

From the #1 Int'l Bestselling Author Of "The Second Wave"

# LOVE IS FIERCE

Healing the Mother Wound



Kerri Hummingbird Sami

guided through embodiment by

White Buffalo Calf Woman

First published in the United States of America by Siwarkinte Publishing

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This book may be ordered directly from Amazon.com.

ISBN-13: 978-0-578-77454-1

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*Fight for the things you care about, but do it in a way  
that will lead others to join you.*

—Ruth Bader Ginsburg



*To describe my mother would be to write about a hurricane in its  
perfect power. Or the climbing, falling colors of a rainbow.*

—Maya Angelou



*I alone cannot change the world, but I can cast a stone  
across the waters to create many ripples.*

—Mother Teresa



*Integrity is choosing courage over comfort; choosing what is  
right over what is fun, fast, or easy; and choosing to  
practice our values rather than simply professing them.*

—Brené Brown

## Acknowledgements

*My heart pours out gratitude to my husband Akeem Sami who from the first moment I met him encouraged me to shine my brightest. He held my hand through the darkness of these last four years to claim my wisdom, always having faith that I would. Mesumobo Akeem.*

*To my sons Garrett and Tanner: you forever open a flood of agape love in my heart, and I promise to honor you as grown men even as I hold dear the memory of cradling you for the first time as tiny beings of light in flesh. My heart sings for you, and always will.*

*To my newest teachers, Yamina and Chi: thank you for giving me another chance to be a mother as your bonus mom.*

*I am eternally grateful to my ancestors for guiding me to the Red Road and walking every step with me.*

*Thank you to the Q'ero, Huichol, and Shipibo shamans for sharing your medicine and wisdom and waking me up to Walk the Beauty Way.*

*Thank you to the PowerPath School of Shamanism community, Red Foxes, Jose and Lena Stevens, and Anna and Aaron Harrington for community.*

*Thank you to Tracey Trottenberg and George Kansas and our messenger tribe for helping me own, honor, and unleash my message into the world.*

*Thank you to my Four Winds Light Body School teachers and mentors for powerful energy medicine and a fresh start in my life.*

*Thank you to HeatherAsh Amara, Diana Adkins, Gerry Starnes, and Chrispy Bhagat Singh for helping me lift out of darkness into my purpose.*

*Thank you Teresa de Grosbois and the Evolutionary Business Council for always lifting me up to shine even brighter.*

*Eternal thanks to my Dad for watching over me and demonstrating unconditional love throughout my life.*

*And thank you White Buffalo Calf Woman for helping me remember the love of the Divine Mother.*



*this is the recipe of life  
said my mother  
as she held me in her arms as i wept  
think of those flowers you plant  
in the garden each year  
they will teach you  
that people too  
must wilt  
fall  
root  
rise  
in order to bloom  
—rupi kaur*

*it was when i stopped searching for home within others  
and lifted the foundations of home within myself  
i found there were no roots more intimate  
than those between a mind and body  
that have decided to be whole  
—rupi kaur*

## *Why Read This Book*

Do you see yourself as a strong wise human able to make decisions that positively impact your family, community and the world? Or do you struggle with self-doubt, lack of worth, and self-sabotage? Do your relationships lift you to your fullest potential, or wear away at your energy and resolve?

When I began writing this book, I was estranged from my mother and part of my family, recovering from the loss of my Dad, and doing my best to support my eldest son in launching into the world. For years before beginning to write this book I had already been learning the lessons and taking the steps to heal the Mother Wound. I just was not aware of the process I was in until I was Spirit-tapped by White Buffalo Calf Woman to channel this book. I said yes and committed, without really knowing what I was signing up for.

As I began this book, I hoped that through the healing process I would be able to be connected with my mother while maintaining my personal power and respecting both of us, and that I would be a better mother for my sons. Upon finishing this book, my reason for doing it, and sharing it, is first a matter of **self-respect**. Because I respected myself to do the work in this book, I am able to show up with greater compassion, wisdom, love and kindness.

