



Wisdom Keepers' Stories

Flordemayo is a member of the International Council of 13 Indigenous Grandmothers

Flordemayo, Grandmother Healer

First of all, I want to thank the heart of the heavens, the heart of the earth, and the grandmothers of the four directions. I would like to thank the spirit of our ancestors. Thank you, Mother, Father, Creator, and Maker. Thank you, Beloved Spirit that guides us. Thank you so very much for this sacred moment, this sacred time, this sacred circle. Thank you, beloved light of the early afternoon. Thank you for the beauty that you shower upon us. Thank you for the love and the care that you give us. And thanks to everyone for your open hearts.



Flordemayo

My name is Flordemayo and it is a botanical name, the specific name of a plant. My mother used this plant. She was a midwife and she used the plant for lactation and to shrink the womb. This is where my name comes from. I am a curandera. The ways of my ancestors have been the wisdom of the Maya. Even though I've walked with the Maya and studied with the Maya, curanderismo is in my heart. I think, I breathe, I live curanderismo.

Curanderismo is a Spanish word based on "cura," which means priest, but also means healing. Curandera is a woman who practices this method of healing. It's a word that is maybe 500 years old. Curanderismo is the practice of the traditions of Mexico, Central America, and South America. That is where you find the curanderos (man) and curanderas (women). It also mixes with Christianity. It's a very beautiful practice of spirituality with multiple sources of origin.

I am what Spanish cultures call a "claravidente," which is sort of like a clairvoyant, but that's not the way that we translate it. When we translate it, we say it refers to a "seer." I see things around me whether it is day or night. Whenever I need to go into the spiritual space for seeing, I say a prayer. With the prayer comes the permission to look into things. I never go looking at things with my spiritual eyes without permission.

I come from a culture with Mayan influences. For us, when a child is born, there's an astrological chart that's done. It tells you what the child is going to grow up and become. We believe that your life is defined from the moment you are born. This was taught by the Mayan culture. In this regard, my mother was a curandera all of her life and so was her mother, grandmother and many generations going way



Wisdom Keepers' Stories

back. My mother said that I showed signs when I was a baby of the gift, the doñ, that I would be born with. "Doñ," in Spanish, means a gift that you are born with. When you describe a person with a doñ, you introduce them as Doña. For example, you say Doña Flordemayo, Doñ Alberto, and Doñ Antonio. This acknowledges that the doñ or doña is always there.

I could remember things before I was born and my mother said that I had the capacity to speak at a very early age. I was always able to talk to whoever was around me and to communicate things. I have quite a few brothers and sisters. I'm actually the baby of a large family. In Central America, the women have lots of children and my mother had fifteen children. I remember playing with my brothers and sisters, visiting people's houses, and meeting with family members that had died like seven years before I was born. This is the kind of communication that I had when I was a baby. I would say, "Oh, you know Uncle So-and-So" when we were at his house and I would hear him saying something. Or I would remember things though I was never there at all.

My mother took great care of me. Whatever I said, she always took the time to listen. I was always giving out messages at a young age. I once expressed to the family that we were going to be moving to a foreign land, and that we were going to speak a foreign language, and it came true.

When I was two-and-a-half years old, my father passed away and left my mother with ten children to care for at that time. Women in Central America often have no freedom to speak. They might not be able to say, "I don't want another baby." It's unacceptable; if you're married, you cannot think that. My mother always wanted to be liberated and because she had five daughters, she waited for an opportunity to liberate them and bring them to a place of freedom. That was the primary reason why we came to this country.



I was four years old when I became my mother's apprentice. She woke me up one night and she said to me in Spanish, "Daughter, wake up. The stork is coming." She was a midwife, telling me that the stork was coming and that somebody was going to have a baby. That was my initiation - to run with my mother. She was very short, no taller than four feet eleven inches. I remember many episodes of running with her at the time of the full moon when women often had babies. My mother took me because she wanted me to be the first one to see the babies. She wanted to know what information I was getting when that baby was being born and what gift they had for the world. Because there was a natural communication between the little babies and me, the people in the neighborhood would ask for me to come.

