



Maya Aztec

Sacred Meditations

Jaguar 1:
Integration With Nature

Workbook

By Quetza Sha

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Introduction: The Meaning of Maya Aztec

The Maya Aztec is the essence of nature in thought, feeling and action. It is the macrocosmic microorganic vibratory sequence, which through the language of the planet and of nature speaks to us of internal and external changes. These vibrations flow at the speed of light, since they are the extract of water, wind, fire, seas, sun, earth, flowers, trees, stars, planets and galactic systems.

The Aztecs, Mayans and Incas captured information in codices, temples and stelae, which make up the universities of galactic knowledge. There they recorded the message for the awakening of the new consciousness and this is the cause of the need for the unification of the indigenous people of the planet.

Each of the sacred temples, left by pre-Hispanic cultures, contains the codification for integration that allows us to merge with nature and thus develop a galactic spirit system. By taking all the codifications from the microcosm to the macrocosm and going through the Internal Being, it integrates with nature, opening the 108 dimensions that the Maya Aztec marks for us.

There are 21 books with the development of each Mayan, Inca and Aztec temple, this is the first integration that is delivered. This is how the triangulation of a galactic language is formed that is applied to human language to awaken new psychic states and open the Kukulcan, which is the emotional movement that allows the co-creation of etheric beings in other dimensional planes. If the human being develops his sexuality from his essence, with the galactic language he will be able to co-create in other dimensions, from this third dimension. In this way, the formation of solar species will be gestating, so that the individual Being reaches its planetary essence.

To achieve integration with the Maya Aztec we must take the language of sexuality (Kukulcan), of the heart (Nahuatl) and the mind (Galactic Tonal); they represent the essence of each element, planet and galaxy.

If we connect with the essence of nature, we will achieve the vacuum that will allow us to take in the new galactic information of our Inner Being.

The *Aztec* is the planetary feeling, which through the *Nahuatl* solar disk, called the Aztec Calendar, marks the development of the astroplanetary micro-macrocosmic heart. To open the planetary feeling we have to penetrate the heart or nahual of each element until reaching the solar-lunar system, understanding the nahual feeling. This is how the Spirit Being is nourished and the dimensional transformation is produced, acquiring the feeling of life through the language of the Planetary Nahual. In this way we open the furrows so that we are allowed to create our planetary systems that correspond to each human cell.

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The Maya, Planetary Tonal, is the mind of the Astroplanetary Spirit, and it is the one that sustains the feeling that allows the movement of the Galactic Thought. The Internal Being has a planetary codification that will allow the development of the spirit that will sustain it in other dimensions, but it has to be gestated from the physical body through the carrying out the integration work, for which you must take into account the following points:

- 1- You will be emptied of all information
- 2- You will be reunited with your Inner Being.
- 3-Your vibration frequency will grow.
- 4- You will open dimensional doors that were sealed for thousands of years.
- 5- You will integrate into nature to the element that corresponds to you.
- 6- You will open the new furrows of understanding without human reasoning, only the spirit will take you where you belong, so that you reach your essence.
- 7- You will awaken the planetary sensitivity.
- 8- You will join the universal whole, without limiting it with human names. 9- The awakening of your Galactic Luminous Being will open in the void.

By integrating ourselves into the consciousness of the Luminous Being that lives within us, we recognize the Universal Father, creator of existence. For this, we must integrate ourselves with the essence of nature in its different planes of consciousness, beginning with the third dimension, in order to elevate our thoughts and crystallize them in the eternal flight of consciousness in search of the Luminous Warrior.

On July 11, 1991, during the solar eclipse, at 12 o'clock, planetary integration manifested itself, opening the solar doors of all the sacred universities of Meshico and Mesoamerica (since all the vibratory levels of the universe have a cycle called Kukulcan), thus being fulfilled in the New Age universities what Quetzalcoatl prophesied in the past:

‘I will return and the awakening of this land will rise again.

Thus, the eclipse opened the doors of the microcosm and macrocosm (the internal microcosm, called the internal sun and the union with the planetary macrocosm), because when the doors of the New Age universities were opened, the sacred consciousness reappeared, manifesting light and darkness, the 1 sacred serpent, balance, absolute knowledge of pre-Hispanic lands, which are knowledge of the vibratory movement from the fourth to the ninth dimension, the planetary understanding of a system called the human body, that is: the teaching of integration with existence to develop internal capacities, called psychic powers and know the eternal light that lives in each one, integrating ourselves into all vibratory and dimensional planes.

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This development must be done with patience, to discern the footsteps of the Luminous Being at every moment, without questioning oneself and taking the nectar of life in an eternal flow.

It is the time of the void, no more religions, no more dogmas. We merge with nature, with the planetary system, it will take us to the Luminous Being that we carry within. Our internal solar teacher tells us that we must contact the essence of planetary and galactic nature by taking the solar, lunar and astral language, in this way all the answers to our cosmic concerns will appear, emptying us of all information to melt into the essence. Listen to your inner indigenous person, he is the wise man who sustains your spirit on this earth, he is the Pachamama who fills you with blessings. Dare to SERRRR and listen to nature.'

The time for the return of the galactic wizards has begun and they await you on the mountain of gold. Be happy and remember, these integrations are not questions and answers, it is the time of emptiness, do not look for human logical reasoning. Just be, flow and let the wings that hold you on earth guide you. Connect to the essence of dimensional nature and be a galactic co-creator.

