

Tonalli Craft :

Tending the Soul©

Workbook



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INTRODUCTION

This on-line course is aimed at fulfilling one's desire to understand and define the soul at a deeper level from a personal and world soul viewpoint (Level 1). Level 2 offers a personal Soul Tending practice (must complete Level 1). Completion of Levels 1-4 certify you to be a Practitioner of Tonalli Craft©. The entire, 4-level course spans a year-long period and requires an application. Tonalli Craft : Tending the Soul© is a speciality that brings depth to the healing work you already do. Working at the soul level is a calling. See below for class outline. Level 5 is optional mentoring to help integrate Tonalli Craft© into your existing or newly forming healing practice. Mentoring can also be a gateway to starting your healing practice.

Trauma affects our emotional, psychological, physical and spiritual bodies, endangering our energetic wholeness: the vibrational tone of our tonalli or soul. Tonalli Craft© is a pathway and ancient healing way to restore our natural frequency, to re-enliven our emotions and balance our mind, body and spirit. Our soul's vibrancy will awaken from the amnesiac state brought on by trauma, the forgetting of who we are, to awaken our soul's code for our purposeful right to be and have a pathway with life.

In our world today, it is not unusual for anyone seeking healing to need soul tending to re-enliven what has grown cold, stagnant or hardened. When the soul is not operating on all six cylinders, symptoms of illness and decline manifest in the body. Healing of any method is marginalized by this phenomenon. Wholeness can be achieved when the soul is fully vibrant and intact while your healing method takes on more vibrancy and affect for the patient.

Tonalli Craft will enhance all other healing modalities.

The patient heals more fully with lasting results.

Wholeness through *Tonalli Craft© practice helps us each be the more genuine version of our intended, original soul's design. Our soul's wholeness connects us to ourselves, giving life meaning and a deep path that cannot be destroyed by the times we are living in. As humans, healing at our deepest level of being is how we heal the World Soul's rupture taking place today. Tending the Soul of ourselves tends to the souls of the world's inhabitants, enlivening and generating wholeness throughout.

“The soul’s aim has always been to practice becoming who we already are at the core of ourselves.” Michael Meade

As a layperson, this is an opportunity to know thyself at the deepest level of your being. This is a rare opportunity to learn an ancient healing way of perceiving the soul as the blueprint to one's life.

Levels One and Two impart a comprehensive view of what tonalli is, from history to an indigenous way of seeing, to receiving six practices to tend to your own soul matrix and healing. In this workbook you will receive guidelines for the experiential practices we do in class.

In Level Three you are welcome to learn the ancient shamanic ways and deepen in the art of Tonalli Craft© without becoming an initiated and certified practitioner of the Craft of Tending the Soul. You will not be certified nor initiated to be a Practitioner in the art of Tonalli Craft, but you will have a firm foundation for seeing if your patient needs more healing in the realm of the Tonalli.

Level Four will give you the shamanic experience to become a certified Tonalli Craft© Practitioner. You will learn and be initiated to provide this ancient shamanic craft to tend to the souls of others. This work greatly enhances your healing modality and practice. You must complete Levels One through Four and the in-person shamanic transmission and initiation that spiritually activates your work to perform Tonalli Craft©.

Application is required for the Practitioner Training. Application is at the back of the workbook.

A Consciousness Raising Experience Awaits

In this course you will have experiential and interactive learning, talks and lessons. For the Certified Practitioner Training, Level 4, you will have practicum, clinical and in-person transmission and initiation. Reading material will be suggested for all levels and required in Levels 3 and 4.

FUNERARY RITES: Tonalli Craft: Tending the Soul© is a precursor course to prepare to engage in the specialty work of facilitating Funerary Rites. To have an understanding and skill level of the Tonalli Craft© enhances your gift to work with the soul of the

deceased. Facilitating Funerary Rites means that you are a helper to Ancestralize your loved ones, making them healthy and healed ancestors. This work heals our families, our people and our planet.

