

Tonalli Craft :
Tending the Soul©

Workbook
Part One



Codex Vindobonensis plate 16

TABLE OF CONTEXT

Part One

- Introduction
- Class Syllabus
- Transcripts

Part Two

- Experiential Exercises
- Homework
- Resources

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. Description of the Tonalli

Experiential - Guided Imagery Meditation and Practice -

Cosmic Orbit: Coming into Balance & Rhythm of the Universe

Introduction to the Development of the Tonalli in the Unseen into the Physical Realm

Formation of a Living Animated Being

1.3. The Definitive Parts of the Tonalli

What is Spirit

Tescanalli - Guided Imagery - The Beehive

The Chichihualcua : The Tree of Life

Q. & A. See Recording

1.4. Introduction to the 9 Aspects of the Visible Tonalli Structure

- Physicality, Animation and Expression of the Tonalli.
 - Cosmic Orbit incorporating the 9 Aspects of Visible Tonalli Structure
-

TONALLI CRAFT TRANSCRIPTS SOUL WISDOM

CLASS 1.1.

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 The Kapuri 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 (Quechua) or, in English, digested. (See Experiential Offerings)

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 it's early Gothic roots, Saiws, meaning sea in German.



SAIWS is Soul. It's European roots are uncertain and debated. Some older 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.

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.

ADDENDUM #7

MAP OF UTO-AZTECAN TERRITORY



Caption

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.

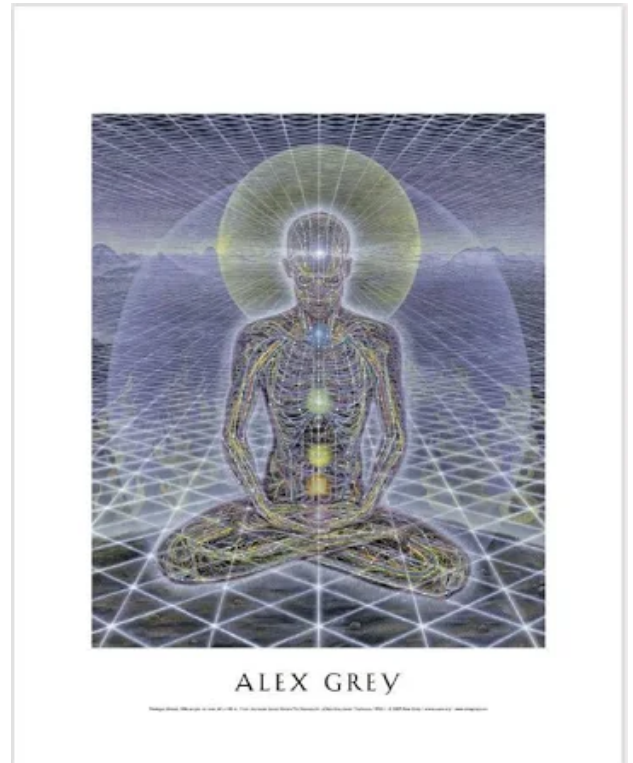
Before we jump into History, I would like to take us to our “Indigenous Soul”. We will begin to see how our soul is made up, as we move through Level One and Level Two, and what is missing.

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

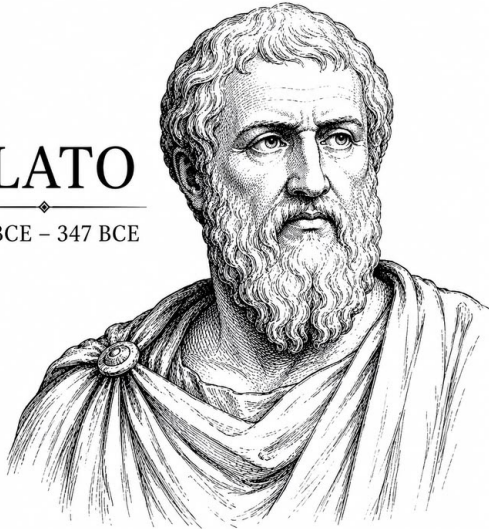


are the Greek Platonic Era, 400 BC...and the early Judeo-Christian concept of soul.

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 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

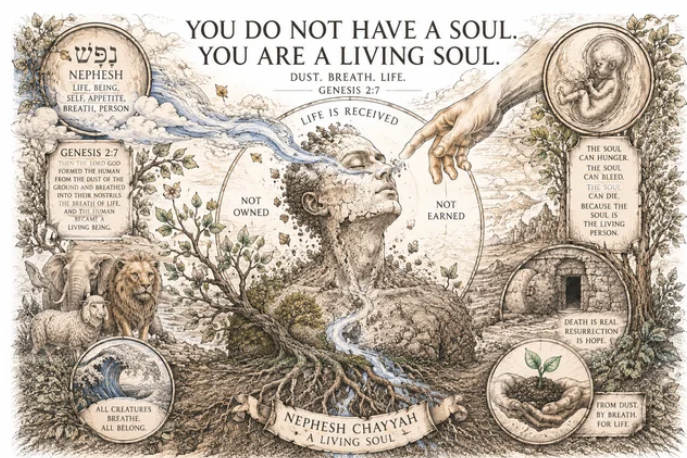
PLATO

427 BCE – 347 BCE



and has a first hand knowledge of the world of Pure Forms.”