SERRRR, in the Universal Luminous Being, listen to the universal wizards who allow your deep dreams, dream of millennial eternity.

The word is direct communication at any vibratory frequency, so do not forget what the movement of the Feathered Serpent does:

BEING: of the essence

PI: in the heavenly circle

ENTITY: spirit

FEATHERED: acknowledging consciousness on earth and wind to integrate into planetary consciousness

This is the teaching for all those who truly have faith in themselves, because only in this way will you look with internal eyes, the eyes of Universal Existence. The decree with your internal strength is what will make it come true. Your doubt blocks, your lack of faith eliminates the frequency, since it is very subtle and must be sung with love, so your work will be more intense.

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In the New Era, sacrifices are not required, it is required to flow in consciousness, from love without dogmas, only taking a language that corresponds to the vibratory change of the planet, whose frequency goes from the microcosmic to the macrocosmic- thus precipitating our spiritual process.

Dare to open your wings and look at the nine thousand Christic colors of the feathered serpent, Kukulcan, who returns to the planet to transform his thoughts into planetary feathers. Open your heart and integrate into the infinite sun where you were born and where you are going to return, feeling each AD rristal of the Internal Aer fil. Drink from what the Absolute Creator has given you, always remembering that his golden wings cover you to guide you along the path of the Luminous Warrior.

So today warrior, you are welcome to drink the nectar of the golden water of Quetzalcoatl, through internal work with songs, mantras and decrees that will be made known so that you can use them in your daily life and thus reach the star of solar lunar planetary fire , in the encounter with the birth of your internal sun.'

MAYA: illusion SHA: spirit

INLAKESH: you are in me, I am in you

MAYA SHA INLAKESH: the spirit of illusion that makes you be in me and I in you.

MAYA SHA IN LAKECH
Warrior of Light

Instructions for the Meditations:

Before beginning, it is important that you become aware of your breathing, since through it you feed your spirit, balancing your physical matter called the human body. Therefore, before starting you will do 4 breaths as follows:

- Sit comfortably with your spine straight, keeping it in that position from the moment you start your breath until you finish your work, without recharging it, since the energy runs through it and in this way you allow it to flow correctly.
- Inhale deeply and forcefully, hold your breath for 4 counts and exhale forcefully through your mouth, making the sound of the ese (ssss). Visualize how each time you inhale you fill every cell of your body with strength and when you exhale you take out all the mischanneled energy, freeing yourself from all tension, emptying your mind.
- At the end of the 4 breaths you should find yourself totally relaxed, otherwise continue until you really are, to begin with the corresponding protection.

It is very important that you carry out the protection every day, since in this way you will avoid wear and tear on your physical body and the work will be done with full force.

To perform protection, place the palm of your left hand on your solar plexus (just where the ribs meet) and your right hand with the palm open towards the earth, the horizon or the sky with the arm resting on your right leg.

Carry out the integration following the steps indicated in each one.

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At the end of the integration work in silence, place the palm of your left hand towards the sky with the arm semi-extended upwards and your right hand with the palm open will direct it to the earth with the arm downwards, semi-extended and to the side, so that a kind of diagonal is formed between both hands and your arms. Feel how you absorb energy with your left hand and emanate it from your right. .When you feel that you have filled up, change the polarity (left hand towards earth and right hand towards heaven), so that in this way you balance the energy that you are receiving.