If you are interested in being a Funerary Rites Facilitator, the Tonalli Craft© course is required in this format. Funerary Rites require additional study and initiation in order to do the work of a psychopomp. Please contact Deanna for more information on this offering. For more information on Funerary Rites, [click here to read this paper](#).

* I use the words tonalli and soul interchangeably although Tonalli carries a more comprehensive view than what many of us learned about soul in our religious upbringing. In my craft, they are interchangeable. For the purpose of this course, I am calling it by its Nahua name to connote the broader life force informer that it truly is. I have been trained in the Nahua tradition.

SYLLABUS

LEVEL ONE - Soul Wisdom

LEVEL 1 - 2:30 pm mtn. Three Thursdays: September 3, 10, 17

Soul Wisdom as defined by modern and ancient peoples. From the tonalli perspective, develop a deeper knowledge of soul's nature. Level One is required for each consecutive Level.. Reading list optional. 3 Hours Minimum.

1.1. History of Soul - Religion and culture's influence on how we look at soul.

Our ancestral connection to Tonalli.

Defining Soul and Defining Tonalli

Your view of the soul.

Experiential - Guided Imagery Meditation and Practice: Cosmic Orbit

1.2. Difference between Soul and Spirit

Experiential - Guided Imagery Meditation and Practice - Cosmic Orbit

Description of the Tonalli

Development of the Tonalli in the Unseen/Other World

Formation of a Living Animated Being

Guided Imagery - The Beehive

1.3. The Definitive Parts of the Tonalli

The Tree of Life

Wholeness and Tonalli Inactivation

TRANSCRIPTS

TONALLI CRAFT TRANSCRIPTS

LEVEL ONE : SOUL WISDOM

1.1

SLIDE 1. INTRO. To facilitate healing is essentially a spiritual process, a sacred art. You are all artists of the sacred. With a few new tools in your medicine bag, you will be able to tend your own soul as well as, by completing the Practitioner Course of Level 4, you will be equipped to tend to the souls of others.

Welcome to Kapuri's Kitchen: A sanctuary for transformation, a physical retreat center where nourishment, healing, and community intertwine. Rooted in the rhythms of nature, it offers a space to reconnect with the earth, your body, and spirit. This is a place where soul becomes whole again.

LEVEL ONE is about Soul Wisdom. The word soul has been bounced around so much that it's no wonder we know little about its true nature. Within a western cultural context, our mind-set about soul has been deeply influenced. This has promoted confusion and duality and, except for a few people, we've not really known how to work with the soul to bring health and well-being to our people. I will talk more about this later in 1.3. Wholeness. This pluralistic Western view of soul produced dramatic limitations for our work with the soul. From the tonalli perspective, you will develop a deeper knowledge of soul's nature and how the universe was sung into existence.

Soul is the deepest avenue to healing the physical and emotional, mind and spirit of our people. Welcome to Tonalli Craft: Tending the Soul, Level 1, Class 1.

COSMIC ORBIT: Before each class we will create a sacred container - all that is presented, all that is said, all that is taken in, comes in through this sacred container to be miquied or, in English, digested.

To begin we will explore the history of the soul - how did we learn about soul and what does it mean to each one of us? The importance of fleshing out the historical viewpoint and changes to how soul has been used within our culture overtime can help you to unwind your belief structure so you can work with this comprehensive structure that matches the quantum physics of reality today. Otherwise, we're in a belief structure that is only that, not back by what the ancients knew about creation and is now being shown as science today.

After the history lesson the word “soul” will take on new meaning and can be called by its indigenous roots of the Nahuatl language and people, “tonalli”. Or, by its early Gothic roots, Saiws, meaning sea in German.