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, , 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.

TRANSCRIPT

CLASS 1.2.

Cosmic Orbit - Practice to begin to sense our energy field and what we are made of. When we do the Cosmic Orbit we begin to entrain with the natural world. We want, by the end of Level 2, to find ourselves calmer, our nervous systems in a natural state, receptive to wholeness where we have tapped into the four rhythms. In this natural, primal state, we come into balance with the entire universe and we are able to hear the Song of Creation. The four rhythms are (See Addendum for more information on the four rhythms):

- Circadian Rhythm (Daily): This is the daily rhythm. The word "circadian" comes from the Latin circa (about) and diem (day), meaning it strictly refers to cycles that last roughly 24 hours.
- Circalunar Rhythm (Monthly): This is the lunar rhythm. Because it matches the orbit of the moon (about 29.5 days), it is called a circalunar rhythm.
- Circannual Rhythm (Annual): This is the seasonal rhythm. Because it takes place over the course of an entire year, it is classified as a circannual rhythm.
- Infradian / Tidal Rhythm: The tidal rhythm (which occurs roughly every 12.4 hours) is typically classified as a sub-cycle or an infradian/ultradian variant depending on the specific marine organism's behavior, but it is distinctly separate from the 24-hour circadian clock.

GO TO ADDENDUM FOR MORE ON THE 4 UNIVERSAL RHYTHMS

REVIEW: Because we are deeply influenced by western culture and western religious views, the term "soul" comes with a deep mind-set that has promoted confusion and duality. The pluralistic Western view of soul has produced dramatic limitations for our work with it. Therefore, reframing our definition will take us from a historical viewpoint that we may have carried to a present moment discovery. We will work out of the present to heal the past.

Last week we set the stage for how we identify with soul. Each of you had a very compelling reason or explanation of how you view soul. For those not here

last week (4 people—Prema, Joshua, Mary and Barbara) I'll give you a sense of what your colleagues say and give you a chance to say what you think soul is: Avenue: Self-moving immortal, simple; everything has a soul. Touched by the Sea Connection (root Germanic word for sea & soul: SAIWS). Deb said sovereignty, precious essence, embodied in physical form. Josie: non-conceptual life-force energy that's both unique to this manifestation and encompasses the great mystery, animating the body. Nick described the soul and transforming, changing and a greater universes inside of us. He talked about the energetic being beyond the atomic level of molecular structure, as a universal force called by some, God. Torri spoke of being welcomed by the land, called home and birthplace, as spirit entered her body...and more than that as her soul is linked to source, God and universe. Libby talked of her Catholic upbringing of soul being everlasting and the holy core of humans; and this has evolved for her as soul is more than the human world. The soul has a directive path for our lives. Jennifer is drawn by a spark of curiosity and something I had said about how soul trauma can block healing. She's longing for a pre-literate state of being. And Lori finds the stillness of the universe, that connections with forms, people and the vastness that, without rest and care for the soul, we get trapped in the head.

Joshua, Prema, Barbara and Mary perhaps you can introduce yourselves and hear how you relate to soul. There is no right answer and as you can see, we have a vast array of similarities and deep contemplation of what soul is to each of us. [Note to Deanna: Take notes]

Why we need to believe in the soul? The YouTube video I recommended in resources. As I delved into The Soul or Not the Soul - how did we come to believe we have a soul? He spoke about Frederick Douglas from the 1800's and then Martin Luther King in the '60s...that "All segregation statutes are unjust because segregation distorts the the soul and damages the personality."

It's only by grasping for this language of the soul that we are able to accurately describe the evils...we've tried to dispense of the soul to make it non-religious. Without the soul, our laws and government do not make sense...in modern democracies we're always talking about our rights. Where have human rights come from...why do we have them: living a life of dignity, human dignity, respect, integrity, promoting equality. The universal declaration of human rights (UDHR) emphasizing human rights—1948 (right after WWII) — arguing

consciousness of humanity. Not because we say we have them, they are contractual, but we need an account of a source of human dignity. Why can't I just take something away—if I can make a profit?

A story: A person writes: I can speak from experience that sometimes during meditation, I have felt this weird sensation of bliss on the top of my head. It is really difficult to explain in words. However upon this I can always feel as if my soul is separating from my physical body. However, just when it is about to leave, I lose focus.

How many of you have had this kind of experience? What's leaving...why do you lose the feeling of being grounded? Of being lost? Of not belonging?

Deanna's Story: I had the experience in the 90's of having had emergency surgery - I was all of a sudden very sick, my belly had swollen and I was throwing up, cramping, in a lot of pain. I was rushed to the hospital where they tested me for pregnancy on Friday but proceeded to do a DnC because they thought I was miscarrying. Thinking they had taken care of the miscarriage, they sent me home. My results of the pregnancy test came back positive, on Monday. Although I felt better, by Monday I was nearly a goner. Thanks to my girlfriend who was checking on me periodically, she found me passed out on my bed. She got me up, conscious and rushed me to the hospital. I underwent an excruciating ultrasound where they detected the damage in my fallopian tube. I had an ectopic pregnancy that burst the walls of the tube. I was immediately wheeled into emergency surgery.

