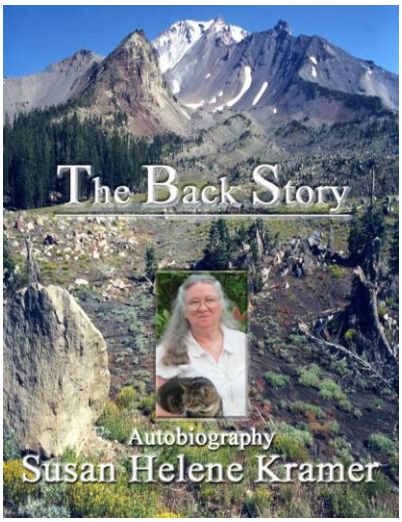
The Back Story – Autobiography of Susan Helene Kramer



Born December 30, 1946
Baltimore, Maryland

Residences Santa Barbara, California and Amsterdam, The Netherlands

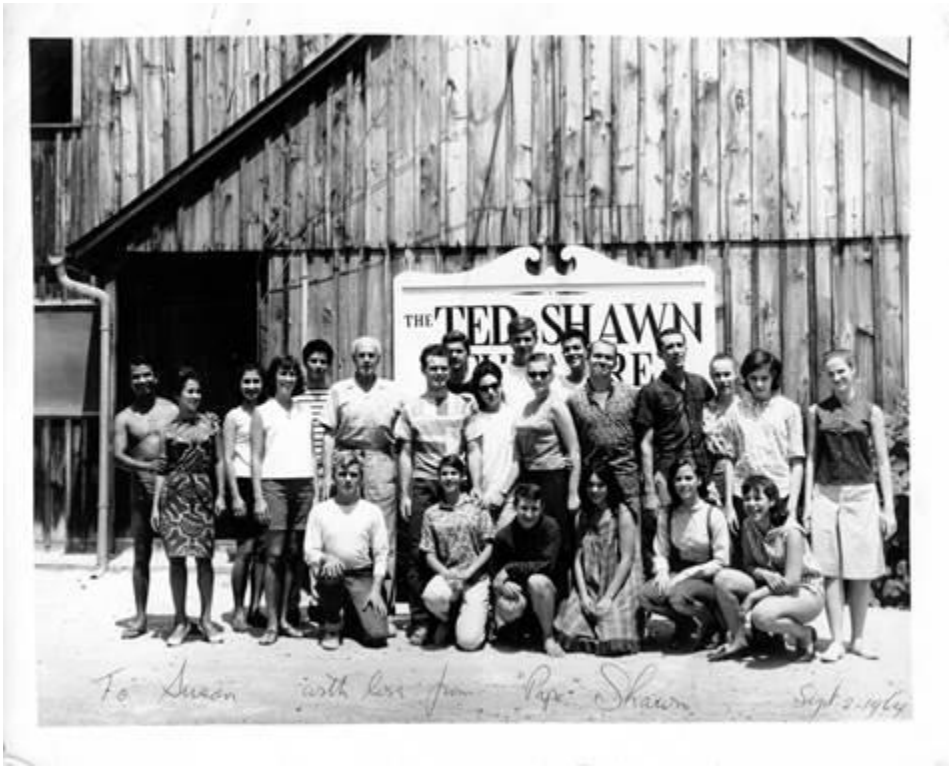
Occupation Author, Dance Specialist, Meditation Teacher, Independent Interfaith Married Monk

Spouse Stan Schaap

Children One son and four daughters

Website susankramer.com

Email susan@susankramer.com



Jacob's Pillow in front of Ted Shawn Theater: Ted Shawn standing 6th from the left; Susan Helene Kramer at far right. Sept. 2, 1964. Photo credit John Lindquist.

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1. Early Life

Susan Helene Kramer was born in Baltimore, Maryland, to Walter and Jane Kramer (both deceased), and she has a younger brother and sister, David and Sharon. She was raised at Fair Oaks on the Magothy plantation in Severna Park, Maryland. Her early life included ballet, tap, piano lessons, and church activities at St. John the Evangelist Catholic Church in Severna Park, Maryland. When she was eleven years old the three priests of her church moved into the main plantation house for two years, and Susan was first made aware of the ecumenical movement in the Catholic Church during dinner talks with one of the priests, Father Charles Riepe (1933-2009). Dance and yoga photos.

From 1960 to 1966 Susan commuted to Baltimore several times a week to attend ballet classes with Carol Lynn at the Peabody Institute Dance Division of the Peabody Conservatory of Music. (Since 1986 Peabody Institute Dance has been a division of Johns Hopkins University). She graduated from the ballet program and was a member of the Peabody Junior Ballet, Peabody Senior Ballet, and a Baltimore Opera Company dancer under the direction of Carol Lynn (photo at left), working with visiting choreographers including Lucus Hoving, and Tommy Sands.

During the nine week summer sessions of 1963 and 1964 Susan was a scholarship student at Jacob's Pillow Dance Festival and University of Dance in Lee, Massachusetts, studying classical ballet with Margaret Craske, modern ballet with Myra Kinch, Bharatanatyam with Carola Goya, and classical Spanish with Ximenez and Vargas. Additionally, Labanotation with Ann Hutchinson, principles of rhythms and Delsarte with Ted Shawn, culminating each summer as a Jacob's Pillow Dancer with choreography by Nell Roos and Ted Shawn. (Photo at right of Susan Kramer in center foreground from Pas de Quatre, 1971, with the Annapolis Civic Ballet Company.) Much appreciation to Prof. Richard Niewerth, Anne Arundel Community College, for my art education in the early to mid-1970s.

2. Career

During the school years1965 through 1967 Susan taught ballet through the after school dance cooperatives at Clarksville Elementary School, and the elementary school of the new city of Columbia, Maryland. She was a Fundamentals of Dance and ballet teacher at Peabody Institute, Baltimore, 1966-1967. Susan moved to Annapolis in 1967 and taught in the after school dance program at Cape St. Claire Elementary School, additionally volunteering time in the kindergarten to teach small groups of students basic rhythms, math and language skills through movement patterns. Susan moved to Santa Barbara, California in 1976, and taught regular and disabled elementary students math and language skills through movement and rhythm. (Photo at left teaching a rhythmic movement.)

After moving to California, Susan began studying yoga postures, philosophy and meditation with the Integral Yoga Institute and was certified to teach in 1982.

Since 1982 Susan has been writing articles and books on ballet, rhythmic dance, practical spirituality, meditation, codependency from a spiritual point of view, and social issues. She is the author of The Rhythmic Movement Dance Series, part of the Gateway to Educational Materials, Project GEM of the United States Department of Education. Biographical article from "Goleta Sun Newspaper." [1]

Kramer has authored 24 books as of 2021, and articles and books published in English, Dutch, French, German, Greek, and Spanish, [2] plus several doll making books.[3] (Photo at Meditation Mount, Ojai, California.) As of 1999 has lived as an independent interfaith married monk.

3. Personal life

Susan Helene Kramer and her husband, Stan Schaap, divide their time between Santa Barbara, California, and North Holland, The Netherlands. [4]

4. Written Works

Works by Susan Kramer include the following: [5]

1978: *Free to Move While Learning*
1988: *Relating from Light and Love;* Coleman Publishing (revised and updated as *God Speaks Through the Holy Spirit*)
1999: *Rhythms and Dances for School Age Kids*
2000: *Rhythms and Dances for Toddlers and Preschoolers*
2001: *Adaptive Dance and Rhythms*
2002: *Sing and Dance While Learning Math*
2002: *Classical Ballet Beginning to Advanced*
2003: *Kinesthetic Math and Language Lessons*
2003: *Fundamentele bewegingen voor kinderen*
2003: *Yoga for All Kids*
2004: *Meditation for All Kids*
2005: *God Speaks Through the Holy Spirit* (revised and updated edition of *Relating from Light and Love*)
2005: *Meditation Lessons for Teens and Adults*
2006: *Meditation and Spiritual Stories for Kids*
2007: *Meditation and Spirituality for Teens*
2008: *Dance Meditation Handbook*
2009: *Conquering Codependency*
2010: *Stress and Anger Management*
2012: *Gentle Yoga and Meditation*
2014: *Tantra Explored*
2017: *Little Dances and Meditations for Kids in English and French*
2017: *Ballet Dances for School Age Kids*
2018: *Anneke and Hans – 30 Short Stories from North Holland*
2019: *Meditation Reveals Our Sacred Body*
2021: *Children in Motion, Dance Meditation Yoga*
2022: *Rhythms and Dances for Ages 4-6 with National Arts Standards*
2022: *Rhythms, Music, Dances with Percussion Instruments for Ages 4 to 6*
2003-2020: Doll Books
The poses and meditations in *Yoga for All Kids* have been distributed to 900+ preschools in Canada in both English and French by LA FÉDÉRATION CANADIENNE DES SERVICES DE GARDE À L'ENFANCE. And at least one copy of the Dutch book in translation *Fundamentele bewegingen voor kinderen* is in each of the 150 libraries in The Netherlands. These books are part of my

"Children in Motion - Dance, Meditation, Yoga" series translated from English into Dutch, French, German, and Spanish.

The New York Public Library for the Performing Arts

40 Lincoln Center Plaza, New York, New York 10023-7498
Dance Division · (212) 870-1657 · dance@nypl.org

February 21, 2001

Ms. Susan Kramer
Krayenhoffstraat 221
Amsterdam 1018RJ
The Netherlands

Dear Ms. Kramer:

Thank you for your gifts to the Dance Division of your booklets *Rhythmic Movement for Toddlers, Rhythmic Dances for Children*, and *Adaptive Rhythmic Movement--Children to Seniors*, as well as the biographical information that was printed from www.susankramer.com/. The envelopes arrived in December and January. We are pleased to add these teaching texts to the collection for research use by the international community of dancers, writers, and designers who consult our resources. Please accept our best wishes for your continuing creative work.

Sincerely,

Madeleine M. Nichols

Madeleine M. Nichols
Curator

mmn:mm

SYRACUSE UNIVERSITY

ERIC Clearinghouse on Information & Technology
School of Information Studies / School of Education

July 20, 2001

Dear Susan Kramer,

Welcome to the Gateway to Educational Materials (GEM) Consortium!

ERIC/IT recognizes **Susan Kramer – Rhythmic Movement Dance Series** as an Individual Collection Member (ICM) of the GEM Consortium with collections of educational materials that are or will be cataloged and entered into The Gateway.

You are entitled to the following:

- Advise the GEM Governance Board on GEM policies and procedures.
- Submit records to The Gateway.
- Receive opportunities for training and technical support and early access to innovative applications.
- Raise concerns and issues involving the GEM Profile and The Gateway.
- Have representation on the GEM Governance Board.
- Participate in GEM Working Groups.

As a GEM Consortium Member, **we request** the following from you for the GEM Project:

- Catalog and enter records in local site indexes and The Gateway.
- Publicize "The Gateway" (www.thegateway.org) to front-line educators and potential collection holders.
- Promote the GEM Profile as the standard for representing educational materials on the Internet.
- Have and apply stated standards for authoritativeness and quality.

We're looking forward to working with you to make the GEM Project an exciting, useful tool that will help educators to get education information quickly and easily - a tool that will make a real impact in the classroom.

Thank you,

Nancy Morgan

Nancy V. Morgan
GEM Coordinator

621 Skytop Road / Syracuse, New York 13244 / 315-443-3640 / 1-800-464-9107 / Fax: 315-443-5448
Internet: eric@ericir.syr.edu

5. References

1. Biographical article: "Author relates … with love" By Bill Greenwald
Sun news reporter .Text and photo from the "Goleta Sun Newspaper," Wednesday, April 12, 1989. http://www.susankramer.com/Newspaper.html
2. "Yoga and Meditation Poses for Children" published in *Interaction Magazine* in Canada in both English and French: Traduction française par PUBLIÉ PAR LA FÉDÉRATION CANADIENNE DES SERVICES DE GARDE À L'ENFANCE; Ottawa, Ontario Canada; Kramer, Susan, "Refaire l'énergie des enfants grâce au yoga," *Interaction Magazine,* VOLUME 16, NUMÉRO 4, HIVER 2003, ISSN 0835-5819; pp. 19-21. site Web : http://www.cccf-fcsge.ca
3. Doll making books http://www.susankramer.com/dollbooks.html
4. Susan Helene Kramer personal web site. http://www.susankramer.com
5. "Susan Helene Kramer Books" personal web site.
http://www.susankramer.com/books.html

Main link

Writings of Susan Helene Kramer http://www.susankramer.com

6. Interview

Biographical article: "Author relates … with love" By Bill Greenwald
Sun news reporter .Text and photo from the "Goleta Sun Newspaper," Wednesday, April 12, 1989.

Susan Kramer, alias Shuchi, helps people relate through her writing.
Photo by Mark Lewis, Goleta Sun

Author relates … with love

By Bill Greenwald
Sun news reporter

For most of her life, going back to when she was a teenager, people naturally turned to Susan Kramer when they had spiritual questions in their lives.

Now 42, the 13-year Goleta resident still gives spiritual advice but these days she does it in book form. Kramer, who uses the spiritual name of Shuchi (meaning pure heart) in her writing, completed a book last year, "Relating…From Light and Love," that is designed to help people listen to their conscience and let it be their guide in everyday situations.

"Each person has that guide if we listen to it," she says. "We don't have to depend on outside sources."

Shuchi's book is divided into four sections. The first deals with humans' place in the whole of creation; the second with relating to others as family, friends or mates.

The third is a section on practical living in the workplace and schools, and the final section deals with uplifting people to help them experience their own state of happiness.

A disciple of Indian guru Swami Satchidananda since 1977, Shuchi admires his ecumenical work with all faiths, not just Christianity, and "seeing that all faiths lead to the same experience of God."

Shuchi gave an example of how to tune into one's own intuition and conscience in an everyday situation.

"When faced with a decision when my children need my time and I'd rather go to the movies, I usually go with the child's need," she says. "If I go to the movies I won't be happy. By staying with the child my own inner sense of peace is maintained. There's no conflict."

It is those decisions that lead a person to his own natural sense of peace that Shuchi calls "tuning in to your own self-maintenance program."

Shuchi is a multifaceted talent with a rich background of experience. She has always been involved in some aspect of the arts. She was a classical ballet dancer in… Baltimore until she was 28 and also became a well-known artist in abstract color construction in Maryland. She wrote her first book, "Free to Move While Learning the Three R's," a manual for teaching in early childhood education, …[in 1978 in] Santa Barbara. She also illustrated the book.

"I was encouraged by my parents to express myself and set myself to whatever I tried to do," she says. "It's 99 percent work and one percent talent."

"Part of the learning tools to peace that she talks about in her book includes living as close to nature as possible. Clean diet, positive attitude and a healthy body bring about a balance of activity between the physical, mental and emotional bodies, she says.

"Relating…From Light and Love" is the first book of a projected three-part trilogy. "Intertwining Lives" and "Just Love All" are the other two.

The mother of five children, Shuchi has lived in Goleta since 1976, when she came here from Annapolis, Md. to visit a friend and fell in love with the area.

"I loved the combination of ocean, green valley, the beautiful mountain peaks and all the lushness and color," she says.

"Relating…From Light and Love" is available from Coleman Publishing... Author's note: October 26, 2016: This book is now available as *God Speaks Through the Holy Spirit*

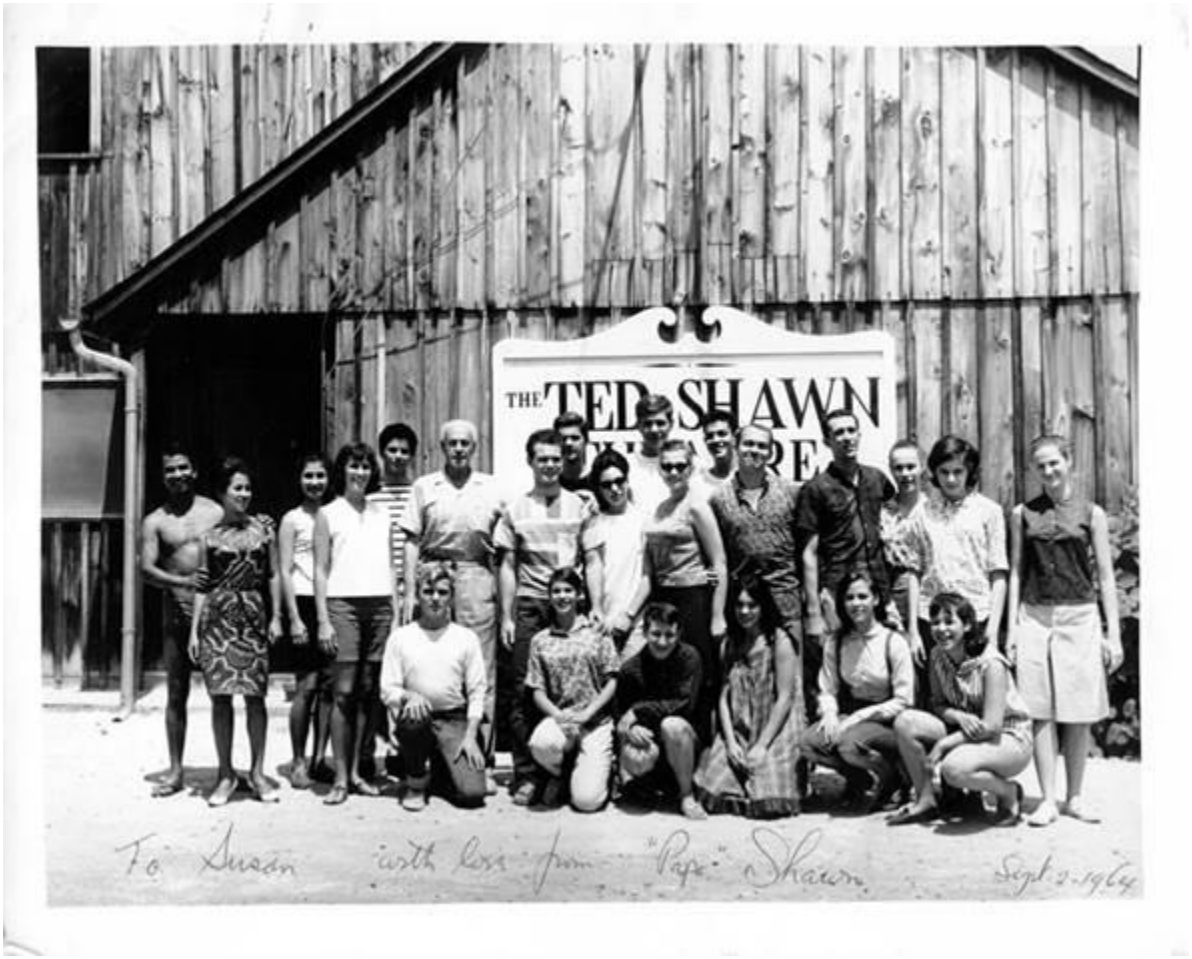
7. Dance and Yoga Photos

1. May 1952 - Susan, 2nd from the right costumed for her first recital, Miss Patton at the piano. Adelaide G. Molter Dance Studio, Severna Park, Maryland. Photo credit Jane Kramer.

