

## Susan Helene Kramer

An American author and artist in the fields of art, dance, spirituality, and personal development

Susan Helene Kramer

### *The Back Story*



**Born** December 30, 1946  
Baltimore, Maryland

**Residences** Santa Barbara, California and Amsterdam, The Netherlands

**Occupation** Author and Dancer

**Spouse** Stan Schaap

**Children** One son and four daughters

**Website** [susankramer.com](http://susankramer.com)

**Email** [susan@susankramer.com](mailto:susan@susankramer.com)



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

## Contents

1. Early Life
2. Career
3. Personal life
4. Works
5. References
6. Interview
7. Dance and Yoga Photos
8. Experiences in Chronological Order (links to stories in html)
9. Favorite Poems by Susan Kramer
10. Artwork from late 1980s to present: conte crayon; pen and ink; pencil; pressed plant arrangements; book covers; patterns for children's clothes; fabric doll bodies; doll costumes



## 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 years 1965 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." <sup>[1]</sup>

Kramer has authored 24 books as of 2021, and articles and books published in English, Dutch, French, German, Greek, and Spanish, <sup>[2]</sup> plus several doll making books. <sup>[3]</sup> (Photo at [Meditation Mount](#), Ojai, California.)

## 3. Personal life

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

## 4. Written Works

Works by Susan Kramer include the following: <sup>[5]</sup>

- 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

Story of Susan Helene Kramer  
www.susankramer.com

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.



## 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.



## 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, 2<sup>nd</sup> 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.



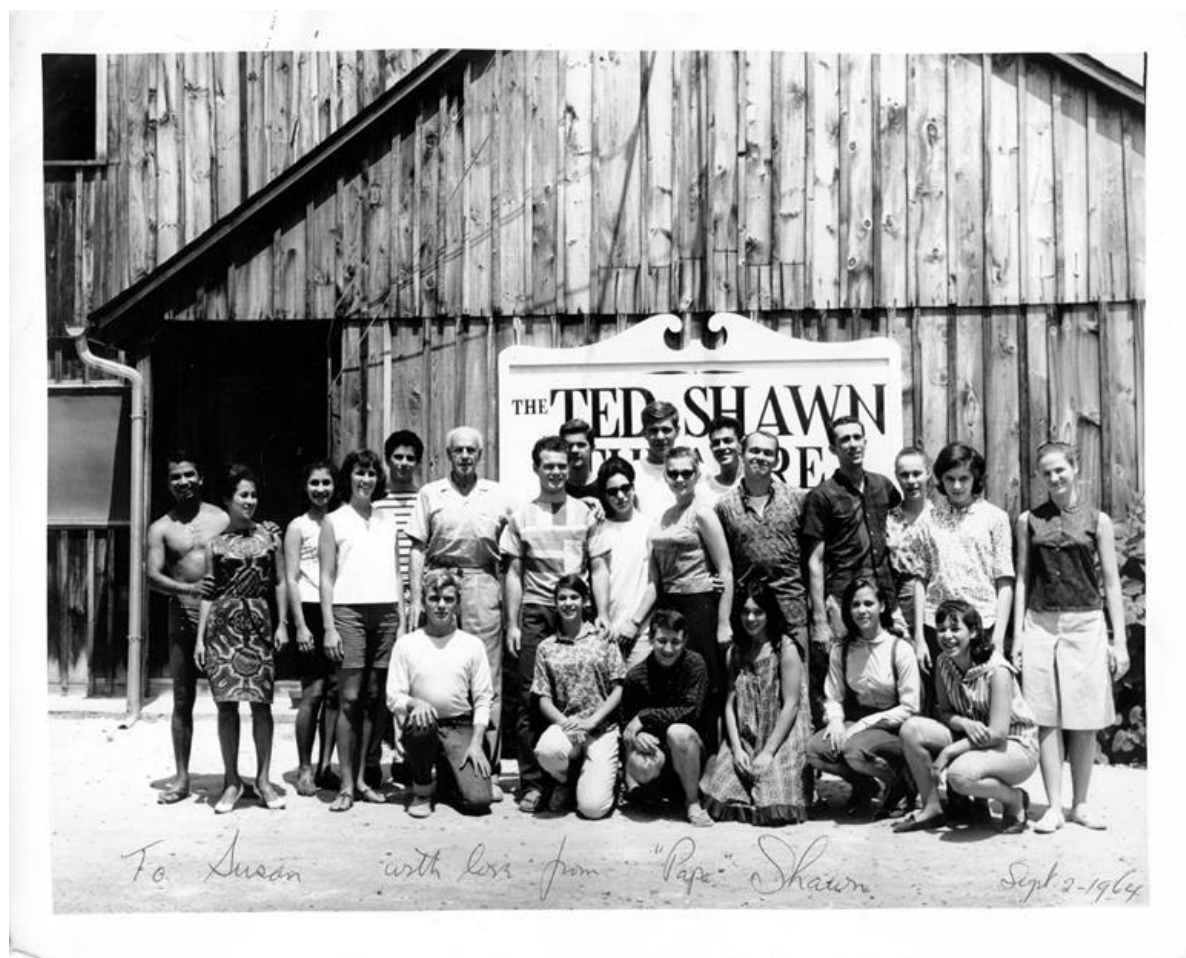
2. May 1954 - Susan's third recital with Adelaide G. Molter, Severna Park, Maryland. Photo credit Jane Kramer.



3. May 1961 - Peabody Junior Ballet Company, Baltimore, Maryland, production of "A Midsummer's Night Dream." Susan back row, 2<sup>nd</sup> 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 6<sup>th</sup> from the left; Susan Helene Kramer at far right. Sept. 2, 1964. Inscription: To Susan with love from "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 Neeker  
Choreography & Costumes: Nel Roos  
Pianists: Jess Neeker & 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

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

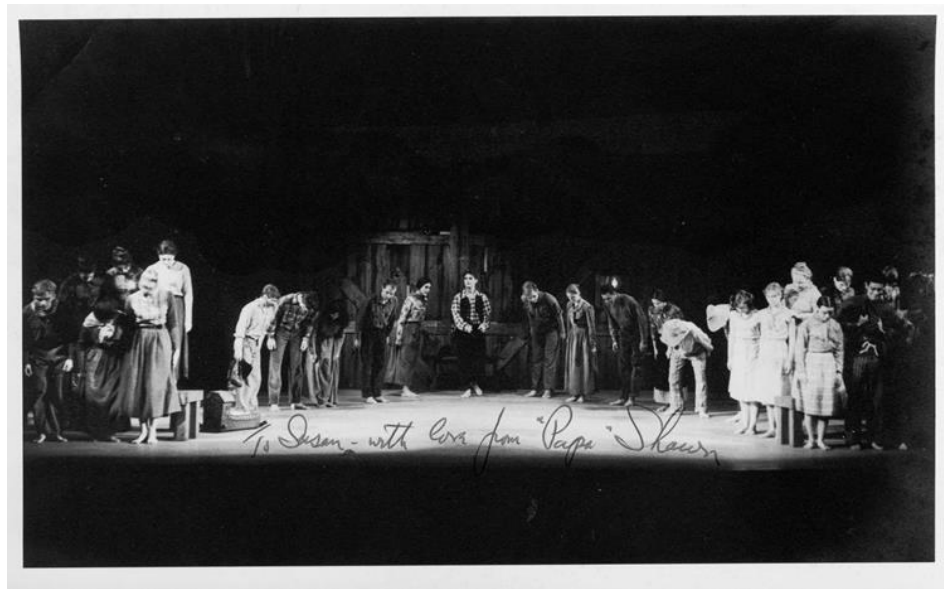
Waltz Finale  
Laura Mayron Maren Meyer Pamela Mulac  
Shirley Terrill Ann Willig  
Pamela Anderson (Friday Matinee & Saturday Evening)  
Job Bruining (Thursday and Saturday Matinee & Friday Evening)  
Susan Kramer (Friday Evening & Saturday Matinee)  
Betty Richter (Thurs, Fri & Sat Matinee & Saturday 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 2<sup>nd</sup> right from center. Inscription: To Susan - with love from "Papa" Shawn. Photo credit John van Lund.



8a. Enlargement of photo above: Susan 3<sup>rd</sup> 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.





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, and certified to teach December 1982.

12. August 1999 - Susan wearing Interfaith Dress, 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](http://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.

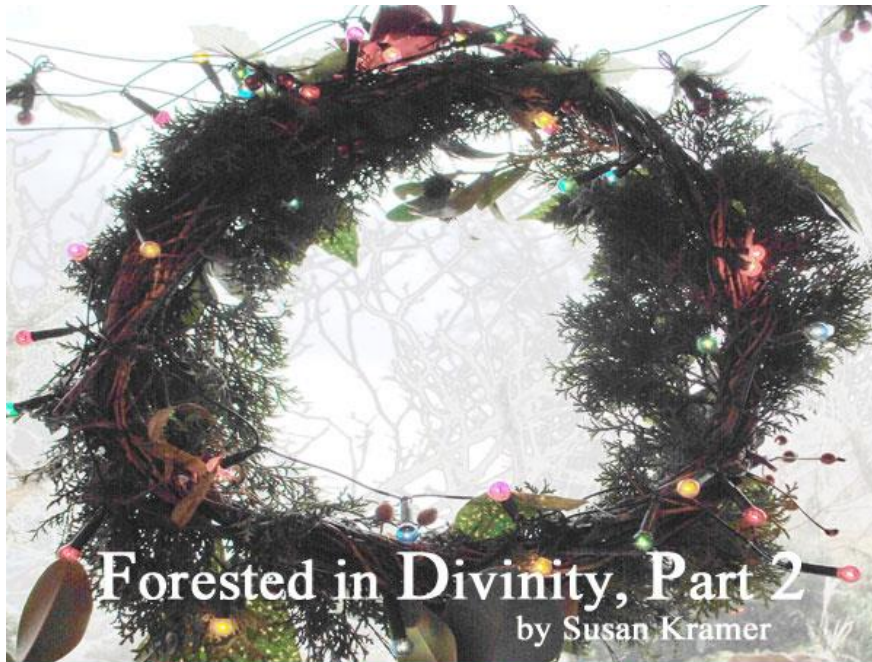
With air to breathe that's fresh and clean, I continue on with energy.