I didn't come out of surgery very well—they had to shock my heart back into rhythm with defibrillation. I was still under anesthesia. Before waking, I fought hard. I remember being at the floor of the sea, fighting very hard to swim to the light I saw shining through the surface. When I reached the surface I woke up. I was alive. What was I chasing? What compelled me to fight so hard? What is life? Besides our heart, what is the compelling force for life?

These are questions we will explore through our time together. They are related to soul.

There may be some stories from you about a time when you felt something was leaving your body—when you noticed it and if you want, how you came back into groundedness.

I Asked AI: Why do we believe (use of word 'believe') the soul exists when we have no evidence of it - or that it seems to be invisible?

The concept of the soul exists because early humans needed a way to explain consciousness, dreams, life versus death, and personal identity before modern science and neuroscience.

Consciousness: People experience a private inner life, thoughts, and emotions that feel separate from physical flesh.

Death: When a person dies, their body remains, but breathing and movement stop, suggesting something invisible left the shell.

Dreams: While sleeping, a person's body stays still, but their mind seems to travel and experience other places, implying a wandering essence.

Perhaps human lives are sacred? There's something about us that the soul becomes very compelling...the worst things happen when we forget that human life is sacred. How do we affirm the value of human life? We need to affirm the existence of the soul?

Let's take a few minutes to hear from a few of you. What experience would you share from your life where you knew, without a doubt, you had a soul. We have a few minutes, then we'll go to WHAT IS TONALLI. Others of you may write in or send emails of stories where you've experienced undoubtedly, "soul". We'll add those to the workbook so everyone can refer to these experiences as we move into Level 2.

PART 2 of LEVEL 1.2.

WHAT IS TONALLI - Tonalli definition

Tonalli - Nahua Origins: Tonalli comes from the ancient Nahua word which encompasses a sound that identifies a vast phenomena that both evokes and invokes. Tonalli is, therefore, a field of resonance which taps into the "wholeness" of a human being, connecting to both the seen and unseen worlds. Using the word "tonalli" as an English or Spanish speaker will invoke the phenomenon in

and of itself. Tonalli's roots are deeply related with the wind, breath and soul. Last time I spoke of the ancestral connection to the Uto-Aztecan lineage that scales so much of the western half of the Americas. I will talk more about each of our ancestral connection and how it can be that you've chosen this course. The rise of interest may very likely be coming from your tonalli (your soul).

Tonalli's origins come from an ancient Nahuatl word in which merely the vibration of the word evokes the tapping into the field of resonance of "wholeness" of a human being. Wholeness means that a human is of the seen and the unseen realms, and more than just two realms, that includes the worlds and realms beyond.

"Many scholars have written about this animating force from pre-hispanic to modern times but the tonalli is so complex it could easily want an entire volume dedicated to its permutations throughout Mexico, the Uto-Aztecan-speaking area and all the Americas. None of us can escape the permeation into our own tonallis of this ancient ancestral tradition. The tonalli's connection to heat and its origin outside the human body are crucial to understanding its role as day sign, appellation, likeness, heat and body part."

In this Nahuatl tradition, the story goes that a pair of opposites, The Lord and Lady of Duality (in English) sent the tonalli (the soul—remember, it is not yet in physical form) by fire, heat, friction (the fire drill) entering into the womb as the new being "dropped" into the womb. In the tradition, then, the midwife also had the duty of knowing, perhaps reading the tonalli, at birth and speaking who that being is and will be, reading the signs of the time of day, the day itself, where in the land she was conceived and birthed, and the influences of the celestial realm at the time of birth. A very complex system in which we may never crack the code of, but we will be learning how to read the tonalli when it is out of balance, as most people are today, and what is missing from the life of that person.

The midwife would say something like: "you were breathed into your house, you were drilled (the fire drill) into your house". Think of a fire drill and how it works. In the beginning of Genesis, God the Father breathed life into Adam, as first man. In the beginning was the word...the word is sound, vibration and carries a frequency such as Tonalli carries a frequency that invokes and evokes life.

EXPERIENTIAL: Let's take a moment here to sit in our Orbit and visualize the golden and silver mesh surrounding the egg of our orbit...let's even imagine sitting as a yolk and that little squiggly white that we often see in an egg...the umbilical cord...connecting the egg we are in to our mother. Imagine this umbilical cord extends into the unseen world as well...connecting to the universal life force energy. The egg white is the empty space in which breath enlivens us; water moves in and out; fire has permeated the membrane to create enough warmth to incubate life; earth is forming where the frequency of the vibration coming from source has slowed enough to create form, body, physical life. All of what is on earth, this magnificent planet, supports this life forming in each of our own cosmic orbits. The mesh, which could be the egg shell, protects us from intruders...Imagine that when that mesh or shell has been injured because of trauma, the energies that made up our being, can leak out because of the frailness and rupture of that membrane...this leaking is what we talked about earlier...some part of us leaves this safe zone of the orbit, and wanders into other realms. Now imagine that you can see the rupture (if not, don't worry...as we clear our beings, we will be able to see our field within the orbit more clearly). This is where repair is necessary. Stay there for a minute and be in your orbit, noticing all that has made up your being.

