

MAYA COSMOVISION:
Wayeb



The
MAYAN
SCHOOL *of*
EMBODIMENT

MAYA COSMOVISION: Wayeb

Meaning

- Stillness
- Rest
- Vision

It's a personal process of transformation in your spiritual path. Walking hand in hand with your nawal and channeling your nawal's energy into your daily life. It is the last 5 days of the Maya year and it's the shortest month. Think of it as their New Year celebration without the indulgence.

Transformation of time through:

- Food
- Daily practices
- Clarity of vision in your journey

It's the rest and sacred spiritual path of the Maya Haab calendar. The Haab is a 365-day solar calendar which is divided into 18 months of 20 days each and one month which is only 5 days long (Wayeb).

It's the vision and transformational time of:

- The Universe
- The Cosmos
- People
- Time

It is a time for REFLEXION & EVALUATION



What happens during the 5 days of Wayeb?

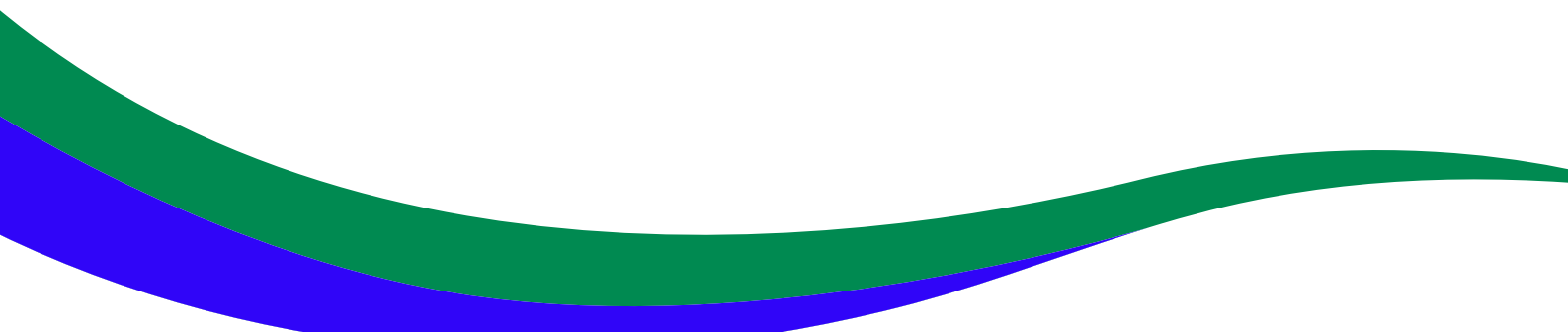
How we observe these 5 days of WAYEB will determine what unfolds in our life the year ahead. During these 5 days the creator and maker *Tzacol-Bitol** decides our destiny:

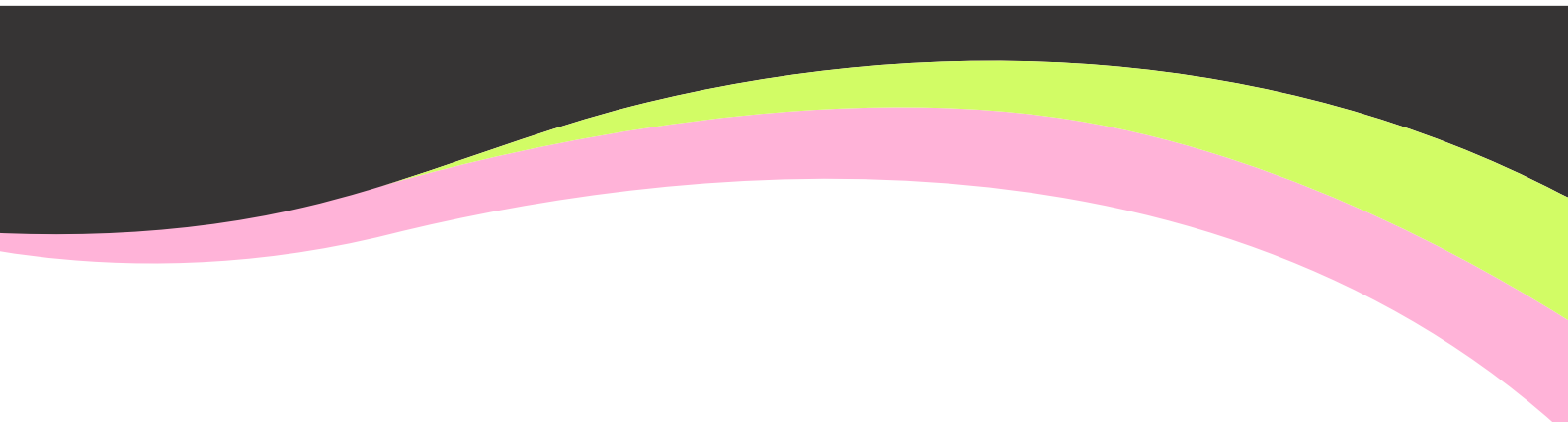
- Who will die and who will live?
- Who will fall ill and who will heal?
- Who will succeed and who will fail?
- Who will be richer and who will be poorer?
- Who will receive blessings and who will receive evil?