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-dimensional brilliant selves  
In hues of light as clear as glass.

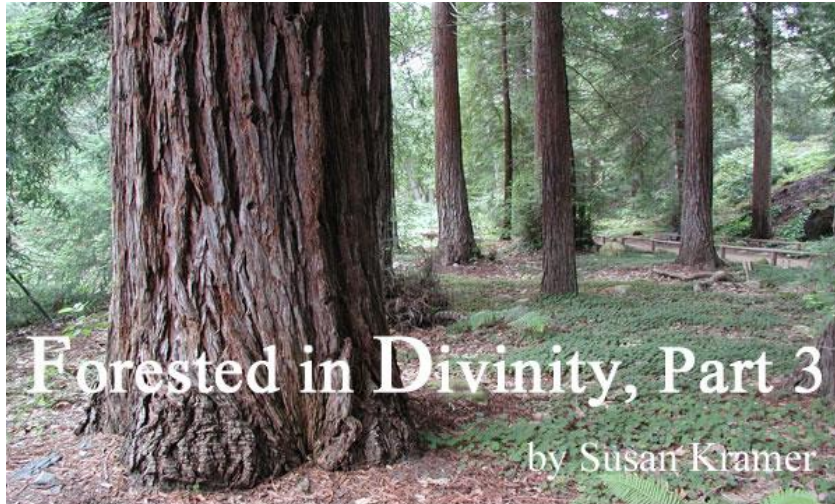
I bow my head and with a start  
See the light of which I'm made.

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.*



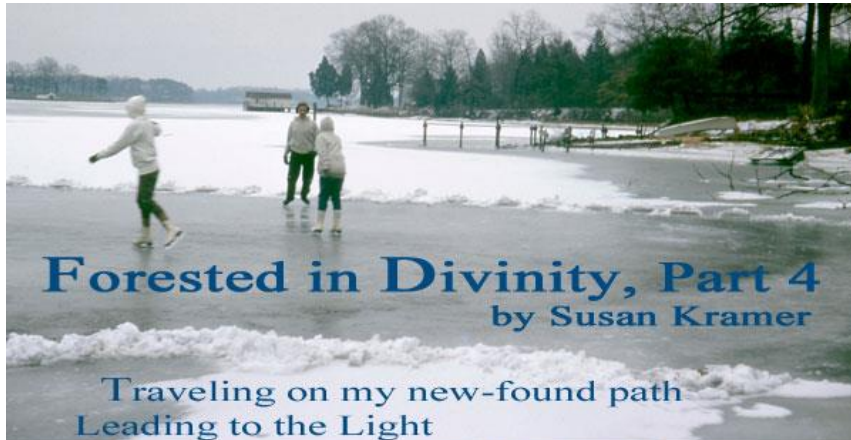


**F**orever more begins today  
Dawn's rays dispersing night.  
Opening up a clearer way  
Exploring now in luminous light.