2. May 1954 - Susan's third recital with Adelaide G. Molter, Severna Park, Maryland. Photo credit Jane Kramer.

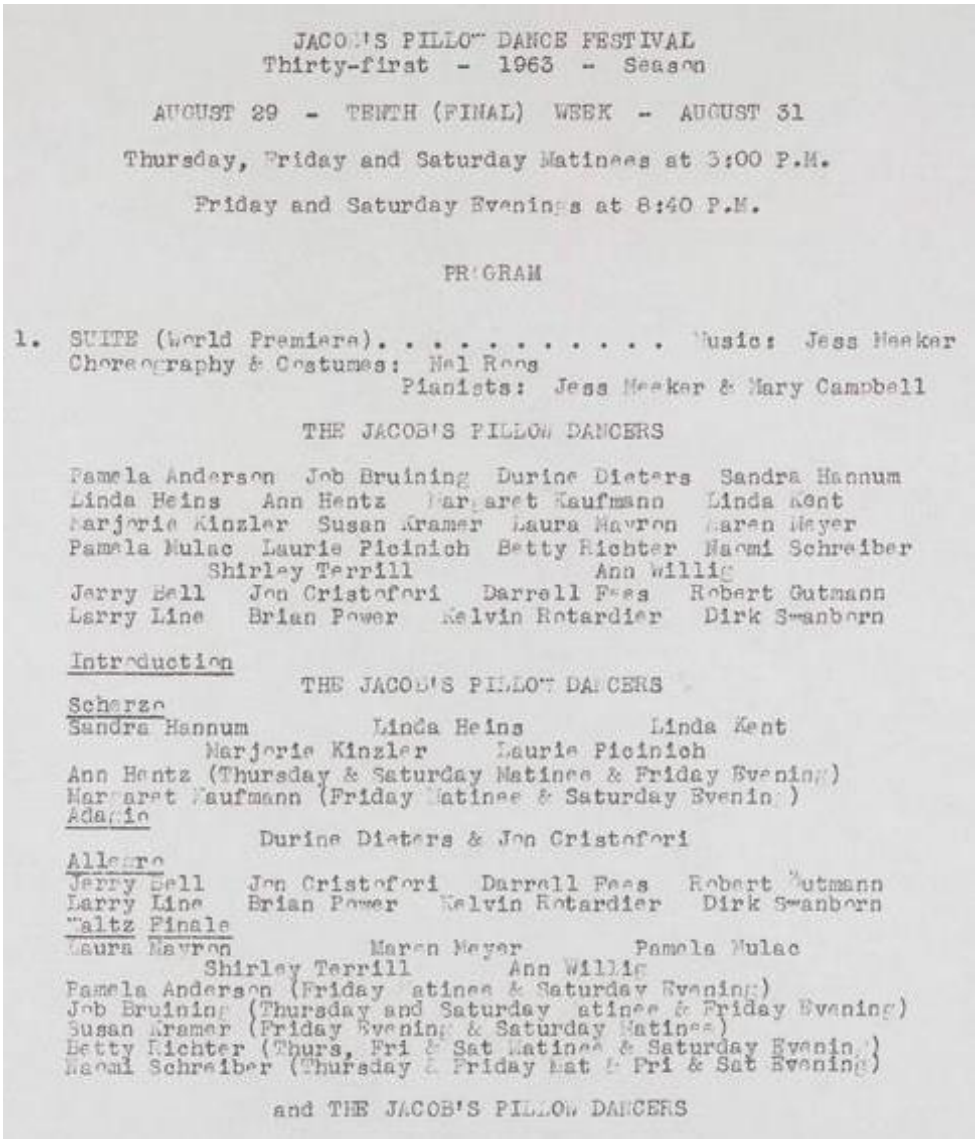
3. May 1961 - Peabody Junior Ballet Company, Baltimore, Maryland, production of "A Midsummer's Night Dream." Susan back row, 2nd from the left. Photo credit Carol Lynn.

4. September 2, 1964 - Jacob's Pillow, Lee, Massachusetts, in front of Ted Shawn Theater: Ted Shawn standing 6th from the left; Susan Helene Kramer at far right. Sept. 2, 1964. Inscription: To Susan with love form "Papa" Shawn Sept 2 - 1964. Photo credit John Lindquist.



5. August 1963 at Jacob's Pillow with my sister, Sharon, (in green dress), who was visiting, standing in front of Ted Shawn Theater. Sharon sewed both of our "shifts" - they had just come into fashion. Susan in program listed just below. Photo credit Jane Kramer.

6. Jacob's Pillow Dance Festival Thirty-first – 1963- Season; August 29 – Tenth (Final) Week – August 31 PROGRAM. Susan Kramer listed under THE JACOB'S PILLOW DANCERS.



JACOB'S PILLOW DANCE FESTIVAL
Thirty-first - 1963 - Season

AUGUST 29 - TENTH (FINAL) WEEK - AUGUST 31

Thursday, Friday and Saturday Matinees at 3:00 P.M.

Friday and Saturday Evenings at 8:40 P.M.

PROGRAM

1. SUITE (World Premiere). . . . . Music: Jess Meeker
Choreography & Costumes: Hal Reed
Pianists: Jess Meeker & Mary Campbell

THE JACOB'S PILLOW DANCERS

Pamela Anderson Job Bruining Durine Dieters Sandra Hannum
Linda Heins Ann Hentz Margaret Kaufmann Linda Kent
Marjorie Kinzler Susan Kramer Laura Mayron Maren Meyer
Pamela Mulac Laurie Picinich Betty Richter Naomi Schreiber
Shirley Terrill Ann Willig
Jerry Bell Jon Cristofori Darrell Fees Robert Gutmann
Larry Line Brian Power Kelvin Rotardier Dirk Swanborn

Introduction
THE JACOB'S PILLOW DANCERS

Scherzo
Sandra Hannum Linda Heins Linda Kent
Marjorie Kinzler Laurie Picinich
Ann Hentz (Thursday & Saturday Matinee & Friday Evening)
Margaret Kaufmann (Friday Matinee & Saturday Evening)

Adagio
Durine Dieters & Jon Cristofori

Allegro
Jerry Bell Jon Cristofori Darrell Fees Robert Gutmann
Larry Line Brian Power Kelvin Rotardier Dirk Swanborn

Waltz Finale
Laura Mayron Maren Meyer Pamela Mulac
Shirley Terrill Ann Willig
Pamela Anderson (Friday Matinee & Saturday Evening)
Job Bruining (Thursday and Saturday Matinee & Friday Evening)
Susan Kramer (Friday Evening & Saturday Matinee)
Betty Richter (Thurs, Fri & Sat Matinee & Saturday Evening)
Naomi Schreiber (Thursday & Friday Mat & Fri & Sat Evening)

and THE JACOB'S PILLOW DANCERS

7. Ballet Title: SUITE, Choreography and Costumes: Nel Roos, Music: Jess Meeker (program above) Jacob's Pillow Dancers August 1963.

8. August 1964 "The Mountain Whippoorwill" choreographed by Ted Shawn from Stephen Vincent Benét's poem. Susan is 2nd right from center. Inscription: To Susan - with love from "Papa" Shawn. Photo credit John van Lund.

8a. Enlargement of photo above: Susan 3rd from left.

9. August 1964 outside the back of Susan's "cabin home" at Jacob's Pillow for the summer. Photo credit Jane Kramer.

10. June 18, 1971 - "Pas de Quatre" with the Annapolis Civic Ballet, Annapolis, Maryland. Susan in center foreground. Photo credit "Evening Capital" newspaper photographer.

GRACEFUL GROUP — The Annapolis Civic Ballet, directed by Grace Clark, will present a program entitled "Ballet Divertisement" 9 p.m. Friday on the dockside stage.

11. Spring 2001 - Erin and Susan practicing polka step, Des Plaines, Illinois. Photo credit Stan Schaap.

Yoga

Studied with the Integral Yoga Institute in Santa Barbara beginning December 1976. Certified to teach Hatha Yoga December 1982.

12. August 1999 - Susan Helene Kramer as **Independent Interfaith Married Monk** in Santa Barbara, California. Photo credit Sarada Lewis.

13. September 2000 - Susan in meditation pose at a road trip rest stop in Oklahoma, USA. Photo credit Stan Schaap.

14. September 2000 - Susan practicing hatha yoga on Old Mission Santa Barbara lawn. Photo credit Stan Schaap.

15. 2010 - Susan moving prayer beads along, one per mantra, during meditation practice. Photo credit Stan Schaap.

15a. Close up of a way to move along the mala beads:

8. Experiences in Chronological Order

1. Angel Wings http://www.susankramer.com/angel.html

2. Gifted with an Ecumenical Outlook http://www.susankramer.com/ecumenical.html

3. A Spiritual Cure for Loneliness http://www.susankramer.com/loneliness.html

4. Everlasting Blessings from Paramahansa Yogananda http://www.susankramer.com/yogananda.html

5. Be Still and Know Yourself http://www.susankramer.com/stillness.html

6. Birthday Transformation http://www.susankramer.com/transformed.html

7. Enlightenment – Basking in the "Divine Son" http://www.susankramer.com/goldenmoment.html

8. Kirtan – Devotional Chanting http://www.susankramer.com/kirtan.html

9. Miracle Flower Rejuvenation http://www.susankramer.com/rejuvenation.html

10. Inspired to Write on Practical Spirituality http://www.susankramer.com/writings.html

11. Serving God through Serving Humanity - Initiation with Gayatri Mantra http://www.susankramer.com/initiation.html

12. Rainbow Globe of Light http://www.susankramer.com/rainbow.html

13. St. Francis to the Rescue http://www.susankramer.com/saintfrancis.html

14. Blessed Mother's Message at Woodland Altar http://www.susankramer.com/woodland.html

15. Uncovering a Spiritual Mission http://www.susankramer.com/mission.html

16. Lessons in Charity I Learned from My Dad http://www.susankramer.com/charity.html

17. Discovering Meditation Mount http://www.susankramer.com/meditationmount.html

18. Joy in the Spirit of Yogananda http://www.susankramer.com/encinitas.html

19. A Visit from Jesus - Divine Intervention on the Ocean on Christmas Day http://www.susankramer.com/saved.html

20. Washed Over by a Wall of Water http://www.susankramer.com/wave.html

21. In Consciousness There Is No Time http://www.susankramer.com/consciousnesstime.html

22. A Dark Night of the Soul http://www.susankramer.com/darknight.html

23. Thirty Year Synopsis - December 1982 through September 2013 http://www.susankramer.com/thirtyyears.html

24. Finding a Radiant Garden in Deep Meditation http://www.susankramer.com/hiddengarden.html

25. The Wholeness of the Holy Trinity http://www.susankramer.com/trinity.html

26. Glimpses Beyond http://www.susankramer.com/glimpses.html

27. Learning from Margaret Craske and Meher Baba http://www.susankramer.com/craske.html

28. Grace Is a Gift http://www.susankramer.com/grace.html

29. When I Realized the Holy Bible Was Not Originally in English http://www.susankramer.com/bible.html

30. Meditation Guides Us in Practical Ways http://www.susankramer.com/practicalways.html

31. Shining Radiantly with Joy http://www.susankramer.com/joy.html

32. Our Super Charged Body of Energy http://www.susankramer.com/body.html

33. National Geographic Television Series on God - commentary
http://www.susankramer.com/television.html

34. My Cat Connection http://www.susankramer.com/catstory.html

35. Tree Limbs Crash in Front of Me http://www.susankramer.com/treebranch.html

36. Learning from Margaret Craske and Meher Baba http://www.susankramer.com/craske.html

37. Miraculous Medal Experience on October 13, 2016
http://www.susankramer.com/blessedmother.html

38. Take Flight http://www.susankramer.com/takeflight.html

39. Reflections at Age Seventy http://www.susankramer.com/reflections.html

40. Special Relationships http://www.susankramer.com/specialrelationships.html

41. My Mind Is Not Enclosed in My Physical Body
http://www.susankramer.com/mindeverywhere.html

42. Personal Truth Versus Universal Truth http://www.susankramer.com/truth.html

43. An Angel on My Shoulder http://www.susankramer.com/angelstories5.html

44. Handling a Big Forgiveness Challenge
http://www.susankramer.com/forgivenessadults.html

45. Emergence of Susan-Ananda http://www.susankramer.com/susan-ananda.html

46. Guru – a Spiritual Teacher http://www.susankramer.com/guru.html

47. Where Is Heaven – What Is Heaven? http://www.susankramer.com/heaven.html

48. Mind and Soul http://www.susankramer.com/mindsoul.html

49. God Is http://www.susankramer.com/godis.html

50. Pierced by a Needle of Light http://www.susankramer.com/pierced.html

51. Ascension – a commentary http://www.susankramer.com/ascension.html

52. The Temporary Physical Body – a commentary
http://www.susankramer.com/temporarybody.html

53. From Whence Comes Our Peace in This World? http://www.susankramer.com/personalpeace.html

54. Lessons from Mt. Shasta http://www.susankramer.com/mountshasta.html

55. Intimate Relationships and Practical Spirituality http://www.susankramer.com/intimaterelationships.html

56. Uplifted in a Vision of Group Meditation http://www.susankramer.com/groupmeditation.html

57. Physical Mental Ethereal Connection http://www.susankramer.com/connections.html

58. No Sidewalls to Be Seen http://www.susankramer.com/sidewalls.html

59. Laying One's Life Down For Another http://www.susankramer.com/another.html

60. The Light of the Astral World http://www.susankramer.com/astral.html

61. Receiving a Touch of Grace http://www.susankramer.com/touchgrace.html

62. Age Is No Barrier http://www.susankramer.com/barrier.html

63. Good As Good Can Be http://www.susankramer.com/good.html

64. Sparkling Radiance http://www.susankramer.com/sparkling.html

65. Life Continues As We Wish http://www.susankramer.com/lifecontinues.html

66. How I Distribute My Writings http://www.susankramer.com/susankramerwritings.html

67. Receiving Wise Advice http://www.susankramer.com/advice.html

68. Practicing Meditation for Problem Solving http://www.susankramer.com/problems.html

69. Beyond Lucid Dreaming with Our Cat http://www.susankramer.com/catluciddreaming.html

70. Humans Are Human from Conception http://www.susankramer.com/humanbeings.html

71. Entwined with God Lucid Dream http://www.susankramer.com/entwined.html

72. Inner Music of Meditation http://www.susankramer.com/innermusic.html

73. Blazing Star http://www.susankramer.com/blazingstar.html

74. Listening to the Overtones of Om http://www.susankramer.com/overtones.html

75. Using a Rosary or Mala Beads http://www.susankramer.com/rosary.html

76. Communing with Our Dearly Departed http://www.susankramer.com/departedones.html

77. Forgiveness Works Both Ways http://www.susankramer.com/forgive.html

78. Being Kind Is a Choice http://www.susankramer.com/kind.html

79. Song for Peace from a Dream http://www.susankramer.com/peacesong.html

80. Our Deeper Self, Our Private Self http://www.susankramer.com/innermind.html

81. Commentary Inspired by Ecclesiasticus 43, 11-26 http://www.susankramer.com/ecclesiasticus.html

82. Interrelating with Departed Loved Ones http://www.susankramer.com/departed.html

83. 1. Dimension of Dreams, and 2. Dream with Grandmother Helen http://www.susankramer.com/grandmother.html

84. Expressing Sympathy After a Death http://www.susankramer.com/sympathy.html

85. Bodies – Earthly and Heavenly http://www.susankramer.com/bodies.html

86. It's My Way or No Way in Relationships http://www.susankramer.com/myway.html

87. Relief from Grief http://www.susankramer.com/relieffromgrief.html

88. Expressing Deep Down Goodness http://www.susankramer.com/goodness.html

89. Siblings http://www.susankramer.com/siblings.html

90. Aligning with Our Function on Earth http://www.susankramer.com/function.html

91. Words Are a Boomerang http://www.susankramer.com/boomerang.html

92. *Musical Prayers* – collection: Lift Me Up and more by Susan Kramer http://www.susankramer.com/songs.html

93. My Little Sister – poem http://www.susankramer.com/littlesister.html

94. Special Relationships http://www.susankramer.com/special.html

95. Earth Angels http://www.susankramer.com/earthangels.html

96. Celibacy and the Clergy http://www.susankramer.com/celibacy.html

97. Spiritual Thoughts and Memories – collection http://www.susankramer.com/spiritualthoughts.html

98. Forested in Divinity, Parts 1 to 4 – story in verse http://www.susankramer.com/foresteddivinity.html

99. Encircled in World Peace – poem http://www.susankramer.com/worldpeace.html

100. The Bully in English and De pestkop in Dutch translation – free ebook http://www.susankramer.com/thebully.pdf

101. On Reaching Age 77 – collage http://www.susankramer.com/age77.html

102. Sr. Rita, Mission Helpers of the Sacred Heart, Passed in Morning Meditation http://www.susankramer.com/sisterritameditation.html

9. Favorite Poems by Susan Helene Kramer

Blazing Star

I wear my heart as a blazing star
Shining radiantly, loving all.
Pulsing heart beating light
Beating love, beating light
Pulsing heart beating light
Beating love with all my might.
And when my actions show The Way
My blazing heart will grow each day
A pulsing shining heart of light
Will blaze in love forever bright.
Love for one and all will be
What the world will see of me.

By Susan Kramer www.susankramer.com

FORESTED IN DIVINITY by Susan Kramer

In a dream a road I climb, pearly gates ahead I spy
Opening wide ahead of me, rolled aside that I might see
Wonders on the other side, amongst a land of majesty.

Bold and bright the sights are hewn, not crumbling down like ancient ruins
For my eyes I've trained to see all the best the world can be.

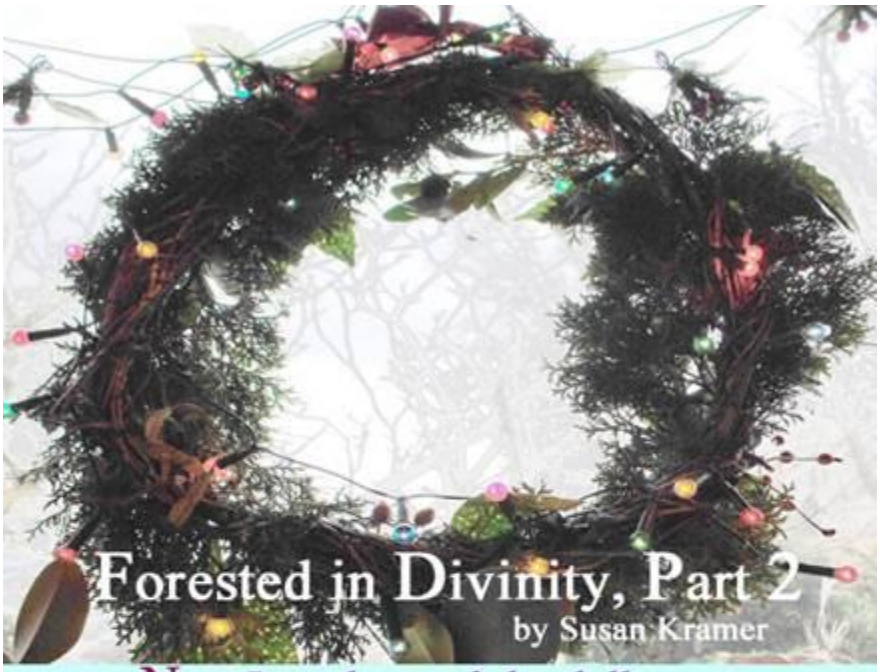
With air to breathe that's fresh and clean, I continue on with energy.

A woodland dell comes into view and heat of day recedes
Under canopy of needled leaves, amongst the redwood forest trees.

When we keep high thoughts in mind, we nurture redwood trees divine
We shelter others in our love, with radiant blessings from above.

Heaven on earth's the place to be
Forested in Divinity.

© 2023 Susan Kramer with photo of Lake Tahoe



Now I see beyond the dell
Many dear ones from the past.
Multi-dimensioned brilliant selves
In hues of light as clear as glass.
I bow my head and with a start
See the light of which I'm made.
I've never noticed I'm a part
Of brilliant lights, wave after wave.
Glowing Christmas lights on earth
Give a hint of what's in store.
When having burst our bounds away
We live in Light forever more.

Forested in Divinity, Part 3

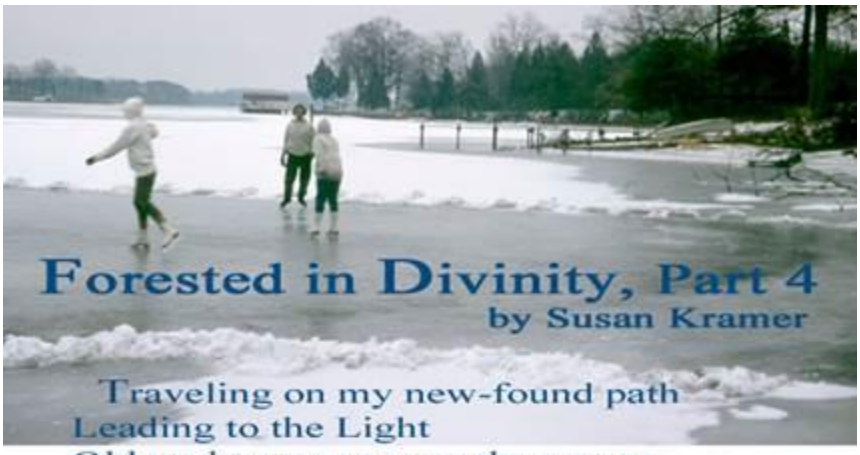
by Susan Kramer

Forever more begins today
Dawn's rays dispersing night.
Opening up a clearer way
Exploring now in luminous light.

