

Non – Ordinary Reality Awareness and North American/Central American Indians

The Navajo Indians

Navajo Nation New Mexico, Arizona, and Utah spanning 27,000 square miles. I've spent five years exploring the Navajo Shiprock area, Kayenta, and San Juan River in New Mexico. Navajo Indian runners regularly enter altered states thanks to continuously running fifty miles in the open desert. This is an ancient ritual handed down generation after generation. Navajo runners today speak openly of accessing non – ordinary reality awareness through this ancient practice.

Navajo history starts with “The Emergence” explaining that Navajo people came through several worlds before arriving on the physical plane of earth. Navajos came to the physical plane through a black hole in the sky. Consequently, they can to this day climb back up into this black hole or dimensional gate to the spirit world. This dimensional gate still exists today even though you can't see it.

Navajo Indians believe one's life force, soul, goes somewhere else after death. From time to time, they make themselves heard. Documentation exists from Navajo Rangers (modeled after US Forest Rangers) supporting numerous sightings by residents of supernatural beings and unusual occurrences. Thousand-year-old pictographs at Red Rock include drawings of star people, and UFOs like many images found throughout old Mexico. Unusual sightings over the years have become common place knowledge amongst the Navajo people. Spirits crossing over to our physical world is part of Navajo culture and experienced frequently today. Older Navajo's refuse to speak of these things because they are taboo. Younger Navajo's do not share the same upbringing as their parents and grandparents and are more open to discussing the supernatural sightings of today.

The Huichol Indians

The Huichol or Wixárika are an indigenous people of Mexico and the United States living in the Sierra Madre Occidental range in the states of Nayarit, Jalisco, Zacatecas, and Durango, as well as in the United States in the states of California, Arizona, New Mexico, and Texas.

Peyote is used in many religious rituals of the Huichol. The rituals are usually performed in order to contact the spirits of ancestors and involve both singing and weeping. About one-third of adult Huichol men function as low-level shamans and are therefore able to communicate with ancestral deities through symbolic designs, chants, and prayers.

Once a year, the Huichol embark on a pilgrimage to gather peyote in Wirikuta. Along the way they pass the springs of Tatéi Matiniéri, which is where the eastern rain goddess lives. Once they arrive in Wirikuta, they begin the search and the first cactus found is shared with everyone. They make sure to harvest enough peyote for the year. Once this is done, the Huichol eat peyote to have “visions.” The shaman speaks to the gods through these visions to ensure protection and regeneration of the Huichols' souls.

The Maya Indians

The Maya Indians lived in several areas of Guatemala, southern Mexico and the Yucatán Peninsula, Belize, El Salvador, and western Honduras. It is estimated that seven million Maya were living in this area at the start of the 21st century.

Mayans had an advanced understanding of many sciences including a unique mathematical system; impressive knowledge about the Cosmos; astronomy in the Yucatán around 2600 B.C.

The Maya people continue to revere their Mayan spiritual beliefs and Maya Cosmo-vision traditions. Mayan's see our planet Earth as an amazing expression of unfolding life in a continual creation of non-visible and visible energy forces. The Maya J'Men or wiseman, recognize the universe as a Cosmo-hologram of living consciousness, a primal spirit permeated with a vast creative intelligence. That spirit transforms energy in many manifestations of matter and non-matter.

Mayans believe that Spirit flows in a continual dance of non-manifested and manifested expressions of living energy. Those who hold to the Maya spiritual beliefs understand such reality as the matrix of all that exists. All visible forms are conscious energy-field units of creative bio-physic intelligence manifested in numerous fields of life, in holistic communion with the living Cosmos. Thus, Mayans live earthly life with reverence to the planet, the material manifested world and the spiritual energy-fields that interact with it.

The Mayan's ability to build tools and make innovations without modern machinery continues to amaze scholars. They built elaborate temples and great cities with decorative details using a rainbow of glittery paints made from mica, and beautiful weaved cloth made from looms. Mayans used the concept of Zero.

Health and medicine among the ancient Maya were a complex blend of mind, body, religion, ritual, and science. Important to all, medicine was practiced only by a select few who were given an excellent education. These men, called shamans, act as a medium between the physical world and spirit world. They practice sorcery for the purpose of healing, foresight, and control over natural events. Since medicine was so closely related to religion and sorcery, it was essential that Maya shamans had vast medical knowledge and skill. It is known that the Maya sutured wounds with human hair, reduced fractures, and were even skilled dental surgeons, making prostheses from jade and turquoise and filling teeth with iron pyrite.

The Mayan written language was made up of 800 glyphs or symbols. Each of the glyphs represented a syllable or a word and could be combined with other glyphs in countless ways. The Mayan believed that the universe was present in everyday life and the Mayans had a strong knowledge of the different celestial bodies. They knew how to predict solar eclipses, develop complex calendars, and even used the astrological cycles to help plan both planting and harvesting of crops. The Mayan measured time with two different complex calendar systems as well.