

THE MANSIONS OF XIBALBA

Corresponds to the underworld, to our dark side, where the negativity created by the ego hides.

1st.- The house of darkness: It's the ignorance of the teachings for self-realization that can lead us to self-knowledge, which makes us feel less than others, so we pretend to know what we ignore, or pretend to be what we are not. Remove from your vocabulary the words: Would like, would have, would be, this statements don't allow us to remove ignorance.

2nd.- The house of the tiger: The cunningness and mechanisms that has the ego to beat us, the temptation. When the ego is acting, we feel upset and it tells us, what do they know about me? When we do not get the approval of others we come against them. The individual reflects in the internal world, according on how is affected by the outside. We are so full of pride that we are not aware of it.

3^d.- The obsidian house Chaye (cut): The criticism and slander to others in which we tend to fall, which stray us from the path, when we speak ill of others, we are showing the dark side of ourselves, unconsciously it is a method of defense also. All these negative actions poison our hearts and keep us away of the path we want to follow. Sometimes we justify our words saying that we are telling the truth, yet the intention is not good, there is free speech, yet sometimes we use it to destroy good people. We should think before speaking.

Obsidian stone was and is used as a mirror of the soul as it reflects our image, to win this test you must be humble, kind, take away your need for revenge and what you give has to be clean and good, because it is what you will receive, don't forget that each of our words is written in time and it always comes back to us.

4th.- The house of fire: Different life circumstances and problems cause identification by which we fall into unconscious sleep. The road of life is personal, where we find many other people crossing it, when we take the wrong direction, the people we meet are not whom we should find, we get carried away by the rhythm of them and forget what we wanted and who we really are.

How often we encounter situations that displease us and make us what we are not? When we're interacting with people who are negative, our ways of thinking slowly changes, because at every step we make, we move more and more in the life and reactions of the other person. Discover within yourself if what you're doing is punishing yourself unconsciously.

Health is not necessarily physical, more important is mental health, be careful not to get carried away by the wrong feelings of other people, keep thinking: I want to take the

responsibility and happiness to go to a garden of flowers and colors and be the artist signing the work of my life.

5th.- The house of the bat: In this case the bat means fanaticism, ignorance and error, in our lifetimes we have accumulated concepts about everything around us and most of them are misconceptions, once we have them, we do not stop to analyze them and only use them, nothing is completely good or bad, it all depends on the circumstances in which we find ourselves. It is like saying that with a knife you can cut a piece of bread, yet can also be used to kill. It all relates to how we perceive and use energy.

Just like when your computer is full of viruses and that which could take half an hour, is taking more than an hour, you have no choice but to take it to the technician to update it, when it is delivered, everything is in the right place, we have to do the same with ourselves, we should clean our mind to eliminate what is causing malfunctions.

I am aware that I am in essence energy and individual memory that never dies, only transforms or renews to improve myself each time, then I must be the one to manage and control my mind, emotions, passions, obsessions, frustrations, sorrows, joys, impulses and insecurities, because doing so I can be aware that every action I make, will stir a reaction which I have to take responsibility of and learn lessons in order to do better next time. If you are uncertain about you obsession, look closely because what's good for you is to discover it, not to protect it.

Fanaticism make us inflexible and in doing so limit us and sad us; true strength is born out of freedom, nature is wise and the wind is free, do not forget that when we judge, we do it with our measure and filter, most times not even knowing that the filter we are using is no longer working, so we filter all wrong. One of the secrets of life is to grow and let grow in freedom, trust and unconditional love, because otherwise the fire of passion will burn you.

6th.- The house of cold: Spiritual cold, lack of mystic enthusiasm closes the door to the practice of the teachings, spiritual cold is the lack of dreams and illusions that make us grow, it can make us feel lonely. It's not the same to enjoy your world, than to try to live the life of others, then feeling empty and alone, because you have done of your dreams heavy loads on your life, forgetting that your dreams fly with your own wings, so when others fly with their dreams, you will see them from the ground.