With fortitude I walk along
Until I feel I, too, belong.
Dell upon dell of new-found delights
Keep me striving towards Spirit's heights.

Family of Light, then guide me ahead
Along the path they've successfully tread:
"Learn by loving and acting rightly
Ever shining and glowing more brightly."

***I** feel this message will not rest*
I'm energized, I'll do my best
To be my truest Light of Lights –
Scintillating, Brilliant, Radiant, Bright.



Forested in Divinity, Part 4

by Susan Kramer

Traveling on my new-found path
Leading to the Light
Old useless ways soon drop away
Roll off a cliff along the way –
Very soon they're out of sight.

As I take a deeper breath
I'm lifted high above the path.
Now zooming over new terrain
It seems I'm in a light aircraft.

Higher, clearer seeing more.
Forever more, what's in store?
Have I reached the other side
With earthly shackles thrown aside?

My life is split in two it seems.
My worldly path has split its seams.
No longer struggling tied to earth
No longer clutching only things.

In Forested Divinity dells I've learned
That living rightly, at all times
Brings forth the best of everything.

Photo credit Jane Kramer, Fair Oaks on the Magothy

Forested in Divinity, Part 5 by Susan Kramer

And when at last I wake from sleep I'll take a little time,
Reflect on places I've been shown,
Reflect on what I should have known –
Destiny stretching beyond earth, forming my eternal worth.

Walking into forest deep took courage to explore,
Face a new and different scape, face an upgrade to my fate.

Is future just a great escape? A space and time unlike this place?
Or, an opening in this world, forever more, to explore?

Is my lesson every day to live life fully every way –
Pour forth kindness from myself, from deep within my Inner Self?

I've wakened to the Light within – Heaven as it's always been,
A shining brilliant radiant Source, enlivening us forever more.

10. Artwork by Susan Helene Kramer - (Sue Rice signature name)

Artwork scanned from frame with color restoring program. These photos were taken by Capt. Herbert P. Rice at my one-woman art show as Sue Rice, in 1973 at the Annapolis Main Branch of the Anne Arundel County Library, Maryland. The water color of the yellow heart was from a later date, 1988. The paintings are acrylic and some rabbit skin glue. The baby portrait is pencil. The hand in foot is conte crayon. The reclining nude is conte crayon. The peach is water color. The coleus is oil paint. The 3-piece construction in top right corner won 1st place in modern art at the Anne Arundel County Fair in 1972.

2 photos with color-restoring program:

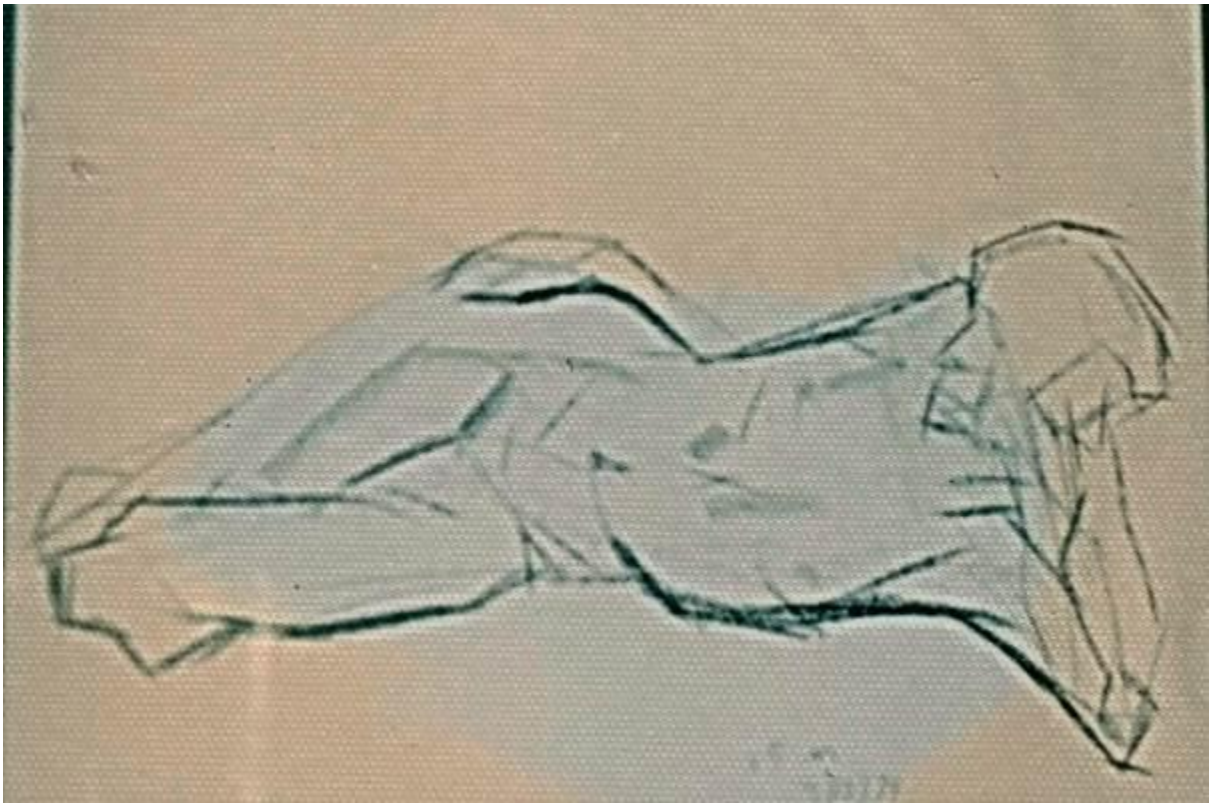
artphoto1a.jpg

artphoto2a.jpg

The 3-piece construction in green, red and yellow, top left corner below, was accepted in the State of Maryland juried art exhibition held in Annapolis, Maryland in 1975.

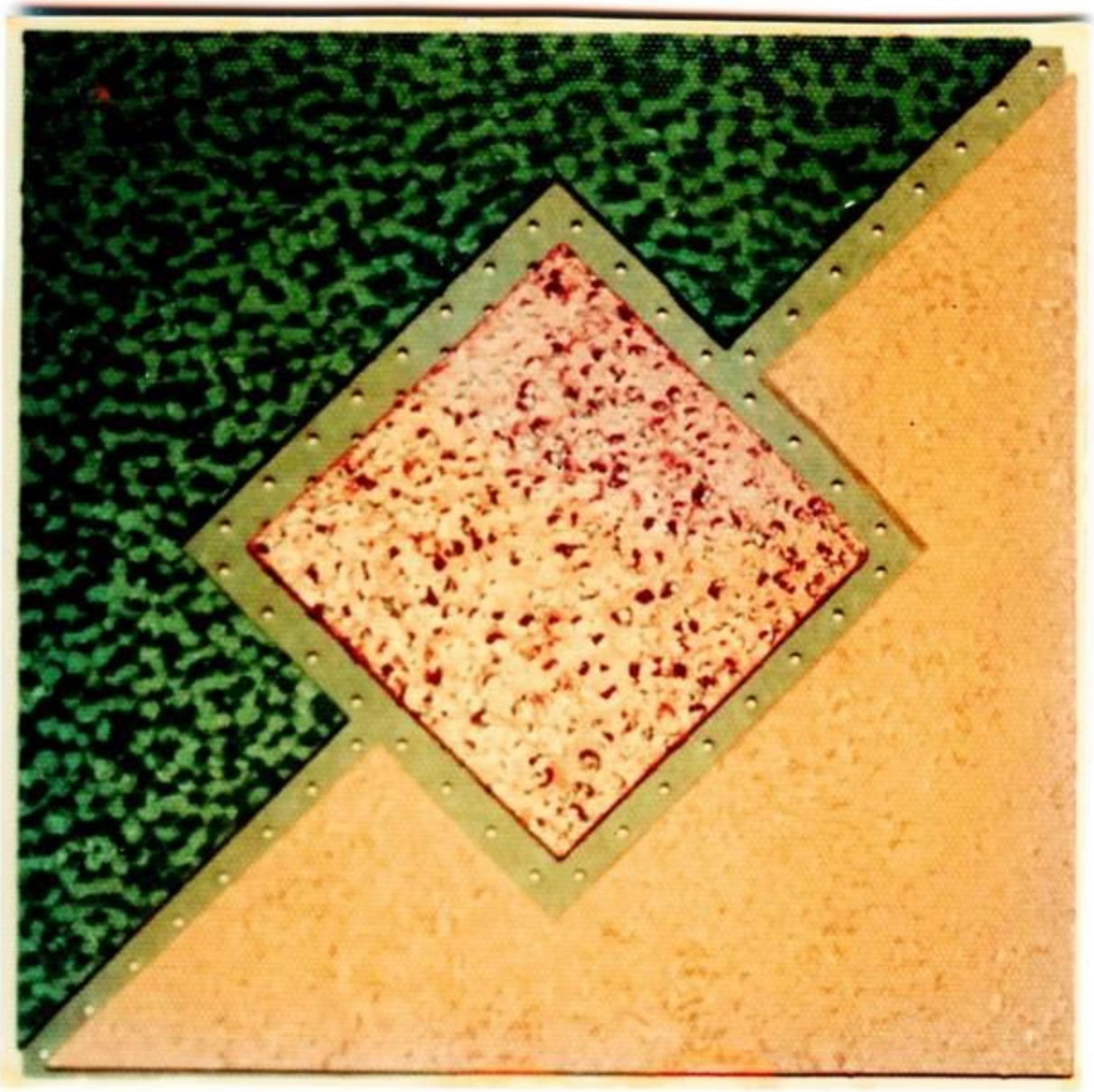
4 pieces enhanced from the above two group photos:

artphoto1b.jpg – reclining figure as Sue Rice with conte crayon on art paper from
life model at St. John's College 1973

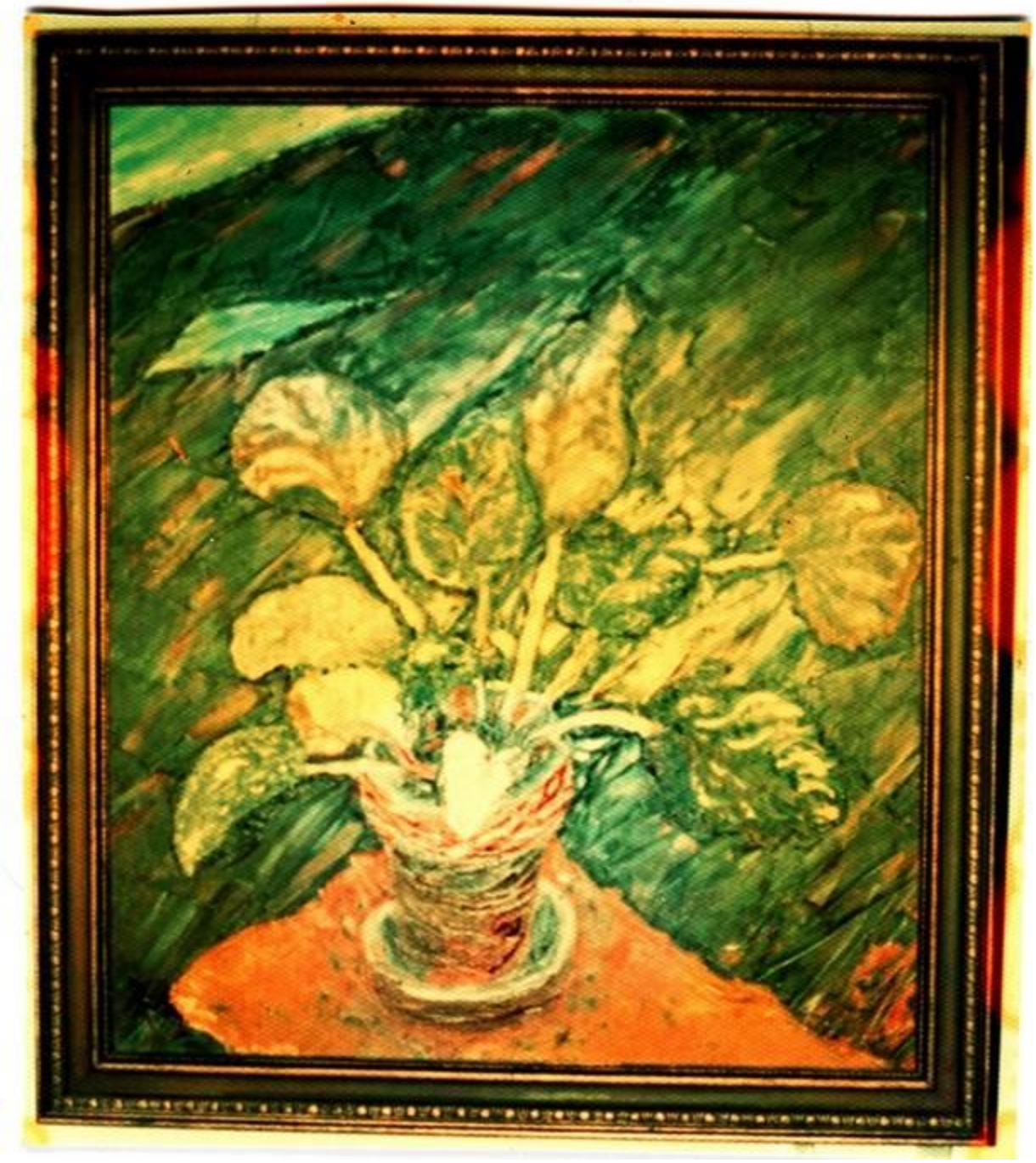


artphoto2b.jpg – 3 piece construction as Sue Rice for Maryland State juried art exhibition,

1975, Annapolis, Maryland, acrylic on wood 30” by 30”



artphoto2ac.jpg – Coleus in oil as Susan Kramer – my mother's plant 24'x 30" ~ 1973



Artwork in Frame with poems:

Verses with the Preceding Art in Frame

Triangle #1 – acrylic paint on canvas
Oh, my heart does leap
And sometimes split –
Only to return to the middle road
Though the way divides
Yet within the realm the center
Stronger tho equal to the two. 1971.

Diamond Triangle #2 – acrylic paint on wood
Oh spark of life
Flow high and low
Feed the central fire
Which radiates its
Warmth and desire. 1971

African Violet – acrylic paint on canvas
Many will not know what I drew
And colored in upon this plane
Close your eyes
Let a plant pop up in view
Sprinkle on a little love
And plant will pop up too. 1971

Continuous Line – pen and ink
Life's a continuous line as this
Swirling, whirling
To form shape
And hoping to completeness. 1971

Tree – pen and ink
Reach and hold, life goes on
To expand, and on again
Tho seasons dim and clime
Clammer more
Move ahead of time. 1972

Peach – water color
Upon my back you sit
Tho not heavy ever present
Must I always be aware?
Can sometimes I roll over
Slip, slip or just adjust
Enough to lose
This weight on me?. 1972

Foot in Hand – water color
Ow, what ache I hold her –
If only audience knew
This uncouth pose
Beyond the veil of
Society's appropo! 1972

Heidi's - pencil
Ah, such fine delicacy
Within they brow
My fine godchild hide
Show not to world
Keep within till
Time strengthens thee inside. 1972

Ell Construction – acrylic paint on wood
Child's delight held in a box
But oh a crack I see –
Escapes around, abounds
In pink and violet fantasy. 1972

Reclining Nude – conte crayon
All's seen so some will say
How can a drawing show the way –
A life it hides behind its frame
And keeps hidden ... 1974

Swirls – tinted rabbit skin glue on canvas
Swirls, you face each
Other in fact
Separate by a certain shape
Common ground you lie upon
And flow as tides
In out again. 1974

Melon Construction – both tinted rabbit skin glue and acrylic paint sections
Descend, Ascend the way of life
Work, failure, strife, reward –
Bear the middle road
Onward to the
Higher high ... 1974

Oak Leaf – both tinted rabbit skin glue and acrylic paint sections
Are you green? Not that I see
Here only its your inner life
Concealed all year in majesty
Till death reveals without a qualm...
A short time has passed
Less than months –
Life is now enriched
And colored against the Autumn sky...
Oh, I've captured this moment – this once in your life –
Tho life had supposedly left...
Can it be thus with me?! 1974

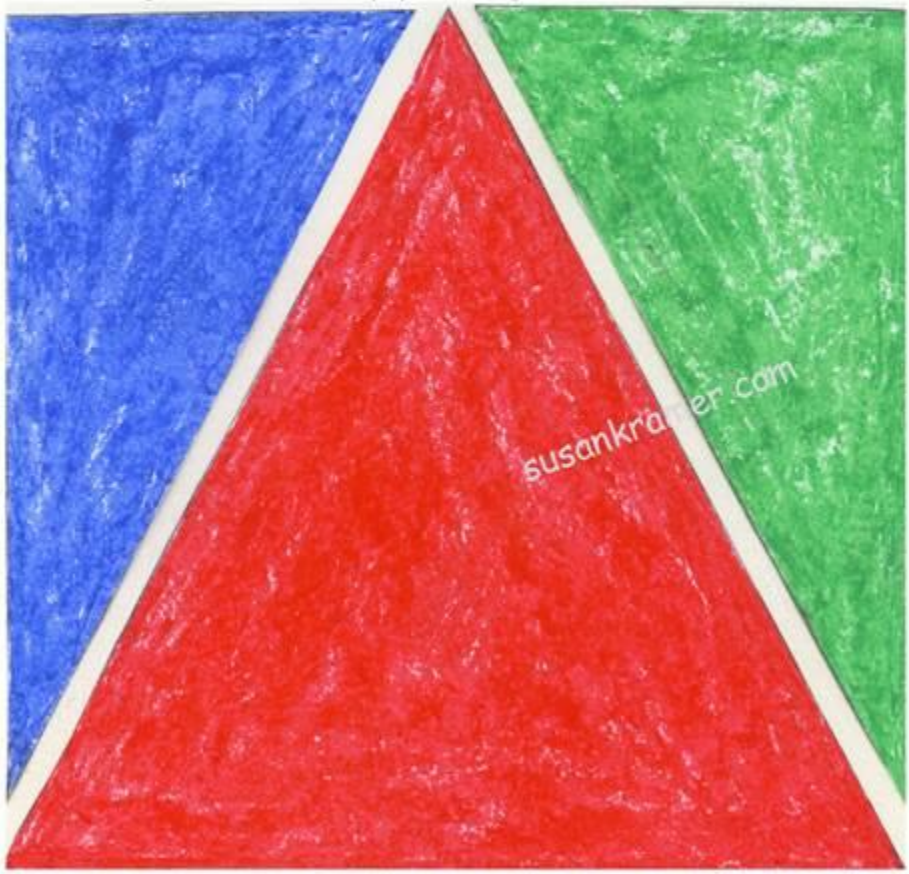
Relating From Light and Love – water color
L ove
I nfused
G enerously in the
H eart
T ransforms. 1988

Paintings

1. construction1ab.jpg with its graphic dimensions as 1b. graphic2ab.jpg

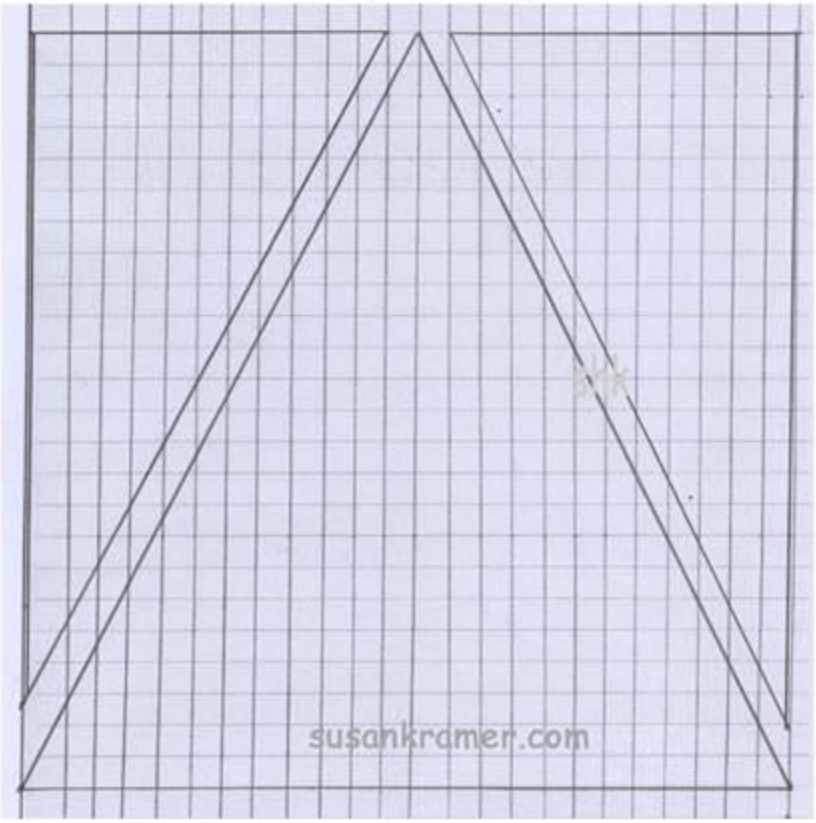
Construction One: 3 Triangles by Susan Helene Kramer 1973

24" by 24" 3 triangles with 1" space along red/orange piece
Original is formed of 1"wood frame with stretched canvas, painted
with acrylics in red/orange, blue and green complementary colors.
Original won 1st place modern art division of Anne Arundel County Fair 1973.
This drawing-painting is a miniature creation to scale using oil pastels,
separate triangles laid over art paper background..



