



INTRODUCTION- OWNING YOUR DESTINY

EpicLife and the EpicLife Cards and App are an artful and energetic exploration of the pre-Colombian Mesoamerican calendar referred to as the “Book of Days”. The *Tzolk’in* (translated as “count of days”) calendar of the Maya is the basis for EpicLife, specifically of the *Tz’utujil* and *Kiche* region of Guatemala near the ancient caldera of Lake Atitlan. The tradition of the calendar system extends North to the Yucatan in other dialects as well as well. This translation, called EpicLife Maya Mixology is intended to honor and to put ancient practice into modern language with the most sincere deference to the native Maya elders who first taught these principles in a very different tongue, and to those who still do. The Mixology is named in both the western U.S. associative translation of the Days, and in the Tz’utujil language of the Maya.

This remarkable system of discovery was used in other cultures by different names. For example, the ancestry of the Aztec/Mexica lineage called the calendar the ‘*Tonalpohualli*’ (relative meaning “count of days”). The sacred calendars of each people contain slightly nuanced variations in translation due to geographical, cultural, and general differences of the world civilizations across time. The structure, however, is the same. The system is the same, and available to anyone who wants to learn how the Mesoamerican ancestors chronicled time, space and evolution and how this chronicle can literally change how we create and energetically balance our lives.



The structure, resources, and essences of the *Calendaria Maya* span cultures and transcend time. The energies, the ‘Daylords’ of the *Calendaria* are nothing less than the universal energies of evolution and of creation. Understanding how to interpret the language of this ancient system will change how we perceive and experience events and circumstances from the expansive microcosm (think a galaxy) to the intimate microcosm (think a grain of sand) of our every day lives.

As each translation of each of the 20 Daysign energies (called *Naguals*) meant different things in verbal language but the same things in true essence to the Maya and the Aztec, each translation means something different (but the same) to each of us as human souls as well. Indeed, each human has their own *nagual*, determined by date of birth (download The EpicLife App to find yours, and the energy of every day). Your personal *nagual* (or Daysign) is a guide for balancing the physical, spiritual and energetic parts of your being, and exploring and learning to communicate with your own guardian energies, and the tools to own your Destiny.

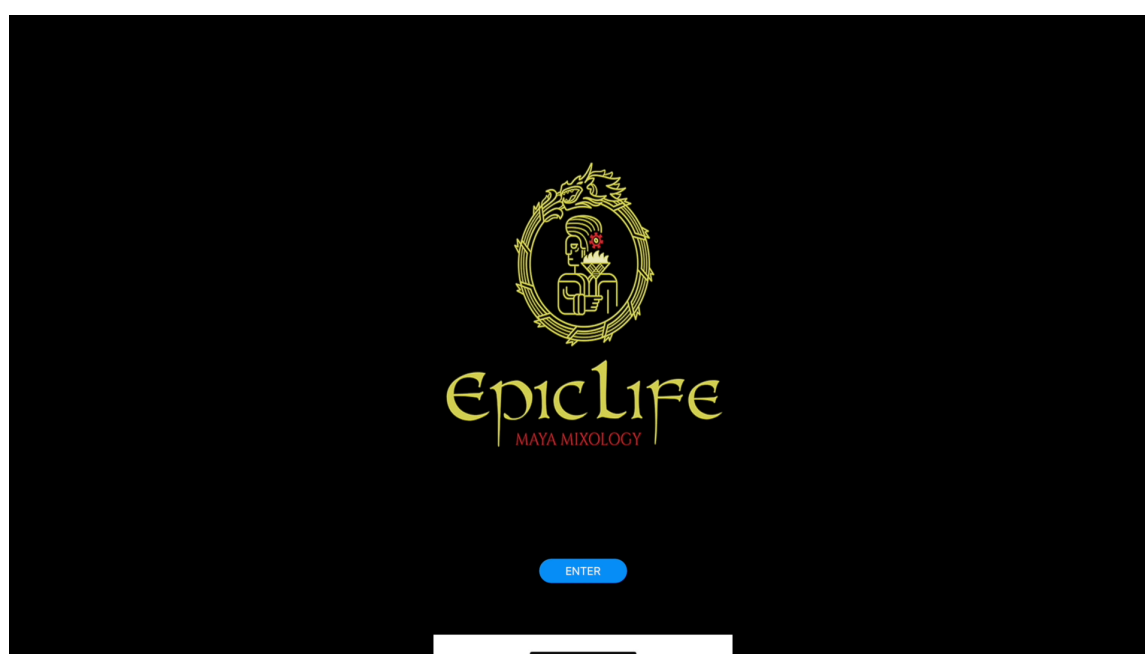
Discovering what the Book of Days means to you, specifically and intimately is a creative and intuitive Journey of personal exploration and can be engaged in a moment or an afternoon or a lifetime of

