salon seminar series** begins at the **Zodiac Cafe** in Santa Fe. Henceforth, we'll convene on the **LAST SATURDAY** of the month to meet healers, psychics, historians, artists, physicists, astronomers, astrologers and others with learning to share.

Our second SFS meeting will be March 31, again 2-3 PM, at the Zodiac. Wonderfully situated, the Zodiac Cafe's housed in Garrett's Desert Inn which has abundant free parking on Alameda and the Old Santa Fe Trail. Each seminar costs \$5 per person. *Such a deal!*

Zee Buzzz, cont.

Dawn Harwood-Jones wants a message of peace delivered by a stunning female quartet in a new music video. Over the heart-stopping requiem from the Enigma Variations, she'd like to put images of soldiers' faces from WW I to the present and data on how they died. The photos will show the tragic loss of our youth. Women's faces looking solemnly at the camera will be interposed with quotes and information about women's movements that have and do make a difference.

Near the end of this three-minute video, we'll see the women in a row raising their arms, then wrapping their arms around each other - so the whole line is women arm-in-arm.

Dawn 'saw' this video in her head after a Breast Cancer Benefit where she heard the piece played by the Blue Engine String Quartet. She has yet to figure out the ending and would appreciate assistance. She wants a simple 'call to action.' Something like 'mothers, don't let your sons and daughters die in combat'... or 'women, you are the only hope for peace.' Both of these feel lame to her, so she'd love some suggestions and for help is calling upon you, and San Francisco Bay Area luminaries **Karen Buckley** in Mill Valley and **Mary McAfee** in the City.

Barbara and Mark Roscasco in **Tokyo** run a business - Kasumisou Gallery- pronounced 'ka su mi so' which translates to the flower 'baby's breath,' the tiny white flowers often used in wedding bouquets, where they feature fine handmade gifts from southeast Asia: silks, silver, lacquer. *Barbara has always had exquisite taste. We first met during our San Francisco corporate days. I knew to expect wonderful things from them.*

In 1999 the Roscascos set up an American 501 c 3 charitable foundation, **Kasumisou Foundation**. The foundation's main emphasis the past four years has been **AIDS** assistance for indigent mothers with kids in Cambodia. Check out their new site, which, according to Barbara, still needs some updating, but it's getting there, www.kasumisou.org. (*Please cut-and-paste these internet addresses.*)

Recently, SARS and the tsunami drew the media and most funds away from small foundations, which are struggling to survive. The lesson, Barbara notes, is as our parents taught us--Adversity builds character and creativity, so with each new challenge, they add depth and breath to their portfolio of skills. There's an article about them at www.metropolis.co.jp/tokyo/recent/globalvillage.asp.

Rainforest in San Diego? Jan. 4 I'm taking my mom for her birthday on a tour of the **rainforest** a **San Diego Optimist Club** built at a **Kaiser Hospital's** pediatric unit. Please contact **Georgia Longhorst** (bobandgeorgia36@cox.net) for further information about this astounding volunteer effort.

Michael Goodman's scheduled a Gathering Feb. 22-25 to explore **Dreamtime with Elizabeth Moore** in **Laguna Beach**. For further information, see <http://mooreelizabeth.com>, and contact Michael at mjggood@cox.net, 714-726-9064.

May 13-17 Albuquerque hosts **Intel's ISEF 2007**--International Science and Engineering Fair--a *very big deal*. We need judges of student work in 17 categories, volunteers, and language interpreters. This is a fabulous opportunity for young and old. Check out the website, www.volunteers@intelisef2007, or phone Jeannette Miller, 505-867-2007.

2007, a Marvelous Year 🐣

Suzann Owings

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