What I have come to realize through writing and embodying the teachings of this book, is that it is vital that you **know** yourself as strong, wise, and capable. This is especially important for women and mothers as we enter the Age of Aquarius where the Divine Feminine rises, and we embrace the Divine Mother as a teacher.

Strong wise women are the weavers of the web of family and community. When in their rightful place of honor, our families, communities and planet thrive from the benefit of the intuition, deep listening, divine connection, and fierce love of wise women. Our wise women support and teach our new mothers how to hold compassionate loving presence for our children and the words they

speaking come from wisdom earned through direct experience...not from outside authority but from **inner authority**.

A woman in her true power gives everyone a space to flourish because she is the constant gardener, she is the Mother Earth. She is not afraid to let the forest burn down or weeds to grow rampant because she knows life is a process, a cycle, and has innate wisdom. She is tapped into a greater consciousness through her feelings and intuition and surrenders to this all knowing presence to guide her way. She knows she is the voice of her ancestors, and her children are their greatest hope. She listens to the Mother Earth and feels the early tremors of the quakes and storms so she can lead the tribe to course correct and come back into harmony before a natural consequence is needed. She knows that every member of the tribe is dreaming a unique dream of their Soul, and she helps teach the **respect and tolerance** that allows all of these dreams to coexist.

For the last thousands of years, the web of our wise women has been torn apart, and in its departure humanity has brought itself to the brink of destruction. What we can witness is how when things are not in right relationship, the world topples over and over on itself.

Without the temperance afforded by ancestral wisdom, unbridled masculine energy penetrates and claims until everything that can be consumed, is consumed, from singular focus on self-interest. Our corporations convince us to be dependent on them for our comfort (and their profit), and we forget how to grow our own food. Our nations fight over limited resources (bypassing omnipresent ones), we build our societies as a power-ladder of haves and have nots, and our families divide from the dark pole of the toppled matriarchy which infects our mothers with programs that foster manipulation, jealousy, competition, objectification, and abuse (mental, emotional, physical, sexual, spiritual) out of the powerless nightmare of the downtrodden feminine.

Where is the mother with confidence enough to stare straight into the tormented eyes of a pedophile father and declare an end to the

abuse through whatever means necessary? **How can mothers stand for the children if they can't stand for themselves?**

Can you hear the tremors and quakes of impending doom when you are consumed with talking about yourself and your suffering (from a far greater comfort than your ancestors ever had)? When you are so busy trying to escape the pain of your opulent yet unfulfilling life that you lose precious moments of presence with your children? **The volume of the mental chatter drowns out the quiet voice of our Divine Mother.**

As above, so below: your personal life is a micro version of what's happening in the macro Earth experience. Contemplate how the content of this book relates to your relationship with your own mother, your feminine energy and your masculine energy. Consider the larger ramifications of the messages in this book for the human collective and for Mother Earth.

If you are a mother, where do you need to deepen your relationship with Mother Earth and claim your power to speak truth into your family, community and world?

If you are a daughter or son, what aspects of this book help you to heal that inner Mother Wound so you can show up with your gifts in service to help restore and revitalize our planet?

**How can you dream bigger and more powerfully than the drama that you were born into?**

Realize that if you've experienced the patterns described in this book, your mother has passed the Mother Wound to you despite her best efforts, since she has also been infected with it.

Women began truly waking up to these patterns in the 1960s and doing their best to break them by following teachers like Dr. Benjamin Spock whose revolutionary message was that women should show their babies love and affection, and not just strict discipline, and that they should trust their common sense (or intuition). After centuries of being taught to be afraid of their



intuition from a religious context, mothers were now being encouraged to see their innate knowing as a valuable asset.

This message being widely adopted was possible because women were finally feeling respected (in the United States) with the passage of the 19<sup>th</sup> Amendment in the 1920s which gave women the same rights and responsibilities of citizenship as men. Women began respecting themselves as a generation, and then a generation later, their daughters were able to begin loving and caring for their children in a new way. A generation later, their daughters began refining and lifting love and respect and care to new heights; thus, this book you are reading here today.