SLIDE 2 : SAIWS European roots uncertain and debated. Some older dictionaries suggested a link to an Ancient Germanic Gothic word for "sea" (saiws), implying the soul came from the water, but this remains unproven. However, from my knowledge of the Tonalli, “Saiws”, meaning “sea” as the root of the word “soul” makes sense. We will talk about that to the ocean connection in Level 2. For now, a brief introduction to Tonalli and why I’m using it rather than “soul”.

Tonalli carries a broader and deeper meaning, rich in quantum physics, the natural world and how the entire universe is created all the way to conception, birth, life’s transitions and death. I’m excited to share the broader and deeper meaning and its complexity with you in forthcoming classes.

SLIDE 3. Why Tonalli and how does it really relate to our Western mindset’s relationship with soul? Tonalli comes from the Uto-Aztecan language family. This family is one of the largest and most widespread Indigenous language groups in the Americas, stretching from the Great Basin in the United States down through Mexico and into Central America. The Nahuatl from whence the word Tonalli arises, is the root of at least 60 distinct languages and variants having about 1.9 million speakers.

In the United States, the Uto-Aztecan peoples lived throughout what we now call Oregon, California, Nevada, Idaho, Wyoming, Utah, Colorado, Kansas, New Mexico, Oklahoma, Texas and Arizona.

The word Tonalli and its conceptual meaning permeates the soil of the western Americas, the great plains and great basin, covering all of Mexico down to Costa Rica. Think of tonalli as being part of the soil. As westerners, our soul is part of that soil so what you will learn is already in you...Tonalli is as universal as quantum physics is universal.

At a “soul” or “tonalli” level these words are vibrations that open our awareness; our lives are affected by our deeper tonalli/soul make up.

Scholars believe the ancestral language (Proto-Uto-Aztecan) originated around 5,000 years ago and most experts place the origin in the border region of the southwestern United States and northwestern Mexico (such as the Sonoran Desert).

Some people have said that they didn't feel they could study Tonalli because it is not their tradition. As I said earlier, the tradition of Tonalli is vast—it covers half the western part of the Americas. Many of us were born of the land of the Uto-Aztecan language family. Our birthplace carries an indelible stamp on our soul. (We will talk about that more later) Just yesterday, a friend of mine who is doing a deep study of the Druidic/Celtic tradition described how they view soul; I got goose bumps head to toe when she described it and the familiarity I recognized felt like deep wisdom had connected with my learning. The knowledge was so strong that my body knew we were on the right track.

TONALLI is one's name, shadow, destiny and consciousness, the force of will and intelligence, that shapes one's character, the body's double. In Nahuatl, the word means to irradiate, to 'make warm with sun'. It is hot by nature. Tonalli is delivered by gods to the individual at the moment of conception by the whirling movement of a fire drill.

This knowledge of tonalli is for everyone—it has its roots in Indo-European soil and the soil here, on this continent. A thorough study would probably show us that "tonalli" spans the globe. How could it not. And I don't declare that the Judeo-Christian or Plato had it wrong; there's just more to the soul than what we've inherited from our Western upbringing. So, we come away with some knowledge that is correct and in this course, you will have a broader and deeper picture of the make-up of us as human beings and the entirety of the universe.

If you are in this course, you probably have a soul connection to the Uto-Aztecan language family of the Americas, even a minute connection will spur curiosity to know more. We will put words to something you have an intuition about. This draws us together in a particular way and to particular traditions, too. But you do not need to have a particular tradition to know and understand how you are energetically made up. I will talk about the phenomena of connection to traditions, other than Western religions, later in Level 2 of the course. It is quite interesting to consider and rather unfamiliar from the Judeo-Christian and older Platonic point of view of soul.

Learning about soul/tonalli is a step to reclaiming our agency as human beings.

Martin Prechtel speaks to our need to reclaim what might look like a whitewash of each person's individuality and connectively to our personal soul and the collective soul. If you're not familiar with Martín, he lived with the Mayan, when the village of Atitlan was more remote than it is now as a tourist Mecca.