THE TONALLI IS LIVING, FLUID YET TANGIBLE AND STABLE. It has definition. And, it is expressed in a variety of integrated forms in this reality, being flexible and mobile and also visible. These forms are seen and the tonalli has many aspects that are unseen. There is a permanency about the tonalli yet it is also fragile and impermanent. Remember the deities, The Lady and the Lord of Duality. The tonalli is part of the worlds that are beyond our comprehension and physical view and it lends itself to defining who we are as a human being (human meaning humus, of the earth and being, of the spiritual realm).

The tonalli has two prominent distinctions in the unseen world and one distinction in this realm:

- The unseen realm hosts the Tezcanalli and the Chichihualcua.
- The seen realm that we live in hosts the aspect of the Yolia.

These three distinctions are at the crux of our work so we will learn about them and understand the differences between them. Now, when we talk about or say

the word tonalli we are invoking, evoking and connecting into the field beyond the physical realm, into the unseen aspect of human beings. I want to now give you a sense of the tonalli cycle and its formation.

THE DEVELOPMENT OF THE TONALLI IN THE UNSEEN/ OTHERWORLD.

Tonalli is a complex combination of energies, which could also be seen as frequencies. This is very important to be able to visualize. We will drill down into these energies as we go along. These energies blend together yet, they are also separate-able. Imagine the tonalli having strands or stings that attach to a core, like an apple, combining into one form. This evokes the image that at one time these energies, that look solid in this realm, were not in a combined state at one time.

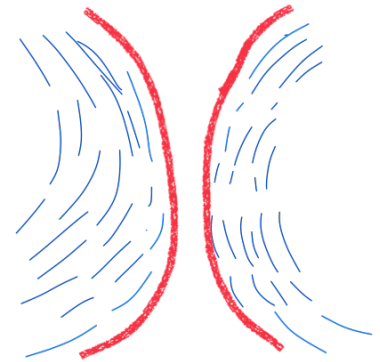


Figure 1. The Tonalli: The core is between the two red curved lines. The Strands, in blue, are peripheral, adhering to the core.

Each of the string or strand components are immutable, meaning

they go on forever...lasting forever. However, the combination of the strands that form the tonalli the tonalli is mutable and represent the most fundamental “construct” of the world and ourselves! It is this “mutable” combination that makes up an “individual” and can and will separate or disassemble after the death of a person...after a period of time. The core will become more stable and larger over multiple incarnations...but, it can loose material or the strand/ string composition and become smaller and less stable under unfavorable conditions. Unfavorable conditions are like what we have today...loss of continuity with cultural funeral rites, as an example. The discussion about what happens to the soul after death, reincarnation and past life experiences are both beyond the scope of our Level one class. It will be discussed more in Level 3.

To refer to tonalli is the same as saying “human”: it is the human spirit, energy, physical and non-physical aspects of being.

To visualize this even more succinctly, close your eyes as I take you through a guided

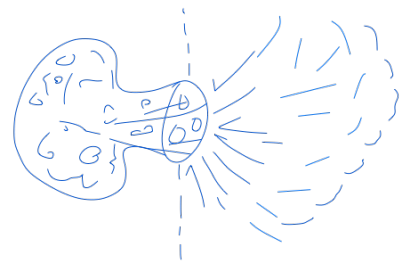


Figure 2. The Formation of the Tonalli. The center line is the doorway between the unseen realm (on the right) and the realm of the living (on the left). The Tonalli strands (energy) flood from the right into the invisible vessel on the left.

journey of the conception of a child:

Imagine the earlier drawing of the core and the strands adhering to the core of the tonalli. This is happening outside a physical form, in a realm close to the realm in which we live in now. At the moment of conception —you can enjoy this part of the visualization! — there is a center line that would be like a doorway, invisible but swinging between the seen realm of the living and the unseen realm. The strands and core (which are energy — vibration/frequencies) flood from the invisible vessel you might say into the physical vessel of the soon-to-be mother's womb. As you may sense, this is a highly sacred/holy moment of creation.

Imagine at the conception of a child, the energetic strands or strings are forming together, coming in through a sacred doorway. We will call this doorway a nierika. At this moment, getting through the doorway, the tonalli of the child is created. In a moment, a critical mass of the strands bind together and with enough momentum —like thousands of moisture particles floating in the air — they come together to form something like a water droplet. In this moment, the tonalli has left the unseen world where it came from.