This effort to elevate love is generational because healing the patterns caused by the Mother Wound takes time, persistence, and dedication from women who are Warriors of Love. My mother is one of these women. I am one of these women. You need to see the greater context to appreciate that your mother's generation did their part to lift you to the place where you can now have greater expectations of love for yourself and your children. You are able to experience nuance and refinement in the conversation of Love to the degree to which your ancestors dug into the work to heal the layers of the Mother Wound they were addressing.

In the larger conversation, you are healing the Mother Wound of your relationship to Mother Earth. No matter what body you're in during this incarnation, you are fully a part of the consciousness of Mother Earth. You are born of her earth, fire, water and air. You are a product of the human collective programming that we are transitioning now for the survival of the species into the Age of Aquarius.

**The path to ascension is through honoring our Mother Earth.** Her steady heart beat calls you home to your Source, to Love. At all levels micro to macro you must honor the Divine Mother beginning with Gratitude to unlock the Love that leads to Awe. The Divine Father, God, helps to steer you with presence, structure, clarity, and penetration to deepen into the Divine Mother where you surrender

to the unique self-expression that you are as a multidimensional being and you embrace all that you are in her steady agape love that honors your journey of self-discovery as a loved child of the Oneness.

It begins with the literal, tangible expressions of Mother: your mother, yourself as a mother, the Earth as our mother.

As you awaken to the Age of Aquarius, you are called forth to fully embody the Divine Feminine and Mother energies and express them as you deepen your roots. You must use your voice, serve as a nurturing guide to Let Others Voluntarily Evolve, and become a conduit of the Divine Mother to help awaken yourself and all of humanity. You must dream a new powerful dream for the planet that lifts you into greater self-mastery of Love. You must learn to listen inside and trust your inner guidance, even as you may receive pushback from the wounded masculine within, or in your life, who feel threatened by this feminine power that shines light into all the vulnerable nooks and crannies of the ego.

There is a natural contraction as you expand the Divine Feminine consciousness because the patriarchal consciousness strives to reassert its influence; this temporary recoil creates the space for a deeper expansion of the Divine Feminine as you move steadily into the new age. Trust the process because as you learn to be a vessel of Divine Mother energy, everything falls into right relationship and the masculine aspects of consciousness will naturally be guided to their rightful thrones and purpose.

The lesson begins with Gratitude and a suggested daily practice: place your hands on the Mother Earth and express gratitude from your heart through your hands in prayer.

*Thank you for my life.*

*Thank you for this Earth school.*

*Thank you for all the support you've given me for my lessons.*

*Thank you for guiding me every step of the way.*

*Thank you, thank you, thank you Divine Mother.*

As you shift your consciousness with *Gratitude*, you will see that a doorway opens to *Love*, and as you enter that doorway you experience *Awe*. This is the state of consciousness we must embody to re-envision human society to uplift and serve all of life on Earth. Practicing *Gratitude* demonstrates your dedication to dream from integrity and *Love*, and your commitment to the path unlocks more blessings with each step. By demonstrating you are committed to acting and speaking from integrity, you will be honored by the Divine Mother with new revelations and opportunities.

With this book, I humbly offer you revelations I have received from the Divine Mother and White Buffalo Calf Woman. *I ask you to read with an open mind and heart, and to let the messages of this book transform you.*

**Our children's children are depending on us to turn our upside-down world right-side up.**

You may not have personally created the conditions that are hurting humanity and all of life on Mother Earth, but you are response-able for it. You are response-able for the decisions, choices and actions that build the foundation of a New Earth. You must help to rebuild the foundation of our society and culture for sustainable living that honors our home and humanity.

It starts with you rewiring your individual consciousness to align your thoughts, choices and behaviors for your highest good, so you become a healthy cell in the body of Mother Earth.