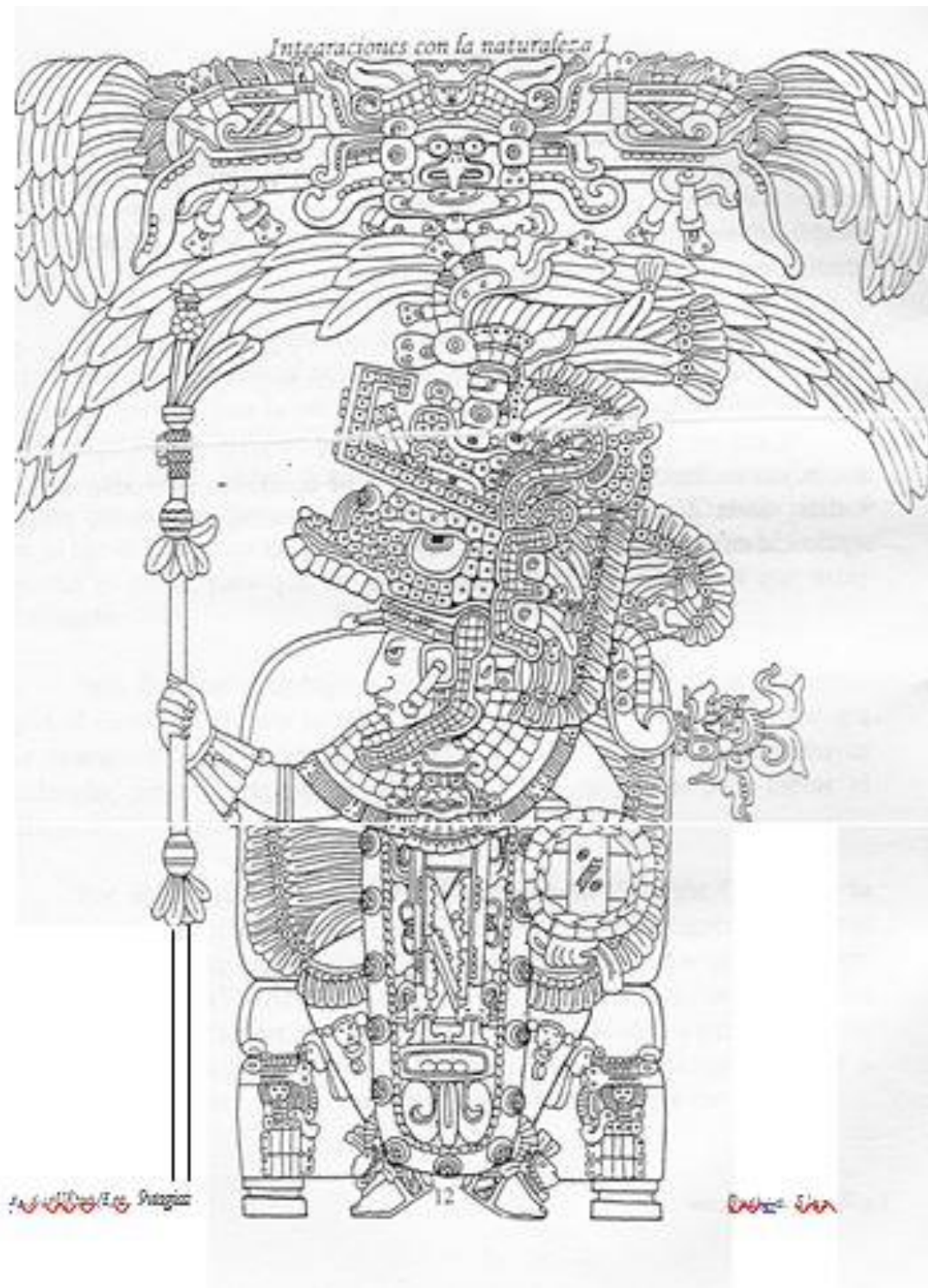
To finish the work, place both arms extended and open towards the sky and your head backwards, taking all the energy that descends at that moment through your mouth until you are filled with it. When you are finished, bring your hands together and place them on your chest to close the work.

Lastly, place your left hand on your HEART CHAKRA and your right hand on your left shoulder, and in that position decree 3 times the greeting of the Maya-Aztec teaching while you bow towards the earth in reverence: "MAYA SHA IN LAKECH". Thank all the essences that were present, the Universal Father, Mother Earth and your Being for allowing you to do the work. Then reverse your hands and repeat the bow three more times to balance the closing of the work.

It is very important that while you do the work, you become aware of what you decree and visualize it, so that once the work is finished, you receive the energy corresponding to what you have been decreeing from your heart, so that later with all the love you can give the Thank you, closing the job in this way.

*Work starts with protection I and Integration 2001 . The integrations are carried out according to their numerical order (2001 to 2009).

*Each integration or job is done in a 7-day cycle. Once you have made all the integrations, a new cycle of 9 days • begins - each day a different Integration, starting with the Y following in order until 2009.



About the Protections

The so-called natural phenomena, such as the equinoxes, solstices, eclipses, etc. energetically they are transforming the planet. To protect oneself is to integrate from the microcosm to the macrocosm in consciousness, 6 generating high frequencies of understanding.

Carrying out the protection before making any integration allows each being to absorb the energy it requires, giving it vitality and spiritual growth, avoiding physical wear and tear in the third dimension, as it protects from all existing positive and negative energy. We are in planetary energetic transformation, not only the human being grows and evolves, but also the Earth, as above so below.

It is important that you incorporate the realization of protection as a daily habit, when you get up and/or when you go to bed, even if you have finished with your integration work.



COLLECTIVE PROTECTION

Take 4 breaths inhaling through the nose, holding 9 counts and exhaling forcefully through the mouth, totally relaxing.