[I'm going to quote from an excerpt of a 2001 Interview with Martín from The Sun Magazine about what he says of our soul in modern times "Every individual in the world, regardless of cultural background or race, has an indigenous soul struggling to survive in an increasingly hostile environment created by that individual's mind. A modern person's body has become a battleground between the rationalist mind — which subscribes to the values of the machine age — and the native soul. This battle is the cause of a great deal of spiritual and physical illness.

Over the last several centuries, a heartless, culture-crushing mentality has enforced its so-called progress on the earth, devouring all peoples, nature, imagination, and spiritual knowledge. Like a bulldozer, it has left a flat, homogenized streak of civilization in its wake. Every human on this earth, whether from Africa, Asia, Europe, or the Americas, has ancestors whose stories, rituals, ingenuity, language, and life ways were taken away, enslaved, banned, exploited, twisted, or destroyed by this mentality. What is indigenous — in other words, natural, subtle, hard to explain, generous, gradual, and village oriented — in each of us has been banished to the ghettos of our heart, or hidden away from view on reservations inside the spiritual landscape. We're taught to believe that our thoughts are actually the center of our life. Like the conquering, modern culture we belong to, we understand the world only with the mind, not with the indigenous soul.

And this indigenous soul is not something that can be brought back in "wild man" or "wild woman" retreats on the weekend and then dropped when you put on your business suit. It's not something you take up because it's fun or trendy. It has to be authentic, and it has to be spiritually expensive."

The majority of clients I've seen are lost, or they don't feel they belong, but belong to what? What is lost? They feel they don't fit in...that they shouldn't be here, there's something wrong, missing, empty, dark, painful. It is that deep Indigenous Soul that is struggling to survive, as Martín describes. "We're taught to believe that our thoughts are actually the center of our life. Like the conquering, modern culture we belong to, we understand the world only with the mind, not with the indigenous soul."

We are here now to reclaim the indigenous soul...Indigenous meaning: of the earth. Many say "indigenous" means born here, Native American...but I'm using this word to mean we have a right to be and we must reclaim our full selves which reclaims our collective selves; which in turn reclaims the land as a living being, soil. There's an

interim movement to reclaim our guts - re-enliven the micro-biome of our bodies. All of this is part of calling ourselves back from the great takeover, which has made people so sick, disease rampant, early deaths and loss of vitality. Reclaiming our soul is the beginning of reclaiming our sovereignty.

Before we jump into History, I would like to take us to our "Indigenous Soul". We will begin to see how our soul is made up, as we move through Level One and Level Two, and what is missing.

Here in SLIDE 4 Alex Grey's artistry speaks to Tonalli. He has provided us with a visionary exploration of the relationship between human awareness and the divine intelligence that permeates existence. The artwork portrays consciousness as a living bridge between the individual and the infinite, revealing a reality in which the sacred is not separate from the world, but woven into its very fabric.

At the heart of the composition is the recognition that our lives unfold within an intricate tapestry of relationships, energies, and unseen connections. The union of human and divine consciousness suggests a state of awakening in which the boundaries between self and cosmos become more transparent, revealing a deeper participation in the creative forces shaping space, time, and experience.

We will begin to see how our soul is made up as we move through Level One and Level Two. What is missing from our awareness? The COSMIC ORBIT is a way to begin to feel, sense, experience what Alex Grey has portrayed in his artistry of man and soul.

A little about The History of the Soul: How different cultures see or have seen the soul. And why the concept of soul even exists, despite the fact that there's no hard evidence to prove that it exists. Two big areas of study that we will touch on are the Greek Platonic Era, 400 BC...and the early Judeo-Christian concept of soul.