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

**F**amily 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.



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

## 10. Artwork by Susan Helene Kramer

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

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







2. art2aa.jpg – conte crayon on paper





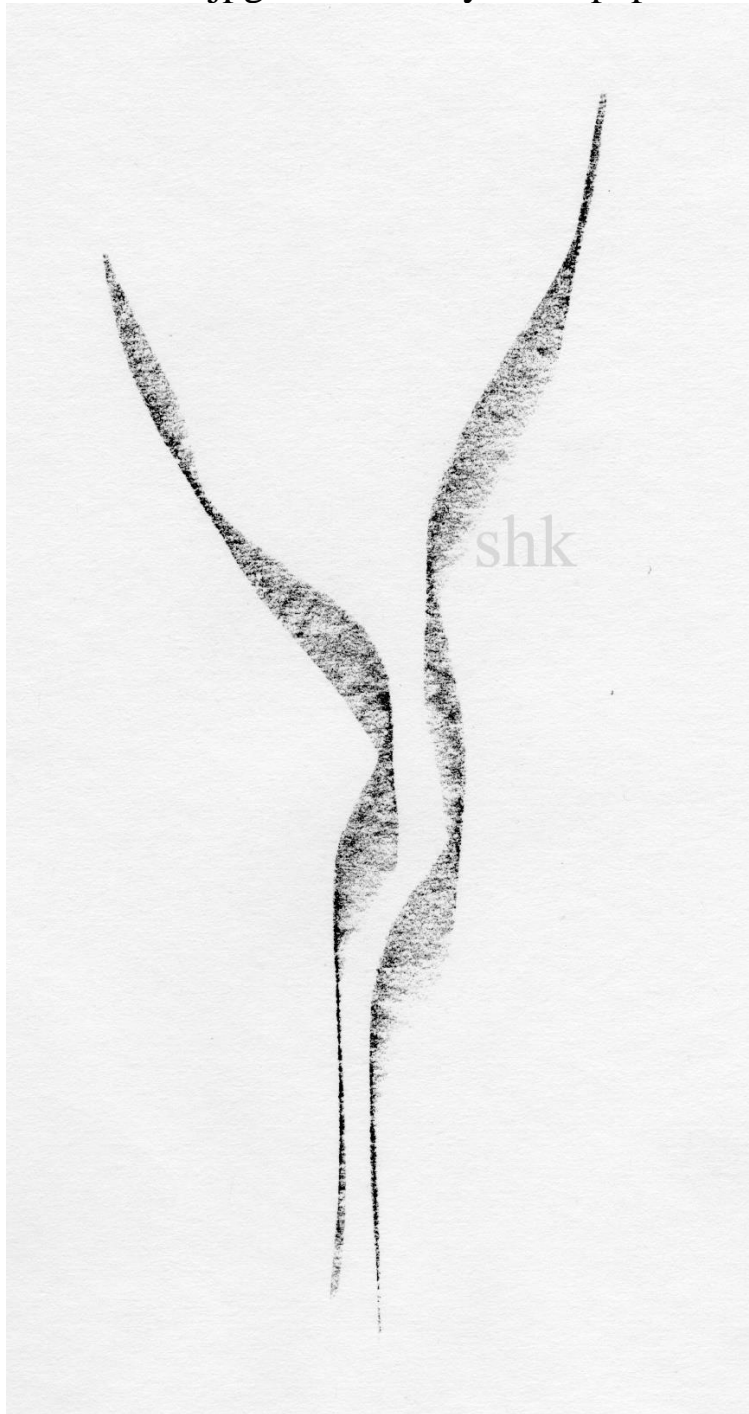
3. art3aa.jpg – conte crayon on paper



4. art4aa.jpg – conte crayon on paper



5. conte1aa.jpg – conte crayon on paper