That is how I started my walk with my mother. She was my first teacher. She made all her own medicine and knew a lot about plants. She taught me just about everything she knew. She made it a point to keep me home. I never had any school and didn't know how to read and write



Wisdom Keepers' Stories

until I was around seventeen years old. It was at that time that my mother died and that was three years after we had come to the United States, where everybody felt safe and sound. I went through another process of initiation with my mother when she started developing cancer in her body. I observed the drastic changes in her physical body. That was my initiation into doing diagnostics with ailments. I've been on the medicine path since then.

Everybody in my family was a healer. We had so much fun! I could get up and talk to my brothers and sisters about anything. One of the specialties that my mother had was interpreting dreams. We would sit at this very large table in the morning to have the usual black coffee for breakfast. We would sit there and talk about our dreams. This was a way my mother kept track of what was going on with each child. She did this through our communication of dreams and she continued with this right up until the end when she had a dream that described that she was going to be moving on into spirit. This happened 24 hours before she passed on. Now I have a sister that interprets dreams. It's her specialty. She's 75 years old and is one of my older sisters. I can call her at any time and she is ready for me to ask her about dreams.

The dreams that are really significant for me usually take place early in the morning just before dawn. They are sometimes like pre-cognitive dreams where there's a message. Sometimes the message comes in a roundabout way. I may get messages for somebody else, like a dream for somebody else. I really listen to it and try to keep a journal. I am trying to do this with my three grandchildren.

I come from Nicaragua. The clothing of the women in Nicaragua is pretty much nonexistent, meaning that in the indigenous communities, they simply wear a lot of plain white dresses. I wear the clothing of the women from Guatemala because this is where my grandmothers come from and I'm in love with their



The 13 Indigenous Grandmothers Council meets with His Holiness The Dalai Lama



Wisdom Keepers' Stories

clothing. I absolutely adore it. This is why I wear the dresses of the women in my family of origin.

My father was also a healer. He usually had to go out of town to do his healings. He did a lot of traveling. He would go from Mexico all the way down to Panama. His work is hard to describe, but he manipulated forces like wind and rain and those kinds of things. He would magically move his physical presence across geographical regions. Even now, three times in my life, he has materialized. I've seen him suddenly appear physically right in front of me. Even after his death, he's still moving about. He had his own way of doing things. I was too young when he passed on so I didn't learn the kind of work that he did.

As a seer, what I do is first go into prayer and ask for permission to "look" at someone. I simply close my eyes and instead of seeing a physical body, I see the outline of a body. Through a dance of color, I see movement, and know what is going on with the body. That's how I first see it. Then I proceed to go and do the healing by an experiential process of merging, doing so through a prayer.

Healers don't do the healings. Healing is actually a sacred dance between the person that's trying to get healed and God; you're just a mediator. We all have the capacity to do this. I believe that we don't have to go to somebody to ask to be healed. We're all naturally born healers. This is who we are. We always have a connection with the higher source. When we go to prayer and ask this source to help a particular person, healing takes place. That's when you're able to move the light and the energy through the person's body, and when you can break things down and move them and remove them, break them and start reconstructing the body. Before the physical body has an ailment, the sickness is outside of the body. When it enters the body, it then manifests itself. Healers have to work on multiple levels and dimensions.

Sometimes people will say that they're asking for a healing, but the healing has already started. They may have made the communication the night before or three days before, and I might have seen them already in a dream. That's how the healing might have already started. At other times, the healing won't take place. I may have to say, "I don't think I'm the right person to do the healing for you."