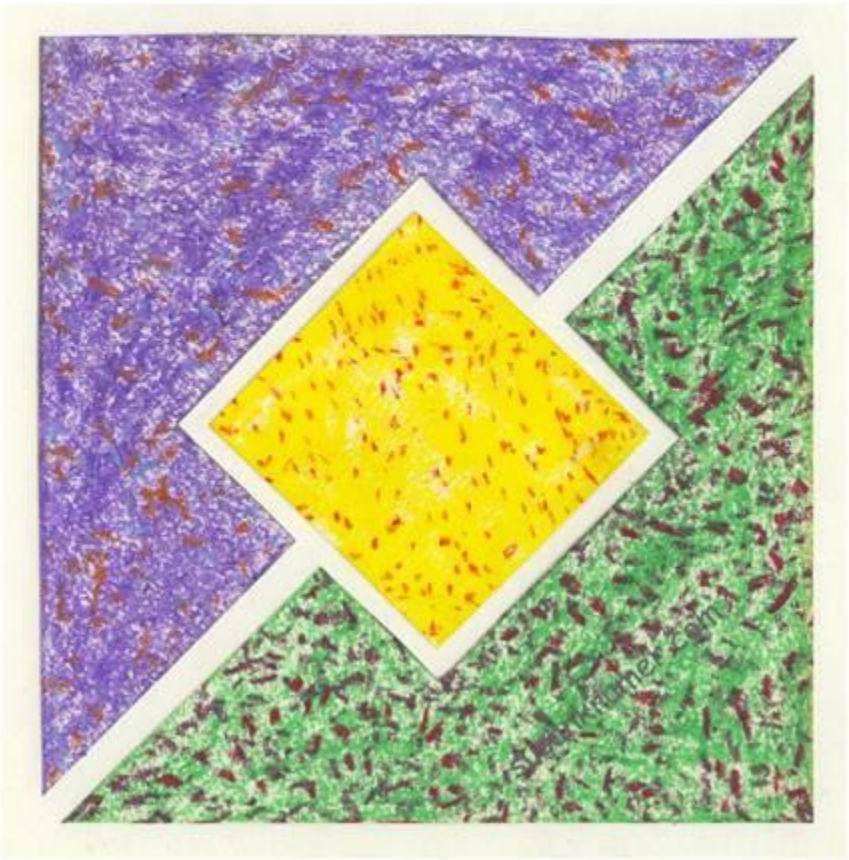
1b. graphic2ab:

Construction One Graphic: **Three Triangles**
by Susan Helene Kramer
Center triangle is red/orange. Left triangle is blue
and right triangle is green.
One inch space along upright sides of center triangle
Each square is one inch square.
Total size is two feet square. 24" by 24"



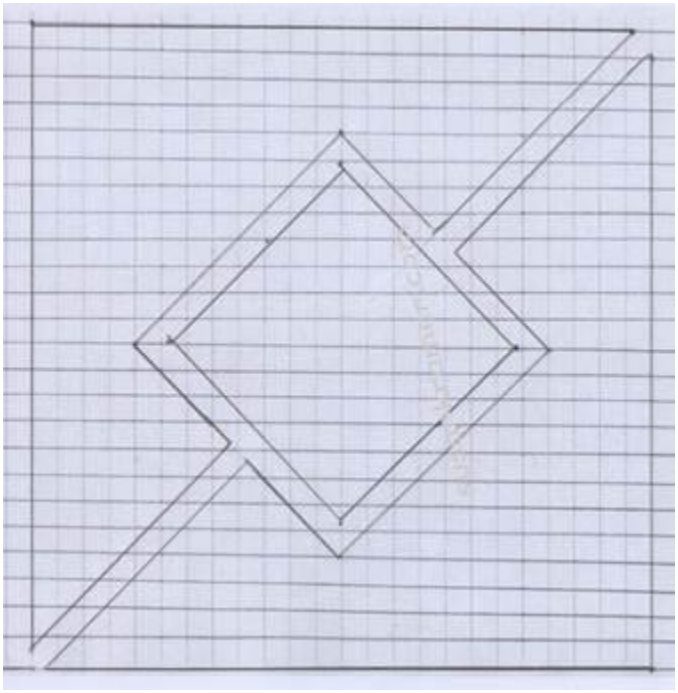
1c. Construction 2ab.jpg with graphic3ab.jpg following

Construction Two: A Diamond by Susan Helene Kramer, 1974
This minature uses graphic3ab.jpg
Oil pastel on art paper cut out and laid over art paper with one inch spaces (the tan paper). The original design was 24" by 24" made from points of acrylic paint on bare wood, leaving one inch of space between each of the 3 pieces. The original was accepted in the Maryland juried art exhibition of 1975 in Annapolis, MD.



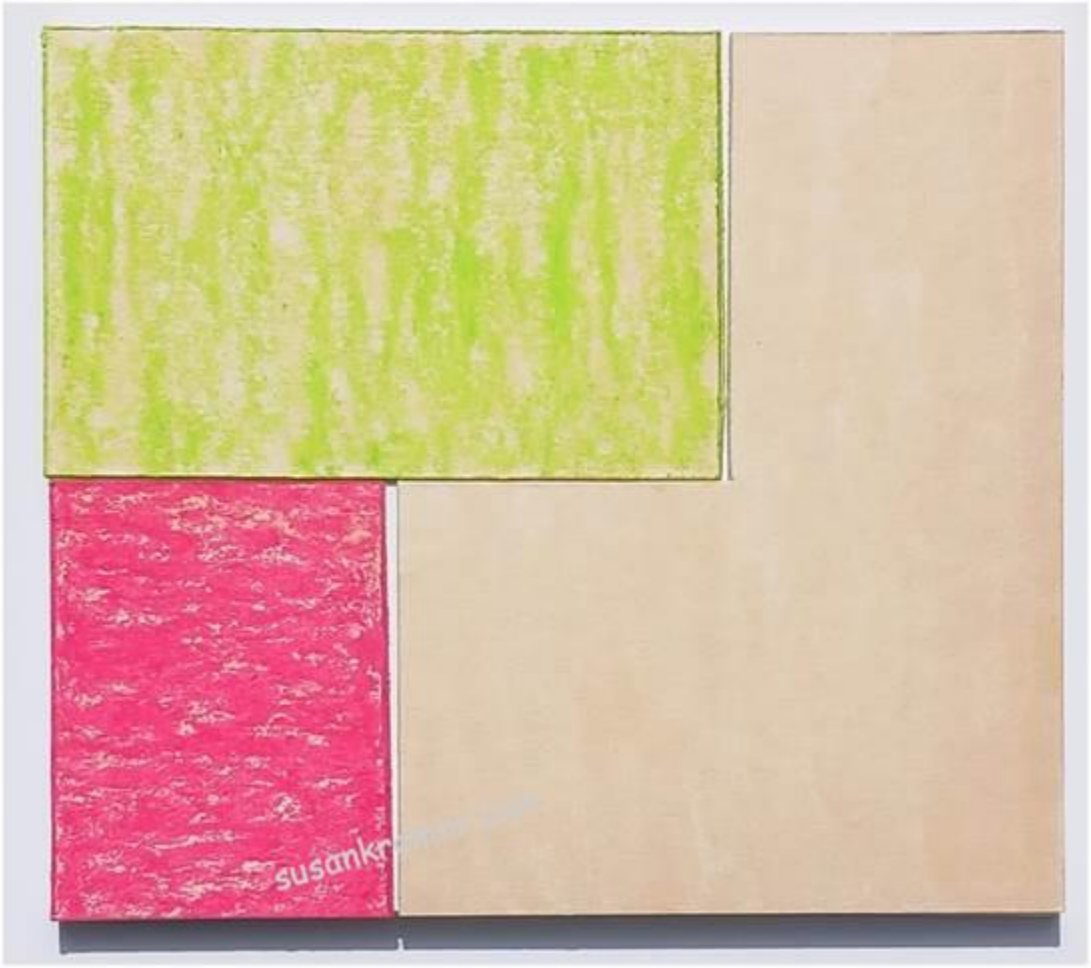
My interpretation of **Construction Two: A Diamond** is the center is the radiant soul, material world is the multi-green, and the mind and ethereal plane is the multi-violet piece. The air spaces between allow energies to flow in a circle from lower left to upper right, out in infinity.

1d. graphic3ab.jpg



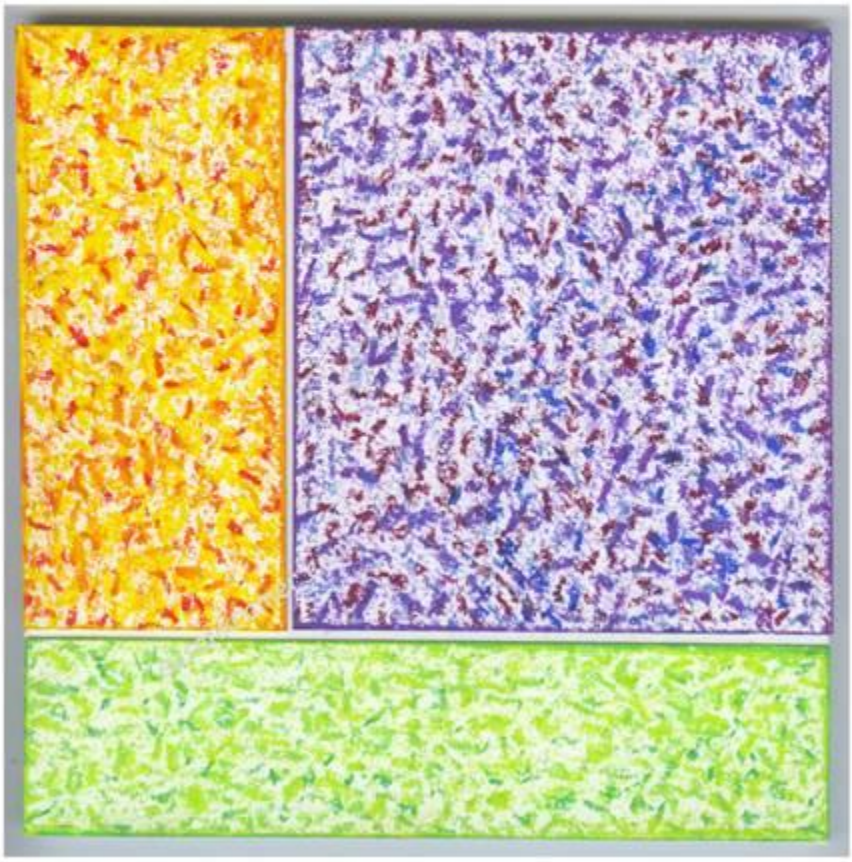
1e. Construction Three

Construction Three by Susan Helene Kramer, 1974
Original 3' by 3' 4". Three pieces, canvas stretched over 1.5" wood frames. Painted with tinted rabbit skin glue. Large section was left natural color of canvas. This is a 6" by 6.75" miniature. Notice shadow at lower end showing thickness of backing.
Construction Three was displayed at exhibit in Easton, Maryland, 1975.



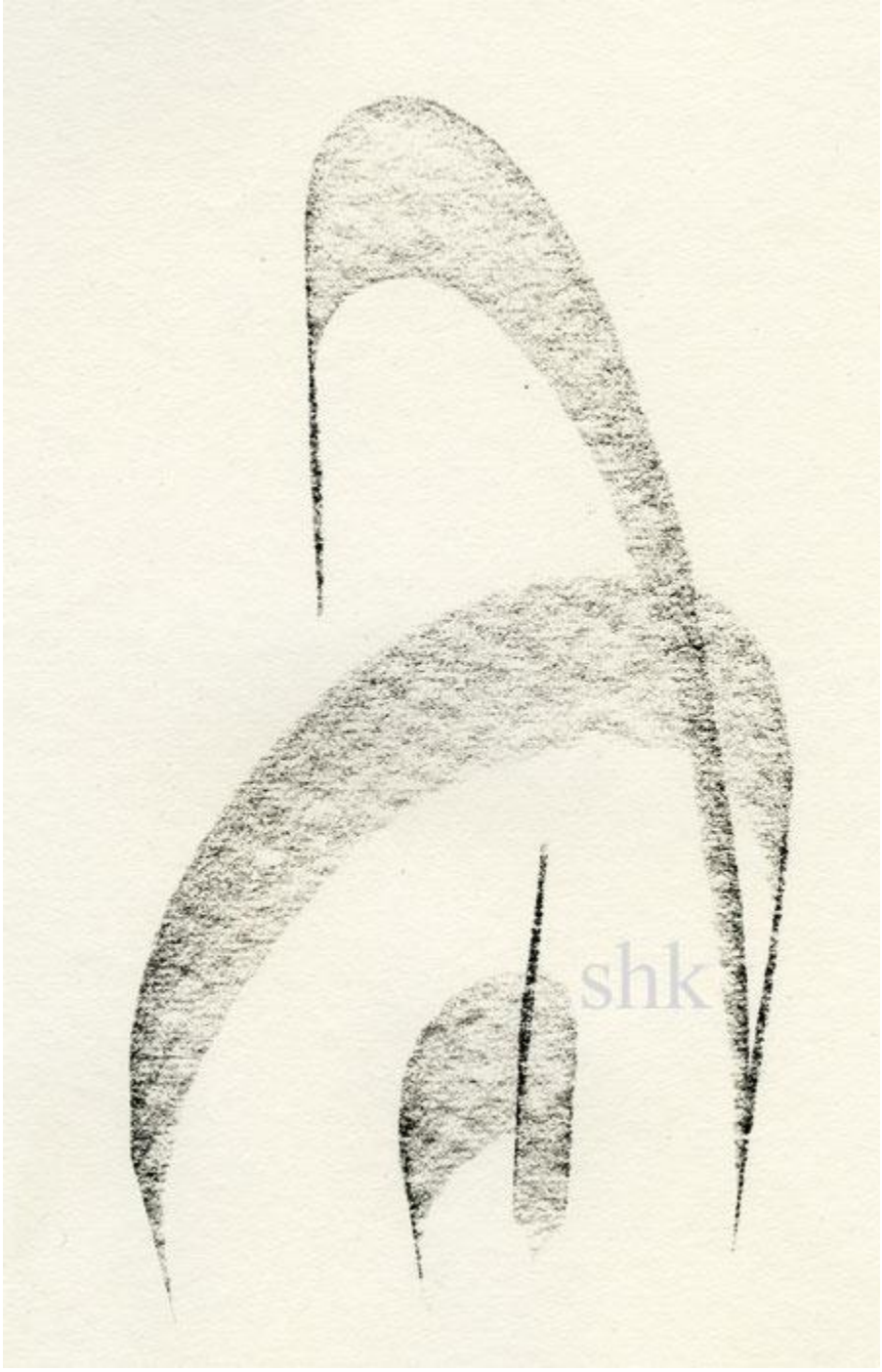
1f. Construction Four

Construction Four: One Plus Two Equals Three by Susan Helene Kramer, 2024. The 2 smaller rectangles equal the area of the largest rectangle. Oil pastels on matte board glued to 1/8" foam board with small space between shapes. My thoughts: Green shape represents earth. Yellow/orange shape mind and wisdom. Violet shape the heavenly realms. We earn our place in heaven through earthly deeds. **This is a modern-day mandala.**