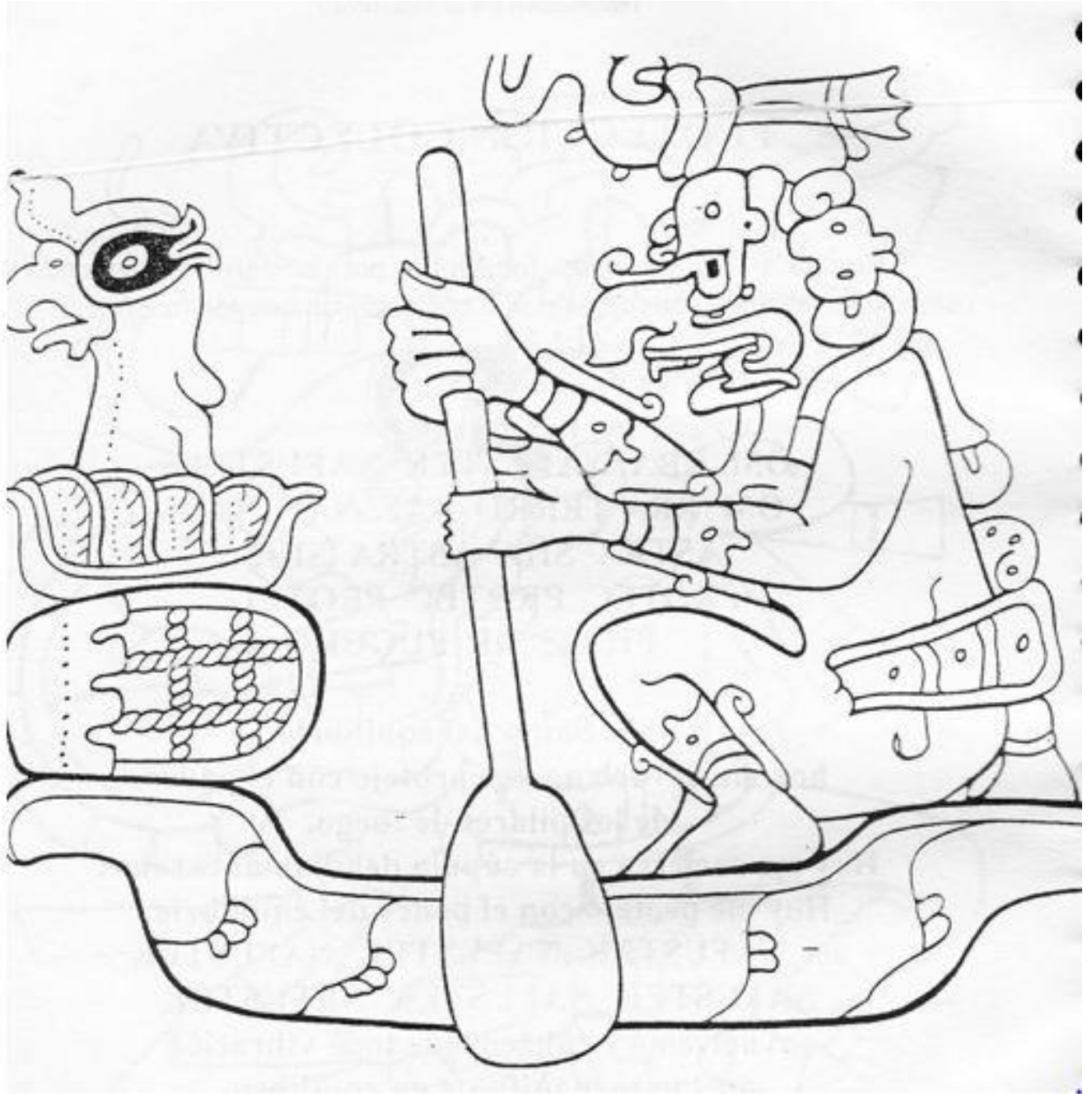
Chant and decree for 4 times:

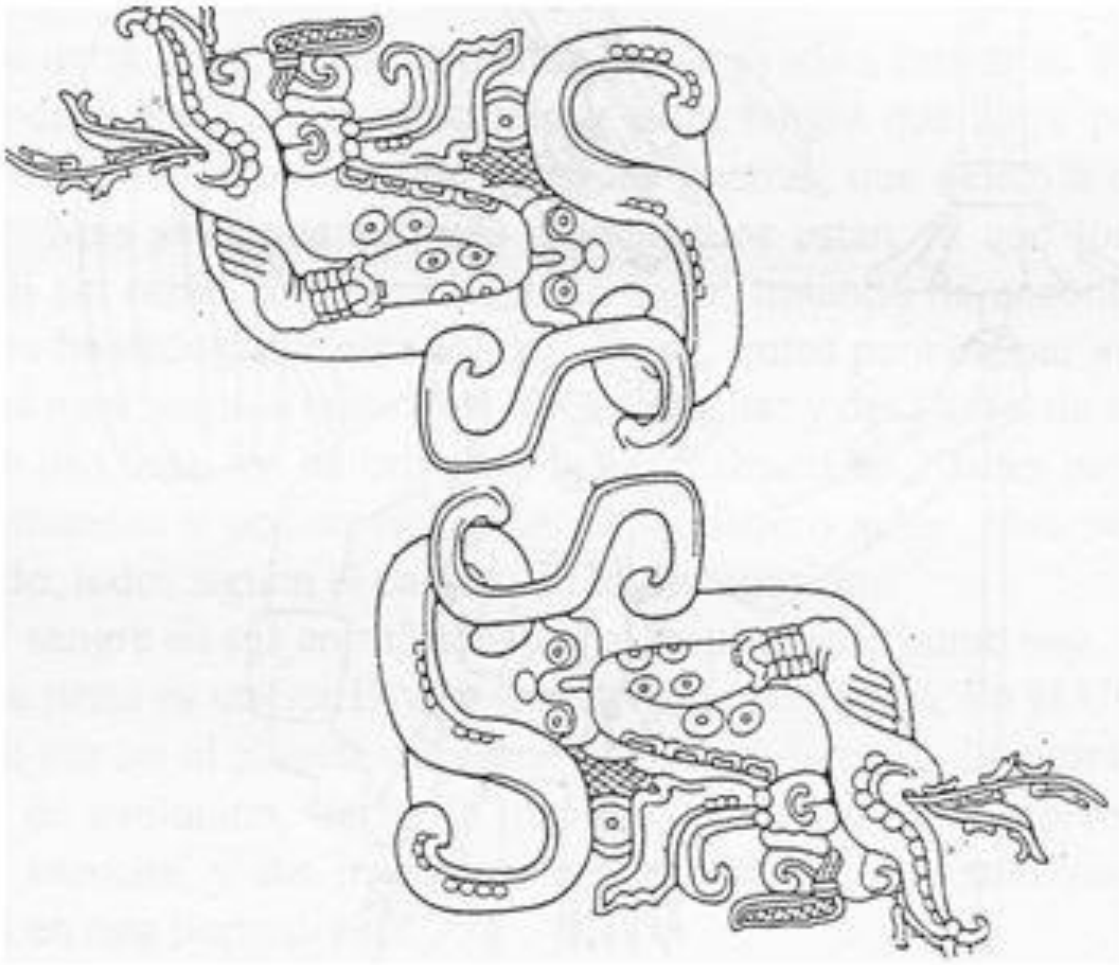
OM RRA NAFUSTEK NAFUSTEK
OM RRA TERRE NAF NAF NAF
ASTRA SHA ASTRA SHA
PROTEC PROTEC
PILEC DE FUGUE