In ceremony with a prayer for help to heal the Mother Wound, I heard thousands of ancestors say "We've tried, and we were not able to heal the Mother Wound. We do not think it can be done." My heart tells me otherwise. I know that is what we are here to do, and I know we can do it. There are sisters who have led the way, who have healed the Mother Wound within their own hearts. They shine as examples for us that it is possible to heal it for yourself, and then to ripple that healing backwards to your ancestors, and forwards to your children's children.

For our brothers and sisters who yearn to explore the galaxy, realize that the gateway to that freedom lies on the other side of loving, respecting, and honoring Mother Earth with every thought, word, and deed. Until you can take care of your planet and yourself, you remain in Earth School.

You are a piece of the puzzle of Heaven on Earth, as my friend Jennifer Hough says. Once you know that, and embody yourself as the unique Divine Spark that you are, your life becomes an act of service to the collective that lifts others to become the piece of the puzzle of Heaven on Earth that they are.

Together, we can set into motion a conscious humanity that honors all of life on Earth, and accepts response-ability to be Earth Keepers. Mother Earth has so much to teach you once you are willing to quiet yourself to listen and learn. Aren't you interested in expanding your consciousness with wisdom from the greatest teacher in all of Creation? *I Am.*

As I was writing this book and sharing thoughts on social media, I had a woman comment on a post "Is the Mother Wound even real?" Just the fact that she wrote that comment is an example of the Mother Wound. We are each perceiving life through a unique lens, here to understand life with our Soul's curriculum. When a person of color says he has experienced systemic racism, and a white person says "But is systemic racism even real?" it is the same issue. Just because you do not think you 'see' something, does not mean that your brothers and sisters do not see it. Showing respect to others is to say "Tell me more about that, because I'm not sure I have experienced it, and I am curious."

In this way, you are invited to adopt an attitude of curiosity and to empty your cup of all that you 'think' you know so that you will be able to receive what is humbly offered here. Suspend any disbelief, and let your mind open to the possibilities that this Mother Wound is very real...and it can be healed when you are willing to see it and do your personal shadow work to heal it.

There are no guarantees that doing the work in this book will change your relationship with your mother, children, or loved ones.

**Focus on the love of your life, YOU, and do the work for yourself.**

Self-respect is a huge gift I received from being motivated by circumstances with my mother and my children to commit to this work. And respect is the gift I am able to give to my mother and children from having dug into the shadows revealed within the pages of this book. I hope the teachings serve you as well as they have served me, or even better.

Why bother to do the work of healing the Mother Wound as described in this text? Do it because life is so much more enjoyable when you're not lugging a dumpster of resentments and misunderstandings around with you. Do it to experience what it feels like to be gentle, loving and kind to yourself. Do it to discover the magic inside you that is just waiting for you to remember it's there underneath all that crust that built up around your heart. Do it because Love is All That Is, and it wants to express fully as the unique design you are. Do it so the sparkle returns to your eyes, and the world returns to the technicolor fullness you knew as a child.

Do it because you deserve to know what it's like to feel the simple joy of being yourself.



## White Buffalo Calf Woman Returns

White Buffalo Calf Woman is a sacred woman of supernatural origin, a prophet of feminine power, who brought sacred wisdom and gifts to the Sioux people.

In the traditional story, it is said that there was a time of famine where all the Sioux tribes gathered together. The chief of the Lakota sent out two scouts to hunt for food. These men came across what appeared to be a white cloud in the distance, and as it came closer they saw a beautiful woman in white buck skin.

One of the men was filled with lust for her and reached out to touch her.

*"This woman was 'lila wakan', very sacred, and could not be treated with disrespect. Lightning instantly struck the brash young man and burned him up, so that only a small heap of blackened bones was left. Or some say that he was suddenly covered by a cloud, and within it he was eaten up by snakes that left only his skeleton, just as a man can be eaten up by lust."*

– Lame Deer, told in 1967 at Rosebud Indian Reservation in South Dakota

The remaining man was frightened until the holy woman beckoned him forth, telling him that no harm would come to him as he did not have the same lustful motives as the other scout. She explained she was a wakán, having supernatural powers, and that if he did as instructed, the Lakota would rise again. He returned to his encampment as instructed, called the Council, and prepared a feast for her arrival.