SLIDE 5 : PLATO represents two entirely different religious and ethical worlds—yet, they have greatly influenced one another. PLATO is our oldest definition of soul in Western thought: He defined the soul as being immaterial, unorganized and uncompounded and fixed, indestructible and immortal so that not even evil can destroy it. In its true nature it is simple and cannot be composed of many elements, pure in its original, divine state. Any impurity in the soul is from its contact with the

earth. The soul is not visible, only to mind, yet it is rational, for it is that which true knowledge is concerned; the soul is defined as divine intelligence. True knowledge is nurtured by its pre-existent, supreme and self-moving nature, pre-existing before all things. Plato declared that “the soul is before all things and has a first hand knowledge of the world of Pure Forms.”

SLIDE 6 Judaism - The Hebrew word for soul is *nephesh* - interchangeable with phrases such as life, breath of life, person, persons, self, heart, mind, creature and other expressions. The soul is defined as being created as a moving, living organism by God. This is in direct contrast to the uncreated, self-moving, fixed, Platonic soul. In Judaism, The Whole Man is the highest creation of God. It is seen as a complex, compounded, rational, organized entity, in direct contrast to the Platonic simple, uncompounded, unorganized soul. Also in direct contrast and foreign to Plato's definition and thinking that (in the Old Testament) the soul is further defined as being material substance, mortal and destructible in nature as well as a candidate for resurrection and eternal life. A bodily resurrection of life everlasting, through a mighty act of God, is also completely foreign to Platonic thinking.

Early Christianity - the Greek word for soul is *psyche* (*psyche*...only word translated as soul in the New Testament). Words to translate *psyche* are life, mind, lives, minds, persons, us and human being; a created and living organism by God. It's definition also carries the same attributes as in Old Testament.

In contrast to Plato's immortal soul, the Bible reads that the soul was created out of dust by its Creator and returns to dust at its death. First man, Adam means “earth-made”...

By St. Aurelianus Augustine's time in the 4th century a.d. His Influence affected how the soul was perceived. The soul was a Body-Soul Unity: Unlike pure Platonism, which often viewed the physical body as an evil prison for the soul, Augustine insisted that the body is good and created by God, and that human existence requires both.

He also concluded that the soul is immortal and capable of intelligent thought. His conclusion that the soul exists separate from the body and only inhabits it temporarily leaving upon death is a crucial component of more contemporary Christian thought.

St. Augustine took Plato's doctrine of the inherent immortality of the soul and disengaged it from the metempsychosis, which is the transmigration of the soul upon death into a new physical body, whether human or animal. This still holds

today...Metempsychosis is different from reincarnation, while similar, it includes a soul moving between humans, animals or even gods rather than a strict human-to-human rebirth.

Although, by the end of his life, he declared that all humans are born with mortal sin, in which, the only way to renounce that sin was through becoming Christian, taking Jesus Christ as your savior, to purify your soul. Those souls not Christian were deemed sick or unawakened, requiring urgent intervention through conversion or conquest. This theological distinction effectively created two tiers of humanity.

By the 15th Century, the theological framework formed the Doctrine of Discovery, which is how colonization got a foothold in most lands across the world. This framework stated that only baptized Christians were viewed as fully human and possessing full rights to sovereignty, land, and bodily autonomy. Fully human meant that you had a soul.

IN MODERN TIMES, THE SOUL HAS TAKEN ON NEW MEANINGS AND CHANGED SINCE THESE ANCIENT WAYS OF SEEING THE SOUL:

In May 2023 - A Vatican Joint Statement formally repudiated the Doctrine of Discovery, admitting that these historical papal bulls did not adequately reflect the equal dignity and rights of Indigenous peoples.

For the most part, the soul has been viewed the same throughout Christianity but the Latter-Day Saints (Mormonism) has a little different spin on The Soul: According to Latter-day Saint scripture (specifically Doctrine and Covenants 88:15), "the spirit and the body are the soul of man."

We'll go into the difference between Spirit and Soul in our next class. That question was actually the question I asked my teacher that took me on a journey of knowing the Soul and the difference between soul and spirit. That is what we'll do in the Practitioner training course, level 4.