Holy Land of Balance,
Today I wrap myself and protect myself with the power of the pillars of fire.
Today I wrap myself in the solar diamond.
Today I protect with the power of balance:

NAFUSTEK NAFUSTEK NAFUSTEK
NAFUSTEK NAFUSTEK NAFUSTEK

Wrap me up and cover me from all vibrations
that does not manifest in equilibrium:
NAFUSTEK NAFUSTEK NAFUSTEK
ASTRA CAB CAB CAB
ASTRA ASTRA ASTRA





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Poem: Earth

The crying earth has asked me to help calm her pain.

Little by little they have destroyed it and so much blood that runs through it cannot stop. She has asked me to stop the wars, to stop the habit of hating. But their worried wild children are already hunting and slaughtering them without reason. The earth Time without stopping, trying to find the reason, if I have given them water to quench their thirst, fruits to quench their hunger, mountains to feel closer to the stars and the Father, by day a sun, by night a moon, has given them natural beauty without limits so that their souls understand and know what true love is. But no one has listened to it, everyone follows the path of its destruction.

And there is blood in her bowels, and when she breathes there is only smoke.

The earth is a Divine Being that is full of love. In the Universe it is distinguished for being the planet of love, so they have called it. The land of love, life, evolution, land of inspiration, passion and hope. But no one listens to her, and her guests have forgotten that they are only passing visitors in this divine land.

But they are saturating her with negative energy, and through her catastrophes she tries to defend herself without ceasing.

Ooh!! visitors listen to the earth as it cries without stopping.

Ooh!! inhabitants of the earth recognize the earth as their astral mother.

Maria de Las Angeles Aceves

MEDATION 2001

The Nine Flames of Quetzalcoatl

First Step:

Wash your feet 3 times a day. Place three candles in form of a triangle in front of you. Light the candles. Rub your feet as I tell you while you chant 4 times:

AMM HA PPP

OM OM LAV LAV

Fuego Fuego

Light the path I am walking

*With power and strength, turn on my rattle of wisdom
so that the fire rises now!*

OM PPP

*Fire open my feet and direct me to the magic of Kunda-ha,
spirit of truth manifest now!*

Second Step:

Lie on your back inhaling deep and deep, visualizing with each inhalation a great fire that floods your internal body and as you exhale, imagine that you are the flame of life. Repeat it 4 times.

Third Step:

Inhale and exhale through the nose holding the breath for 4 counts. Repeat it 3 times. Take a deep, deep breath, chanting 4 times: *RRRION LEAK*.

Fourth Step:

Lie on your stomach raising your feet and hands together, pronouncing *SSSSSSSS* as you go up and *0000000* as you go down. Repeat it 4 times.

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Fifth Step:

Stand with your feet apart, inhale deep and deep, decreeing 4 times:

*I am fire I am light I am life
I am a flame of faith I am a crystal
I am balance.*

Sixth Step:

Decree and chant 6 times:

*Light the material fire,
I am the flame of the precipitation of abundance, I am life, as abundance
I am the celestial energy of matter.*

*ABUM ABUM ABUM
MATERI MATERI SAT SAT SAT
I am the celestial matter, open the vault
of my gold, I melt the material gold with my heavenly fire.*

Seventh Step:

Sit relaxed without thoughts, silently emptying the mind.

Decree and chant 4 times:

*The consciousness of my Being manifests itself.
OM OM OM
LLLL RRRR AAAA SSSSS*

Ninth Step:

Silently visualize the fire that you are in a pink sphere that surrounds you, being the fire of life manifesting: happiness happiness happiness

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Meditation 2002

Heart of Mayan Land.

First Step:

Drink 3 glasses of water 20 minutes before starting to meditate.

Second Step:

Place 4 crystal glasses with water in a circular shape and in the center a lit white candle.

Third Step:

Sit inside the circle with a straight spine, take a deep breath and deep 4 times exhaling forcefully through the mouth. Relax slowly.

Fourth Step:

Visualize the Earth and place the palms of the hands up. chant 7 times:

*TERRU TERRU TERRE
AF TIERRA SET AMORBI HAN
SE ALA TIERRA
Open your solar triangle
for the truth to be revealed*

Fifth Step:

Stand up and chant to the 4 cardinal points, turning to the left with your hands in the shape of a triangle on your third eye.
Once in each cardinal point.