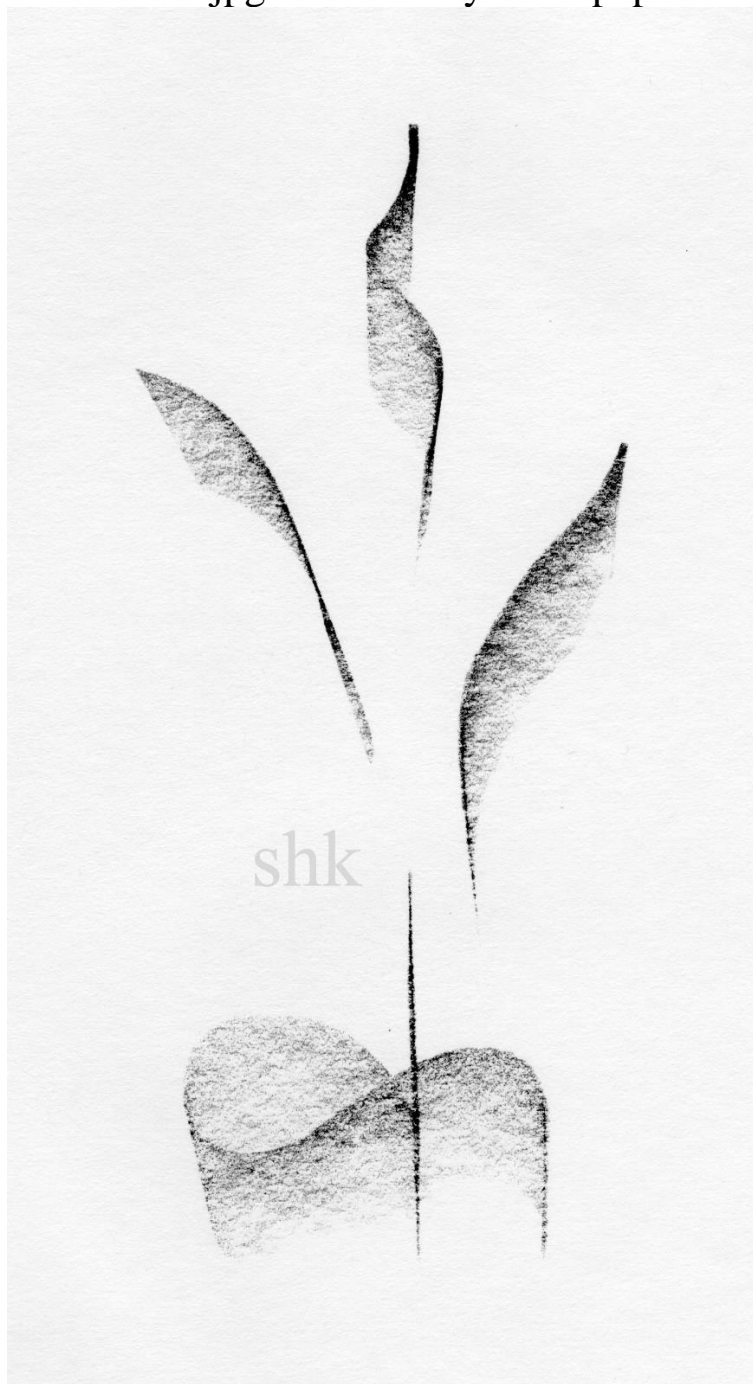


6. conte2aa.jpg – conte crayon on paper





7. conte3aa.jpg – conte crayon on paper



8. conte4aa.jpg – conte crayon on paper

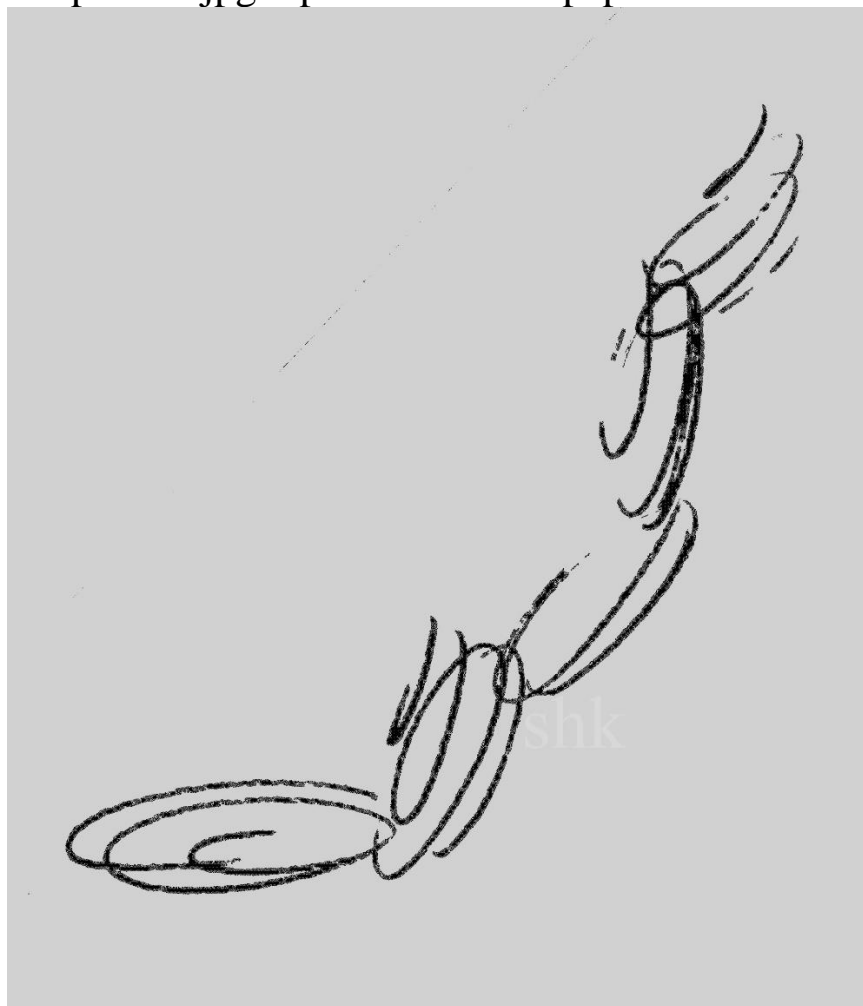




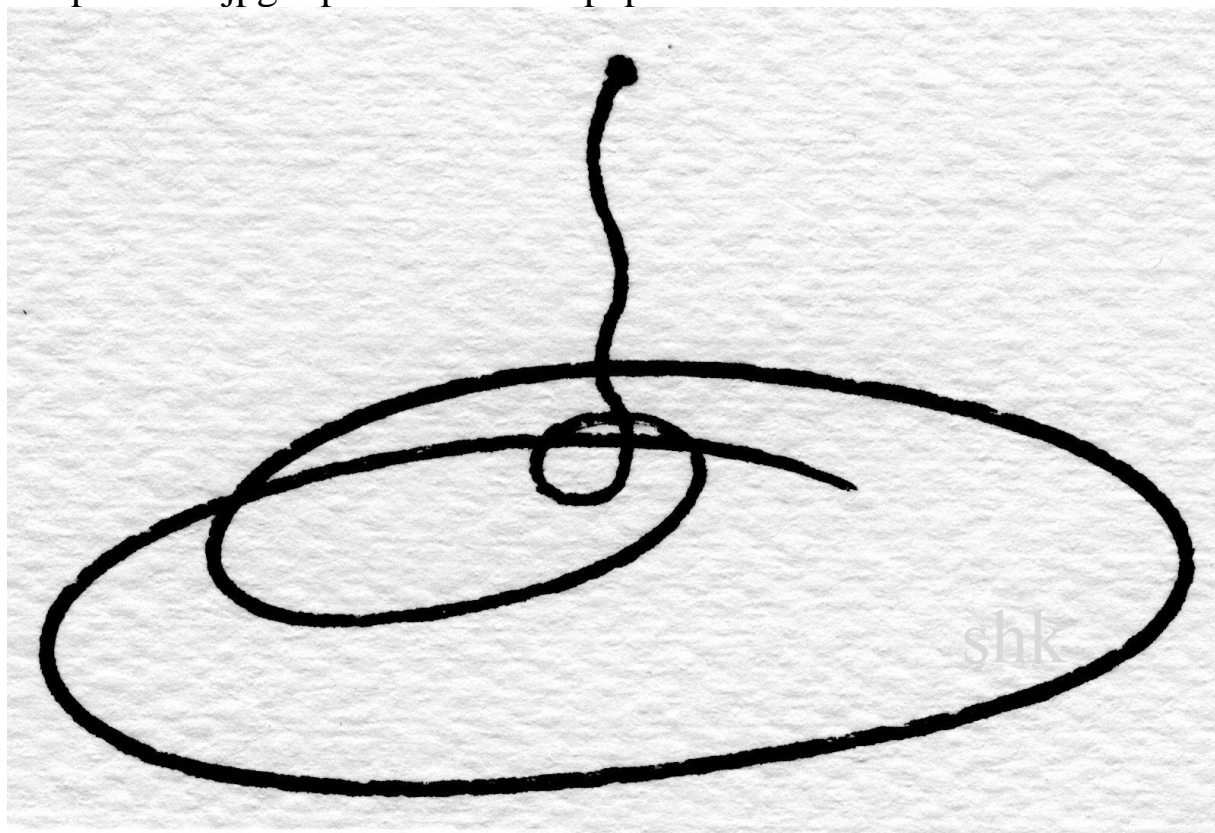
9. conte5aa.jpg – conte crayon on paper



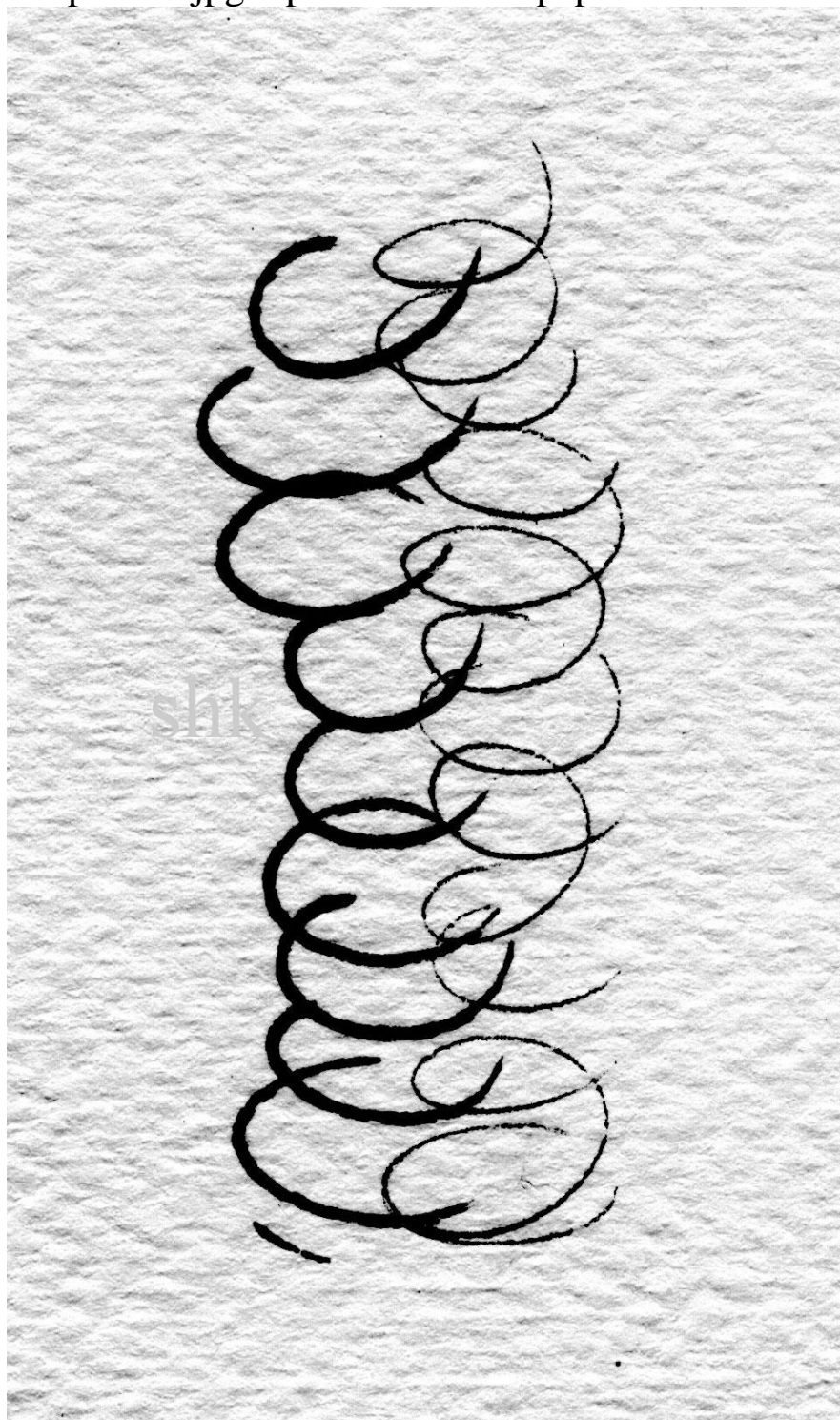
10. pen1aa.jpg – pen and ink on paper



11. pen3abc.jpg – pen and ink on paper



12. pen4aa.jpg – pen and ink on paper

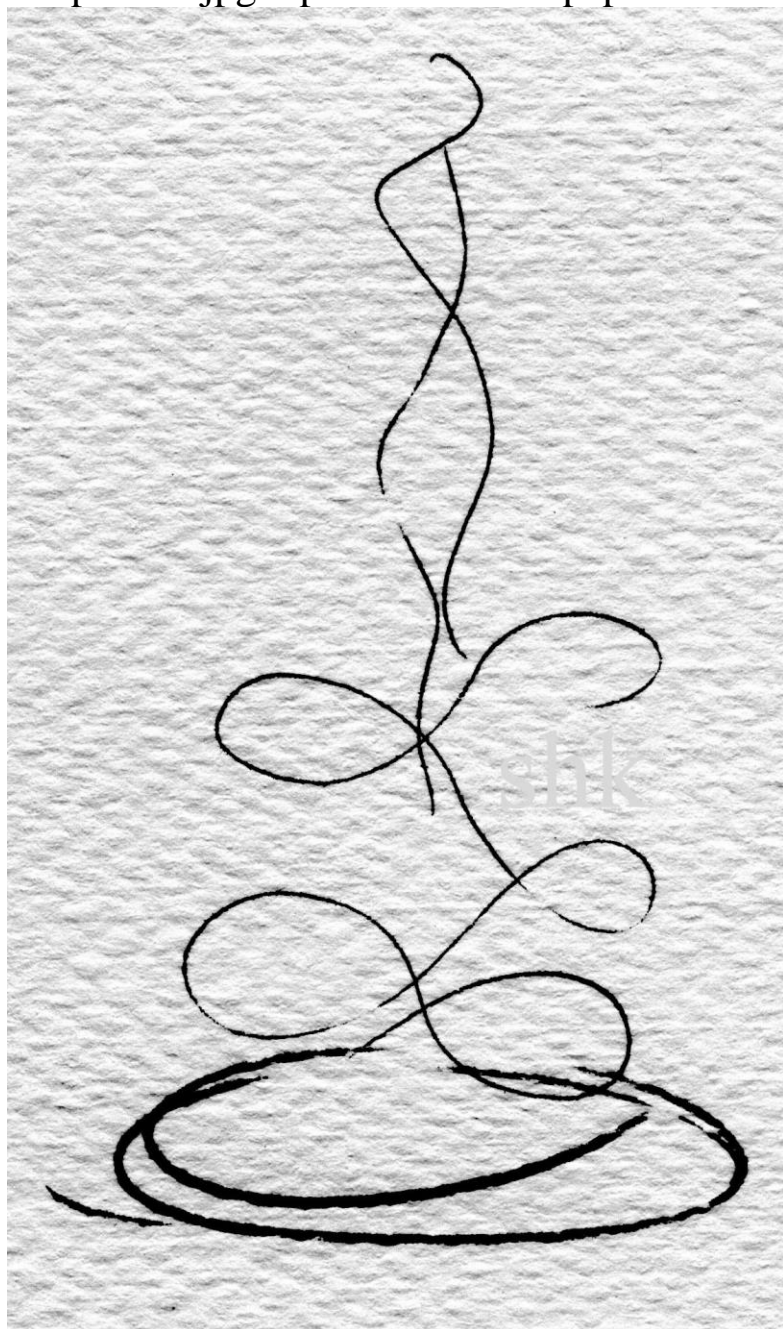




13. pen7aa.jpg – pen and ink on paper