Do not be afraid to touch the stars with your hands, do not be afraid to give your heart to the good love and don't be afraid to be yourself. Love is like when you see a beautiful flower in the field if you cut it to take it, it will die, yet you can come back to it every time you want to see and feel it. When we try to possess what we love, like water it escapes between the fingers, think that you cannot loose what is really yours, so why try to possess what is yours anyway, when you own it? When it is part of you?

What does it mean the practice of the teachings? If I asked you, what light do you like the most, the one from the sun or the one from the moon? What would you respond? The one from the sun because the moon only reflects it, yet there are many people moon, projecting onto others their own illusions and then feeling cheated. Which would you like to be?

You don't need to be a great teacher to teach if you have something to share. To learn you must take off all masks and show your own skin. Life is full of beautiful things waiting for you to be aware of them, trees and flowers always give us their best clothes, as if we were special guests and we do not even realize it.

THE ENTRANCE TO XIBALBA

There are four different paths of four different colors, black, representing the psychological state in which we find ourselves, it is a place of knowledge, where the person who unites experience and knowledge can manage better, our mind is always remembering us what we missed doing, what would have happened. If you're tired and you close your eyes and you mind open them again, it's because you let your mind control you and like a mighty river, drags, mixes and stirs everything.

Emotions: Here come the passions, there are different ways to understand and manage them; for example, if you like the work you do and it make you truly happy and inspires you, it becomes a positive passion, where thoughts and inspiration are melted together, so that you can channel energy in creation, which will flow again, letting the inspiration move the action. Creative passion is accompanied by purity, awareness and discipline is often what allows us to make a dream real, we all have a moment of victory, if we are prepared when we were expecting it.

It's very different when passion becomes the desire to possess, control or dominate another person, that's when everything negative that we have within, awake like a volcano which was asleep, exploding without considering the consequences.

PURIFICATION OF THE EMOTIONS

To have a guide to the musical notes, if you need it, you can go to the following link and get sounds from a piano:

http://www.bgfl.org/bgfl/custom/resources_ftp/client_ftp/ks2/music/piano/pan_pipes.htm

VOCAL	NOTE	POWER	POSITION
iiiiiiiiii...	La - A	Clairvoyance	Brow

eeeeee...	Sol - G	Clari- audience	Larynx
ooooo...	Fa - F	Intuition	Heart
uuuuu...	Re - D	Telepathy	Solar Plexus
aaaaa...	Mi - E	Remember past lives	Lungs
mmm...	Do - C	Elemental power	coccyx
sssss...	SI - B	Poly- voidance	Crown

VOCAL	NOTE	EFFECT
iiiiiiii...	La - A	Cleaning of Brain and thinking.
eeeeee...	Sol - G	Correction of words for use of language, throat clearing.
ooooo...	Fa - F	Cleans heart, eliminates melancholy and cleans blood.
uuuuu...	Re - D	Destruction of inhuman elements, subcubus, incubus.
aaaaa...	Mi - E	Remembrance of oneself, interior search.
mmm...	Do - C	Control of low passions and nerves.
sssss...	SI - B	Conscious transmutation fulfilling the universal will.

THE 13 UK'UX (Heart)

1st • Center: the wrist of the left hand, is where is received and initiates energy, is the one closest to the heart, which impulses the first vortex, is physical and body energy.

2nd • • Center: In the Ganglion of the left armpit, where a set of ganglions generates and transforms the first impulse and makes it dynamic. It's a whirlwind that has to do with the will of the person; in a person without will maybe this center is failing.

3rd ■■■ Center: In the Ganglion of the right axilla, where is generated initially the strength of the impulse that has to do with intuition.

4th ■■■■ Center: At the wrist of the right hand, where the whirlwind of force is generated, walking, move, feel the presence, the transformation.