Conte Crayon, and Pen and Ink Creations on Paper from Late 1980s

1e. art1aa.jpg February 26, 2019 – conte crayon on paper

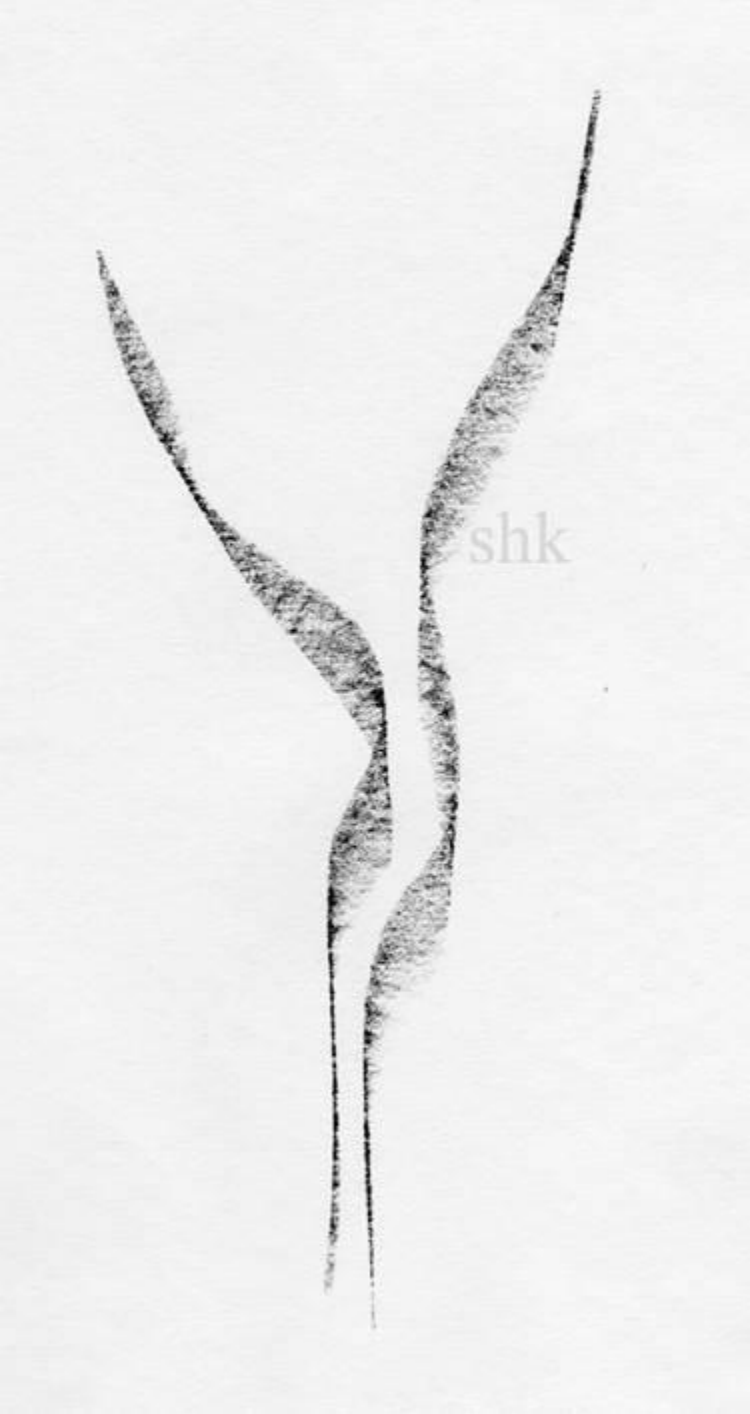


2. art2aa.jpg – conte crayon on paper

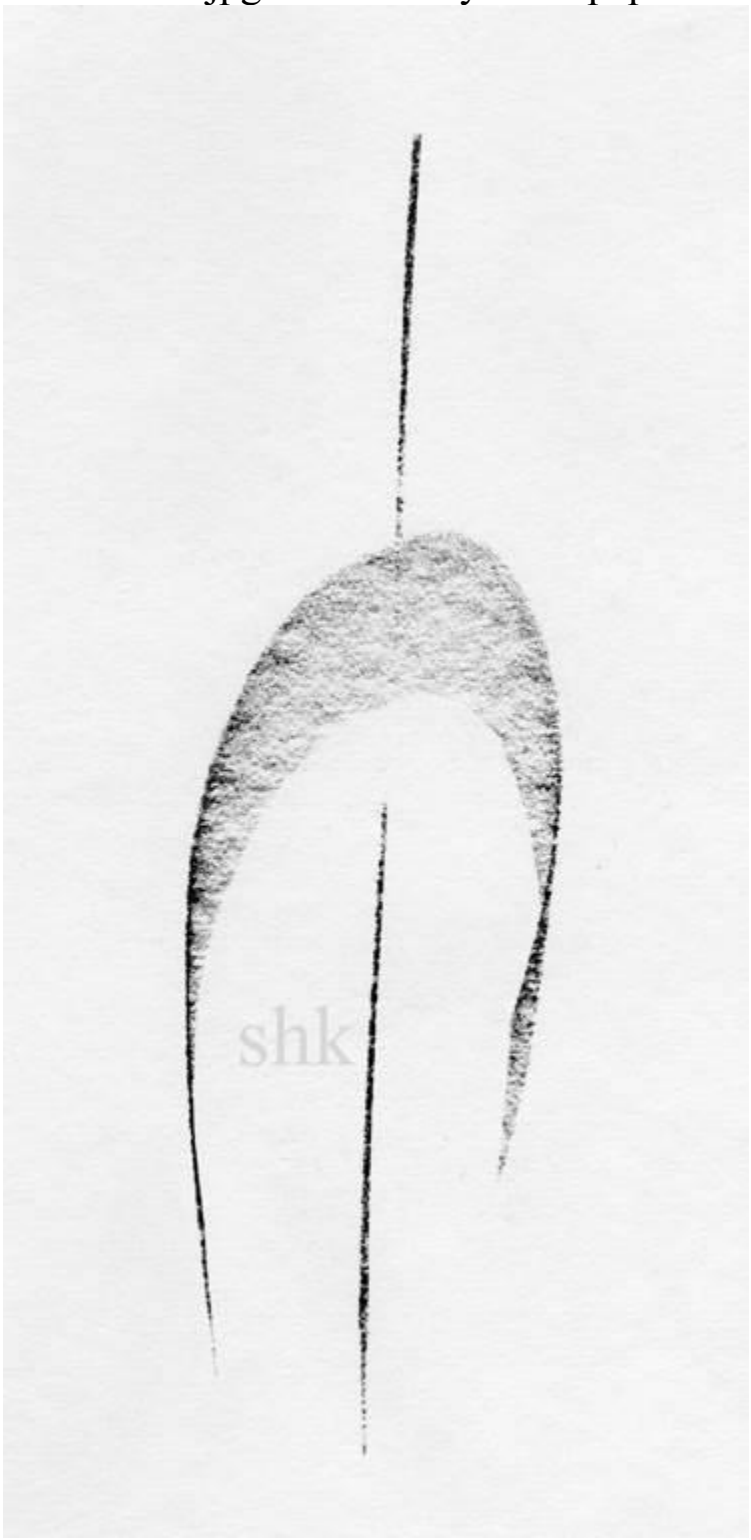
3. art3aa.jpg – conte crayon on paper

4. art4aa.jpg – conte crayon on paper

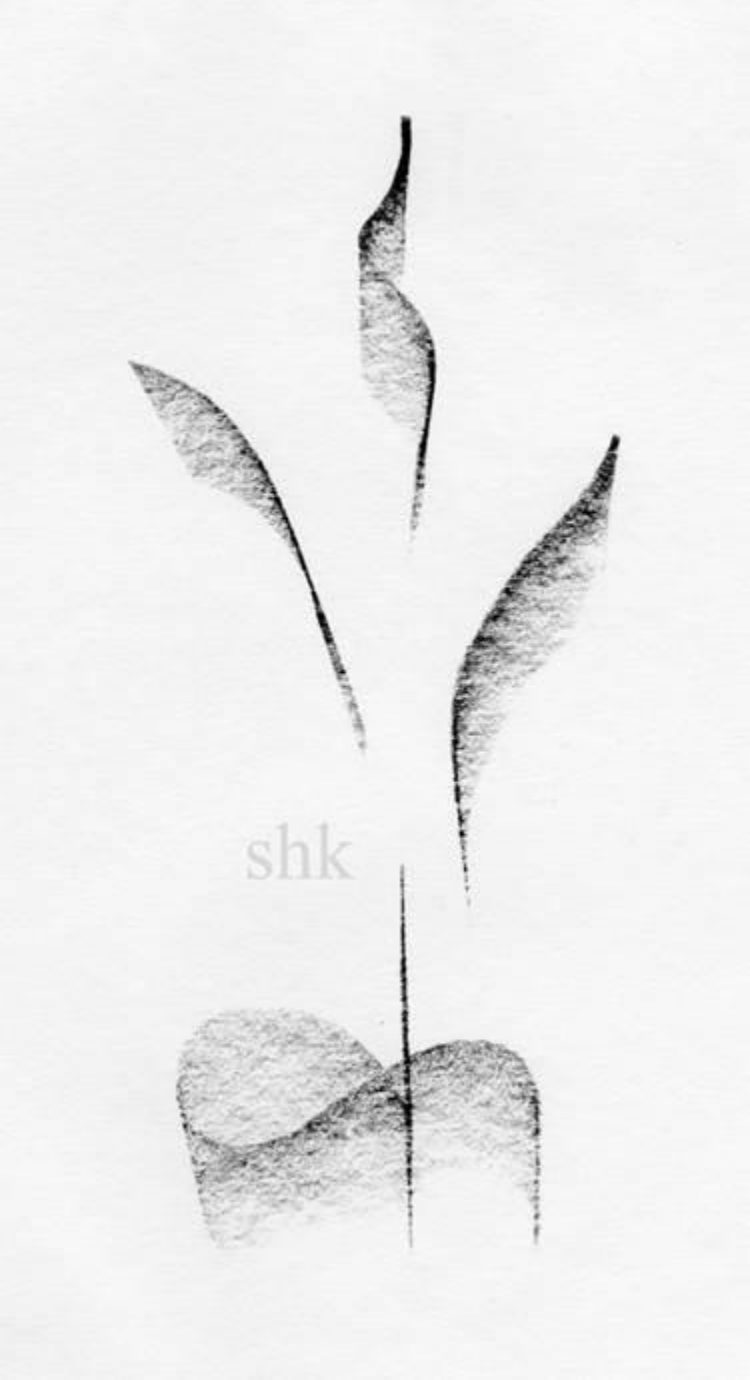
5. conte1aa.jpg – conte crayon on paper



6. conte2aa.jpg – conte crayon on paper



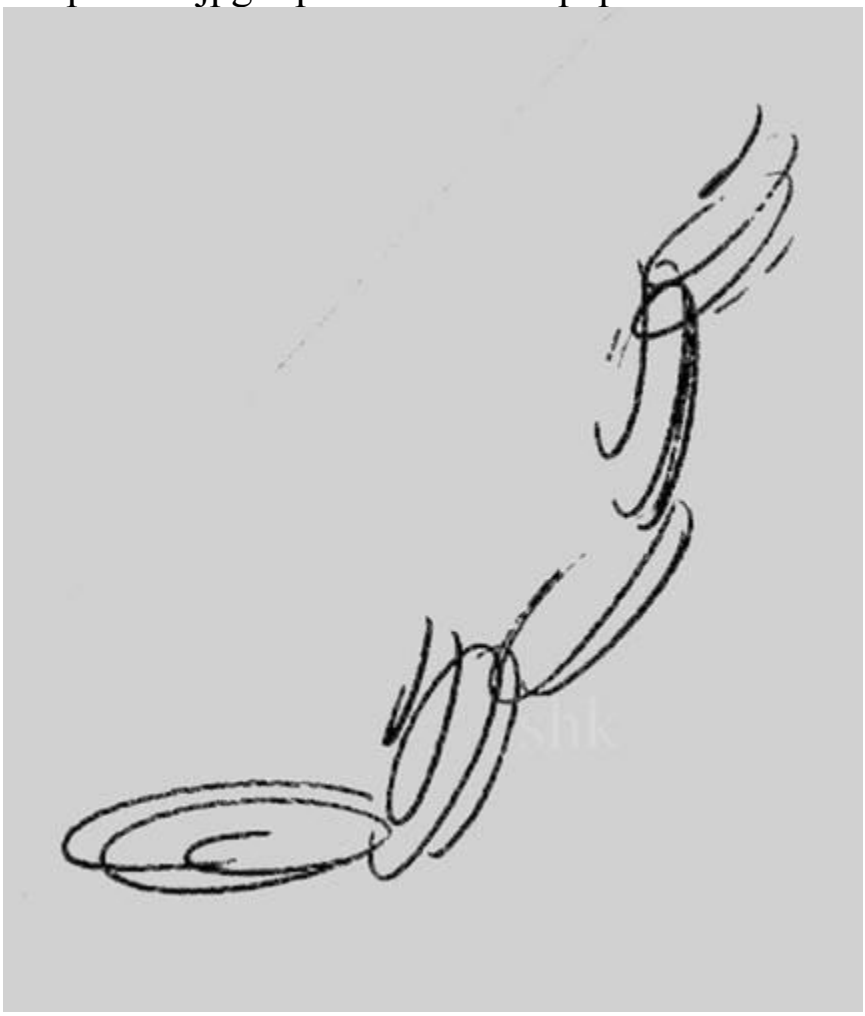
7. conte3aa.jpg – conte crayon on paper



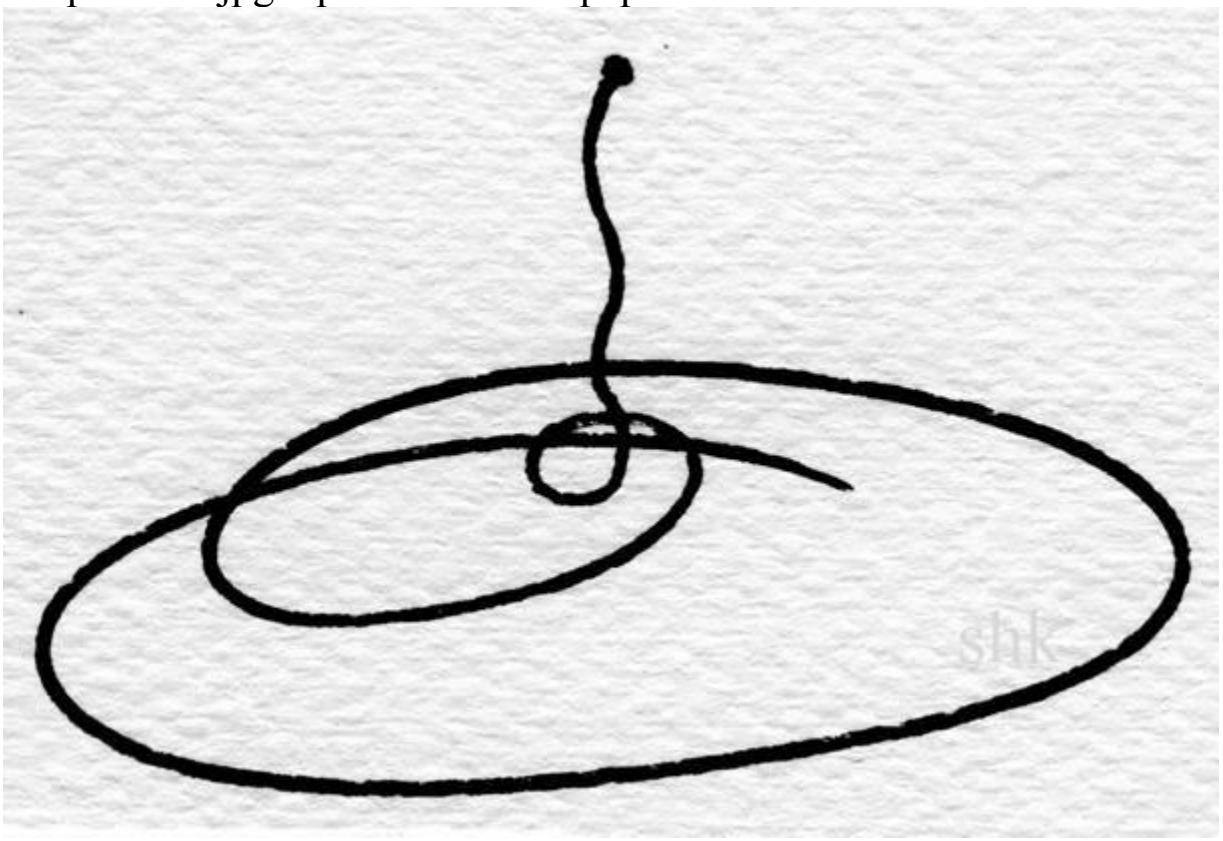
8. conte4aa.jpg – conte crayon on paper

9. conte5aa.jpg – conte crayon on paper

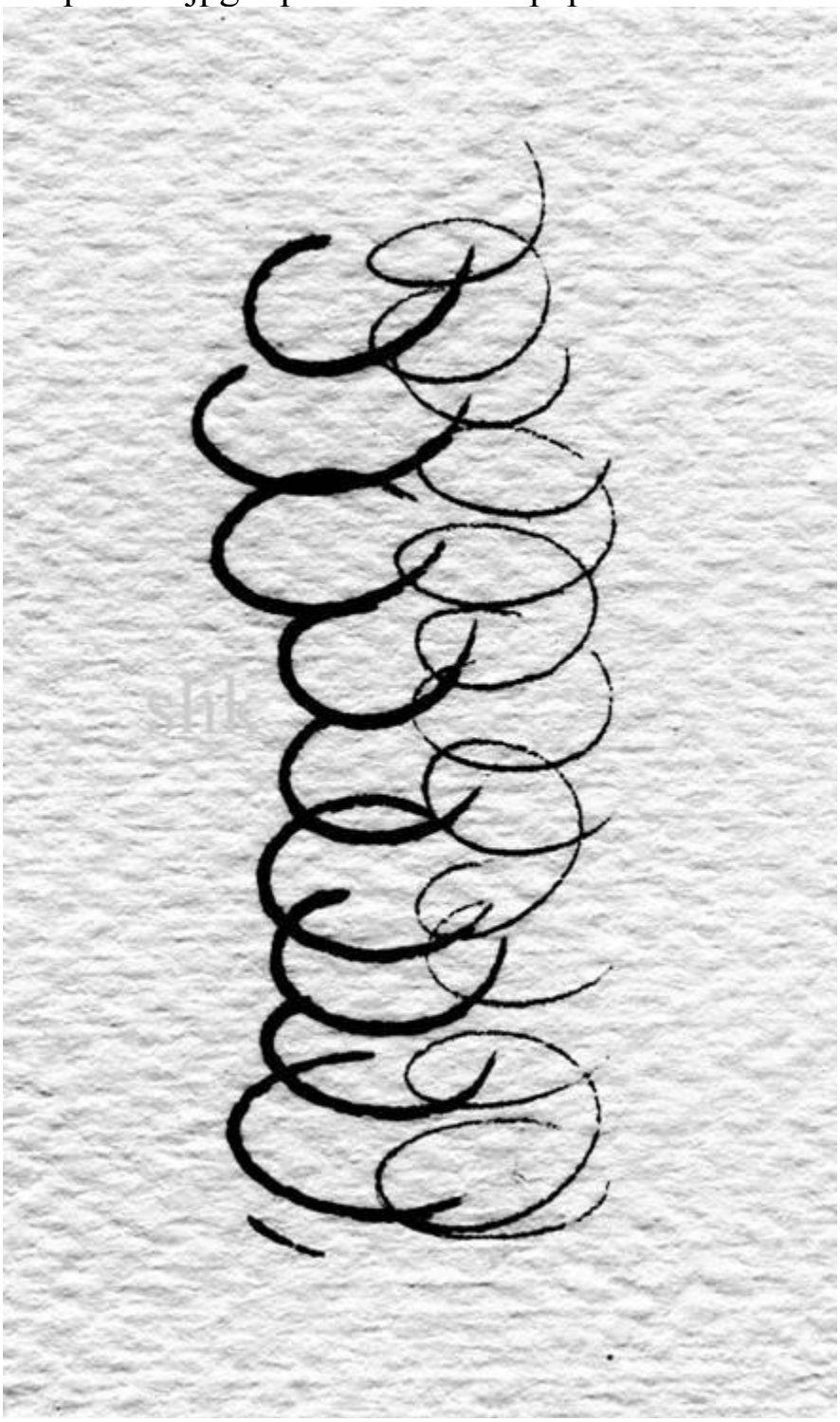
10. pen1aa.jpg – pen and ink on paper



11. pen3abc.jpg – pen and ink on paper

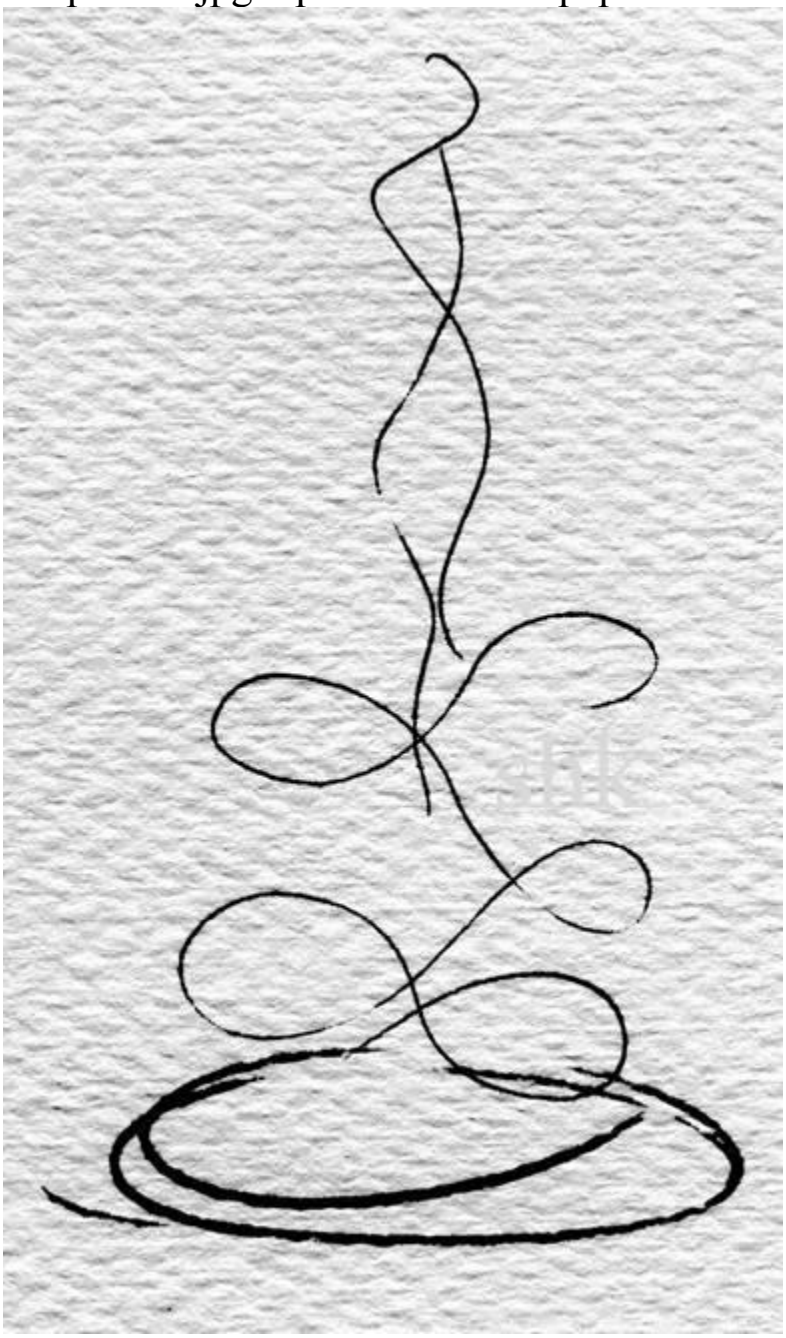


12. pen4aa.jpg – pen and ink on paper

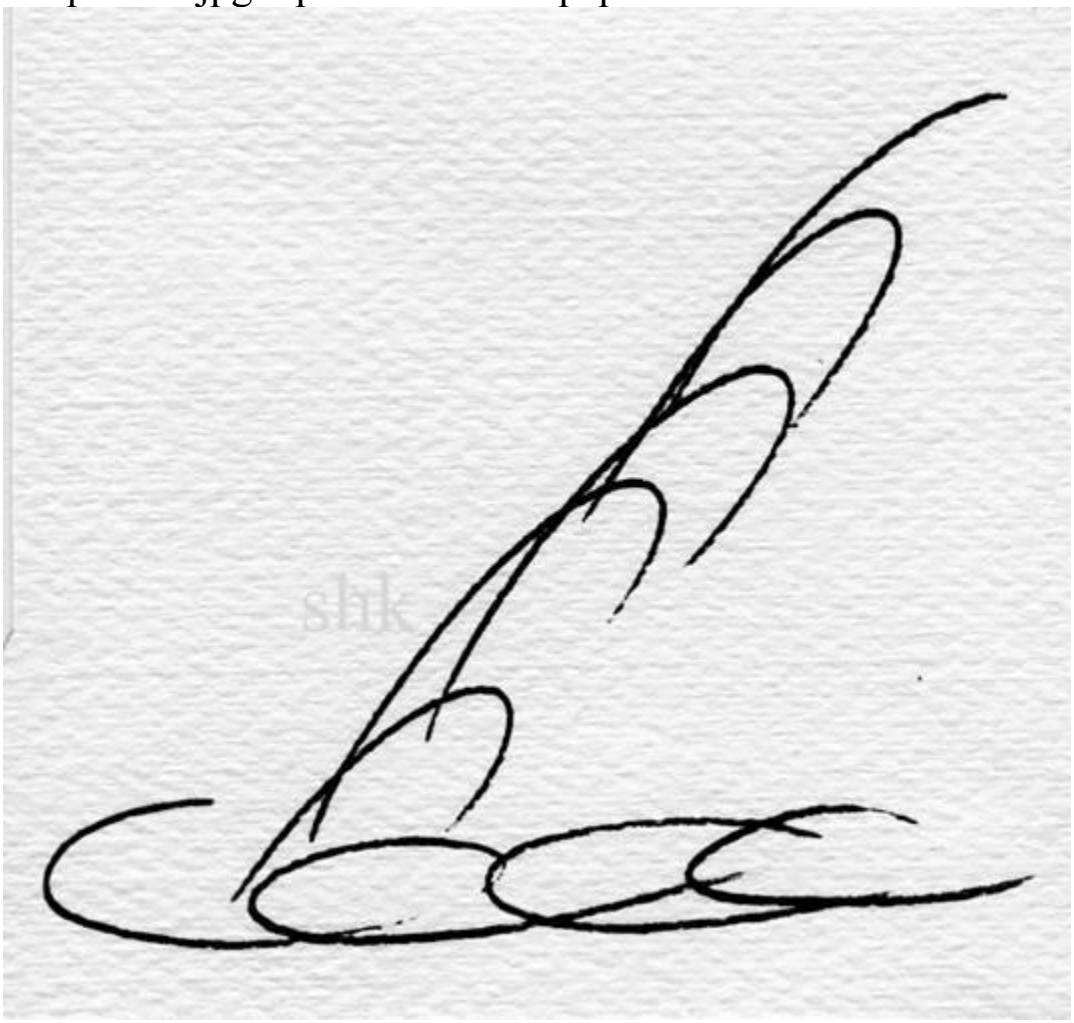


13. pen7aaa.jpg – pen and ink on paper

14. pen8aa.jpg – pen and ink on paper



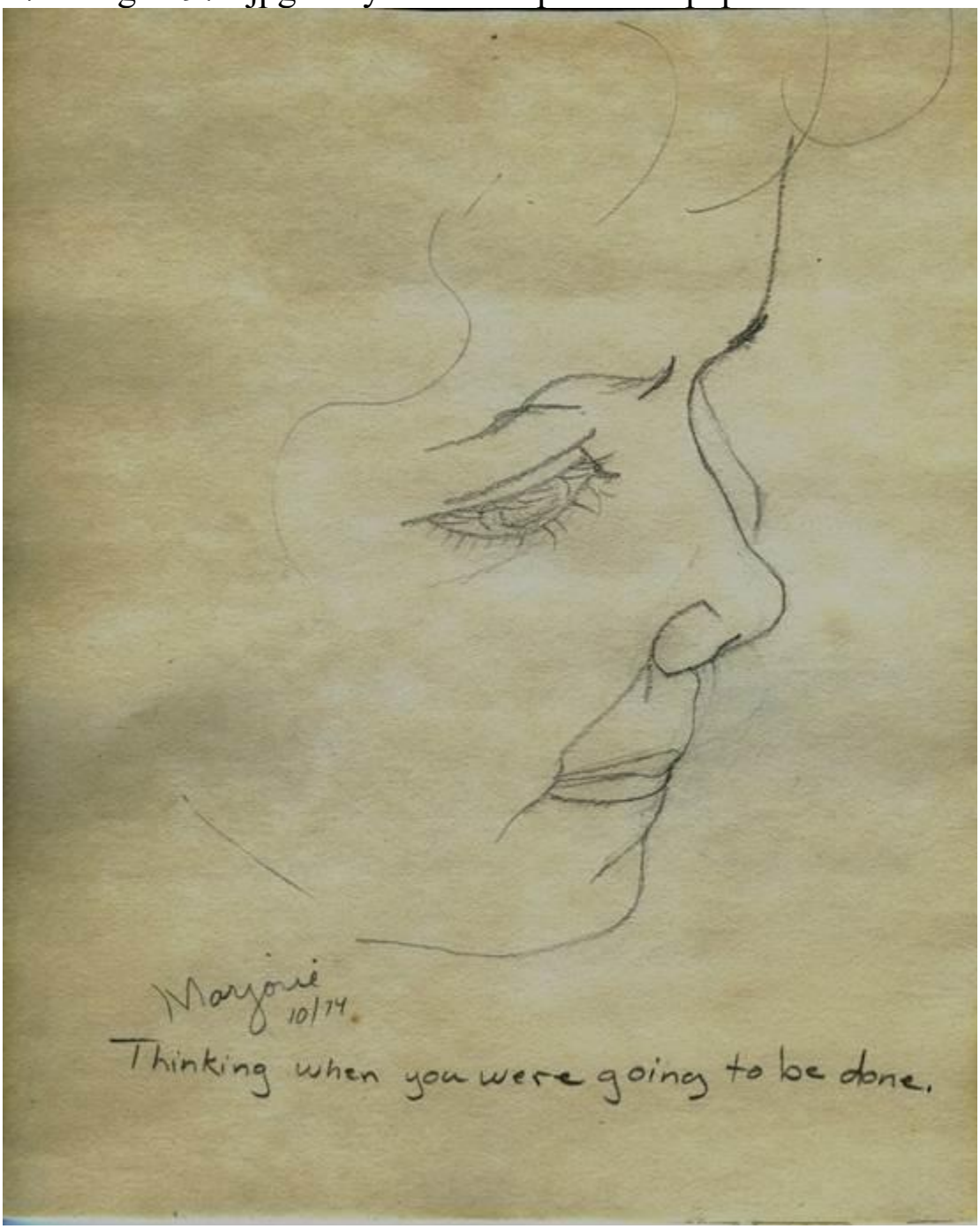
15. pen9aa.jpg – pen and ink on paper



2 Children – Pencil drawings from life

16. polly255.jpg – September, 1973 – Polly Kathryn Rice 3 months old – pencil on paper

17. margie1974.jpg – 4 years old – pencil on paper