Sometimes when I'm seeing through the eyes of spirit, I can see through the walls, and I can see across great distances. There are many unexplainable things that happen to me. For example, I once heard my mother coming. This took place years after she had passed away. There was a certain sound to her steps when I was young so I remember how she used to walk. That is the sound that lets me know when she's here. Years ago, she came into the house that I used to live in and I heard her coming. She opened the door and greeted me. To my surprise, she looked like not a day had passed from the moment that I last saw her. She came in and she had a fox or a wolf wrapped around her arms. She put the animal on the dining room table and began to cut it, take the skin off, and remove the fat, making what looked like a stew. She talked to me as if nothing had happened, as if I was still a child in the kitchen as she made her medicine. She used a lot of animal fat with her medicine and I do the same today.

What was interesting about this vision was that the fox and the wolf are my naguals in the Mayan chart. Nagual is a power animal. When I went through that incredible conversation with my mother, she presented me with seven plants. That's when everything started becoming very clear to me about the use of medicine plants and what they were to be used for. This teaching went right through the whole evening. I was with her until I started seeing the light of the sun coming. That's when she said to me, "Please, go get your husband. I would like to feed him today." She had just made this pot of stew, and I

Wisdom Keepers' Stories

physically got up from the kitchen and started walking towards my husband. That's when I went back into my body and realized I had been in a vision with my mother. I immediately called one of my brothers in Central America and he said to me, "It's imperative that you come home, because those seven herbs she told you about are very important for the medicine."

I've been using these particular plants since that vision. The seven plants originated in Africa, but are used in my home country. I've used these plants to do what we call "lympias." Lymphias is a word that means cleansings. We use them to cleanse the body before we do healings. Also, we use them when a baby is born to rid it of any kind of trauma. We also use some of these plants when somebody has passed on, to do the last bath on the body. This is how I've been using the plants in the last nine or ten years, and I always have them at home.

I'm going to tell you another story about being on this healing path. I was 24 years old and I was already an old married woman by then. I had met my husband when I was 17, married him, and had my baby when I was 18. We thought we were all grown up and we were on our own. We had no parents. I had just lost my mother. My husband was so young that his father went to sign him when we got married and we moved to upstate New York.

No matter where I am, somehow people know that I'm doing medicine. People find me. One day I saw a grandmother coming down the road. She was coming towards my house. She knocked on my door and said, "I understand that perhaps you could see my granddaughter. She's really ill and she does a lot of crying. It really hurts me to see this child crying at night." Okay, so I walked with the granny. I was raised with the understanding that if an elderly person asks for your help, you don't say no. Therefore, I walked with the grandmother and we went to her house. She introduced me to the granddaughter and I saw that she's a young girl, maybe 15 years old. I said to her, "What is going on?" She was a little bit shy, but she replied, "Well, I'm not feeling very well." I immediately said to the grandma, "Okay, tonight I'm going to come and stay with her, if it's okay, so I that I can see what is going on in the room that is making her so tormented through the night." I went home and prepared myself and prayed and brought my things to burn. I remember bringing a candle and other materials.

Throughout the night, I noticed something in the room that was in the opposite corner from where the young girl was. What was in the opposite corner was a huge beast. I had no idea what it was, but it looked like it was half animal and half man. It was enormous in size. It took up the whole space of the corner. This was a challenge for me because my decision was to be there to protect the girl and to find out what was going on with her. Part of doing the medicine was to battle with this beast. All night long, I physically battled with the other-worldly presence. The following morning I felt that everything was okay, and I went downstairs, and said to the grandma, "I think everything is back to normal." I left to go home.





Wisdom Keepers' Stories

However, that was not the end of the story. After about a week, the grandmother came back to me. This time I wasn't happy because I didn't want to spend another evening with the particular energy in the room. I was beginning to feel annoyed, to say the least. I definitely didn't want to go there. As I started walking down the road, I rehearsed what I was going to say to the girl. As soon as I saw her, I asked, "What happened?" She surprisingly replied, "I missed him. Because I love him so much, I brought him back."