5th — and 6th —• Centers: In the left and right ankles respectively, are earthy and important in the perception of energy, they serve to transcend the physical and ascend in relation to nature, imbued with subtle emotions to make understand that energy is more than light perceived over time.

The other 7 have almost the same familiar connotations.

7th —• Center: At the root of the spine, have the physical functions of pleasure and pain.

8th —■■ Center: Around 5 cm above the previous, raises to a higher level of emotional self-control.

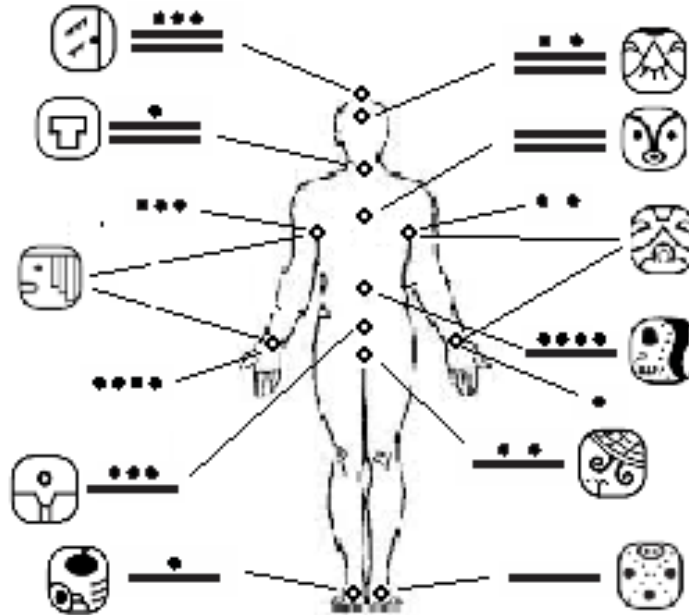
9th —■■■ Center: At the height of the solar plexus, is a mental and intellectual order, the feeling of belonging to the world of facts.

10th —■■ Center: At the heart, is in relation to the mental level of the persons, their emotions and love.






11th —■■ Center: At the throat, where self-confirmation and control are generated, the clear voice that spreads sensations, beyond the physical level, is the chant that transcends.



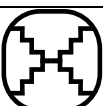







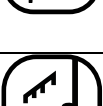
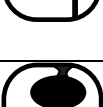
12th —■■ Center: In the pineal gland, is the perception and handling, seeing with the eyes of soul, perceiving with eyes closed, dreaming and transcending reality, the dream that transcends, is the abstraction of space and time, be able to see without looking, is creativity and perception beyond the sensory.




13th —■■■ Center: On the crown of the head, is the connection with the spiritual, the transcendent with the cosmic, the coming and going without being there or here, is the energy at its highest level of management. The union and interdependence, thinking, space, time, matter, energy, motion and shape, what appears to be and is not anymore.



NAGUALS AND EMOTIONS :

	BAATZ	Touching, grabbing, left arm.
	EE	Eating, abdominal region, 3rd chakra.
	AAJ	Feel and love, with the breasts.
	IX	Walking, left foot.
	TZIKIN	Creativity and communication, right arm.

	AJMAQ	Hearing, right ear.
	NOJ	Thinking, tongue and its movement.
	TIJAX	Sweat on the face, metaphor Popol Vu.
	KAWOQ	Eyes, looking.
	AJPU	Decision or indecision in the heart 4th chakra.
	IMOX	Courage, response, hepatic region (Liver).
	IIQ	Reply, mouth breathing and the 5th chakra.
	ACABAL	Laughing, forehead, 3rd eye, pineal, 6th chakra.
	KAT	Dreaming, under the belly 2nd chakra.
	KAAN	Pleasure in the external sex organs. 1st chakra.
	KEME	Sleeping, in the crown of the head, 7th chakra.
	KIEJ	Defecating, on the right foot.

	KANIL	Balance, left ear.
	TOJ	To urinate, part of the body hair.
	T'ZI	Smelling, nose.