

# GODMother INSIGHTS

INTO THE DOCUMENTARY 'THE HEART TO LEAD: WOMEN AS ALLIES FOR THE GREATER GOOD'

**A note from Jeanie and Bonnie:** As you might have guessed, we are deeply



committed to following the 'turns on the spiral' of this film's evolution. This commitment comes from a 'heart-knowing' we share that the film is a seed for understanding women's interior spaces.

What follows here is the very first understanding that arose for us in conversation about the film, 'The Heart to Lead: Women as Allies for the Greater Good.' Over the years we have essenced our learning as the 10 GODMother Awarenesses presented at [www.GODMotherProject.com](http://www.GODMotherProject.com), but find that these early considerations of 'wholeness' are another valuable window on what is happening within women's inner spaces.

We believe that Truth comes in many forms, as it is seen from diverse experiences and perspectives. As you experience the film at [www.cultureunplugged.com/documentary/watch-online/play/50413/The-Heart-to-Lead-Women-as-Allies-for-the-Greater-Good](http://www.cultureunplugged.com/documentary/watch-online/play/50413/The-Heart-to-Lead-Women-as-Allies-for-the-Greater-Good), or by purchasing it at Amazon ([www.amazon.com/dp/B07LD2FRCL](http://www.amazon.com/dp/B07LD2FRCL)), we invite you to use the following GODMother Insights as orientations. You can also just watch the film and notice what comes up for you, watch in segments along the GODMother\*Path on the website, or watch with the orientation provided in the '[Guide to Heart Knowing: Exploring the interiority of women today](#),' also available on Amazon. The more perspectives, the better, for sensing into our collective inner feminine.

As you watch, please notice your experiences and rising awareness; then, join us on the website ([www.GODMotherProject.com](http://www.GODMotherProject.com)) or on Facebook ([www.Facebook.com/theGODMotherProject](http://www.Facebook.com/theGODMotherProject)) to share your portion of the One evolving Consciousness that we are. We look forward to receiving your 'heart-knowing,' your words to describe the transitions taking place within us during these critical times on planet Earth. Namaste...

## PART I. THE WHOLE BIG PICTURE

Oneness, Sovereignty, and the Mother Heart

(A whole-system perspective on Chapters 1-3,  
The first 9:24 min of 'The Heart to Lead' documentary)

The title of the film suggests that what we're going to see is both about woman singular (the heart to lead) and women plural (allies for the greater good)... We begin our experience with Rama Vernon's vibration of Om, a universal sound for many human beings, followed by Gina Rene singing 'I am complete', and we intuit that the film will offer us the very biggest picture about women. The question begins to form: what is this Oneness, this completeness for women? Barbara Hubbard offers words to the picture with her phrase 'heart guided life purposes joined', each individual heart guided from within, in purposeful connection with others. We begin to taste this quality of each woman leading from her heart, joined in alliance with other women for the greater good.

Yet how are women to achieve this state? Imagine that every woman's voice in this segment of the film is reporting an investigation into this wholeness, this possibility. As we listen to the 'reports' that follow from Wendy Craig-Purcell and Barbara Fields, we begin to see the ingredients that make up a woman's perspective today: a strong call from the heart, fear and pain to overcome, the sense of not being alone, the importance of love and community and caring for others.

As street interviews on leadership are offered, we begin to confirm that what women hold is also good leadership, that "an invested interest... a real concern about people and their well-being," can motivate people to "give back". Finally, more reporting from Kathy Hearn and Barbara Fields, returns us to a consideration of women as a collective... we see that women are at varying stages in their growth, that we must honor one another no matter where we are in the process, and that a sense of self, self-approval, and balance in relationship is required to be true allies. We understand that moving from the habits and expectations of our lives is difficult, and that we need to have words to understand and communicate our inner call if we are to add grace to the process.

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### TALKING POINTS:

- *There is a wholeness, a completeness that is calling each woman and women together. It is heart-guided, life purpose joined. Each woman is called to her own unique purpose, in her own timing, to serve that wholeness.*

- *As we extend the conversation that began in the film, “The Heart to Lead. Women as Allies for the Greater Good”, we are building ever greater awareness to see the wholeness, the new Wisdom Culture arising from every heart.*
- *In every heart-to-heart conversation, in every circle of heart-based conversation, as we network and exchange the words and vibrations that emanate from our innermost essence, we are bringing the reality of the Mystery that is us into this 3<sup>rd</sup> dimension. The quality of this exchange offers a living reference system from which to distinguish Truth from illusory conditioning.*
- *Finding words for the Mystery Within is the task at hand, translating the Mystery into words that are vibrating at that level. As we speak and transmit That to each other, we mirror and amplify the vibration of Truth and create a standing wave of unity to guide humanity forward into a new Wisdom Culture.*