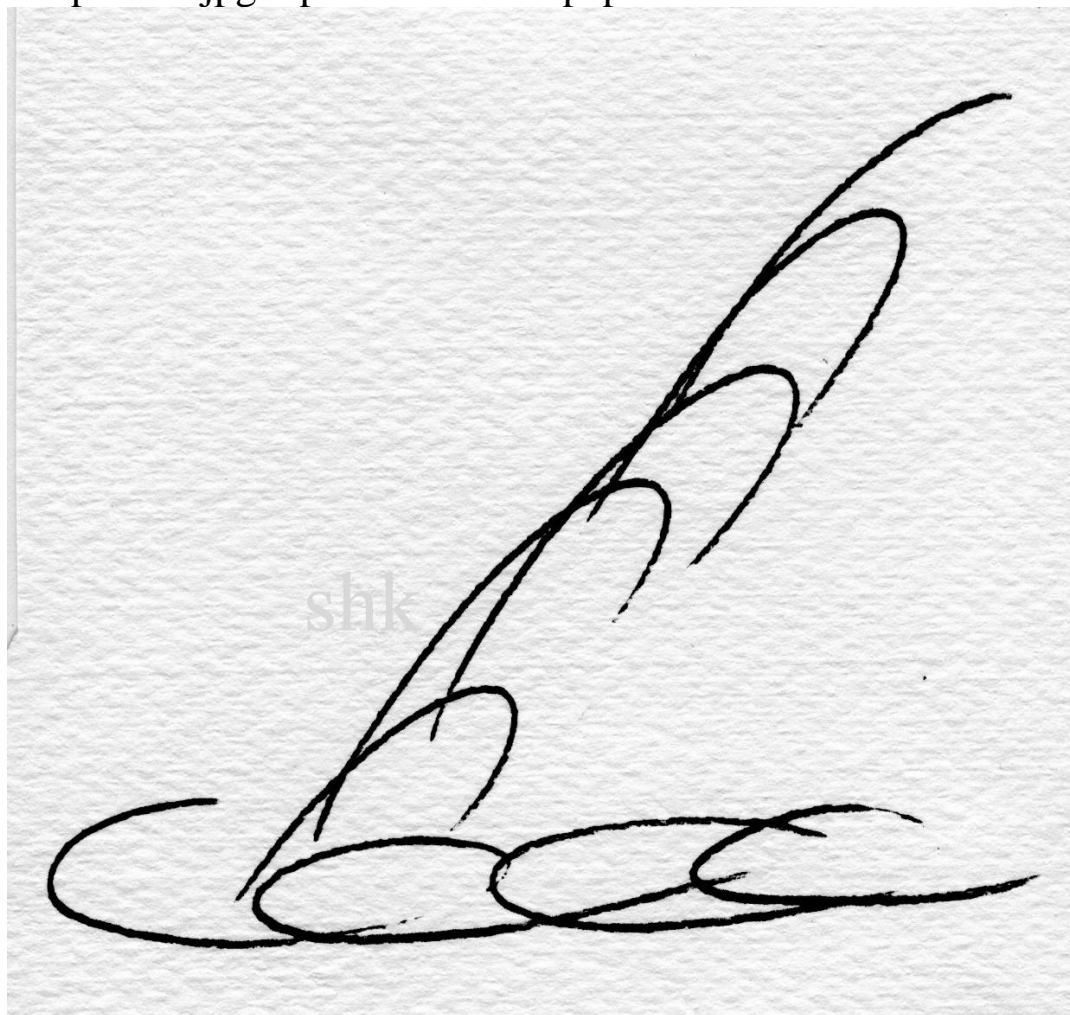


14. pen8aa.jpg – pen and ink on paper





15. pen9aa.jpg – pen and ink on paper

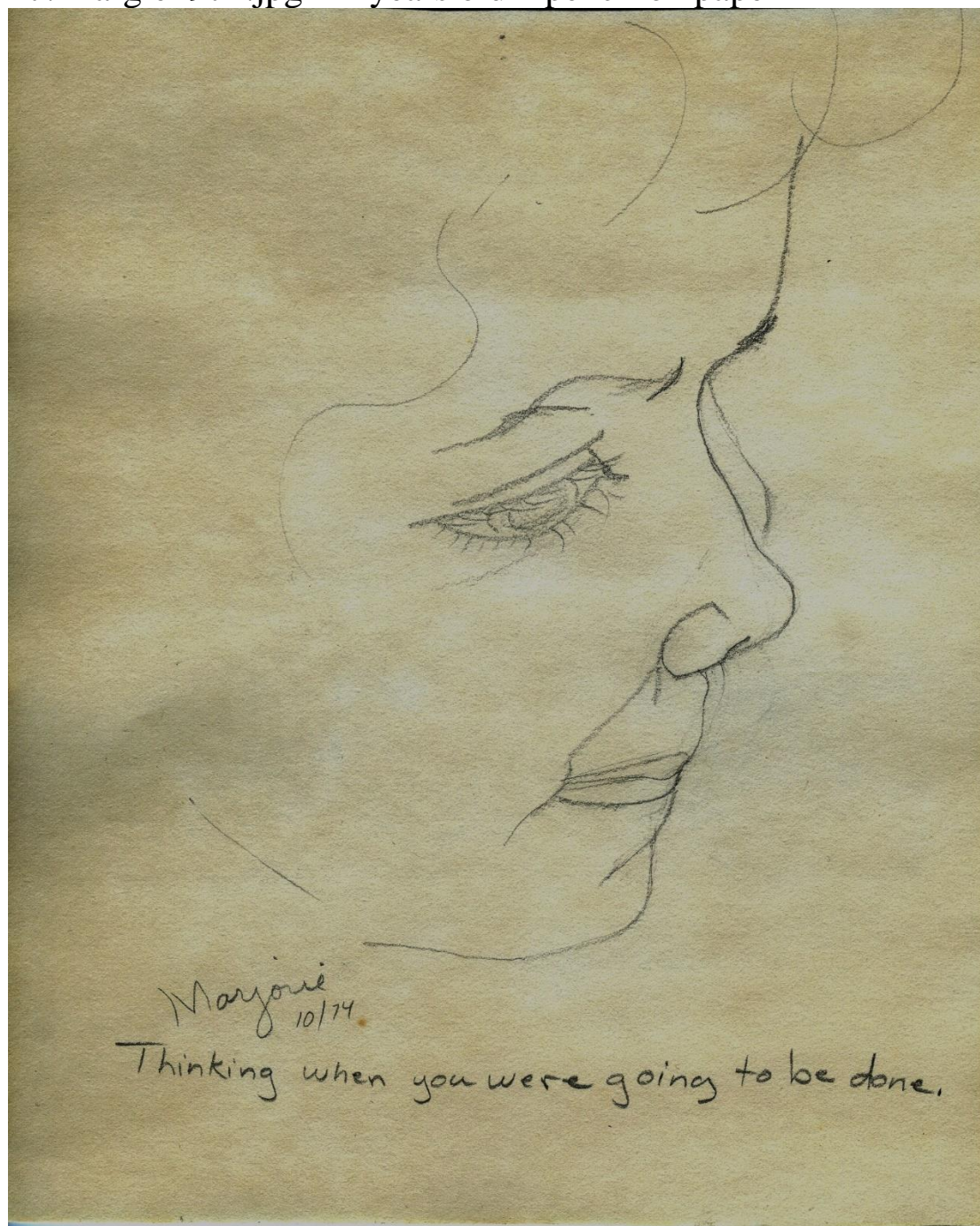


## 2 Children – Pencil drawings from life

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



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



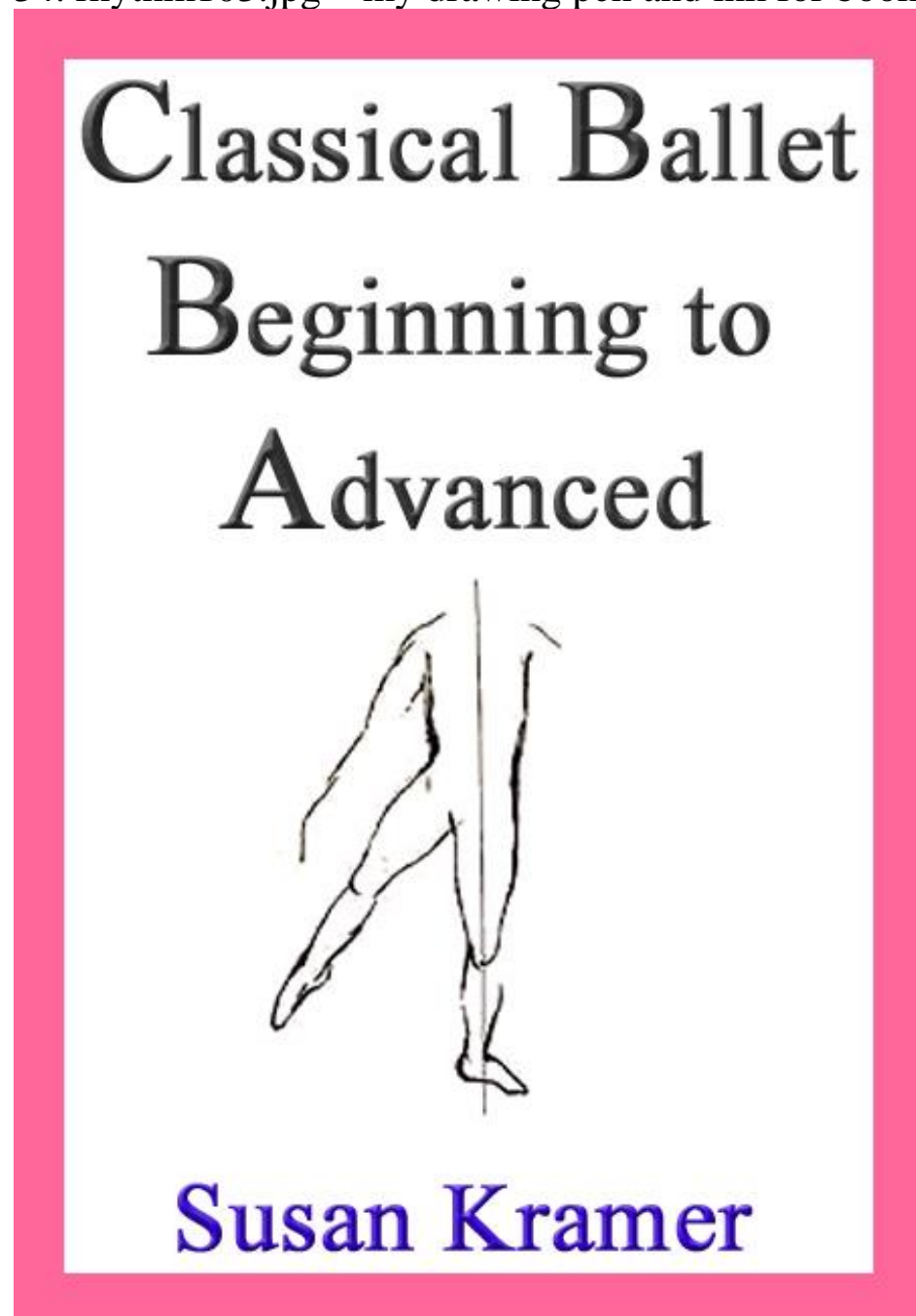
33. leaves20aa.jpg – dried and pressed arrangement





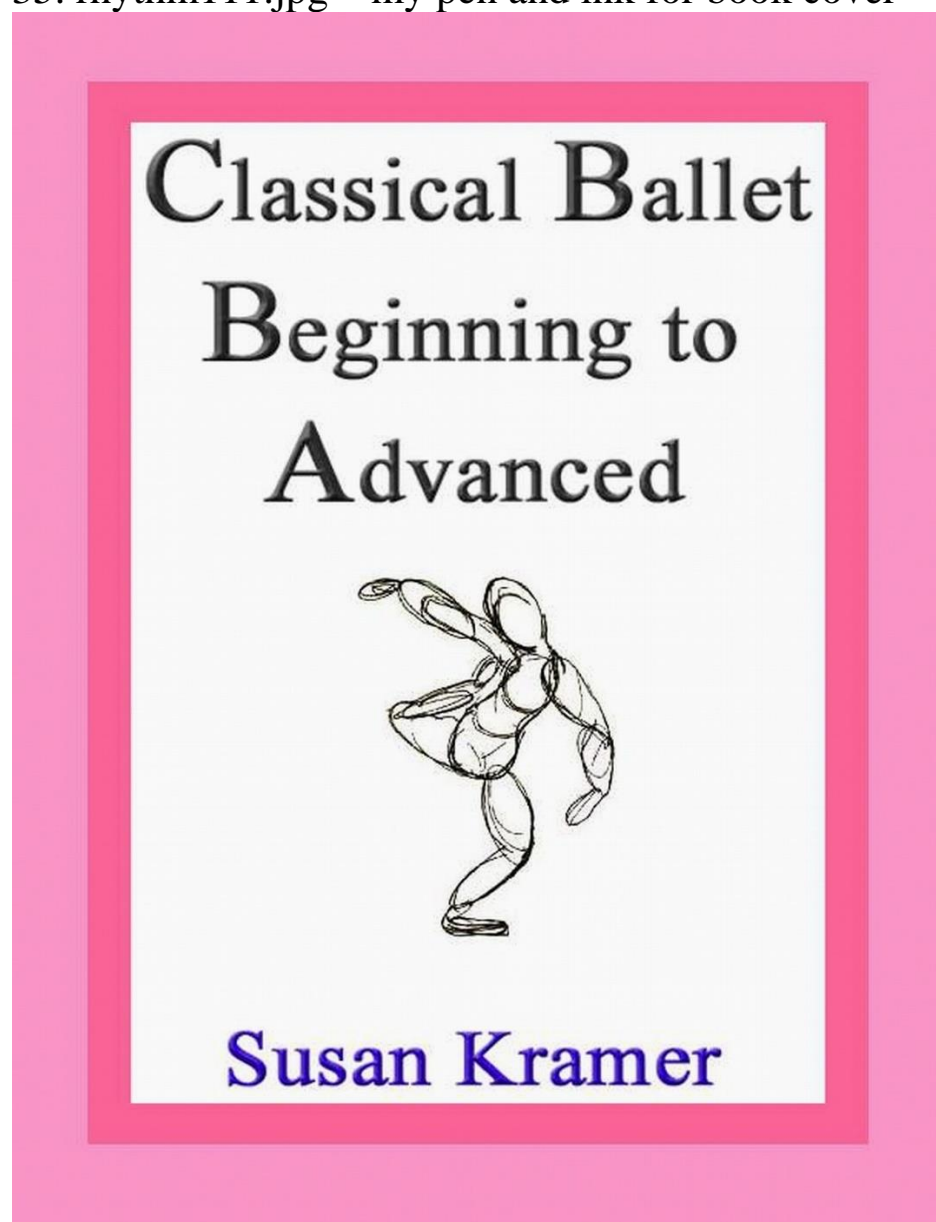
## **2 Dance Book Covers, and Fabric Art Patterns for Babies and Dolls from year 2000 to present**