When the holy woman arrived she had a gift for the people.

*"Halting before the chief, she now opened the bundle. The holy thing it contained was \*chununpa\*, the sacred pipe. She held it out to the people and let them look at it."*

*"She told them that the smoke rising from the bowl was Tunkashila's breath, the living breath of the great Grandfather Mystery."*

– Lame Deer, told in 1967 at Rosebud Indian Reservation in South Dakota

She taught the Lakota seven sacred ceremonies to protect the Mother Earth and gave them the chununpa, the sacred ceremonial pipe.

*"With this holy pipe," she said, "you will walk like a living prayer. With your feet resting upon the earth and the pipe stem reaching into the sky, your body forms a living bridge between the Sacred Beneath and the Sacred Above."*

*Wakan Tanka smiles upon us, because now we are as one: earth, sky, all living things, the two-legged, the four-legged, the winged ones, the trees, the grasses. Together with the people, they are all related, one family. The pipe holds them all together."*

– Lame Deer, told in 1967 at Rosebud Indian Reservation in South Dakota<sup>1</sup>

As she left the people, she stopped and rolled four times. The first time she rolled she turned into a black buffalo. The second time she turned into a brown buffalo. The third time she turned into a red buffalo. And the last time she turned into a white buffalo calf. She told the people that when the white buffalo started being birthed again into the world, it would signal her return.

Starting in 2015, white buffalos have been birthed, and many believe this is the fulfillment of the prophesy of the return of White Buffalo Calf Woman and the rise of women into leadership of our tribes and nations. It is time to mend the Sacred Hoop of life with matriarchal wisdom.



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<sup>1</sup> Read the full story from Lame Deer at <https://www.firstpeople.us/FP-HTML-Legends/White-Buffalo-Calf-Woman-Sioux.html>

## *My Name*

*This section is channeled from White Buffalo Calf Woman.*

Many of you know of me through the legend passed down through the Oceti Sakowin (The People of the Seven Council Fires, also known as the Lakota, Dakota and Nakota, or the 'Sioux'). Two thousand years it has been since my visit to the people with whom I shared many sacred ceremonies, songs and dances because these people demonstrated being prayerful and grateful. I shared seven sacred rituals that every prayerful person can perform to live harmoniously and abundantly on the Earth. And I told the people that the women and children were sacred vessels. I told the people to honor women because they are made in the image and likeness of Mother Earth: vessels of creation.

When I appeared to the people, it was to two brave scouts who had been sent by the Chief to find food during a famine. I turned myself into a beautiful young woman to teach the first lesson. One of the scouts instantly felt lust upon seeing me, and tried to take my sacred vessel into his hands to satisfy it. I turned him into dust. This was the first lesson. The other scout upon seeing this felt fear at my power. But there was no need for fear. The lesson was to honor the feminine vessel.

And now Kerri is having trouble with the channeling because she feels unworthy to be delivering this message. And this is perfect timing for this to arise because it is the point of why I have returned. The women walking the Earth today have not been honored as sacred vessels of the Mother Earth. The women walking the Earth today have been subjugated, denigrated, abused, shamed, controlled, and stripped of self-worth; for many, the abuse begins while they are still children.

**And because the women have been stripped of self-worth,  
humanity has been stripped of self-worth.**

The chanunpa, or sacred pipe, is one of the gifts I bestowed upon the Lakota people. It is an external representation of what happens



by alchemy inside every woman. The bowl of the pipe is the woman's womb. Tobacco goes into the bowl of the pipe externally because protection and strong medicine go into the woman's womb for effective prayers. Prayers and blessings go into the tobacco that enters the pipe in the outer world because prayers and blessings are what is needed to birth beautiful creations from a woman's womb.

The smoke from the bowl of the pipe must travel through the will center, heart, and throat with the intention of the mind/third eye and an open connection to the Great Spirit before it is released out into the world. Just so, a woman – who is a walking chanunpa – must bring her creations up from her womb, through her will center, her heart, and her throat to be expressed by her words into the world.