Popularized "New Age" versions of the soul include everything from drug-induced interpretation, astral project and fantasy. A known definition from the shamanic soul-retrieval practitioner and teacher, Sandra Ingerman is that "soul is our essence, life force, the part of our vitality that keeps us alive and thriving". Her work and writings have created an upsurge of interest in the soul's well-being and what happens to the soul in times of traumatic events. While her work started something, in my studies I have found that the soul is far more complex than even what her work has given us. We'll get into it.

Within the context of Animism, Edward Tylor, considered the founder of Anthropology said that animism, in its full development, includes the belief in souls and in a future state,...he said that “primitive” people theorized from their experiences that inside everything was a “soul” that gave life to the material form.”

LET’S STOP HERE AS I WANT TO HEAR FROM ALL OF YOU NOW. LET’S INTRODUCE YOURSELVES BY NAME AND WHERE YOU LIVE, WHERE YOU ARE FROM...AND THEN, HOW HAVE YOU VIEWED SOUL, OR WHY DO YOU WANT TO LEARN ABOUT TONALLI?

OUR NEXT CLASS WILL BRING TONALLI INTO THE LIGHT MORE. AFTER YOU’VE HAD TIME TO THINK ABOUT HOW YOU HAVE VIEWED SOUL. WE WILL EXPLORE TONALLI AS COMPLEX AND INTEGRATED, TO INCLUDE EVERYTHING THAT IS RELATED TO US AS US. What you distinguish as “me” is part of tonalli - NOT, tonalli as being a “part of us”. This common error creates confusion about soul and what we inherited from our culture and religions, whether we are religious or not. We will learn that Tonalli is in this realm as well as the worlds and realms beyond.

EXPERIENTIAL EXERCISES

1. MEDITATION : Cosmic Orbit Balancing

- Elements of the Soul
- Protection
- Our Right to Be

Prayer and Meditation help to keep our field strong. Ultimately, our energy field is tightly knit together. Fear, trauma, anxiety and hopelessness can loosen the fabric of the tapestry that would naturally make an intact energy field around us. The field can be strengthened by consistent practice of the Cosmic Orbit Balancing and Protection Meditation.

You may add chakra acknowledgement or clearing chakras; the four directions and a meditation within the orbit. Heart Opening practice is also nice to do within the orbit. I am happy to teach you any of these additional practices.

The Cosmic Orbit Meditation places each of us in synchronic rhythm with the sun, moon and earth and with all the elemental beings that make us up—earth, air, water, fire.

Meditation allows you to let go of destructive thought patterns: I do not belong, I do not know what my purpose is, I have no place in the world. This meditation physically, emotionally, mentally and spiritually accentuates our belonging and place with our elemental makeup and connection to all of life and the cosmic forces.

Best done in the morning at sunrise and at night at sunset, but can be done anytime, anyplace. After repeated times, your energy field begins to knit back together re-creating your natural state of being protected.

11-step process

Define your energy field knowing you are at the center of this orbit:

1. Define your energy field:
 1. Bring your hands to Prayer Pose in front of your heart; arms move with hands together to the top of your head, then spread arms out along your sides outlining a circle, then palms will move down to your legs fingers pointing to earth.

2. Bring hands together again at your heart and move up and out in front and back of your body. Visualize the orbit around you as wide as your outstretched arms.
3. This is an outline of your energy field. This field extends from fingertip length all the way around your body and top to bottom equally.
4. Use your breath, deep inhale, longer exhale to help form this field and begin to relax your sympathetic nervous system. 4 in - 8 out breath.