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

Anneke 12 Inch  
Cloth Doll Pattern



Susan Kramer

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

# How to Sew Cloth Dolls & Costumes



plus traceable patterns for the  
**12 Inch Anneke Doll**

Susan Kramer

38. doll335.jpg - 15 Inch Fabric Amanda Doll



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

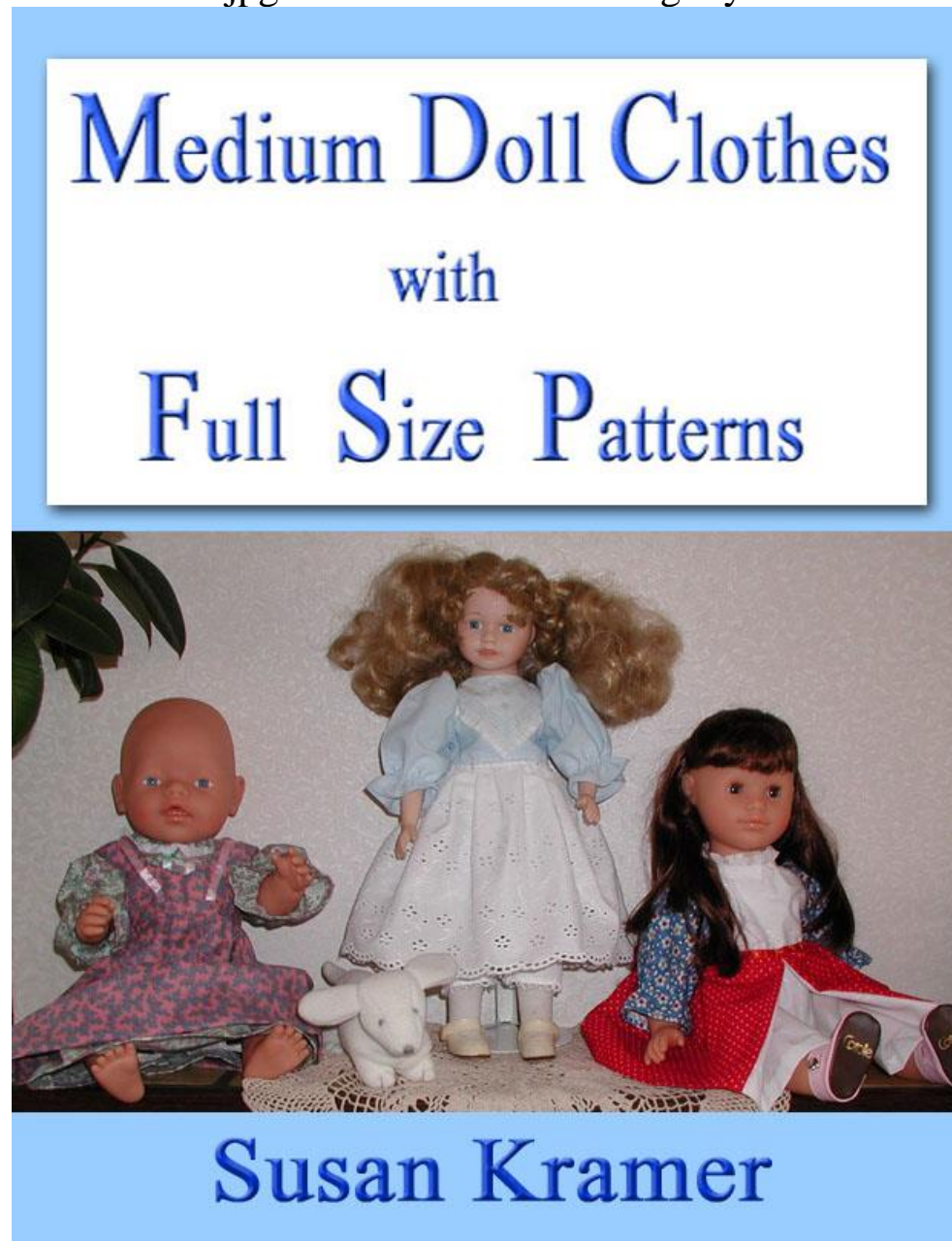
*International*  
**15 Inch Amanda Cloth Doll**  
**Body Pattern**  
**Dress**  
**Leggings**  
**Tutu**