What happens to a creation that is being birthed inside a toxic soup of shame, blame, judgement, grief, unworthiness, and victimhood? The well of Love is empty in such a vessel because it has been stripped of self-worth.

Now let us talk about creations because certainly humans have demonstrated an ability to proliferate creations from their mind upon the Earth. The skyscrapers, highways, shopping malls and technology gadgets to entertain restless unsatisfied minds prove that humans are able to create things. However, creating material things for egoic gratification is very different than creating something sacred.

Sacred creations are inspired by Divine connection, serve a greater purpose, bring beauty, and serve as a fountain of Love that restores the Garden of Earth even as it is derived from the Mother Earth's materials. A baby is a sacred creation. This book is a sacred creation. A chanunpa is a sacred creation. A ceremonial cloth is a sacred creation.

To birth a sacred creation you must prepare the vessel. You must honor the vessel through which the creation is birthed. You must open the vessel and flood it with the Divine through sacred ritual and prayer. And then you must surrender to the Great Spirit that is

the only force that can birth a sacred creation...through you as the prepared vessel.

You are not doing it. The Great Spirit is the one that answers the prayers from the chanunpa. And if you have prepared your vessel for the sacred, the Great Spirit can birth the sacred creation through you.

Being in a female body automatically requires sacred work to prepare the vessel so that the Great Spirit can birth a sacred creation through you. Being a living chanunpa means that your prayers have power. Women's prayers have been influencing the world without them realizing it. Psychologically women have been trained over thousands of years to think they are not being heard; that the content of their hearts does not matter. Women have been violated by lustful men and made to think that being a receptacle of semen is their purpose.

Nothing could be further from the truth. Remember what happened to the lustful scout who attempted to take my sacred vessel to fulfill his physical desires?

For centuries women have been falsely conditioned to think that they are lower than men, and that the way to please 'God' is to subjugate yourself to men's control. That the way to survive in the world is to 'get a man and keep him.' Kerri is now remembering when her grandmother, who was trained in the Southern Baptist beliefs, told her that 'the Bible says woman serves man.' Kerri felt repulsed by this statement and hurt, and that was the correct response.

Now let us turn our attention to Christianity that has worshiped Jesus. Indeed, Jesus is an incredible teacher of love, forgiveness and compassion. And, Jesus was born of Mary. Mary prepared her vessel to receive the sacred gift of the Divine. Without this preparation, it is possible that a baby would have been born....but not a great spiritual teacher. Because Mary had prepared her vessel to be a living chanunpa, she lived in walking prayer. Because Mary lived in walking prayer, she reared her child in walking prayer.

Because Mary mothered Jesus in walking prayer, the world received the great spiritual teacher Jesus. It all began with the Mother and her decision to honor her sacred vessel...even if the prevailing culture did not honor her as a chanunpa, she found it within herself to do so.

Everything is connected. The fires rage across the planet, the heat rises, and the polar caps melt because the Earth reflects to humanity the state of its consciousness... or rather, the state of the consciousness of billions of chanunpas who have been desecrated. The rage and shame inside women's wombs is boiling, and so the planet is boiling.

**The Divine Mother says through all sacred chanunpas: honor me or be destroyed.**

There is a corollary teaching in Christianity about not honoring 'false prophets' above 'God'. Money is a false prophet. Oil is a false prophet. Thinking you own anything on the Earth is a false prophet. Nothing here belongs to you. It belongs to Mother Earth. She has only graciously allowed you to borrow her materials, including your own body, to have an experience in her garden. How have you treated her body? How have you treated her garden?

And now I speak to the souls that inhabit those bodies. It is time to respect the Mother Earth who is the Mother of your human incarnation. ASK before you take. If you have a desire, PRAY with Divine Mother to manifest it in a way that honors all of life on Earth for the highest good. Let her guide you to the solution that creates harmony. You have been taking from your sisters and brothers long enough. You have disregarded the animals, the plants, the stones, the birds, the dolphins...you have mistakenly elevated yourself above all of life on the planet.