My “Leaves of Finlandie” Collection – from Finland 1996 – pressed plants

18. leaves3aa.jpg – dried and pressed arrangement

19. leaves4aa.jpg – dried and pressed arrangement

19a. leaves5aa.jpg – dried and pressed fern from Finland

20. leaves6aa.jpg – dried and pressed arrangement

21. leaves7aa.jpg – dried and pressed arrangement

22. leaves8aa.jpg – dried and pressed arrangement

23. leaves9aa.jpg – dried and pressed arrangement

24. leaves10aa.jpg – dried and pressed arrangement

25. leaves12aa.jpg – dried and pressed arrangement

26. leaves13aa.jpg – dried and pressed arrangement

27. leaves14aa.jpg – dried and pressed arrangement

28. leaves15aa.jpg – dried and pressed arrangement

29. leaves16aa.jpg – dried and pressed arrangement

30. leaves17aa.jpg dried and pressed arrangement

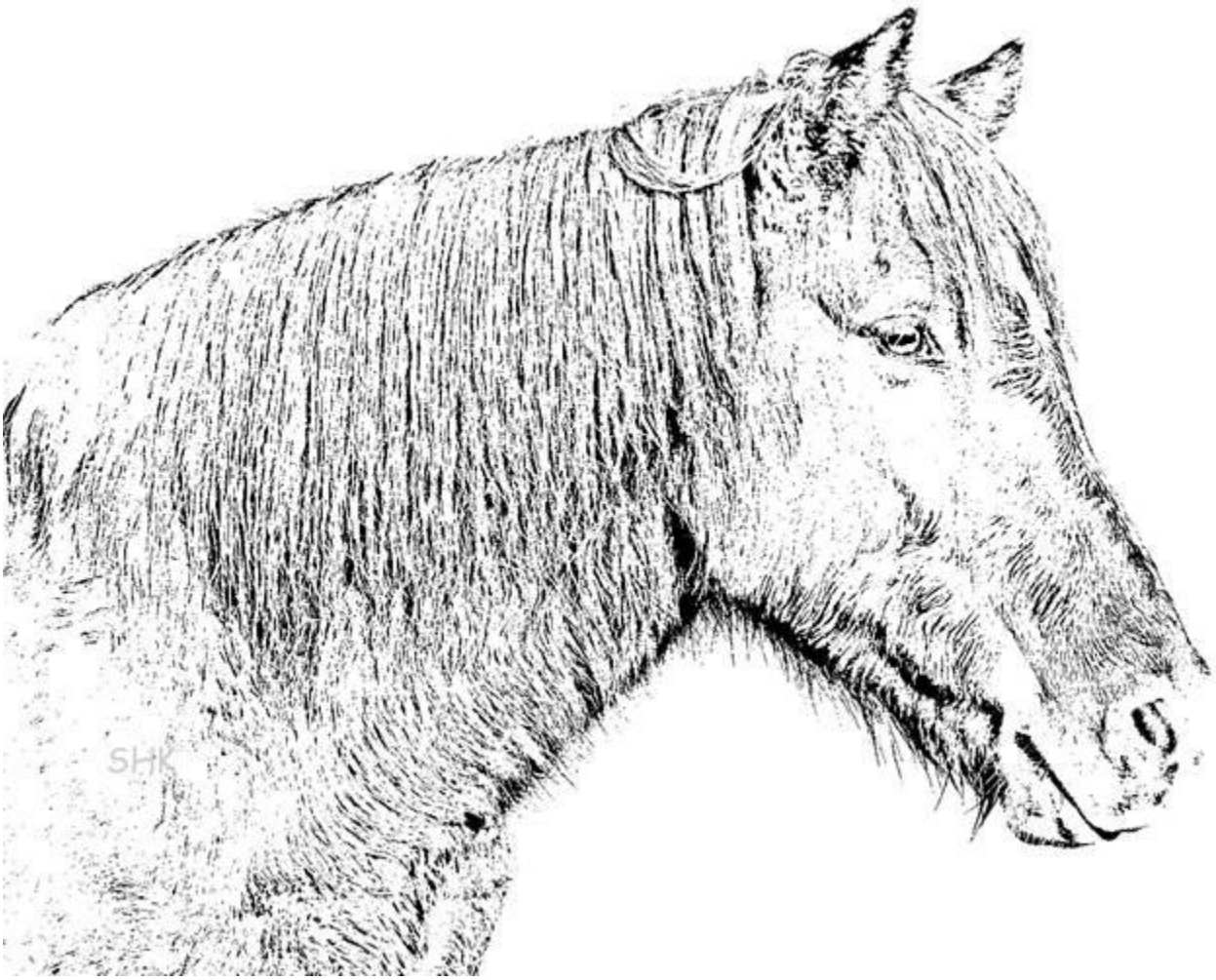
31. leaves18aa.jpg – dried and pressed arrangement

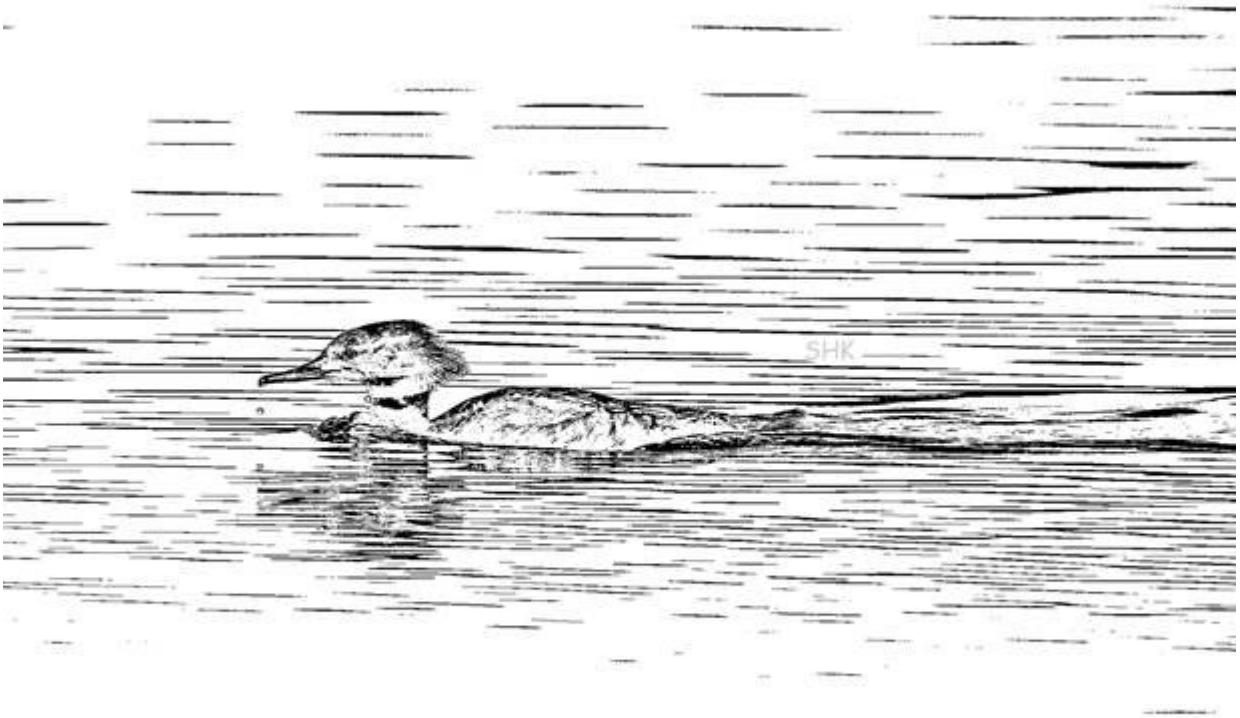
32. leaves19aa.jpg – dried and pressed arrangement

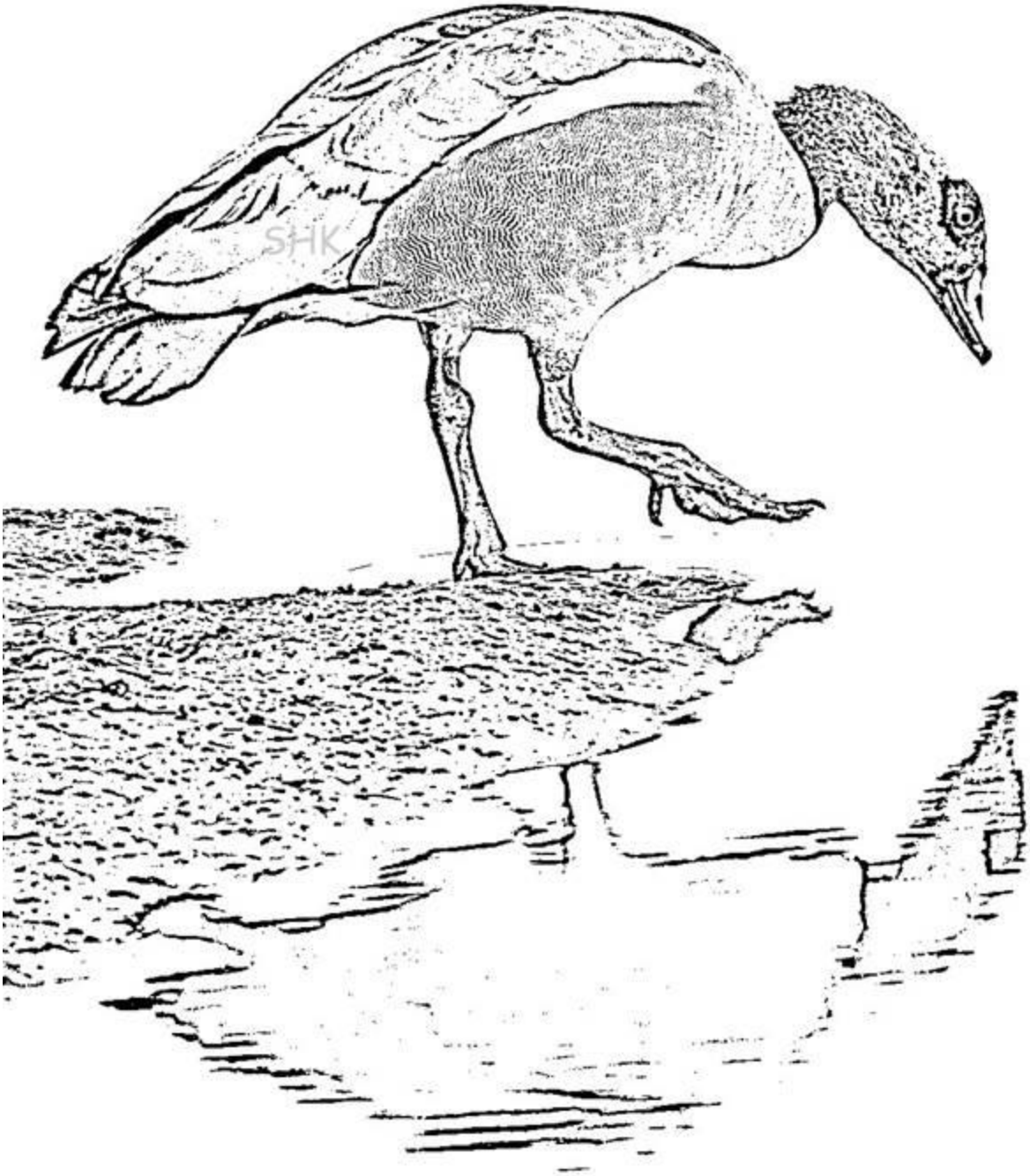
33. leaves20aa.jpg – dried and pressed arrangement

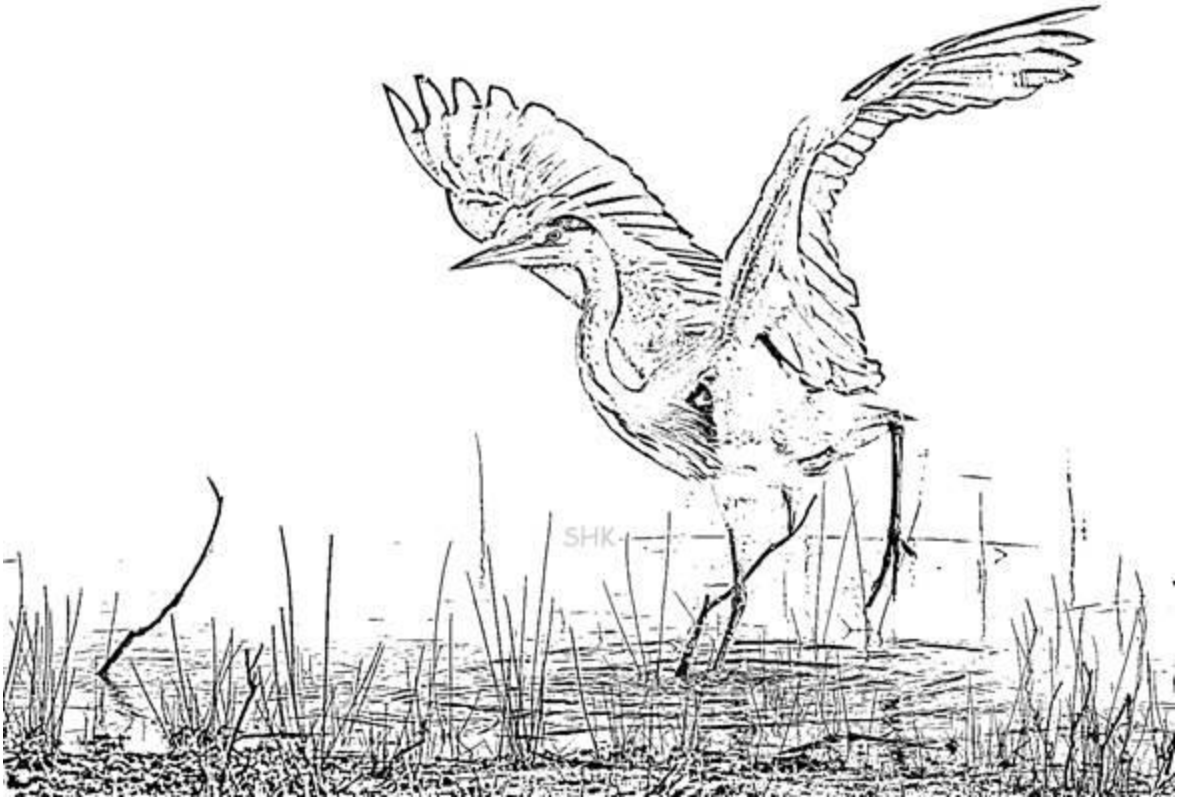
33a. Pressed flowers from Santa Barbara: petals1.jpg; petals2.jpg; petals3.jpg; petals4.jpg; petals5.jpg; petals6.jpg; petals7.jpg; petals8.jpg