Susan Kramer



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



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



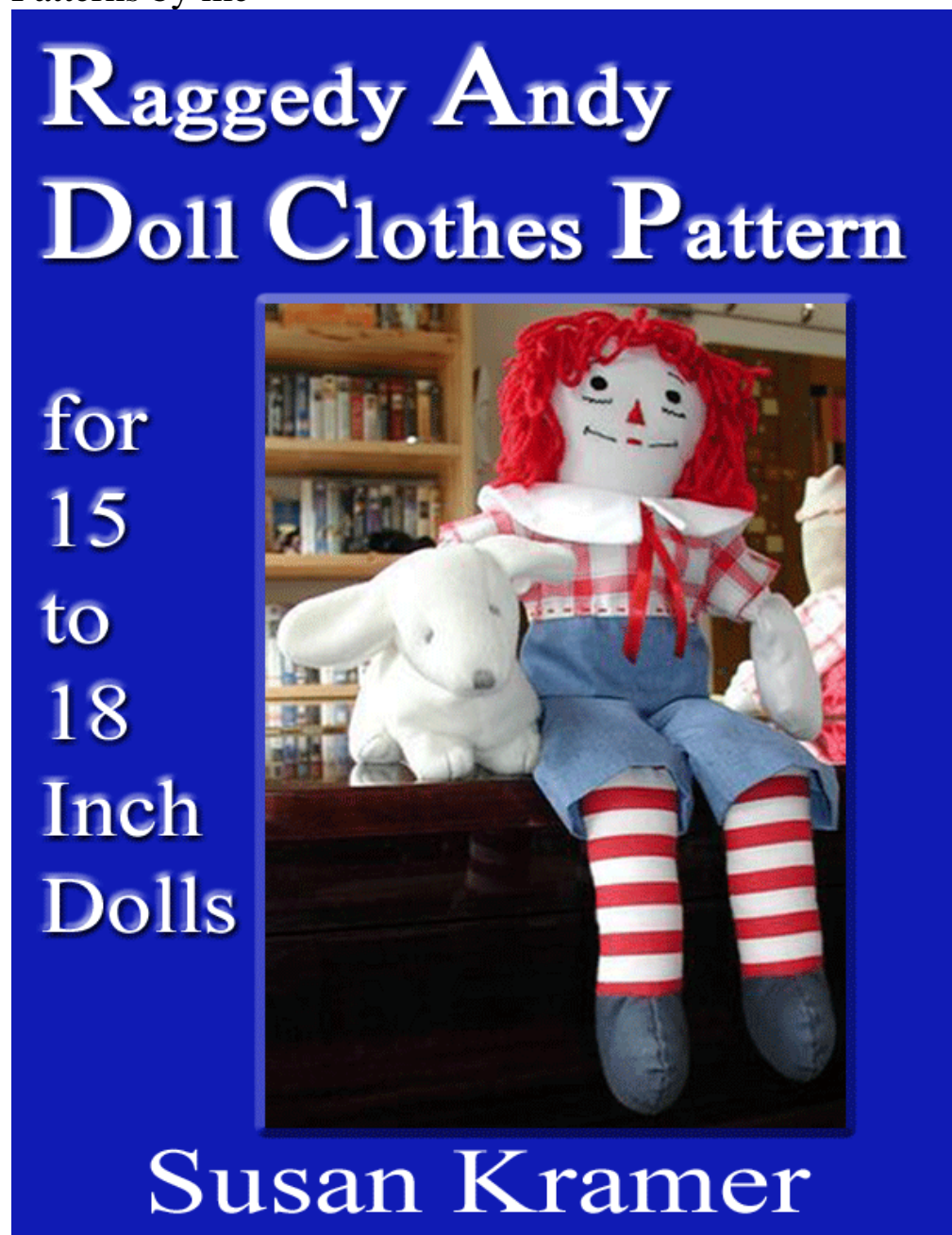


42. dolls720a.jpg - Christening Dress Pattern Book Cover by Susan Kramer

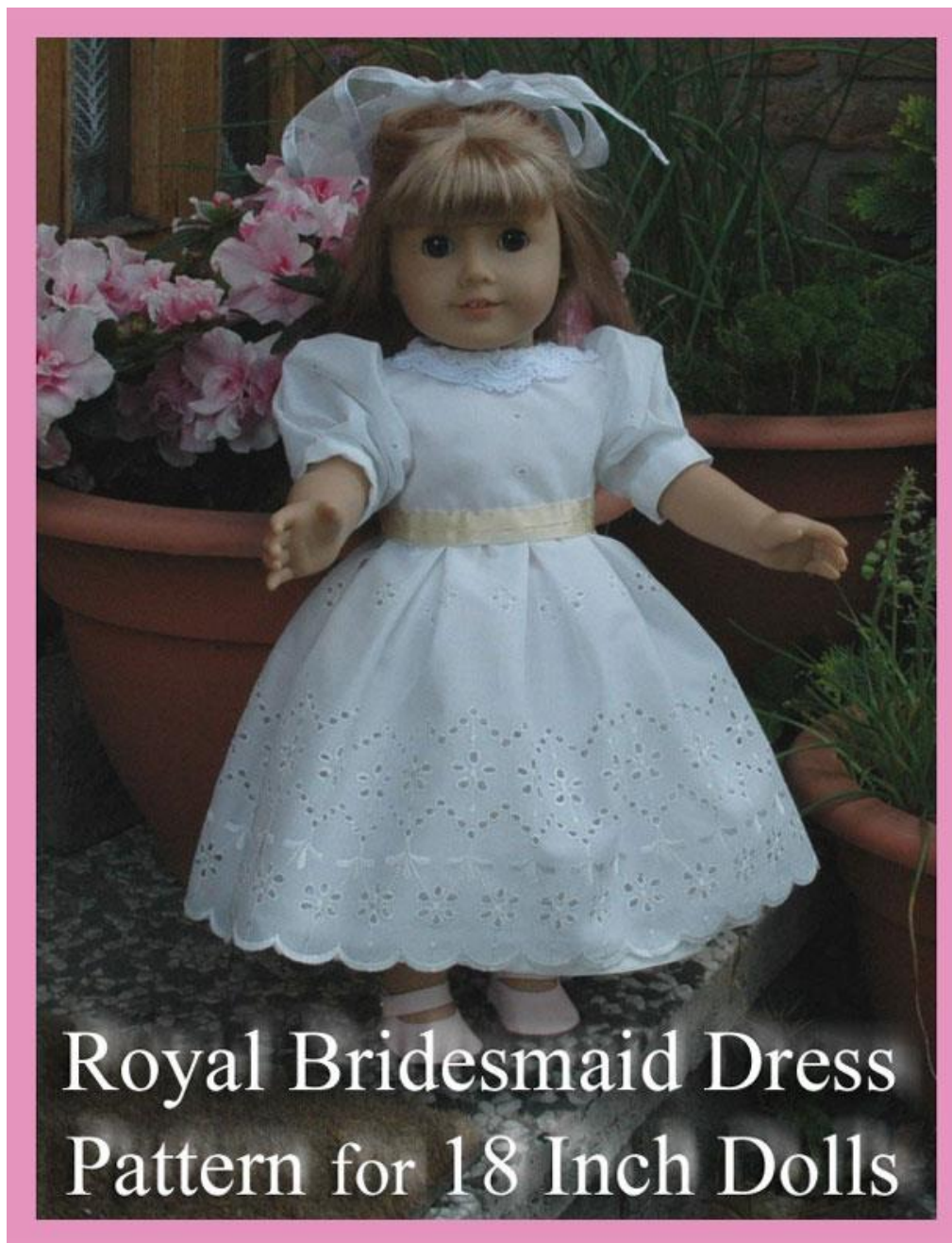
For child - up to size 2



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



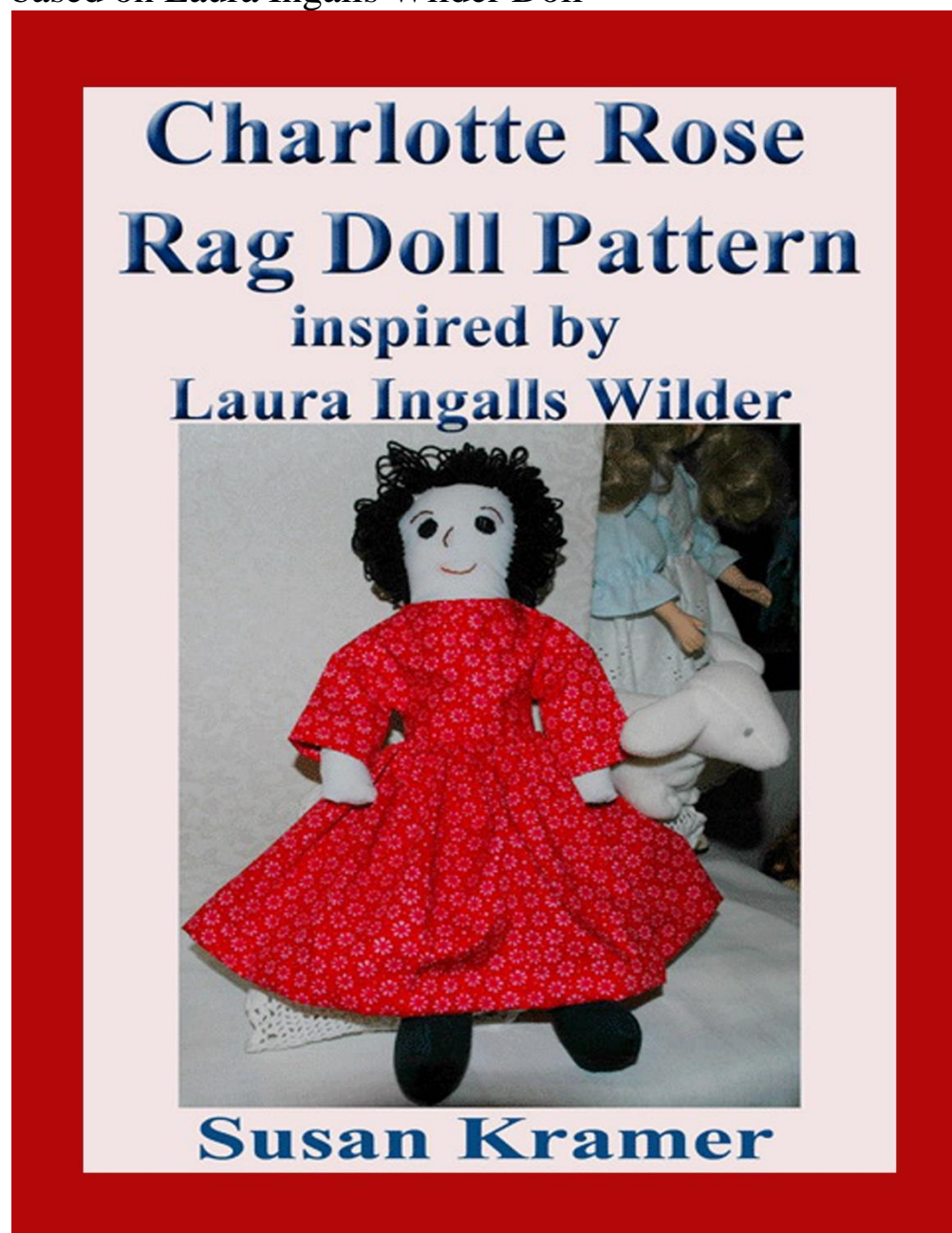
44. dolls841g.jpg – Book Cover for Royal Bridesmaid Dress Pattern for  
18 Inch Dolls



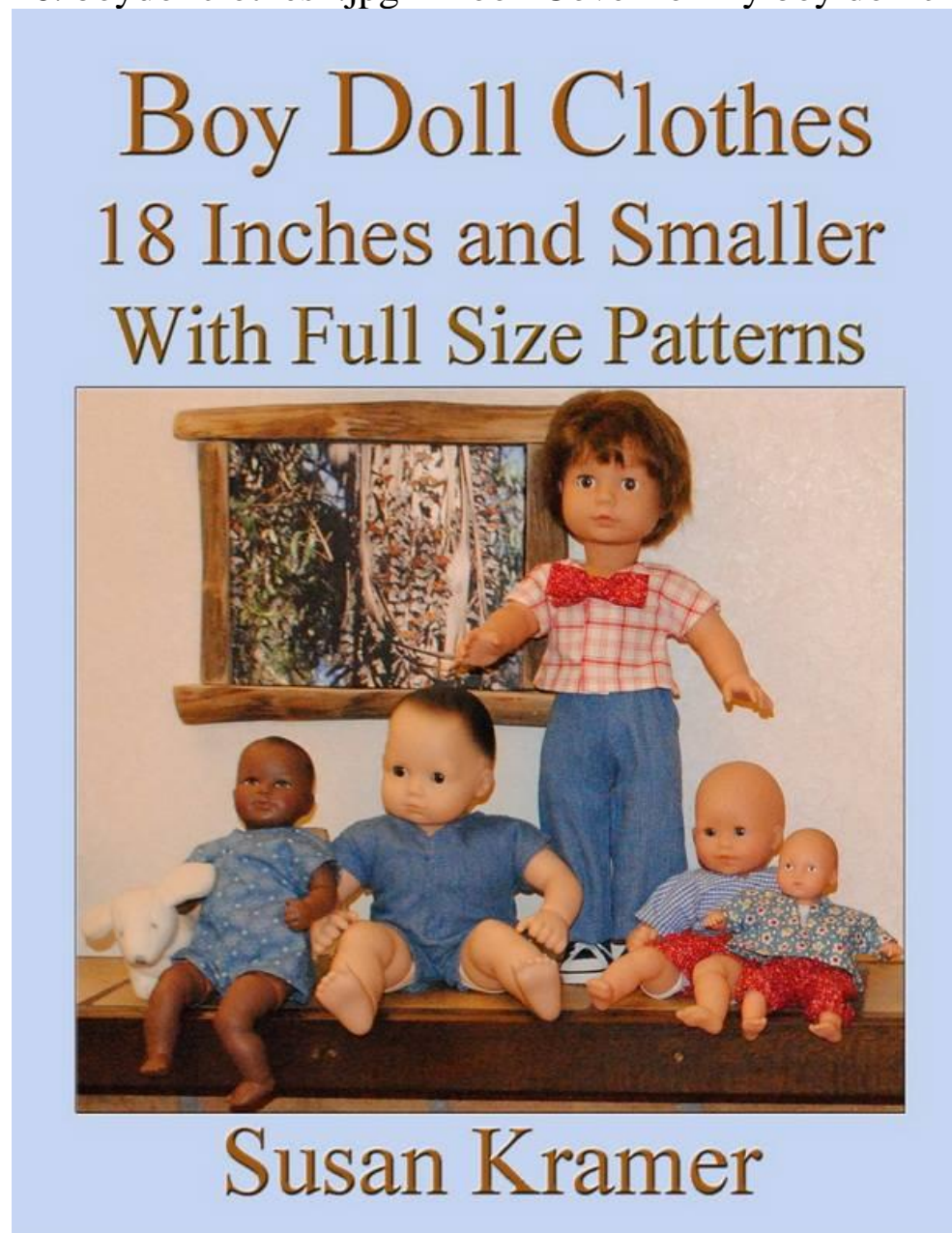
Royal Bridesmaid Dress  
Pattern for 18 Inch Dolls