**Being on Earth is a privilege, and privileges can be revoked.**

Things are out of balance on Earth from too many centuries of taking without asking, entitlement without gratitude, false

superiority complexes, and enslaving the feminine to satisfy base desires.

And even as Kerri is channeling my message, there are distractions. There is a call from the bank that not enough money is available. There is a man across the street disturbing the peace with his electric blower...and isn't that a perfect demonstration of the loud masculine thinking mind disrupting the peace of the feminine connection to the sacred? Kerri feels aggravated by the lack of financial support and the intrusion of this noise into an otherwise peaceful and perfect environment for channeling. But this also was orchestrated as a demonstration of the human condition which interferes with the delivery of sacred messages into the third dimension in every way it can.

You thought the white buffalo calf was the sacred gift. It was a gift from the sacred. Notice how I rolled four times, changing colors, and then vanished leaving the gift in my place? This was to demonstrate many messages including the mutability of the feminine, the cycles of the seasons, the diversity of Creation, and the ephemeral nature of the Divine.

It is harder for Kerri to hear me when I go into softness. Her heart is so conditioned by the masculine for being pounded over the head with it that the gentler messages slide under the surface of awareness. And it is the same for most humans on the planet today. The Great Spirit offers a constant stream of subtle impressions that you can quiet yourself to hear and follow. Many ascended masters are here at this time to help you move out of the mind and back into your heart so you can hear these gentle messages. In the stillness is an understanding that liberates you from the conditioning of your mind from thousands of years of masculine energy domination.

As the women soften their hearts, the grief in their wombs can be released. With this clearing, there will be space for Love to grow again. It takes courage to soften your heart, to set down the armor, and to listen to your inner landscape with compassion, rather than

judgment. It takes courage to claim responsibility to prepare your vessel for the sacred because it means facing the inner destruction caused through human conditioning and forgiving it to reclaim your chanunpa.

Women: no one can honor you until you first honor yourself and restore the sacred to your vessel. No one will give you honor because of the fear of a woman standing in her power. Remember back to the second scout who treated me with respect because of his fear for how I turned his fellow into dust? The reason why men have subjugated women on Earth for centuries is from this same fear...the fear of your power.

When a woman has prepared her vessel for the sacred, and learned to pray through herself every day, she is a conduit of the power of the Great Spirit. Certainly, depending on the level of toxicity within her womb, a woman can misuse this power for manipulation, control, and self-aggrandizing prayers. And in this phase of healing and transition into the Age of Aquarius, women will falter until they learn the self-awareness needed to avoid these misuses of power. Healing a woman's chanunpa and liberating it from passed-down patterns of suffering is necessary at this time, and that is what this book is about. It's about healing the Mother Wound.

The Mother Wound is created when a woman births a baby from an unprepared womb...from a womb that has not been prepared to receive the sacred. A woman who has not prepared her chanunpa for the sacred has not activated the inner wellspring of Divine Love that supports her to become a giver of life. Birthing a life is actually assisting a Soul to incarnate into a physical body. You can only fulfill the function of assisting a Soul to incarnate into a physical body when you have prepared your sacred chanunpa. This is why so many humans are born without knowing they have souls. They are born with Earth 'amnesia' not remembering who they are.

A woman who has prepared her chanunpa can channel into her womb the incarnating Soul and assist it with integrating into its physical form. This is a form of Soul midwifery.

As a result of so many women being deterred from accessing their spiritual power, we have had thousands of years of mothers birthing babies into the world that struggle with a sense of lack and emptiness because their souls are not fully integrated. The more that women have been punished and abused over generations, this unprocessed karma becomes the burden of the new babies who are birthed into the world without the guidance of their souls to heal it.