During this month we have an opportunity to rectify and address all that is negative and in bad faith within one's life. This is the time to transform, by the power of *Tzacol-Bitol* everything that is negative into positive.

During this time, it is said, we can break every bad act, word or thought against one's self, in order to attract a prosperous, blessed, beautiful, pleasant and successful year on Mother Earth.

**Tzacol-Bitol* is the unison of feminine and masculine energy that according to the Maya created it all. It's like Yin-Yang or Shakti and Shiva.





The Maya will never face a day, a week, a month, or a year without first being prepared.

It's a bit like setting intentions but with all the support you can get, from this realm and the one beyond.

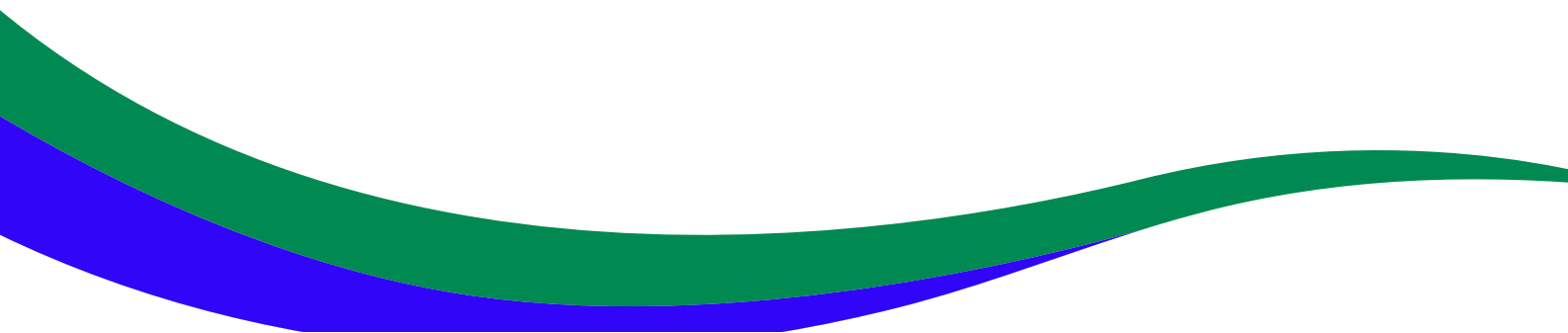
The 4 Principles of the Wayeb

1. Respect and pay close attention to the sacred Wayeb

- When you respect and pay attention to the Wayeb, it will respect and pay attention to you.
- Bless the Wayeb because the Wayeb will bless you
- Treat the Wayeb well because the Wayeb will treat you well.

How do you respect and treat the Wayeb well?

Spiritual Embodiment = Complete ABSTINENCE from:

- Bad thoughts (focus on constructive and positive thoughts)
 - Curse words (opt for positive and sweet words)
 - Wrongdoing (focus on good deeds)
 - Unhealthy appetites i.e: alcohol, drugs, cigarettes, gluttony.
 - Abstain from sexual activities - personal and marital
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2. Spiritual Cleanse

- Forgiveness

The Wayeb invites us to ask for forgiveness before our fellow human beings to cleanse our soul and spirit. We shall kneel before all the sacred energies so they'll shower us with love and sign us up for 365 days of joy, prosperity, sweetness and marvel.

3. Material and General cleansing

- Clean your environment. Light some incense, light a scented candle, remove dust and other clutter to allow the energy of the new year to flow

4. Practice Zipanik

- A generous offering towards those that could do with our support.

GRATITUDE

Take time to journal your vision for the year to come, and don't forget to thank the spirits for their support. A *toj* or offering is always much appreciated. For example, a shot of rum for Mother Earth, nature artwork, or hug a tree. Or simply, say THANK YOU - out loud.

It is important that you speak your vision - out loud - for the Maya this is fundamental. And say your full name too - otherwise your wishes, dreams and desires might end up directed to some else!

IF YOU FOUND THIS HELPFUL...

Share with me your thoughts. I'd love to hear from you what resonated and what (if anything) you'd like to try.

And remember, all these principals are universal so feel free to practice them so that you can start deepening into your spiritual channel and connecting with your ancestral lineage.



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www.themayanschoolofembodiment.com