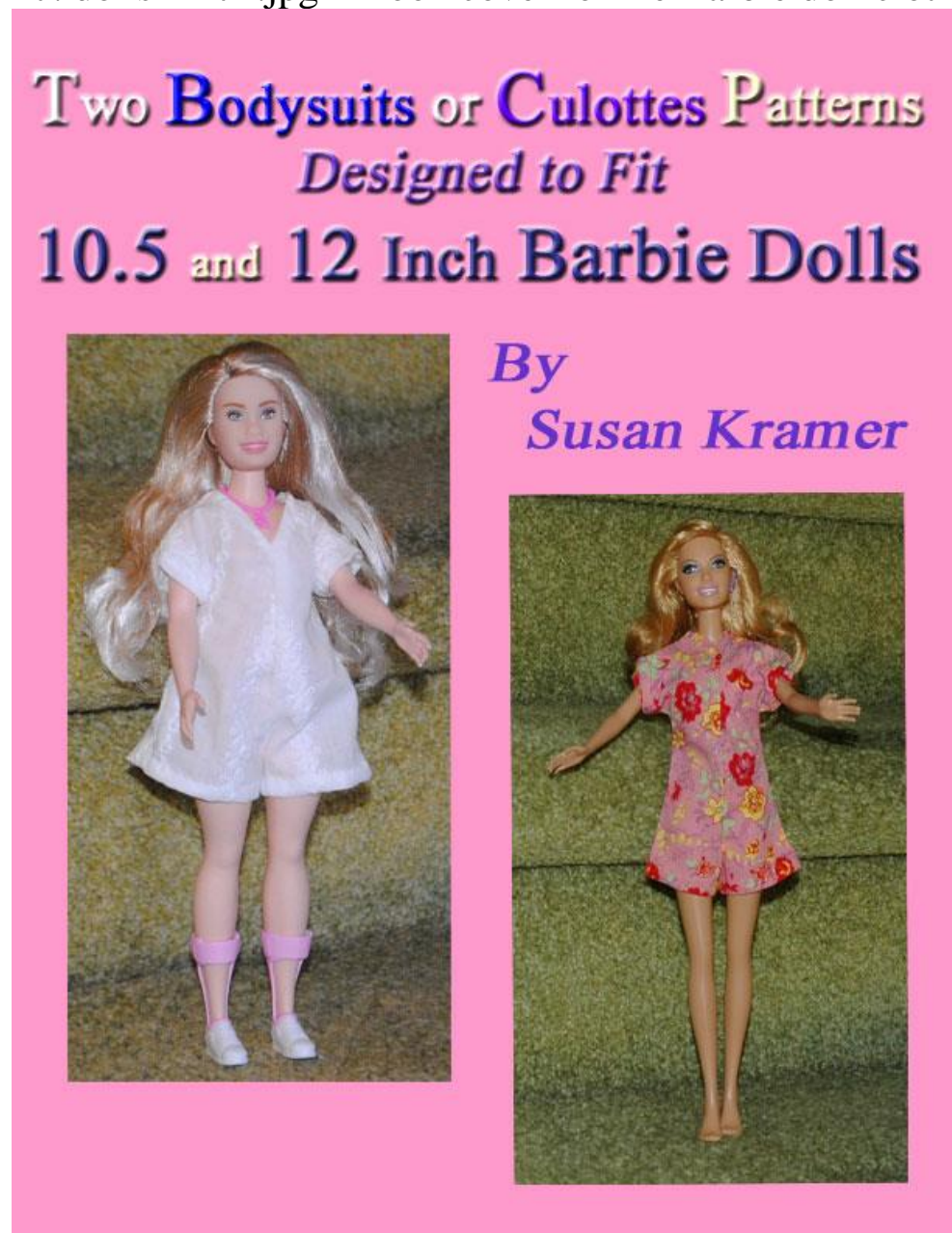
45. dolls891.jpg – Book Cover for Charlotte Rose Doll Body and  
Clothes Patterns  
based on Laura Ingalls Wilder Doll



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

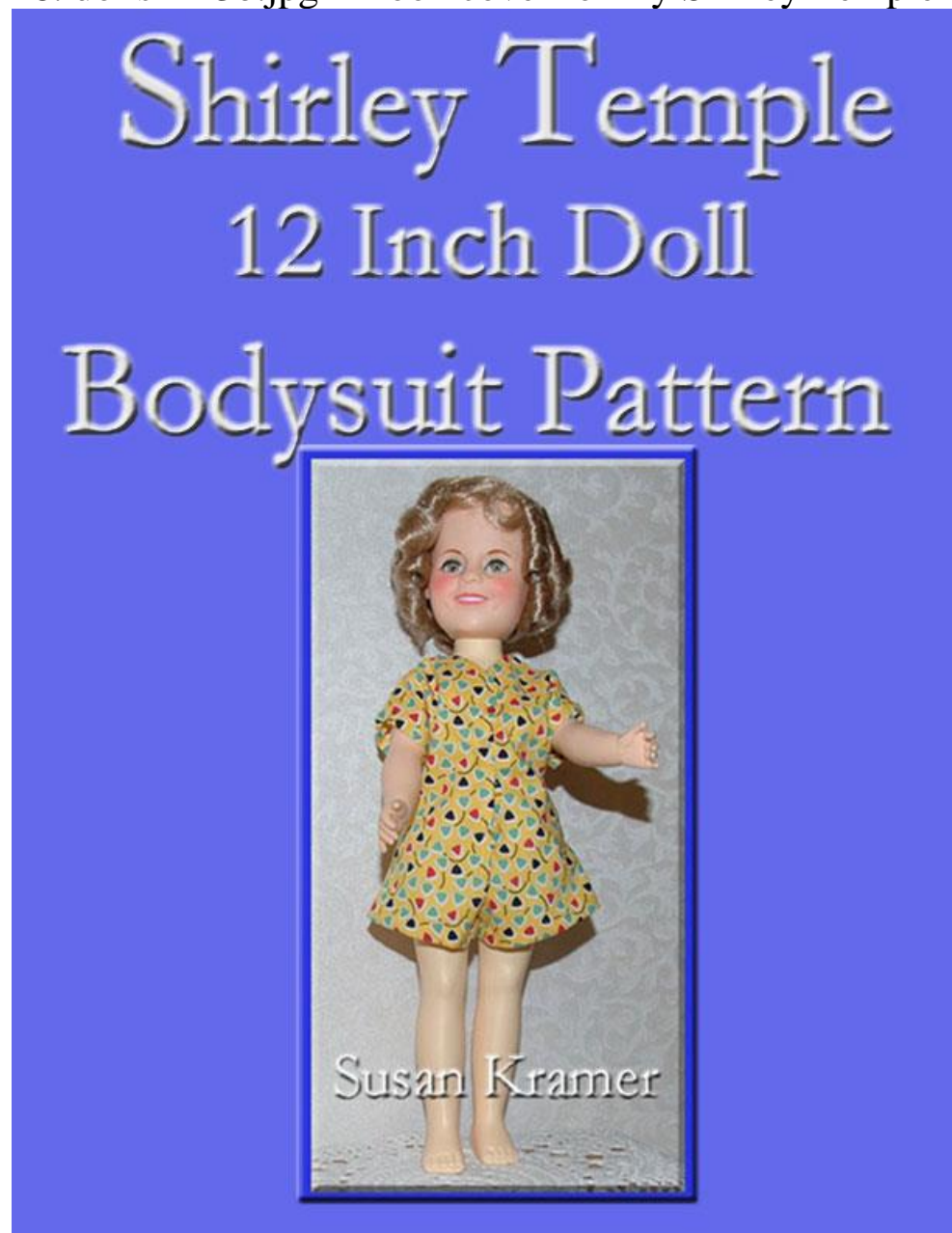


47. dolls1117n.jpg – Book cover for me Barbie doll clothes patterns

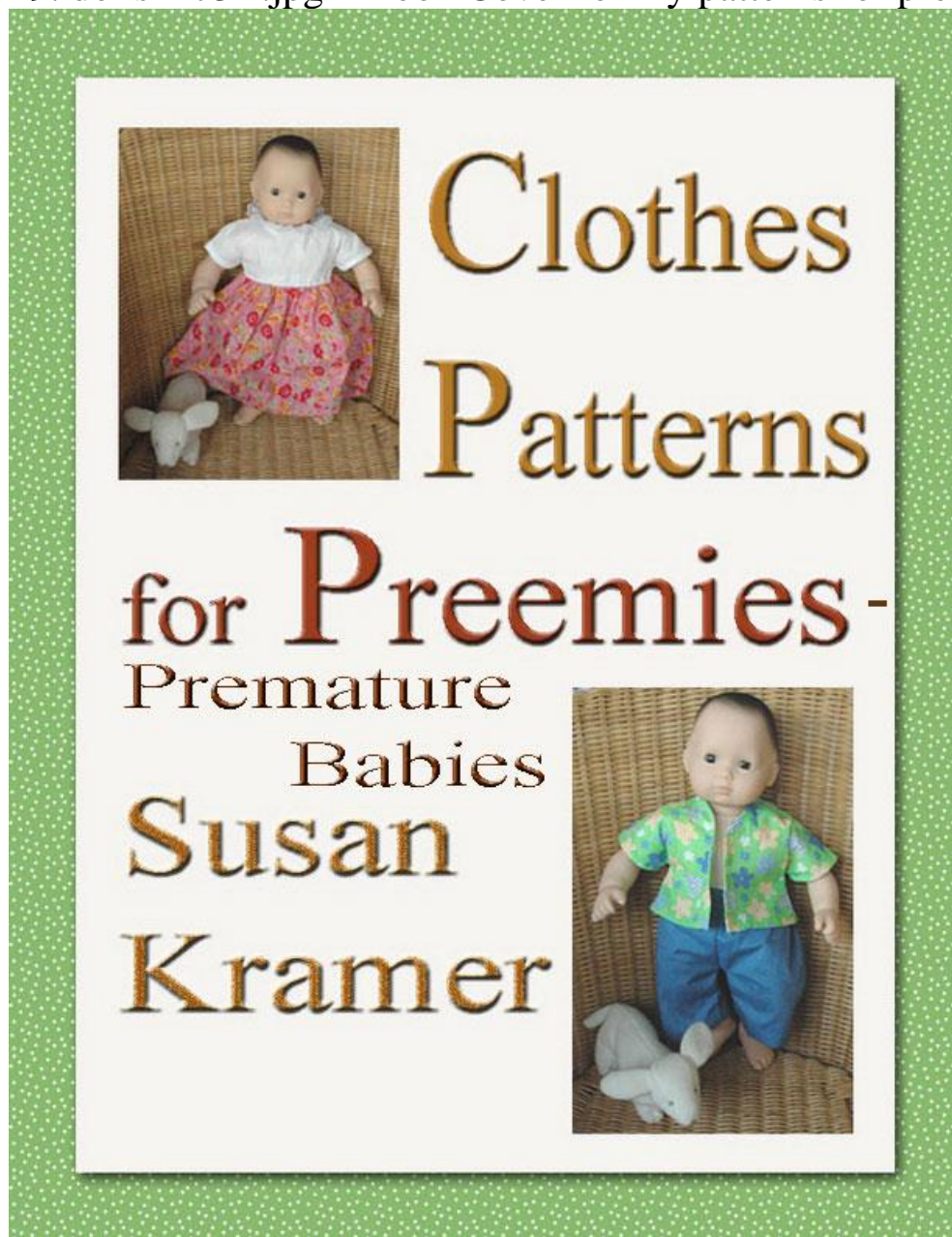




48. dolls1113b.jpg – Book cover for my Shirley Temple Doll pattern



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



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

---