So you see you have learned a big lesson. People of Earth did not heed the message to honor your women, to lift them, to elevate them. As a result, you have learned what happens when you devalue, desecrate, demoralize, and demonize women. You create a world where there is hate, lack, greed, suffering, perpetrators, victims, helplessness, confusion, doubt, blame, shame, judgment, competition, and war. Sons who watched their fathers disrespect their mothers grow up to disrespect their wives and daughters. The cycle repeats and repeats; it is a spiral into darkness and destruction. The yearning for more is insatiable inside the loveless heart of the soulless human, and it will consume everything like a hungry ghost until there is nothing left, desperately trying to fill the void.

What reverses this cycle is women reclaiming their sacred chanunpas and honoring themselves. As women honor themselves, they restore the connection to the Divine that creates the inner wellspring of Love. This inner wellspring of Love satiates all desires with daily prayerful activity, and allows the woman to be gracious towards other women—ending the competition between women and rebuilding community. As the women rebuild the community, cooperation and understanding expand, elevating the group consciousness of the planet. And as the women teach their sons and daughters a new way of being, then a new generation of children can rise to embody healed masculine and feminine energies, and to lift women as sacred conduits of Divine creation.

When a healed masculine lifts a woman who honors her sacred chanunpa, her Love overflows with a bounty that replenishes his efforts to provide.

The turning of the tide begins with the women reclaiming their honor and healing the Mother Wound to become conduits of Divine Mother wisdom and Love.

You have called me White Buffalo Calf Woman because of the gift I gave to you. This book has messages from the White Buffalo Woman who birthed the calf, and is a call for each woman on Earth to become a White Buffalo Woman.

What the world needs now is the fierce love of a mother, our Divine Mother, and women who know their inner power and stand as White Buffalo Women for the mending of the Sacred Hoop of life on Earth. This book will point the way through the shadows and into the fierce love that you are invited to birth into the world. All humans are welcome to read this book regardless of physical body or sexual orientation; there is healing here for all.

I will share the teachings through the lens of Kerri Hummingbird.

Let us begin.



## *Suggestions*

**Connect with White Buffalo Calf Woman** To fully receive the teachings and activations of this book, set the intention to connect with White Buffalo Calf Woman and allow her to be an etheric guide for you as you read. Simply choosing to welcome this connection is enough. If you want to go deeper, you can get an image of White Buffalo Calf Woman to see her and feel her presence. The artist Katherine Skaggs has a wonderful image on her website ([www.katherineskaggs.com](http://www.katherineskaggs.com)). You can also do the activation for White Buffalo Calf Woman in the book “The Sofia Code: A Living Transmission from the Sofia Dragon Tribe” channeled through Kaia Ra by Sofia, The One Divine Mother Creatrix of All Life.

**Remembering Yourself** Repeat this mantra daily from Paul Selig’s channeled works, and begin listening to the Audible versions of his books starting from “I Am The Word.” What do you feel as you say the mantras? What do you notice about your knowing after a week or a month?

I know who I am in truth and love  
I know what I am in truth and love  
I know how I serve in truth and love  
I am here, I am here, I am here  
I am free, I am free, I am free  
Word I Am Word with this intention  
Word I Am Word

**Choose Kindness and Compassion** Some of the content of this book can be challenging. Be kind to yourself as you explore it and have compassion for your life journey.



## Quotes

*"Above all, be the heroine of your life. Not the victim."*

— Nora Ephron

*"She overcame everything that was meant to destroy her."*

— Rumi

*"Family is supposed to be our safe haven. Very often, it's the place where we find the deepest heartache."*

— Iyanla Vanzant

*"What you do makes a difference. And you have to decide what kind of difference you want to make."*

— Jane Goodall

*"It took me quite a long time to develop a voice, and now that I have it, I am not going to be silent."*

— Madeleine Albright

*"My idea of feminism is self-determination, and it's very open-ended: every woman has the right to become herself, and do whatever she needs to do."*

— Ani DiFranco

*"The women whom I love and admire for their strength and grace did not get that way because shit worked out. They got that way because shit went wrong, and they handled it. They handled it in a thousand different ways on a thousand different days, but they handled it. Those women are my superheroes."*

— Elizabeth Gilbert