*TERRU
I am the earth
open the conscience in my land, blessed are you*

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Sixth Step:

Raise your arms inhaling and exhaling. Decrees and chants 3 times:

*I am the seed, I am the seed,
I am the harvest of truth,
OM TERRU TERRE*

Seventh Step:

*Universal Mother, receive the strength and thus,
with the integration of the fire pillars of the Mezoamerican holy land,
open the triangle
HAMIRSE OM RRA RRA
Mother, Mother,
open your body from this earth and give me faith.*

Eighth Step:

Sit in a meditation position, visualizing the earth and your heart, feeling the total integration.

Ninth Step:

Give thanks to the earth and unify with the triangle of balance by placing the palms up and visualizing the pillars of the triangle of balance. Send all your light to penetrate that triangle of balance of the New Age.

Tenth Step:

Finishing the integration, drink the water from each glass, as it represents the blood of the earth.

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Meditation 2003

The Flight of the Eagles

First Step:

Breathe holding your breath for 4 counts, exhaling forcefully through the mouth.
Do it for 3 times or until you feel relaxed.

Second Step:

Sit correctly, with a straight spine. Decree 3 times:

I am the heavenly wind of life.

I am the circle of thought, word and action.

I am the wind, life, oxygen.

Chant and decree 4 times:

SSS ARRR MMMA VIEE VIEE OM

wind, light up my mind by SERRR

Decree and chant 4 times:

.Eagle, I am an eagle

today celestial wind penetrates me and purifies the sphere of my life

that you feed in my etheric body.

Open the sphere of light of the etheric wind in me.

RRRAAA HA SHI

QUET QUET

VIENTO VIENTO

ETERIC ETERIC

OOOOO SSSSSS UUUUUUUU

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Decree 3 times:

With the power of my Heavenly Father, heavenly globules of the microcosms flood my plexus oxygen blood to melt into the fourth dimension.

Third Step:

Inhale and exhale constantly increasing the respiratory rate, until sweating.

Fourth Step:

Get up and decree with your arms up to the sky 7 times:

I am wind.

I am the eagle of the flight of consciousness.

I am the son of infinite light.

Spread my wings

and take me to the areas of the material gold of this earth, with the power of the wind.

HAAA OOOO L LLL ZZZ

Ether, matter, oxygen flows with my wings.

Fifth Step:

Sit in a meditation position. As you inhale, bend your head down together with your body to your knees. Exhale all the oxygen and slowly inhaling raise the head and body to the original position. exhale.

Repeat it 3 times.

Sixth Step:

Be silent and visualize your body as a golden sphere that is unified with the wind, which is directed towards your being in all dimensions. Become part of that infinite wind.

There is no thought, only fly in the material.

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Poem: Silver Eagle

Silver eagle that descends from the universes, in your flight you are revealing the infinite purity of your being. Silver Eagle ,what a messenger.

You are the Father and you plunge into the depths of our souls, sprinkling silver sparks into our entrails.

Meditate and quietly listen to the celestial singing and what messages will he give you. Feel those silvery sparks fly around your aura. But be constant and always meditate that only in this way can she descend, helping us to understand the unknown, giving us teaching and wisdom. Silver Eagle be our companion when meditating. Touch those sparks with your mind, feel them floating within you and slowly opening your way to heavenly consciousness.

With each inhalation that you take, these sparks are cleaning and generating new energy that will give you strength to continue on the unknown path. Silver Eagle that represents the Holy Spirit, open our consciousness to life and help us so that our being learns to meditate without ceasing.

Maria de Las Angeles



MEDITATION 2004
Concentration In Your Center

First Step:

Take 4 breaths inhaling through the nose, holding for 4 counts and exhaling forcefully through the mouth, feeling how the whole body relaxes.

Second Step:

Visualize a white triangle on your forehead and form a golden eagle in the center.

Third Step:

Let that eagle raise its wings and take you to the fourth dimension to perceive your center.

Fourth Step:

Raise your arms to the sky and begin to move your body from the pelvis to the head, chanting: *RRR SSS*

As you chant, feel that you are integrating with the eagle. Then, lower your arms and be silent for a few seconds.

Fifth step

Decree 1 time:

*Solar consciousness of the universal center,
find me and balance me in my celestial flight of consciousness.
Open my center of the fourth dimension, open the concentration of the center of my
body.*

Sixth Step:

Rub your hands together for about half a minute; then clap your hands, feeling your center open into the fourth dimension. Concentrate on each clap and stop clapping when you have achieved concentration.

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Seventh Step:

Take earth in your hands and begin to feel it, slowly feel how it fades in your hands.

Eighth Step:

Decree and chant 6 times, placing the hands forming a circle 2 vecc::,::,::, t s0"-o, 2 times on your solar plexus and 2 times on your forehead:

*I am the concentration of the earth with the power
of the golden eagle that lives in me.*

TERRU TERRU

HI OM QUETZZ QUETZZ

*Awareness of my internal land, manifest yourself with all the power of
concentration.*

Nineth Step:

Decree and chant 9 times:

*Open my concentration with the power of the solar eagle to integrate into my
center in the fourth dimension.*

OM QUETZA SHA OM QUETZALCOATL OM JAVE

RRR TONATZIN

*Open my center of concentration with the power of the central sun
and integrate to the center of my body.*

MEDITATION 2005
Unification with the Ancients of the Andes

First Step:

Chant 4 times:

HA ESS DA PUCHI
MAGUALOG MAGUASEG MAGUALET
OTAIN OTAIN PACHUQUI PACHUQUI
DIADSA DAOLTA
MANAESPLATUC NANAIS

*From this golden center that lives in my heart, open the 12 dimensional doors of
the Andes to penetrate the solar astral
and connect to the solar balance.
I am the Andean fire
which raises the south polar crystal.
Fire, fire, fire from the golden center of the ancients of the Andes,
open, open the dimensional crystal of the planetary astral
for the golden balance to re-emerge.*

NAF NAF NAF
PILEC DE FUGE
PILEC DE FUGE
OOO RASH RASH

*Spirit, essence of the central Andean planetary brain, open my Christ
and allow me to detach myself in consciousness to the 12th dimension
through the doors of the golden elders, so I was nourished by the galactic silver semen that
feeds the Andes mountain range.*

ANSASH ANSASH
OCACLOT MAINPA
LEGIPLAY LEGIPLAYTIC
NAESTIL BARATISH
OMA NAFUS NAFUS

*Take the essence of the solar astralso that the silver valves of my solar galactic spirit may
be cleaned.*

MEDITATION 2006

Eye 33

The meditation of the 33 Eye helps us in the macrocosm to reach the perception of the 33 prismatic colors of cosmic visualization of the earth, covering the entire planetary system. In microcosm this exercise develops the awareness of the balance of your heart chakra.

First Step:

Supreme Awareness Breathing: Place left hand on forehead with clenched fist, gently tapping forehead, inhaling deep and deep until the breath is altered. Do it for 5 minutes.

Second Step:

With the thumb of your right hand, press your forehead visualizing a blue circle that penetrates into your head. Hold the position until you achieve visualization.

Third Step:

Kneel in cat pose, touching your forehead to your feet. Mentally visualize the green energy of the earth, feeling how you are flooded with peace, peace, peace.

Fourth Step:

Maintaining the position, raise your head towards the sky and bring the blood from your third eye to the earth, decreeing:

Universal Father SAT SAT SAT I give you my internal sun.

Fifth Step:

Stand up and place your hands on your forehead with the palms extended to form a cross; left hand vertical (palm facing right) and right hand horizontal (palm facing down).

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Sixth Step:

Decree and chant 4 times:

*Universal Father, allow it to open
the celestial cross of my eye 33, to look at existence with internal eyes.*

*RUCK RUCK
HZZ MMM
OJOSS OJOSS
VIENU VIENUALINJARRATE
OOOMAGIC*

*Universal eye,
open my cross to look at the eternal light now.*

Seventh Step:

Inhale deep and deep, holding the breath 4 times and visualizing the Eye 33 violet with yellow. Exhale through the mouth forcefully the non-clarity of colors.
Repeat this step until you achieve visualization.

Eighth Step:

Chant and decree 4 times:

*000 HAVIR
OJJ OJJ
NUE NUE
33 33 burn the inner eye of color
with power in the four cardinal points
NI NI
FFITLETLA QUETZAMARRA
OJOSS*

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Ninth Step:

Sit with a straight spine and put both of your thumbs in the center of your forehead. Massage your thumbs into your forehead, making half circles outwards, (in such a way that the two half circles form a circle in the middle of your forehead), visualizing a blue fire flame going in and out.

Be silent afterwards.



MEDITATION 2007

Cleaning of Etheric Bowls

This integration clears the etheric ties with beings who know us from third to sixth dimensional frequency.

First Step:

Arrange 3 candles in the shape of a triangle with the point oriented to the north. Place a glass of water in the center.

Second Step:

Standing up make 3 turns to the left and 4 to the right. Then chant 4 times.

*OM SEXUA OM SEXUA
TOTO SEXUA*

Heavenly Christ of sexuality, open the door where the thoughts of the beings I know of the present and the past.

Third Step:

Form a circle with your hands and begin to rotate it from left to right in your sexual area, when you feel that the "theoretical door" where thoughts are concentrated at all levels has opened, raise your arms visualizing the violet color.

Fourth Step:

When you are covered in purple, go around the candles 3 times and feel how the water from the center comes to you.

Fifth Step:

Caress yourself from head to toe, until you really feel.

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Sixth Step:

Chant 4 times:

CRASS BIRR
MUA SEX MUA SEX
OMBLI OMBLI
ERAS NA 0000
SERPID EMPLUMED
PILEC DE FUGE

Seventh Step:

Take the glass of water and with your fingers put water all over your sexual part, feeling how it purifies mental communication with all the beings you have known up to that moment.

Eighth Step:

Pass your hands through the flames of the 3 candles and feel how the transmutation into virginity occurs. Place your left hand on your sexual zone and your right hand on the forehead. This is how he visualizes the fire of etheric transmutation.

Ninth Step:

With your hands together in prayer position inhale and exhale deeply 4 times with the intention to liberate all the beings that you have known and connected with. Become a virgin of communication.

If there is someone in particular that that you want to leave your life, mention their name with every exhalation.

MEDITATION 2008

Cosmic Maya Cleaning of the Astral Body

With this meditation we clear the energy blocks of the third dimension, the fourth dimension and the fifth dimension. When you clear these energies you change the colours of your aura. Through the transmutation fire and water these energies are absorbed.

First Step:

Place 4 lit candles and 4 glasses in the form of a circle. Sit in the center of this circle with a straight spine. Inhale and exhale deeply until you feel relaxed.