1. Visualize your well ancestors surrounding the outer perimeter of your orbit. You don't have to know who they are. Invite them as protection. They are always there and they are protectors. Unwell ancestors are not welcomed and you can say so. In addition, Iron can be visualized to be spun on the outer periphery of the orbit as protection from earth.
2. As above, so below: from your center (you are the center of your orbit) at your umbilicus (naval) imagine a golden cord connecting deep into the center of the earth. Imagine a silver cord connecting up to the sky, tethered to the Celestial Realm. You are the Axis or Center of your world: of yourself and your place in the world.
3. Four directions anchor: east, south, west and north directions give us an additional anchor in the cosmic field. Imagine these cardinal points anchoring you. In addition you can add their qualities.
4. Connect with your Stillness (the quiet, deep feminine nurturing energy). Stillness is felt throughout your body, limbs and interior, quiet and relaxed. Take as much time as you need to get here.
5. The Breath

A. Breathe in - Notice that as you breathe in, you are taking in oxygen, which is released by trees and all green-growing things.

B. As you breathe out, you exhale carbon dioxide, which in turn is being taken up by trees. Let yourself feel your connection to the air, to the trees, and grass, and everything green.

C. Now, forcefully send your breath (air—6%) to the inner perimeter of your field. This strengthens the fabric, interior walls, of your energy field. You can yell POW (like Pow) with breath 4 times, imagining it going in each direction. Forcefully send the sound Pow out to the inner perimeter—this is to release any energy that does not belong in the space and further create protection for the interior of your space.

1. Imagine the Sun (as it is rising or setting) shooting an arrow of light (fire—4 %) to the moon; the moon then shoots an arrow of light to the earth and the arrow of light is shot from earth to your heart. Feel the warmth (fire).

- 2.** Imagine water flowing (water <>70%) in your body. This is Moon energy, the Grandmother who is in charge of rhythm, balancing the fire energy. Now let yourself sense the inner motions within your body.... Maybe you are aware of the gurgling in your belly or the throb of your beating heart. Sense the circulation of blood as it moves through your body.... Your body carries rivers, lakes, and the ocean. Feel the flow and how you are a fluid being within the rhythm of life. Flowing like a river, moving around obstacles. This is you—you are 70% water! Imagine 8 billion people flowing like a river of life.
- 3.** Imagine you (earth—12%) as the axis of your world and your orbit. Earthing energy is your soul which carries the blue print of your genius. Let yourself feel the weight of your body in the chair.... You are as solid as the earth and made from the same atoms of carbon, oxygen, hydrogen, and nitrogen that make up the earth....
- 4.** Scan your body. Get a sense of your body as a whole....all the elements that make up your body came from stars that exploded millions of years ago....
- 5.** Experience Silence (the masculine force—movement-doing and not doing). Here you stop doing or simply watch your thoughts pass by like the wind. To not engage in thought. Do this until you are clear, no thought.

You can spend as much time in this orbit as you like. The goal is to awaken your center of connection to the great cosmos and mother earth, and to awaken to your divinity and being nature. You can add a guided meditation or hang out exploring each of the elements, the sun, moon and earth.

Contact Deanna Jenné at djbutterfly5@gmail.com for more on healing.

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RESOURCES

LEVEL ONE

Books on Tonalli

- *The Natural History of the Soul in Ancient Mexico*, by Jill Leslie McKeever Furst, Yale University Press, New Haven and London, 1995
- *The Human Body and Ideology: Concepts of the Ancient Nahuas*, Vol. 1, by Alfredo López Austin, translated by Thelma Ortiz de Montellano and Bernard Ortiz de Montellano, University of Utah Press, SLC, 1988
- *Daily Life of the Aztecs: People of the Sun and Earth* by David Carrasco with Scott Sessions, Greenwood Press, Westport, 1998
- *Handbook to Life in the Aztec World* by Manuel Aguilar-Moreno, Facts on File, 2006
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Books on Soul

Articles

- The Sun, Martín Prechtel on The Soul in Modern Times
<https://radicaldiscipleship.net/2021/12/13/an-indigenous-soul/>

Videos

- “*Why you NEED to Believe in the Soul (Even if it Doesn’t Exist)*”, by Great Books Prof. YouTube, <https://www.youtube.com/watch?v=xyljZ6gDkTI>