practice. As you become familiar with your own personal guiding Maya Cross and practice engaging with each Day, you will begin downloading your own translations and communications with each Daysign. This will enable you to connect intuitively with your guidance system and to learn to make the best choices in any moment for your own life and sacred path. As we invest in our personal evolution, we invest in the evolution of the whole.



The greater Creation energies, whatever anyone chooses to call them in their personal spiritual journey, are communicating with us every day. At least, they are reaching out to connect, and be available as teachers and guides. As humans, we are largely resistant to truly *listening* to voices and opinions that oppose or challenge our own belief systems or paradigms. Engaging the Day energies gives objective reference and possibilities for insight to enter from sources beyond our five senses. Exploring the Book of Days as we engage enthusiastically in the stories and imaginings and drama of our lives, and indeed even as we find magic in the mundane we are evolving and growing. Imagine your Hero's journey, your journey of *Junapu*- the sun deity within and the journey of the spirit in all mythologies without adherence to a dogma. It is a spiritual battle that we fight. It is not with any other human, so give the humans in your life a break already! Your spiritual fight is within you, and it is a battle for the balance of your own power. The Book of Days even gives each person on earth a blueprint for exactly how to win that battle.

Are You Ready? Of course you are. Let's begin.



(*If video does not play on this interface it is available through the App)

The Game: Context

You are a Light and Shadow Hunter, exploring the Star Dates of the ancients for the clues and messages they have left about this experience of your existence and this ‘Life’ on Earth. As far as you are beginning to understand, each Day is a complex and kaleidoscopic nebula, an obscure reflection of the interior of You. Light is abundant in this nebula, but shadows also hide, often obscuring your view of your full karmic, cosmic reality. These shadows limit our human ability to evolve our own love, and they can stunt the highest potential of a human being.



The goal of your Journey is to discover as much as you can of this landscape and experience, and about what is possible to imagine and create and experience. The scale of this knowledge is inconceivable, as is the karmic balance of the field in which we play, though the playing field is neutral. Just as we learn to create light by figuring out that flint and friction create fire, we also know that we create darkness by applying water to that fire or depriving it of the oxygen it needs to breathe.

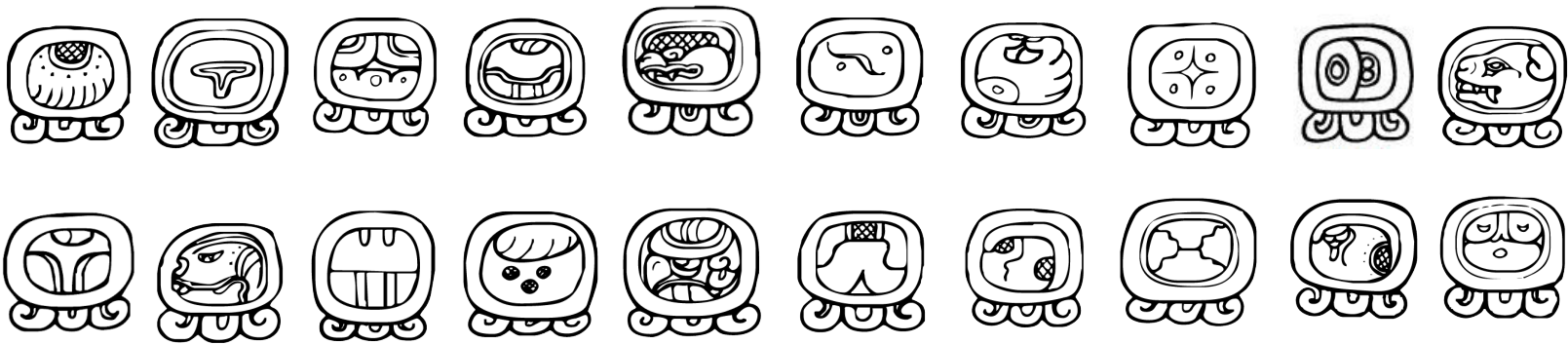
Life is elemental, experiential and experimental. There *is* a way that things work. There are ways that things don’t work. Natural laws of physics and of energy and of spirit. What we humans call ‘good’ and what we call ‘evil’ exist on the same spectrum, and the ability to find stable footing on our sacred path through both the physical and the cosmic field is dependent upon our ability to balance our own physics, our own energy, and our own spirit.