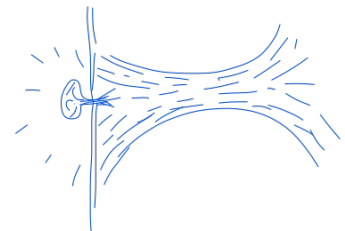


Figure 3. The Nierika is the vertical line that separates the "water droplet" (on the left) incorporating the the membrane into and around it, from the strands falling through the doorway from its matrix (on the right)

Now, open your eyes and look at the pictures on the screen...the first one is the formation of the tonalli and the second one is the sacred doorway, creating the droplet of water that is the beginning matrix (blueprint) of the child to form in the womb.

The Invisible Matrix is like a holding tank of all the individual strands/strings, waiting, you might say, to be conceived...leaving the unseen world. Conception—when the sperm penetrates the ovum...these strands actually push through three doorways, as in this illustration at the top — - it is said that the very old shamans new what those doorways were known for — to now, we seem to have lost the knowledge of those three doorways. I wonder if those doorways are the Tescanalli, the

Chichihualcua and the Yolia aspects of the tonalli...how each of those aspects form to make us a whole human being? You can think on that and as you visualize this, perhaps one of you will have an awareness that is out there, but seemingly lost to our knowledge container.

The critical mass of strands, now like a water droplet, leaves the invisible matrix they were all held in (and disorganized) and heads to the physical world...being extruded, pushing through this thin, invisible membrane all the while incorporating the membrane into and around it, making like a drop of water. This is the beginning of life, of an animated being. These strands make up the “blueprint” of who you are and who you become.

One hour long Q & A - to be on Sunday Morning - 9/27 at 8:45 am mtn time. Not required.

TRANSCRIPT

CLASS 1.3.

COSMIC ORBIT - emphasize the golden and silver cords...gold connecting to earth—substance; silver connecting to spirit. The Ladies and Lords of Duality. Also emphasize Stillness and Silence. These two are connected to the feminine and masculine principals. Not gender but energies that enliven us, exist within everything.

Picking up from last week: What are those little strands? The blue ones. And what exactly is the Red Core? [PICTURE OF THE RED/BLUE TONALLI]
Explanation of what strings/strands are:

1. The strands can be said to represent the [string theory](#), an idea in physics that says that everything in the universe is made of tiny, vibrating strings of energy instead of basic point-like particles.
2. The strings make up the matrix of who you are. What is a matrix? A matrix is a surrounding structure, grid, or environment where



something develops, forms, or is organized. The word comes from the Latin word for "mother" or "womb". It has different meanings depending on the subject is something within or from which something else originates, develops, or takes form. [Merriam-Webster](#) In Biology the matrix is the non-living material or fluid surrounding cells in a tissue (like the extracellular matrix). And In Geology the matrix is the solid rock or soil that surrounds and holds a fossil or crystal.

3. The strings also make up the patterns held within the matrix. These patterns are the patterns of your life— your gifts, your archetypal signatures, the signature of your conception, your birth, your place of birth, time and date of birth, your name, your shadow. These patterns form who you are. A pattern's definition is a repeated design, a predictable sequence of events, or a reliable model used as a guide for making or doing something.

Patterns include but not limited to: Enneagram, Archetypes (as in Carl Jung's system), astrology, the Gene Keys, and the myriad other systems that express patterns of a person's personality, type, body type, fractals (repeating patterns in nature), Laws of Nature in Chinese medicine, etc. Patterns are part of the makeup of the soul in ancient Egyptian, Hindu, Judaism, and many other traditions.

Matéo de Stephano talks about Pattern as the steps or paths you take to create your reality (the father concept). And, he says the Matrix is the structure that shapes who you are (the mother concept). I agree based on what I've seen and learned about Tonalli.

The Pattern is actually your BLUEPRINT - Who you were born as, the strings came together, and when this coming together they are no longer mutable as they were—they become immutable and create your unique characteristics. Your personal characteristics are expressed at the different stages of life. You are always becoming. From an animist perspective, you become human as you grow and experience life and express your patterns in unique ways. We continually grow into the full picture of our blueprint as we age. I will talk more about what sparks the blueprint to activate the next part of your pattern that be expressed in life, in Level 2.

How does the Matrix and the Patterns become enlivened? Spirit. The tonalli is a mixture of “life energies” or strings/strands animated by spirit. The tonalli is a unit. Think of spirit as giving life to everything, including the body. Spirit interacts with and animates the soul matrix and its patterns.

WHAT IS SPIRIT? Spirit as Force: Often viewed as a universal or individual vital spark, energy, or "breath" (from the Latin spiritus) that activates physical matter. Soul then, is the Structure: Frequently described as the distinct identity, personality, or organized seat of consciousness belonging to an individual being.

SPIRIT IS WHAT ENLIVENS US. In nature, the sun enlivens life — when it is winter, all things retreat into the earth, back into the womb—they are still alive but not expressing their full potential. You see the essence of life in the winter but not life in its fullness. In the summer you see the harvest, abundance, fruit of life. We need both to survive.