Second Step:

With your eyes closed, eliminate all of your negative thoughts and visualize how every glass of water and every candle absorbs them. Then chant and declare 4 times:

I am the astral transmutation

I am the mental transmutation

I am the physical transmutation

I am the etheric transmutation

MAYA MAGU MAYA MAGU

Third Step:

Decree and chant 4 times:

*Heavenly God of life Heavenly God of life opens the conscience
and that they all run with the power*

HAOO LES VIS

NANU NANU

TERRU HAB

PILEC DE FUGUE

ASTRA- FUEG OASH OASH PILEC DE FUGUE

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Fourth Step:

Standing with your fists closed on your chest, decree 4 times:

Angels, archangels and celestial elohim, give me peace, light, awareness of the truth, sword of the astral, cut and transmute the thoughts of meditation and give me the strength of Zeus and Quetzalcoatl, god of the power of transmutation horizontal and vertical

Fifth Step:

With your right arm, cut horizontally and vertically at the 4 cardinal points. starting from the left side as you decree:

Fire and water, merge with the astral purification.

Then to the right side decree:

*I cut the veils of past and present,
ALIIMMBARE in all the dimension of the astral.*

Sixth Step:

Get out of the circle and do 3 turns to the left and 3 to the right, chanting:

ASTRA ASTRA ASTRA CO CO

ASTRA MAYA MAGU CO CO

Seventh Step:

Visualize the 4 candles and take a little water from each of the 4 glasses, mentally decreeing:

I am the purification and I melt into the fire.

Eighth Step:

Put yourself back in the center of the circle. Chant and decree 4 times:

Maya Aztec Sacred Meditations: Integration With Nature

000 II IL

000 II IL

PILEC DE FUEGE

SERRR SAINT SAINT PROTEC PROTEC

Fire, water I merge in love with the balance of Meshico, I am the light of balance.

OOO MAYA QUETZA SHA

Nineth Step:

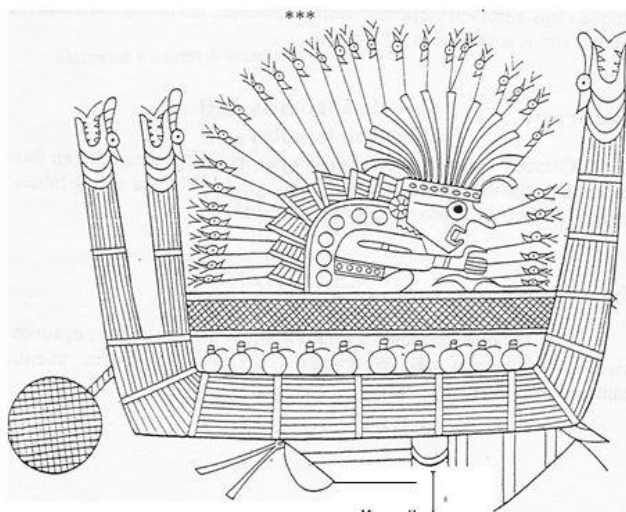
Sit and visualize your astral body. Mentally decree 6 times:

I am the faith, I am the light

Heavenly Father, cut the astral veils with the power of the pillars of the balance of consciousness in your name.

Tenth Step:

Inhale deeply, hold 4 counts, and exhale. Repeat the sequence 4 times.



Maya Aztec Sacred Meditations: Integration With Nature

Meditation 2009

Invocation to the Petals of the Violet Rose of the Tajin

Decree and chant 4 times:

*I am the source of h.!? T::0ic'L8 dont! I open my etheric, astral physical body,
to absorb the petal of violet light in the seventh dimension.*

*I am the triangulation
of the thought of the violet crystal of Mother Earth,
in the feeling of the ovulation of the earth.*

*I am the golden water
of three thousand drops of violet blood that transform
in every moment.*

TRIS TIC TRIS TIC TAJIN TAJIN
NABO NABO VIDEKO
NANUANI NANUANI NANUANI
TAJIN TAJIN
QUETZA SHA QUETZA SHA
QUETZATCOATL

Balance light, light the four petals of the tajin
With the power and strength of the violet crystal of the planet,
come to m1, come to m1
and light my four petals in the east and west
so that balance reigns in me.

OM OM QUETZATCOATL
OM OM QUETZATCOATL
SER SER PID EMPLUMED

Poem: Twenty-seven thousand Violet Thoughts

Twenty-seven thousand violet thoughts that invade my being, feed my mind and my soul is saturated with its essence and teaching.

Wrap me in your light, twenty-one thousand thoughts of transmutation. Transmuting all the energy that comes into my life at the speed of light.

I am dizzy from all that violet power that enters my ntraii.as. You perceive, you breathe that blessed light, that violet light that connects us to everything divine and sacred, transmuting everything negative and dark, renewing and giving a new essence to everything it touches.

Violet light that helps us control the inner being.

Twenty-seven thousand thoughts that nourish my being, and twenty-seven thousand golden Jumas of! astral knowledge. Feathers and thoughts covering a planet and leaving their essence of pure transmutation.

Twenty-seven thousand thoughts that the maidens and princesses of the cosmos learned to decipher. But feel that light, those feathers covering you! cosmic gold, touching their bodies and transmuting the negative of their being.

Twenty-seven thousand thoughts of violet light cover the pools of fire since they are the ones that sustain the planet.