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**EXERCISE:**

*It takes many molecules to make one cell, and many cells to build one body. In the same way, many persons can be part of one family, or one business, or one school, etc. What if all of us are part of the one ‘body of humanity?’ Spend some time thinking about other people in your life, as fingers of one hand, or organs of one body. Can you feel them a bit differently, when they too ‘belong’ in the wholeness? If you are already ‘circling up’ with others, is there a difference between the culture of your circle, and the general culture around you, that encourages you to feel more accepted and ‘whole’ in yourself?*

## PART II. THE WHOLE WOMAN

Both human and divine

*(A whole-system perspective on Chapters 4-5,*

*The second segment, approx. 11 min of The Heart to Lead documentary)*

Remembering the wholeness that was portrayed by the beginning music of the film, we now hear Judy Hawkins speak about the human story, the way we may be called forth anew and yet remain very influenced by the expectations of our long-term relationships, in Judy’s case her husband. Still, as Wendy Craig-Purcell shares, we must have the important conversations with our loved ones, and practice bringing words to our rather mysterious inner experiences, learning to honor them without the need to justify or defend.

In this segment of the film, our awareness grows that many women are being called to do something differently now. What is this? One set of words we have found considers

this 'call' to be an activation of the female mammalian capacity to monitor the needs of offspring and to sense any danger that is imminent. We are calling this capacity, the Mother Heart. It may very well be that the state of the earth is apparent to Mother Hearts everywhere, as a call to take a step to avert the danger.

Yet, we are suggesting that as women are called innately to respond to needs and danger, the Mother Heart itself may present an evolutionary obstacle. Inga Canfield describes an inertia that could be called the Mother Heart on automatic, doing daily task after task, while Kathy Hearn describes an exhaustion depression of women who give endlessly from their call to serve. We begin to see that the human Mother Heart itself has a need... to be balanced by deep self-nurturance, and as the woman on the street offers, respect.

The importance of *self*-respect in women becomes clear, as Inga and Carla Mays remind us that criticisms and disappointments in childhood condition our self-understanding (and our Mother Heart capacities?). Their comments also suggest that one way to self-nurturance and self-respect is through the support of friends and mentors, a conclusion confirmed in Daniella LoPresti's song 'Role Mama' and Inga's sense of women together interdependent and unitive. And Inga leaves us with a picture of women, each trusting, loving, and approving of ourselves, together building energy tapestries of transformation.

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#### TALKING POINTS:

- The Mother Heart may be the ultimate human context that approximates divine love, the receiving field for daily activities, the capacity to selflessly respond to the needs of others.
- Yet, in present day life, this 'holding' is little recognized, little supported, and little understood. Women need to become visible in this regard, be honored and respected for what they do naturally, by each other, by ourselves, and ultimately, by the cultures we live in.
- As our awareness grows, the needs around us are endless, especially given the elaboration of 'needs' that arise from cultural expectations. Women need to be able to distinguish when we are responding from an 'out of balance Mother Heart' and when we are living from our own inner truth of Being.
- It is only when we can make the distinction between human and divine giving that we can truly be 'trustworthy' role models for one another.

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## EXERCISE:

*Review a recent experience when you felt bad (overwhelmed, irritable, annoyed, etc.) doing something for someone else. Were you self-critical about your feeling state? Did the situation turn out well? Now review a recent experience when you felt good doing something for someone else. Did you take identity from your role in the situation? Walk away feeling just a bit superior? Now contrast these experiences to one in which 'flow happened' to bring everyone what they needed. Live this week noticing the distinctions between these kinds of experiences.*

## PART III. NAVIGATING LEVELS OF WHOLENESS

As heart-knowing within, in whole relationships, in sacred circles with our sisters

Letting go of conditioning to lead from the heart

*(A whole-system perspective on Chapters, 6, 7, and 8; the third segment, 13:27 min of 'The Heart to Lead' documentary)*

As we deepen into the conversations in the film, we continue to find the two levels of engagement, that of the individual woman learning to listen to the call within, and women as a collective having the conversations, supporting one another to find words for what is happening. We begin this segment with Gina Rene outlining the struggle that each individual faces... how to trust our own inner voice in the face of the conditioning we have received as women. And she transmits how it feels when we win the struggle... we are being our 'Big Self'. We, then, return to the conversation circle where Barbara Fields and Kathy Hearn suggest that this trust and listening is a capacity that we are all growing, an intuition or 'second sense' that 'sees' what is real and true beyond the illusion of the human story.