33b. Digital line drawings from digital photos: line36aa.jpg; line64aa.jpg; line71aa.jpg; line11aa.jpg



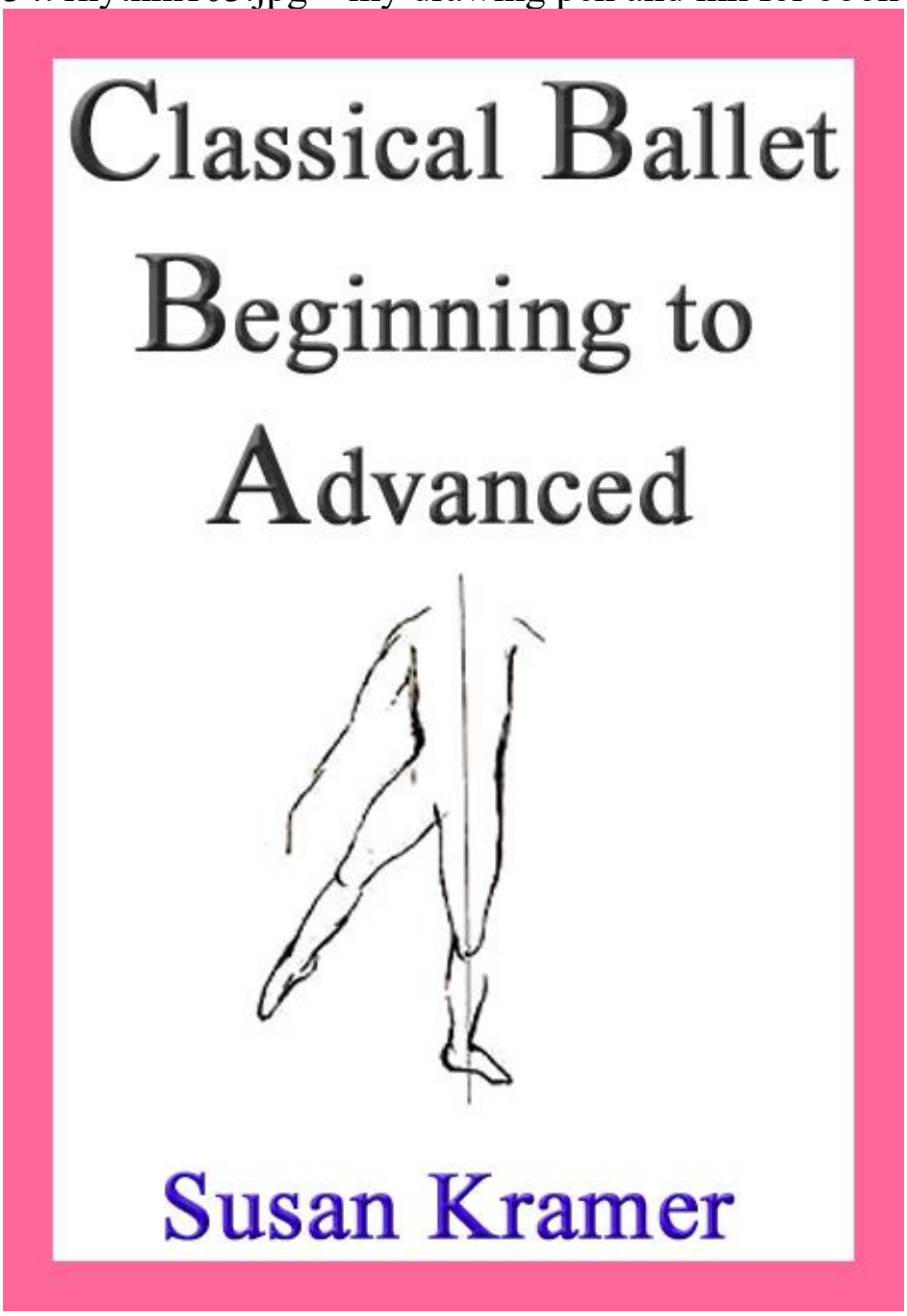




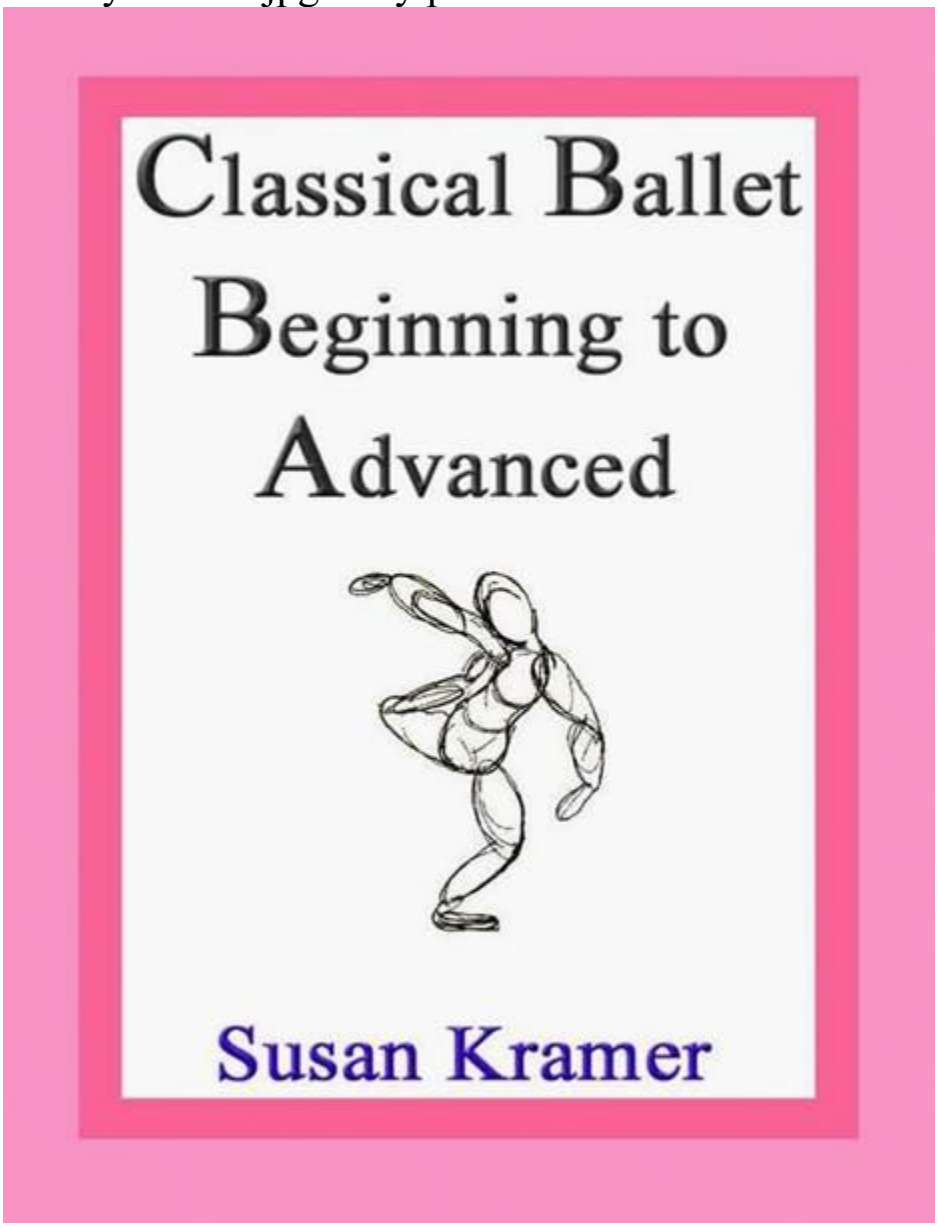


2 Dance Book Covers, and Fabric Art Patterns for Babies and Dolls from year 2000 to present

34. rhythm103.jpg – my drawing pen and ink for book cover



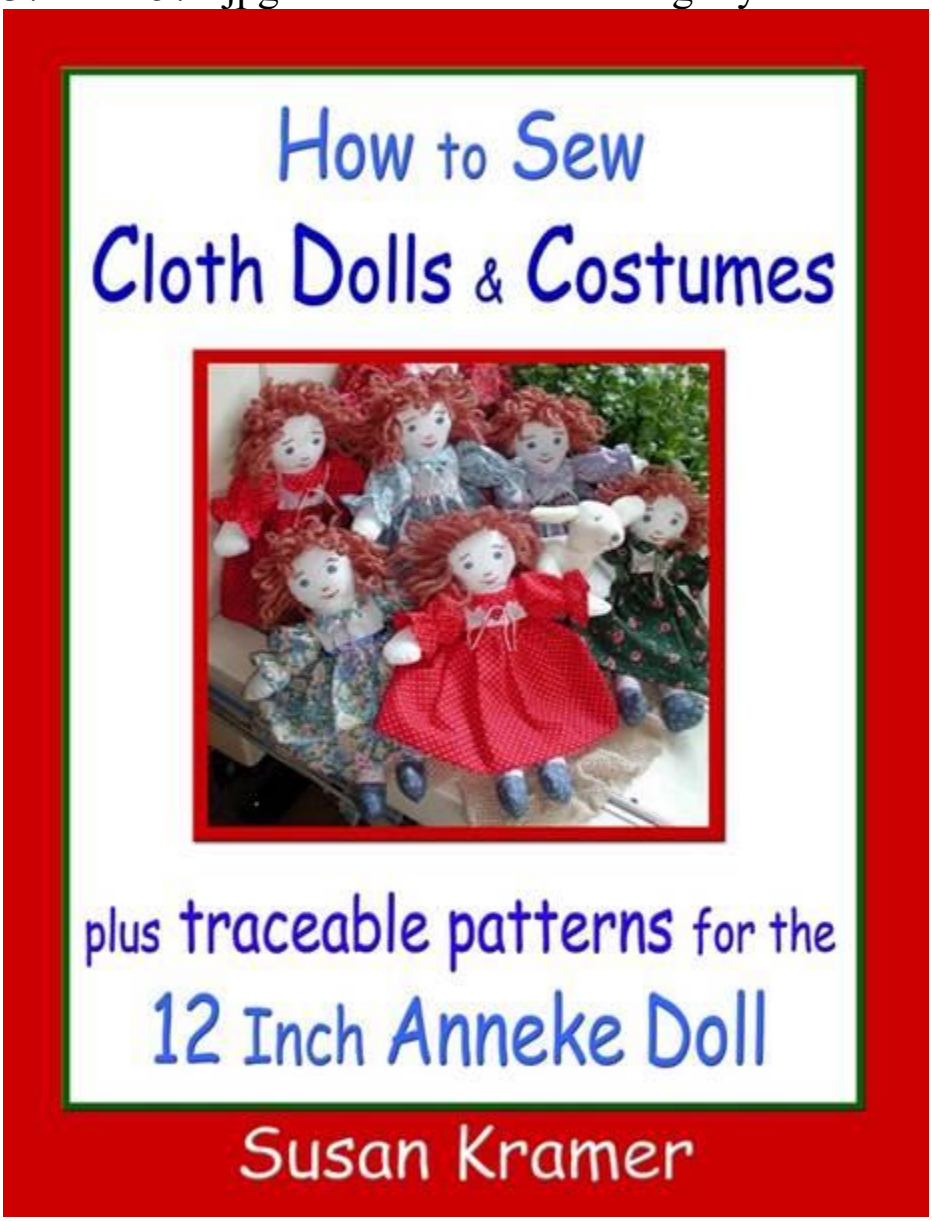
35. rhythm111.jpg – my pen and ink for book cover



Fabric Dolls and Costumes

36. dolls247b. - 12 Inch Cloth Dutch Doll Book Cover

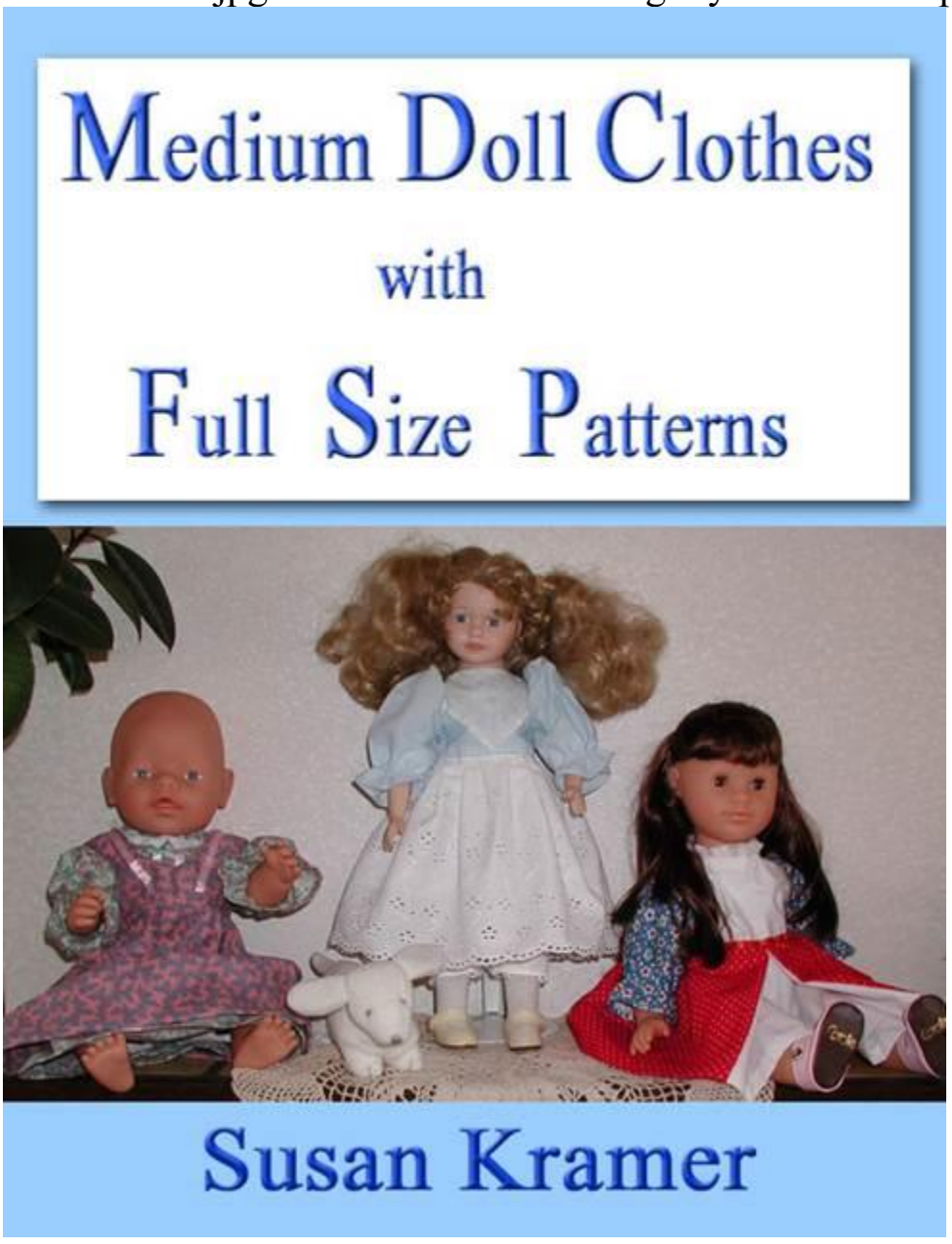
37. dolls574.jpg – Book Cover featuring my doll clothes patterns