There's an old saying in Central America, "If you take the horse to water, you can't make it drink." The mistake I had made as a young healer was that I was just honoring the grandmother's desires to go and help the granddaughter. But in truth, the granddaughter didn't want any help at all. She was happy having intimate relations with this thing.

I have since learned that these particular energies have a tendency to lock themselves onto families and they can survive from generation to generation. The only way that these energies can be dealt with is to destroy them. Destroying them means to take that energy and to break it into a light form and watch it go into the heavens. However, sometimes the situation gets pretty complicated, and if we don't know what we're doing, we can get ourselves into an incredible mess. I think all of the advice and all of the things that I heard as a child in my house with my brothers and sisters really helped me with this particular challenge. Yet it was one of the hardest situations that I ever faced.

The granddaughter knew exactly what she was doing. The girl loved it. You'd be surprised over how often I bump into people, both women and men, who get involved with these dark things. It's like an uncontrollable vice. Anger is one of the ways that these beasts come into the world. They're not always as big as the little granddaughter's beast. I've seen smaller ones that I've had to destroy. When people live in anger all of their lives, these things can come. In the middle of the night, this is what they deal with, these tiny little beasts that torture them. And somehow they like that. This is something that I can't really explain.

These energies will stick around when they are fed through inappropriate behaviors, whether it's a sexual behavior or an anger behavior, or something else like that. I never heard from the young girl ever again. I just said to the granny, "I'm all done with this."

The way I battled with the thing was exactly like what you see in cartoons - beating and punching it in a kind of mortal combat. As I became older and wiser, I learned how to visualize having multiple arms and multiple legs. If a beast throws something at me, I can pull out an invisible shield from under my elbow and protect myself. These things can involve all night battles. I go out of my body to do this kind of spiritual combat.

The other way that I have seen these particular energies destroyed is through shooting spiritual energy at them and breaking them into particles, breaking up the whole form. This is like shooting them with laser beams until they break into particles and move into the ethers. It changes into light, moving from a gray form into a light form, and then it disappears.

I'm reminded of another unusual experience I once had. I was in prayer and I spontaneously went out of my body. As I watched my body, I noticed that there were two slits that opened up in the back of my body. What came out of them were wet wings. When they came out, they were so large that they were



Wisdom Keepers' Stories

almost dragging on the floor. This marked the time when I learned how to see angels when I conduct my healings. I've seen angels ever since that experience. I can tell if people have wings or not when I do the healings. This is a very nice thing to experience.

I'm going to tell you another story. I'm always in some kind of dialogue with spirit. I have this incredible passion and love for spirit. I remember one time asking, "How is it that we can be born and die and become reborn, and take on multiple lives?" In vision, I was shown a necklace of beads. I was all of those beads, moving about from one bead to the other, and each bead was a different person. I guess what I'm trying to say is that we think we are one particular person, but if we look at ourselves in the universe, we're not. We exist in multiple places, multiple times, and we have many different existences. I am able to be in multiple places because of the spiritual necklace's cord that hold together all the beads.

There's a saying of the Maya people that suggests that we are born knowing. We know everything around us through a multi-dimensional journey that takes us to many places at the same time. The Maya say that we are the people of yesterday, today and tomorrow. This is our sacred journey. It is only through the love of spirit that I've been able to experience these things.

When I was a child, I remember being in a chair or sitting on the floor somewhere with my mother, only to find that in the next moment I'm sitting on top of the roof of the house or on top of the tree, with no idea of how I got there. Different realities have appeared throughout my life. I really don't care to understand how these events happen. I'm okay with what it is, and I accept it for what it is, and that is all. I believe we could drive ourselves nuts trying to figure these matters out.

The world is in crisis. We've been in crisis for quite some time. It's really difficult to feel it, to experience the pain and the anguish. Yet we also receive blessed moments when you know that spirit is there looking out for you. One time I was in the middle of just feeling the pain of something—I'm not exactly sure what it was at the moment—but I remember just being in pain and crying. In the midst of that suffering, I noticed a spirit bird that came toward me, and it just kind of impaled me in my chest. I was filled with immediate love and compassion, as it filled my entire body.