LET'S TAKE A LOOK AT SPIRIT : Assume or imagine you come from a different universe. Totally different. You are interested in understanding how life works here on planet earth. Notice that energy is constantly in motion—always changing. As you watch this bizarre phenomena of manifestations of energy, notice that change of energy is cyclical, not random. You notice these cyclical changeable energies repeating themselves in a specific order. There are different kinds of energies that animate life. Life is animate. Notice there are five phases or expressions of energy. Winter, Spring, Summer, Late Summer, Fall...Everything is a manifestation of these five phases and each phase activates an element... as we move closer to the equator, these 5 energies get more compressed and further away, we can distinguish the energies (as seasons) more. This is why entraining to the Rhythms of the Universe is so important.

Eliot likened energy to spirit. But I think there is a bit of a difference and a sameness - a paradox to say the least!



Life Force: Many spiritual traditions view spirit as the intelligent source that generates and directs universal energy.

Physical Energy requires building energy with mechanical, or human willpower, into a force, to move or change something physically.
Energy is a neutral, quantifiable force (like electrical, kinetic, or thermal power).

Spirit is a conscious, personal, or divine agent with intent and identity.

Dependence: Physical energy depends on matter and chemical processes to function. Traditional views hold that spirit is independent of elements, eternal, and unchanging.

Perception: Energy can be detected or measured by scientific instruments or felt as vibrations. Spirit is sensed intuitively or emotionally rather than observed directly.

My view from studying this is that spirit is a mysterious, invisible, animating force that animates energy, frequencies, tonalli, all of life. It is a web that permeates all of existence. Energy is measured in frequencies—spirit animates that measurement, those frequencies. It is mysterious because it has always been there, always will be as long as the universe exists. And, then, where does it go?

The first law of thermodynamics says that energy cannot be created nor destroyed; it can only change form or be transferred. The animating force of energy is spirit, hence it has been here since the beginning and will never leave. That speaks to the story of creation, which will be part of this class on Tonalli, in Level 2. It has everything to do with Tonalli and how we will be working with the Tonalli in the latter classes.

Spirit is really impossible to define— perhaps the best way to talk about spirit is through the Tao:

The Tao Te Ching opens with a single sentence that has stopped philosophers in their tracks for two and a half thousand years. Lao Tsu wrote the Tao Te Ching in the 6th century BC....the very first line says: The Tao that can be named is not the Tao. He's telling you that the creative force behind all existence, the intelligence that turns seeds into forests and silence into music and nothing into everything cannot be captured in a concept. It can only be lived, it

can only be felt, it can only be moved through. Lao Tsu calls this force, the mother of all things. Not a metaphor, but a description. He says spirit never dies; it is called the mysterious female..the gateway of the mysterious female is called the root of heaven and earth. He's not describing a goddess; he's describing the principal of receptive, generative and endlessly creative feminine energy that underlies all of reality. The force that does not push or strive, the force that simply allows creating everything. He calls it Wu Wei; effortless action, not passivity, not laziness; something far more sophisticated than either of these...the willow bends in the storm and does not break. The water finds it way around the obstacle. The tao creates not through force but through yielding; not through striving but through being completely itself—everything naturally aligns. Then Lao Tsu says this: to the mind that is still, the whole universe surrenders. Lieselle Lucinda Frosali

Some modern perspectives treat "energy" and "spirit" as interchangeable words for a vital animating force, where energy is the mechanism and spirit is the consciousness behind it.

IN THE HUICHOL tradition, spirit is Tacutsi Nakawe, a goddess of creation, life, germination and growth. Many traditions “anthropomorphize”, making human form out of an energy that animates life...this is called a deity. This helps our mind to imagine what the invisible realm is up to. We will be working between the veil of the physical realm and the spirit realm; this is why having a sense of Spirit is important to understand the soul. They are like hand in glove—spirit being the glove...soul being the hand. I find it helpful and difficult at the same time. It is important for me to not to get hung up on the form—it has taken years to realize this paradox. To know that the invisible realm is that and cannot be defined, as Lao Tsu explains in the Tao.

Energy - Spirit: There are three forms of Energy—Body - contracted; Mind - Fluid, expanded and subtle and third, is Etherial, invisible, gas which we could liken to Spirit.

The contracted form of energy is like Ice—the and the fluidity of the form is like water which moves ice; it is expansive. Add heat and water expands, like spirit. We see this with the seasons when spirit is more active/available to us. The Fire Drill Metaphor is about this expansion—where spirit forms matter; it is also a

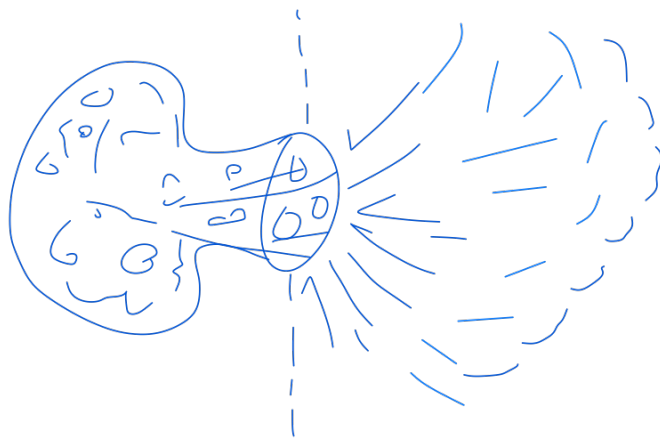


Figure 2. The Formation of the Tonalli.