38. doll335.jpg - 15 Inch Fabric Amanda Doll

39. dolls345c.jpg – Book Cover featuring my doll clothes patterns

40. dolls611.jpg – Book Cover featuring my doll clothes patterns

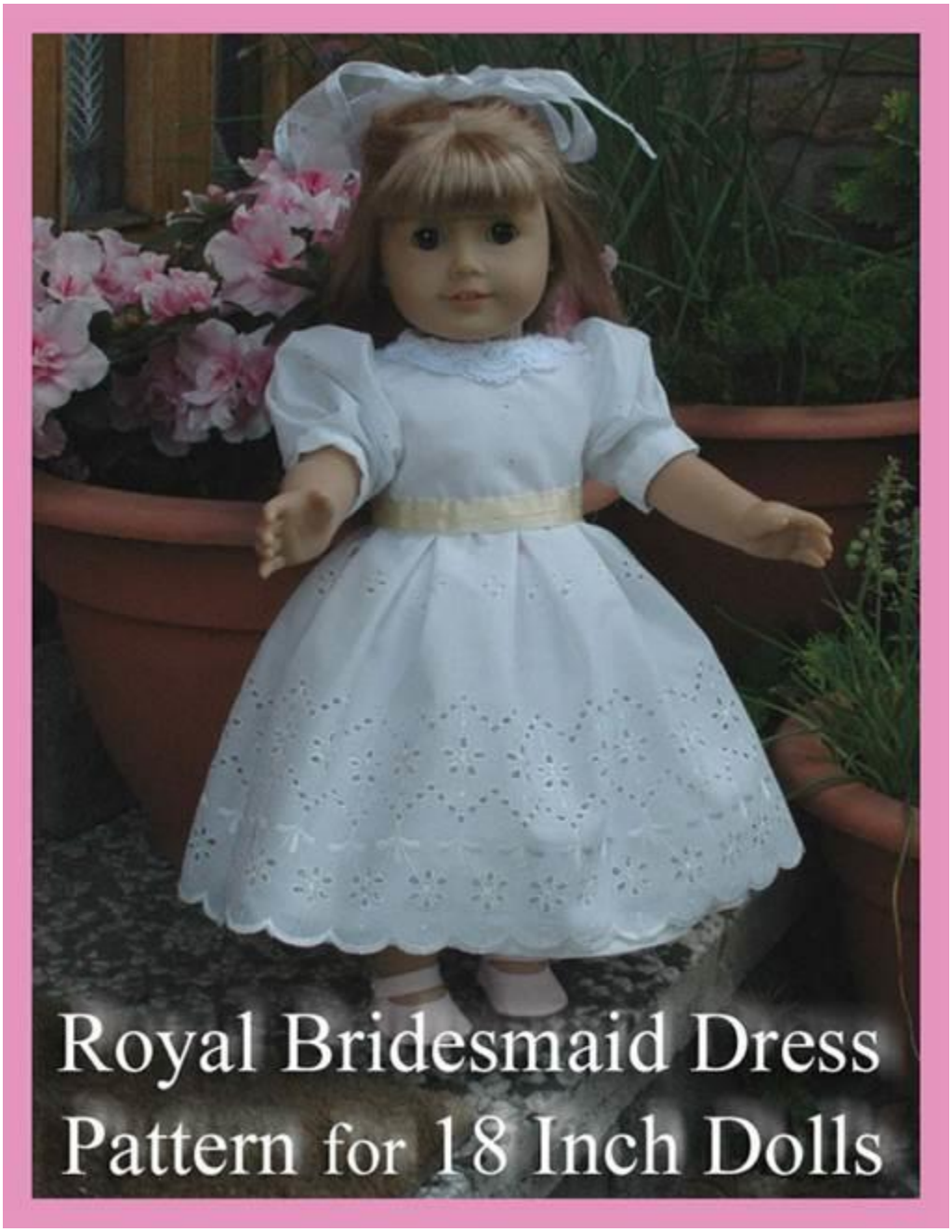


41. dolls660a.jpg – Book Cover featuring my bodysuit pattern

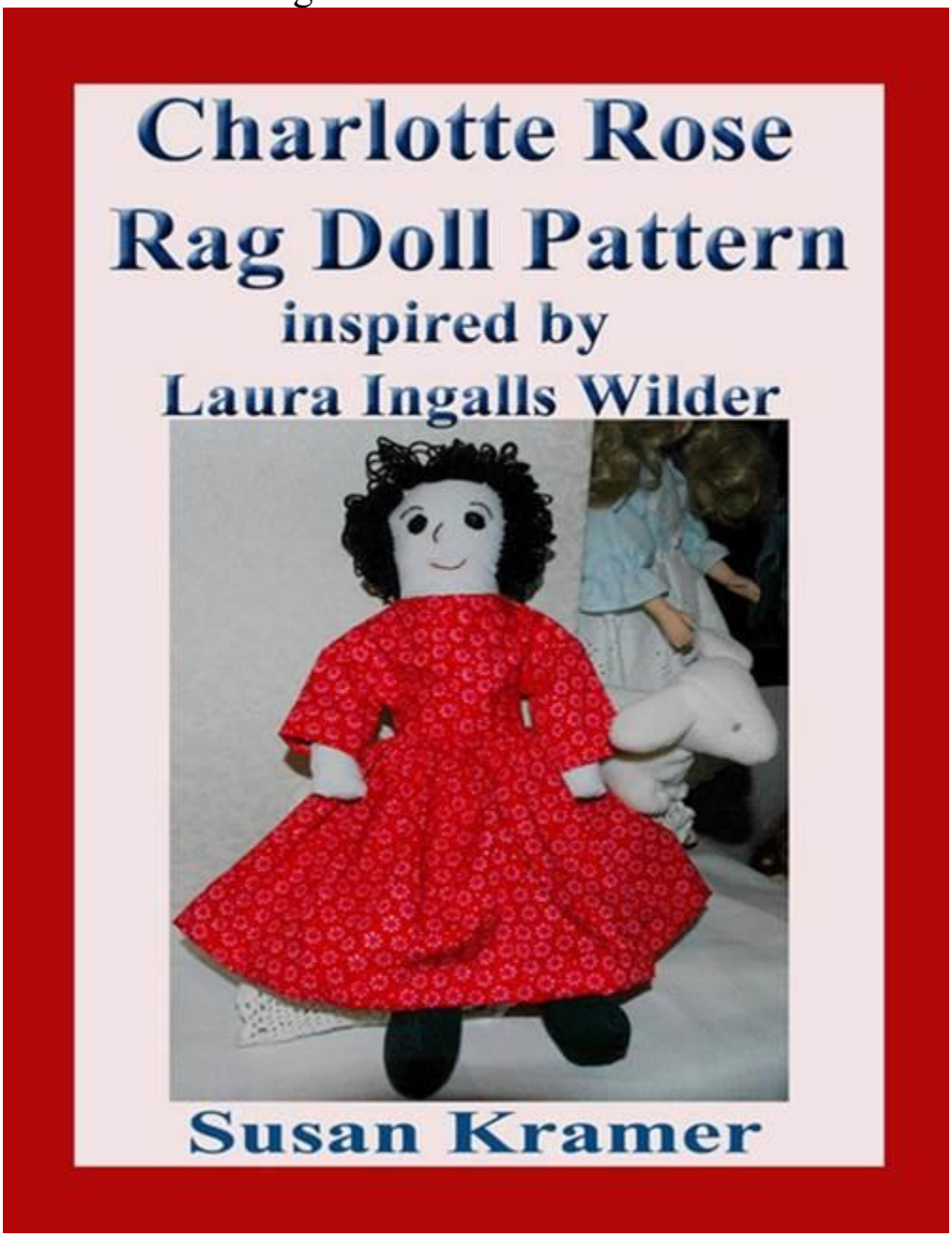
42. dolls720a.jpg - Christening Dress Pattern Book Cover by Susan Kramer
For child - up to size 2

43. dolls793h.jpg – Book Cover for Raggedy Andy Doll Clothes Patterns by me

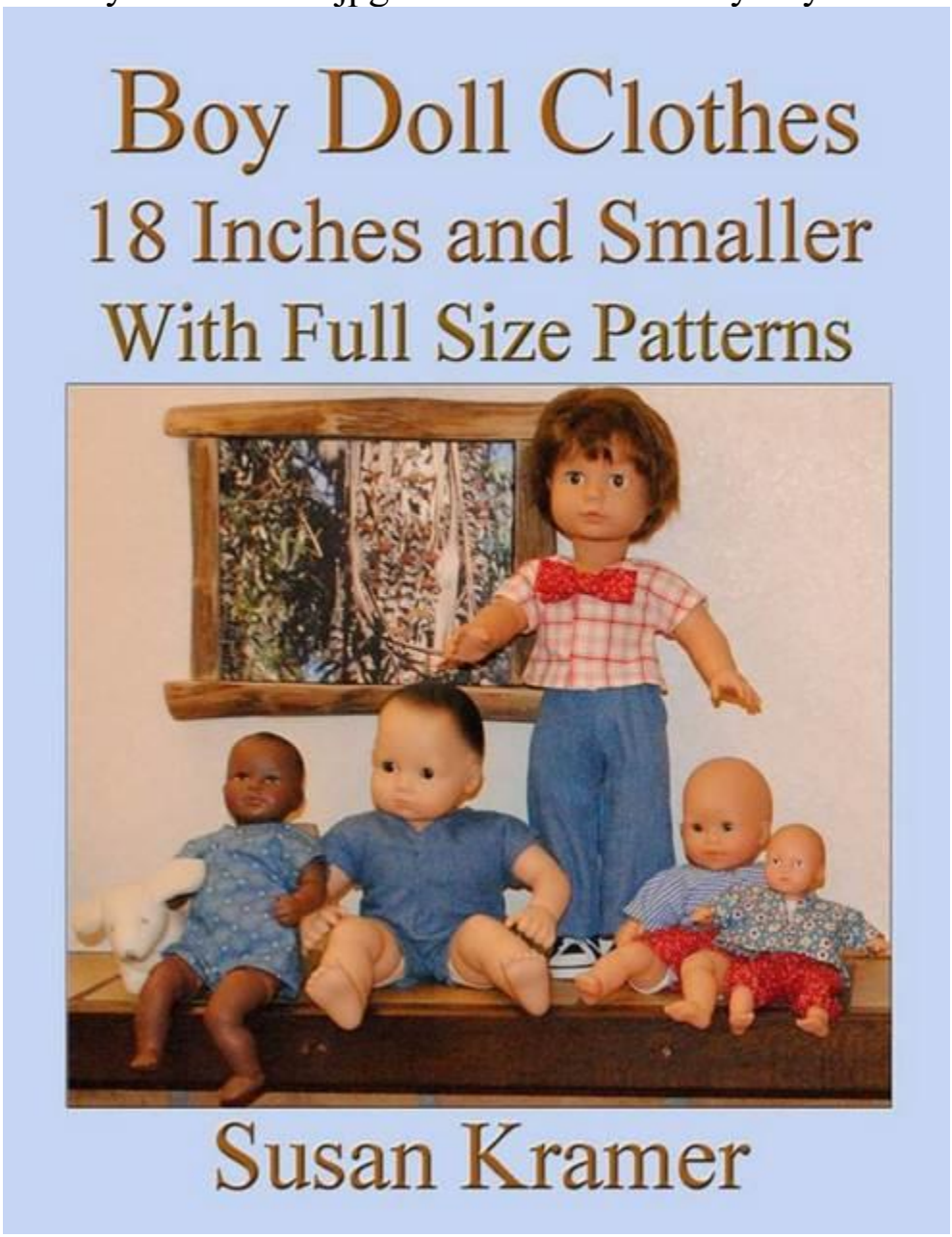
44. dolls841g.jpg – Book Cover for Royal Bridesmaid Dress Pattern for 18 Inch Dolls



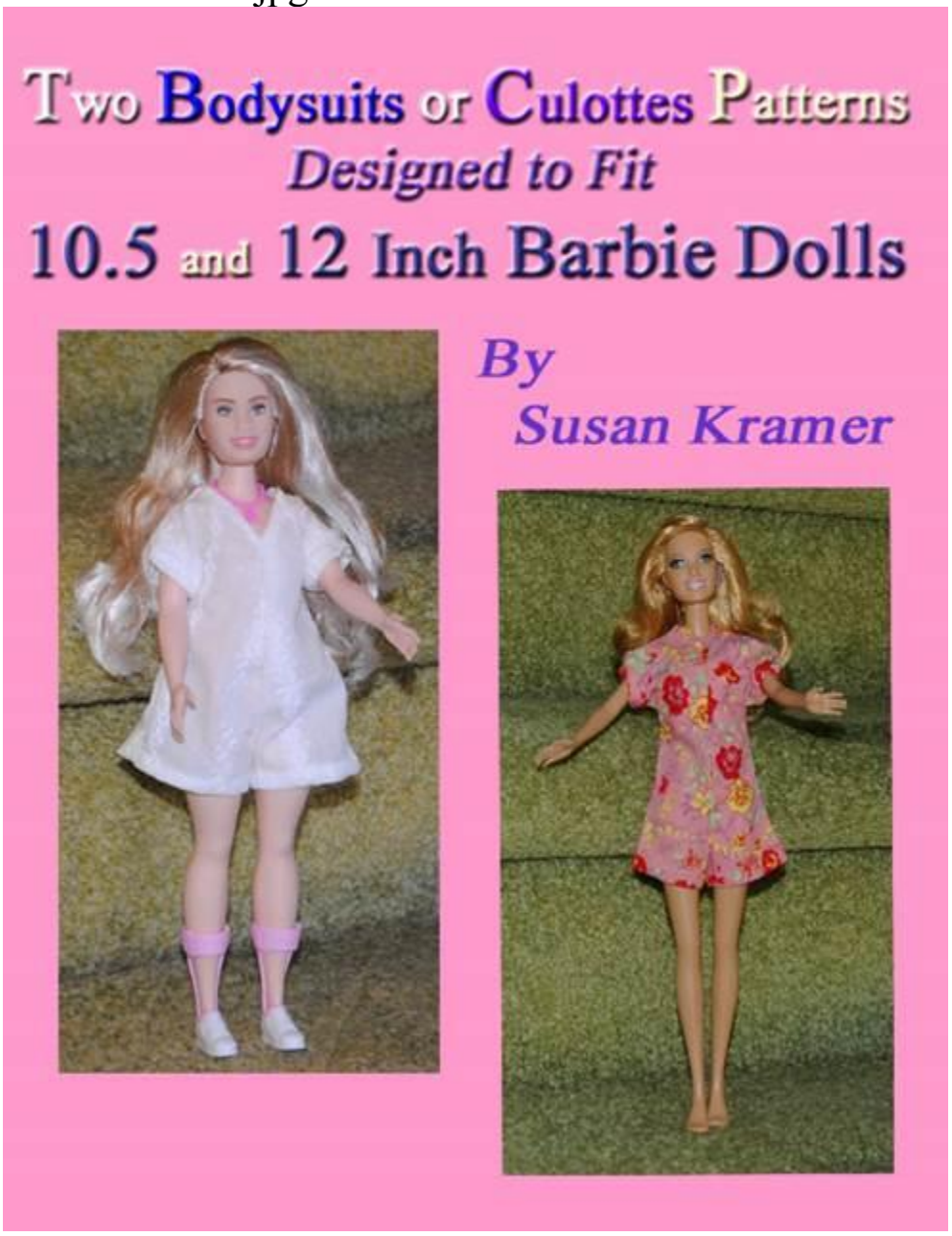
45. dolls891.jpg – Book Cover for Charlotte Rose Doll Body and Clothes Patterns
based on Laura Ingalls Wilder Doll



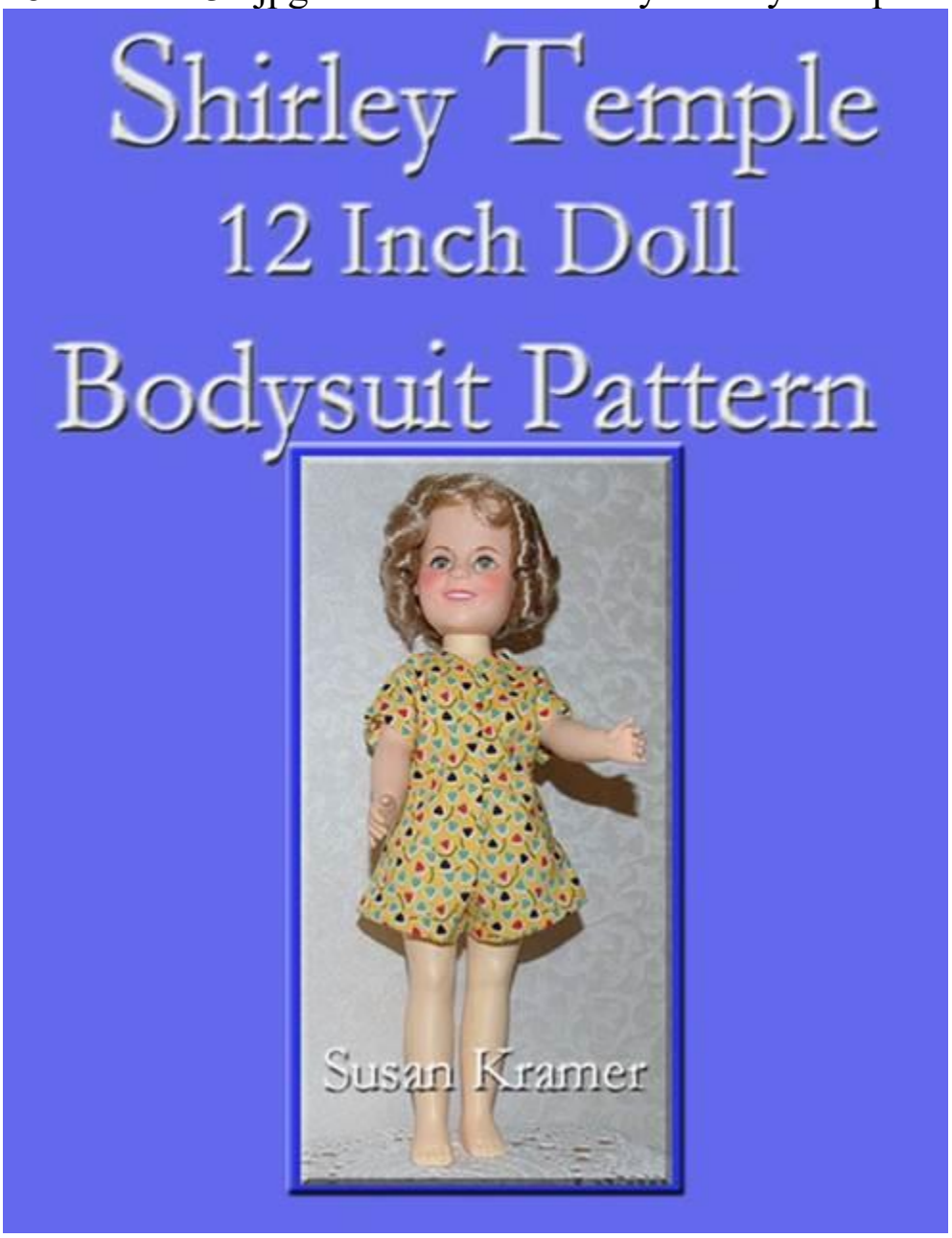
46. boydollclothes4.jpg – Book Cover for my boy doll clothes patterns



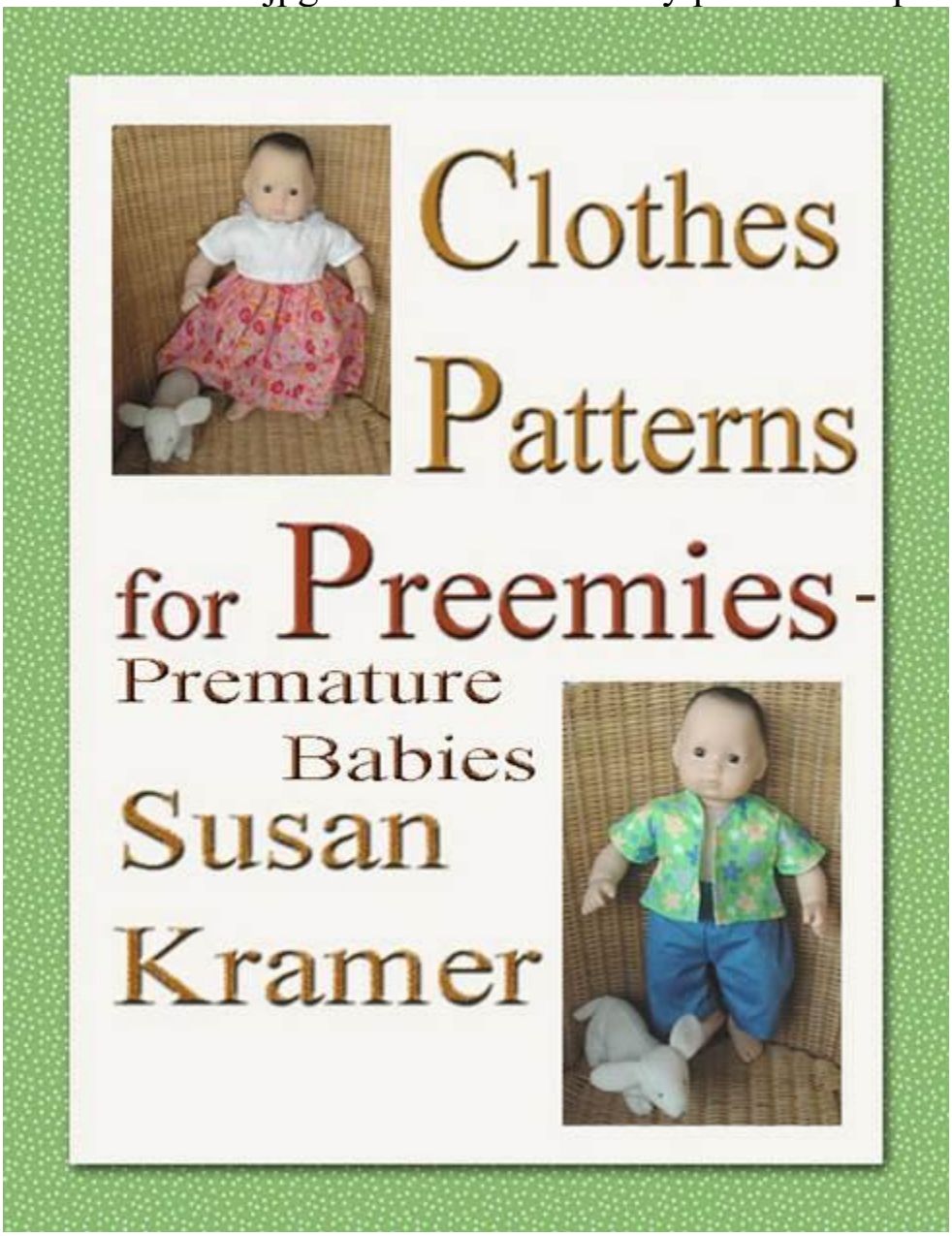
47. dolls1117n.jpg – Book cover for me Barbie doll clothes patterns



48. dolls1113b.jpg – Book cover for my Shirley Temple Doll pattern



49. dolls1273ff.jpg – Book Cover for my patterns for premature babies



11. Family Photos

2021 – Most of the kids and grands with Susan and Stan, Santa Barbara

2021 – Most of kids and grands for Susan's and Stan's, 75th BD, Santa Barbara

2019 – The kids and most of the grands, San Francisco

2022 – Susan’s children, Santa Barbara: Mike, Polly, Margie, Mary, Sarada

2014 – Most kids and grands with Susan and Stan
(Polly pregnant with son), Santa Barbara

Categories: American meditation teachers | American self-help writers | American spiritual writers | dance writers | Former Jacob's Pillow dancers | Independent Interfaith Married Monk | Living people | 1946 births | Peabody Institute alumni | Writers from Baltimore, Maryland | American artist |