Now we see women from two circles, intermingled, speaking and listening deeply to the 'Big Self', sharing more about how this capacity interacts with our group process. Wendy Craig-Purcell notes that when we bring our innermost Truth into our groups and ask for the spaciousness needed to truly listen to ourselves and one another, we can bypass the confusion and conflict of perspectives that come from the mind. Our hearts together discern intuitively what 'wants to happen' in the group's sphere of influence. Vice versa, the group or circle invites each woman to be accountable for the dreams she's articulated (Megan Havrda), to be inspired by other women, and to carry the 'ripple' forward in her own life to her family, community, and beyond (Kim Hansen).

Barbara Fields and Inga Canfield expand upon this feedback loop between individual and group, sensing into the collective of women as a whole. We are all in One Evolutionary Process no matter how alone we seem, and our awareness of this mutuality grows as we know and appreciate who we are... as we 'turn on our own lights.' We also hear that

when women combine listening to the inner voice with truly serving one another, our individual-collective strength becomes visible (Danielle LoPresti).

Finally, the conversation expands to humanity as a whole. Mary Omwake sees that our natural feminine power-from-within opens to include the masculine... and awakens our cellular memory of right relationship, like the river and its banks that Jody Lewis uses as a metaphor. Both men and women need to find this right relationship within themselves, for both carry the burden of the roles they have played (Judy Hawkins).

Having laid out the many levels that flow from the heart-knowing of the Big Self, we are reminded once again to consider the ways we can be off-balance in our individual to group interactions: choosing 'power over' as a model of leadership (Barbara Fields), becoming competitive instead of being sisters (woman on the street), being so task-oriented that some voices are not heard (Carol Carnes). We are reminded that there is a natural process that we are honoring as we relate to one another from our Big Self, of putting aside personal agendas and coming to trust one another (Wendy Craig-Purcell), of leading from the heart (Argentina Glasgow).

This natural process is demonstrated beautifully in the film segment we've just watched. We've witnessed how well-functioning circles are environments that invite and receive each woman's Big Self. We've seen how each woman's words from the inside out flow through the portal of the circle into this dimension, substantiating a new culture of truth and wisdom.

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#### TALKING POINTS:

- As women we feel the needs of the world through our Mother Heart, and we step forward to join other women tending and befriending. Somewhere in the process we commit to the journey of becoming our Big Self.
- We co-create circles and groups that give us safe and easy opportunities to trust the Mystery Within, to speak it and listen from it. Well-functioning circles attuned to Oneness become reference points in our lives where we leave our conditioning behind to practice the new authenticity of our Big Self. The better we are at living from the Mystery Within us, the more harmonious our circles become in a beautiful feedback loop.
- The mistakes we make in our group processes are often a continuity of the off-balance Mother Heart, listening to our cultural conditioning, trying to take care of all the needs, get things done, take care of problems without considering the whole system, especially without considering our own needs.

- As each woman learns to live from the Truth inside out, and serves others also living this way, a creative power is unleashed capable of transforming everyone and synergistically building a new culture of wisdom, trust, and right relationship.

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#### EXERCISE:

*Consider the contexts of your life. Which are the ones that open you to yourself in ways that feel expanded and comfortable, sometimes even at the edge of the Mystery that is you? Invite yourself to create an anchor, an image or a word that takes your mind back to those contexts and your inner sense of being there. See if you can use your anchor to re-enter those contexts and remain steadily yourself in other more challenging contexts.*

### PART IV. NAVIGATING LEVELS OF WHOLENESS

By GODMothering the divinity in one another

As pure Being for the greater good

*(A whole-system perspective on Chapters 9 and 10,  
The final segment, 6:28 min of 'The Heart to Lead' documentary)*

We have understood, thus far in the film, that women are being called from within to show up as their Big Selves, to gather in circles, and to serve the greater good. Although we can taste the power of our collective of Big Selves, there is conditioning to overcome, from over-giving of ourselves to treating our sisters badly. Now in this segment Gina Rene sings about letting go of all that while Mary Omwake reminds us that the Dalai Lama said that the closest aspect of God's love is mother love, pointing us to 'the mother heart' that will not let half of the world starve. We move into a powerful demonstration of one woman's heart aligned with her purpose to nurture and feed young people (Jean Molina).