The center line is the doorway between the unseen realm (on the right) and the realm of the living (on the left). The Tonalli strands (energy) flood from the right into the invisible vessel on the left.

metaphor of the mind's relationship to the body—the mind moves or animates the body; just as water moves ice. The mind is to body as spirit is to mind - spirit gives us the miraculous capacity to communicate.

Back to the strings—they are enlivened by this invisible force that pervades, is unknowable,

unspeakable, without name (the Tao). We call it spirit. Each string that comes through that doorway into this realm has a frequency. The tonalli is enlivened by spirit and energy, (The Fire Drill) together, forming a Soul/a Tonalli—giving life to the MATRIX AND PATTERN of the tonalli. It is at the doorway that life as we know it arrives in this realm.

PICTURE OF THE TONALLI FORMING AGAIN.

The body is made of all major elements and pre-elemental beings, as the Uto-Aztecan way of seeing life — the mind and spirit are made of the rhythmic music and dance of strings/frequencies...they all come together at the doorway of conception...landing in a matrix—a form that has been created to hold the patterns of who you are. This is like a beehive being created. Let's take a moment and imagine what that creative moment is like - it is the movement of LIFE...it is the moment of the animating force of creation entering the womb - the womb is the physical structure that holds the MATRIX and the PATTERN of who you are and will become:

Close your eyes and imagine what a beehive looks like. Now, imagine that there is not a living being visibly present. In one moment...bees arrive. They enter through a doorway—like a hole in a tree, or a frame within a box (like the wooden boxes we make for bees to create a hive), or a hole in the ground. Whatever the framework...it must be present for the bees to have structure to create the Matrix—structure of the hive.

Each bee is like a string - an intelligent energy particle, representing a thread that makes up who you are. The many bees, come through the invisible sacred doorway—the Nierika— organizing themselves...they attach to a core and get to work, creating the matrix of the hive. Here, they infuse life, energy and activity into the structure. There's a tremendous amount of activity going on to enliven this structure...the structure begins to take form. This structure can be called "home", where the bees will reside. One day, the building of the hive stops. The hive is created. The tonalli is created.

Now we turn our attention to the tonalli. Imagine that each bee is an energetic strand coded with some aspect of a person's personality, gifts, shape and size, color, location of birth. The strands infuse the structure, the matrix which is being built with life, energy and activity. The Tonalli of the human is built out the entire it is "gestating" - 9 months — until birth. Remember, there is an invisible TWIN of the physical...it is the INVISIBLE TWIN that is informing the structure of the PHYSICAL TWIN called the YOLIA. The invisible Twin is called THE TESCANALLI.

At the time of birth, the Tonalli stops building and the physical structure then naturally moves through another doorway. To "induce labor" could have consequences later for the human being...where the tonalli hadn't completed its building process. It would be a fascinating study to see how those who cannot reach their potential—know their purpose, for example, because the tonalli didn't have a chance to fully build itself out. Early delivery, not induced, could very well mean that the tonalli build out was complete at an early stage.

The birth canal is another doorway, bringing the animated person into the realm we live in. Life of that fetus to baby to youth to adult to old age is the expression of the tonalli that was infused with the pattern of life, which began to be created at the time of conception.

The tonalli can go missing and a hollow structure only remains, if the nierika or doorway closes too soon, before birth...For example, the bees can no longer come in and out of the hive...or even the bees may abandon the hive...only a hollow structure would remain.

WHEN WE MANIFEST AS A YOLIA (THE PHYSICAL BODY) there is the Tescanalli - the Matrix/the Pattern and the Blueprint of you...your unique individual self. When there is trauma to your unique individual self, some of the now, immutable strings that make up the aliveness of who you are, get damaged...some part of you becomes like a guitar, out of tune, the song goes flat, you stop dancing...for example. This is what Level 3 will begin to unveil—to see where one has lost their tenor, their life force energy has been thwarted — at different levels depending on our personal paternal makeup. More on that later. We are continuing to build our understanding of how the Tonalli comes together, so that the latter work makes sense.

REMEMBER WHEN I SAID IN THE COSMIC ORBIT THAT YOU BELONG—no matter what your mind tries to tell you: You are part of several hundreds of thousands of units (tonallis). These units are individual lives and they exist at the same time, many exist in different realities. You are connected with all of these lives through what is called an “Over-self” or “Over-Soul”. In Nahuatl this is called the Chichihualcua. You might also call this the “higher self”.

Your tonalli is a multi-dimensional being that is a total “self” that lives and dies. The tonalli disassembles sometime after death (there are doorways that open at certain times) to aid this process. The tonalli will move forward (recombining at some point to create a future self—who will not be you, but a combination of you in each lifetime...but different, over many lifetimes. This will be more in depth throughout the course and particularly if you choose to learn Funerary Rites.