The elements in and with which we live, conditions such as our physical health, our emotional triggers and feelings and our conscious decisions can all be understood better when we understand intimately the principles of creation. As humans, we learn what the elements of creation are and as we explore each vast spectrum, we gain surer footholds on our own path, and we learn to orient our directions. As you explore the elements of creation through the lenses of the 20 *Nahua*les of the ancient Mesoamericans, you can begin to take your understanding and experience of Life to the levels which you couldn’t even begin to explain to another human being who hasn’t yet gone there.

You begin to learn how to balance your own power. In the Game of Life, power IS balance.

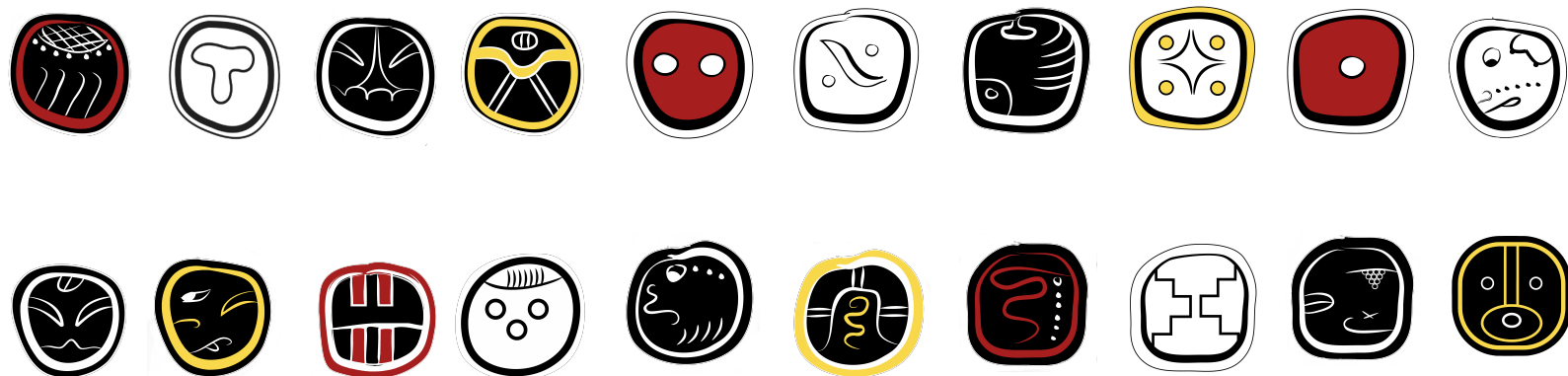
In the sacred text of the Christian faith, the Bible, it is stated that *this is not a physical war that we fight, but one of powers and principalities*. The sacred texts and hieroglyphs of the ancient Maya call those powers and principalities by name.