Then, Mary speaks again about how important it is to love and serve, that these and other feminine gifts are absolutely essential to our own fulfillment and to 'creating heaven on earth.' She also radiates the conviction of her heart-knowing that human beings are actually pre-programmed to create heaven on earth! And Kathy Hearn follows with her unique heart-knowing, a little different, that this *must* happen, and everyone is needed, everyone rising to their own brilliance, to effect the larger scale change.

In conclusion, Kathy circles round to what we first heard as the film began.... women *naturally* feel this call within themselves. But now we have seen 17 women thoughtfully following the call, all growing as they speak their unique insights to one another,

catalyzing and confirming one another, exchanging their wisdom for the greater good. Together, these women, at all their stages, have demonstrated the process of everyone-at-once rising toward their own brilliance. They have outlined an evolution from the activated Mother Heart, aware but conditioned, to the GODMother Heart, a pure and collective vibrating intention for the whole. And we have witnessed how a new culture of wisdom and wholeness is being born.

It is so fitting to hear Gina Rene sing *Be the Change*.

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#### TALKING POINTS:

- This film is a complex tapestry of women speaking authentically about what they are experiencing, women emanating their unique energies as they speak, and women together demonstrating something new. Our minds may be stretched by the simultaneity of the perspectives we are witnessing...
- It behooves us to help the mind organize this new information, so it can open to allow the awareness of how our bodies and hearts are being catalyzed by the conditions of the times and transmission of the film.
- Mary Omwake brings the concept of 'Mother Heart' forward to help us understand that our very physiology is activated by the urgency of these times. Our 'call' is not through the brain.
- It is the vision of the entire film, women arising everywhere, toward a new kind of collective that invites individual authenticity and wholeness, that evokes the idea of the GODMother. Honoring what is already within us... the beautiful Mother Heart... we are invited into our own continued evolution... toward a true integration of our human mothering capacity and our deep essential God Within...

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#### A GODMother PRACTICE:

*From your most comfortable stable sense of yourself, in meditation or relaxed with the sunset, pure Being, gently bring to mind someone you love that is in need. Notice what has happened to your relaxation with this thought, in your body as well as emotions. Gently, expand to hold any contracted aspects of yourself that have arisen, as well as your loved one, returning to your original state of relaxation. Flood your inner space with love and notice any new sensations or thoughts that arise as guidance.*

*See also our 'Mother Heart Check List' and GODMother Pledge that follow.*



## BECOMING A GODMother

Turning to 'look at' the conditioning of the Mother Heart and other evolutionary influences

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DO I RECOGNIZE ANY OF THESE DUST-BUNNIES IN MY INNER HOME? WHERE CAN I GIVE MYSELF A 'GREATER GOOD' HOUSEKEEPING SEAL OF SELF APPROVAL?

*A seed awareness:*

- I feel afraid to be myself without others' approval.
- I need validation or permission from others to follow my innermost impulse.
- I create safety for myself by manipulating others' experiences.
  
- I create a heavy prison of 'shoulds', of responsibility for others, that weighs me down.
- I enable others' small identities by taking responsibility for them.
- I blame others for how I feel.

*From the film The Heart to Lead:*

- I feel unable to move beyond the every-day tasks that follow one after another.
- I let myself be guided by the expectations of my existing relationships.
- I feel overwhelmed by the needs of others around me, and the projects I serve.
- My family of origin is still a major problem in my life.
  
- Jealousy is a problem for me.
- I have a streak of cattiness in me.
- I find fault with others, especially when I'm feeling down.
  
- When I do a project with others, I tend to take over and/or micro-manage.
- I like to get the job done, even when I feel resistance or only partial agreement from others.

*From our mammalian and primate heritage of societies ordered by dominance hierarchies:*

- 'The other' is either above or below me.
- I must monitor 'the other' for threats and competition.
- At any moment others may join together against me.
  
- As a female, generally physically smaller than males, I am not comfortable with competition and prefer to relate to others as a nurturer.
- I avoid being too visible.
- I cultivate safety by grooming others.

THE GODMother PLEDGE

*From my growing awareness  
that I am part of a rising tide of Oneness on Earth,  
I pledge,  
to the best of my ability,  
to be a true Sister-Mirror for other women,  
nurturing the Oneness within them  
by noticing and reflecting their wholeness,  
nurturing the Oneness within me  
by committing to my own growth and evolution  
nurturing the Oneness of all creation  
by aligning all that I think and do with the greater good.*