I've been able to do incredible things through the power of prayer. I don't have a prayer book. I don't have anything like that. I just say whatever comes out of my heart, whatever I feel at the moment. I believe in my heart that God is feminine. What else creates other than the mother? We are the seed carriers in the physical form. I can't imagine God creating and not being feminine. That's my personal view.

In vision, I've seen the spirit of the grandmothers, who I call the grandmothers from the four directions. I've seen grannies in the heavens holding their hands, looking down at the world. I know they're there because I've seen them. I acknowledge them, and I say, "Grandmothers from the four directions."

I had a vision about four years ago where the grandmothers called me, and I flew into the heavens with my hands extended and my feet extended. I flew into the four directions starting with the east. All we did was touch foreheads, the grandmothers and I. I went from my bed to the grandmother of the east and then back to my bed, and then went to the west and touched the grandmother, went to the north, touched the grandmother, and went to the south. There was a lot of transference of energy that these grandmothers gave me. How could I not acknowledge them after that experience? To me, they're alive



Wisdom Keepers' Stories

and they're there to guide me. I pray to God as Mother because that is what I feel in my heart.

Let me tell you what the Maya are saying. I'm not here representing the Maya, but I'm going to say what I know. 2012 is the end of a cycle for the living creatures on this planet. Between 1985 and 2012, there has been and continues to be a transferring of energy in the cosmos that is enormous. People feel that something monumental is going to happen. Humans have practically destroyed everything around us. There's a lot of contamination: air contamination, water contamination, and earth contamination. The high winds and calamities that we're having are due to the negligence of what we're doing here. We don't need four automobiles in a family. Destruction is coming about due to our negligence and greed and the Maya have it written down as a prophecy.

One of the predictions concerns how we're going to have seven days of darkness. When this takes place, a lot of people that don't have a spiritual basis are going to go nuts. I have been assured that this will not be the end of the world. It really means, according to the Maya, that the earth is going to go through a period of gestation and enter into a new period. I saw in a vision that we're going to have two suns. We need to get ready.

We all need to cultivate a strong connection with spirit, with God. I've explained what I feel my God is, but we all have different opinions and feelings about God. You need to have such passion and devotion to God that you can surrender totally. Without that kind of commitment, you can't be a healing presence in the world.

Be careful about other people who say they are healers or spiritual. They may not have clean hearts and be competing with others for importance in the world. Where I come from, there's a disease that we call "envisia," or envy. It is a real disease. To be envious of somebody can do a lot of harm. Envy can be in a beast form.

I had such a person come and visit me. She was my husband's supervisor and she decided that she liked the man. She was also studying curanderismo with one of the local curanderas and had decided that she wanted my husband, my home, my dog, my children, and everything that she could get. She decided to visit me in my house, but she was an amateur curandera. We went into spiritual battle. She stood in front of the edge of the bed—in spirit—and she had a single weapon, a sword, and she was after me. She was ready to slice me up and get rid of me.

She did not appreciate my spiritual strength as I simply prayed, "Grandmothers, help me," That was it. I went out of my physical body, did a flip in the air, and when I landed on the bed, I had special weapons in my hands. I had four arms and I started having a fight with her. I won and I saved my family and I saved my husband. When I woke up in the morning, I said to my husband, "I had a battle with this woman who came here," but I didn't go into too much detail.

Soon after that battle, we traveled to Central America to do a ceremony with my Mayan teacher. When we got to Central America, the elder said, "Hmm, it looks like you've been in a battle." I said to him, "I have," and then he looked at my husband, and he said, "Hmm." We did the ceremony and the elder went to my husband and said, "I want you to know that the reason that your wife went into battle is because So-and-So has confronted her, and the woman is ready to step into your house and your family." My husband was horrified. He is a Western man who really doesn't believe too much in this kind of stuff, but