Imox, Ik, Aq’ab’al, K’at, Kan, Kame, Kej, Toj, Tz’i, B’atz, E’, Aj, Ix, Tzikin, Ajmaq, No’j, Tijax, Kawoq, Ajpu.
The traditional glyphs in order are:



In the EpicLife translations, the *naguals* and glyphs (in same order as above) are called:

Crocodile, Wind, Night, Net, Serpent, Death, Deer, Rain, Dog, Monkey, Road, Corn, Jaguar, Eagle, Owl, Earth, Knife, Storm and Sun. Each nagual has an animated icon, and the EpicLife glyphs are as follows.



With just a small time commitment and a healthy curiosity, it will not take long to be able to identify these in both the traditional and more modern styles, if you choose.

The glyphs and iconography art (character images) of EpicLife Journey translate the sacred code of the Maya into a modern spiritual imagery and technology, and teach understanding of an ancient system and a universal pattern language through repetition and recognition. The imagery and order is only a starting point. The End Game is for each sojourner to fluently receive messages about themselves and their sacred path on Earth through a learned familiarity of the Days, and of how the patterns of creation of the 'Days' reflects the patterns of their intimate lives. The End Game is for each sojourner to learn the language of their own muse, and to read their own path like a cosmic fortune teller with a karmic crystal ball, in which we see the colossal and powerful creators of the universe looking right back at us, and we know that they are a reflection of our own soul.

That's a tall order. We will take the first things first, and travel this path to Destiny step by step. Poco a poco.

First, we will begin with you.

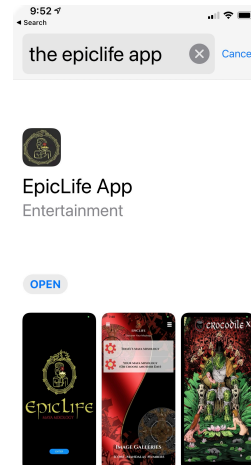
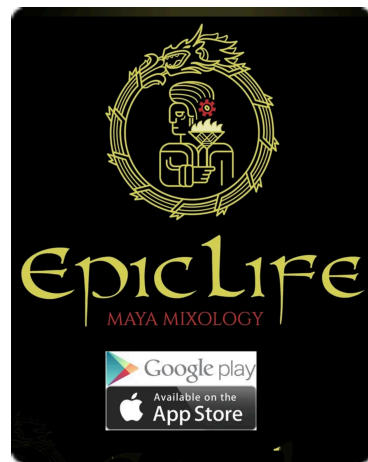


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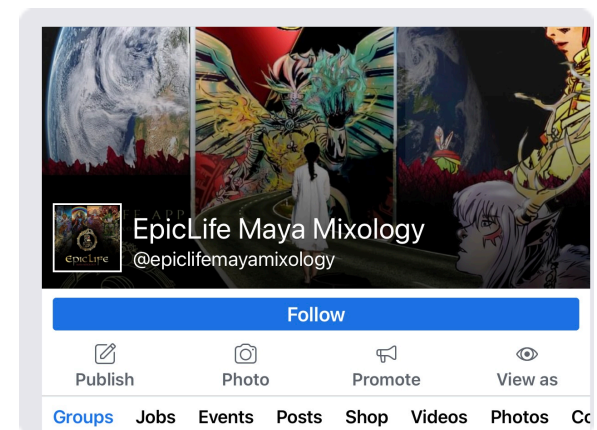
How To Use the EpicLife Toolkit

Next Steps:

1. **Download** 'The EpicLife App' on the App Store or Google Play.



2. If you are a Facebook user, please **join** the group 'EpicLife Maya Mixology' for further explanations of energetic translation logs for each of the 260 Days, called 'Mixologies'. Use the Search function in the group for keywords and research, or just keep up with the posts that occur a few times per Trecena to follow along. This is also an opportunity to connect with others who are in various of the discovery process.



3. If you are inclined toward hard copies and tactile exploration with oracle or tarot cards, and to read the EpicLife Enchiridion guidebook for further information and explanation of this Maya Code, you can purchase a copy of the EpicLife Journey Cards and Enchiridion on Facebook or at **mayamixology.com**. Here, you can also **book a Personal Discovery Reading** with EpicLife creator Mari Rose Hale at the website.