I want you to have a sense of the mutable and immutable qualities of the tonalli. And what holds it together to be immutable. It is a matter of life and death. This is a good meditation.

The Chichihualcua is an invisible CONDUIT in which your energy is conducted from the tescanalli and the yolia, connecting you to the divine realms.

The Chichihualcua is often depicted in many other traditions as the TREE TO ABOVE. It has a broad conduit to the vast realms beyond this physical realm. This is an interesting thing to contemplate. One word of caution is that this “Higher Self” — the Chichihualcua - is not about the religion of self. The ancestors knew that greater and practically all wisdom, wasn't a product of personal achievement, something that you cultivated for and within yourself.

The source of wisdom is from divine...the Chichihualcua is the conduit for this. The experience of individualism doesn't exist in other realms.

Think of it like this: the Tree to Above is the last tonalli realm where you can consciously interpret through language, recognizable images and recoverable experiences of time and space. If you can do this, your Chichihualcua (Tree to Above) is still operating and your tonalli is still considered "alive". It is the last frontier that defines the difference between "you" as a tonalli and "everything else".

Beyond the Chichihualcua is the "Over-Soul"...this realm is where all tonallis relate and participate with each other, transcending human individual consciousness, joining the ancestral realm and other worlds beyond. Time and space do not exist in these realms.

Our Next Class, Level 1.4. will be about Tonalli Expression in the Living Realm.

Transcript

Class 1.4.

Last class we ended with the Chichihualcua - the tonalli in the invisible realm. Now, we'll talk about the aspects of the Tonalli in the Visible Reality of our lives.

Preview: The tonalli originates beyond space and time. It is a living, in the view of the ancestral people, it is a living, fluid thing, yet tangibly stable. It has definition, yet is encompassed in a variety of integrated forms in this reality; forms that can be physically seen and yet are flexible, mobile yet with many aspects that are unseen. It has something permanent looking about it and yet it is fragile and impermanent. It has "something that appears to lend definition to who we say we are and yet is a art of worlds that are beyond our mental comprehension and physical vision. It is all of this and more and there is one, encompassing sound that the Nahua used to identify this. That is "tonalli". So we adopt "tonalli"

as an invocation and an evocation. You will not be hearing the word “soul” from here on out because it does not carry the same sound meaning, that we know of...If the word derives from “sea” in gothic German language, then we might... but I want to teach what is known and substantial, so we adopt the word, “Tonalli”. “Craft” is simply a word that means an activity, occupation, or requiring specialized manual dexterity, artistic skill, and expert execution. Mastery of a skill.

To say that the Tonalli has now formed means that the energies...the strands or strings, have combined. This indicates that there was a time when they are not in that state. The components are mutable, but the combination and blends of these strands are not mutable.

When we observe an individual “living” in this reality, we see a variety of characteristics that join together to form the phenomenon of “being alive”. The construction of the beehive is an effective visualization to imagine the variety of characteristics (the bees in this example) joining together, representing living, intelligent energy particles, building the physical structure and animating the individual. In this visualization, the bees (which are the strands/strings) continue to build out the various physical structures of the hive along with infusing it with life, energy and activity until birth. We are a hive that can move around and express itself. In the visualization of the hive being built, the hive is attached, as I said before to a solid part of the womb, ...the beginning of the tonalli is the attachment to the umbilical - center of the mother womb - connecting point of the matrix.

The umbilical cord and navel centers on interconnectedness, divine origin, and the balance between dependence and independence. Spiritually, it is viewed as the physical bridge through which soul, ancestral wisdom, and life-force energy are passed from the spiritual world into the material world. It reaches out and are the branches to the world tree, the Chichihualcua...the universe.

Cosmic Orbit: to illustrate our connection to the visible and invisible worlds and then have more of a felt sense of the aspects of the tonalli through this visualization - then I will talk about these aspects more afterward.

Now, in your cosmic orbit that you've brought to life in your mind's eye...we are going to visualize with the event of tonalli creation and conception to birth:

VISUALIZATION: Close your eyes and visualize the recombination of energy strands that begun to form together. They come in through the doorway and unite. Now is the moment a critical mass of strands bind, this seems very random — these strands ignite into a physical manifestation, a form that is beginning to take shape. At this very moment, imagine a critical mass of strands binding together, igniting into a —like thousands of floating moisture particles coming together in the air, enough to form a drop of water, that falls out of the invisible matrix and heads toward the ground, the earth. But the drop isn't exactly falling, it is “expressed” as it pushes through the thin membrane. The droplet incorporates the membrane in and around it. This “event” is the beginning of a living, animated being. Closing the door (the sacred doorway) behind it. Imagine that this droplet carries your entire blueprint of who you are born as, who you grow into and who you become.

We cannot see or know what is behind the moment the strands begin to form together...this is the miracle. On the other side of the doorway is your invisible blueprint. On this side of the doorway is your physical body. Imagine this invisible thread that connects you—I think of it as an invisible umbilical cord. And ultimately, this umbilical cord connects you to your higher self, your twin and to the divine realms. Imagine this cord connecting to greater wisdom and the tree to above—the Tree of Life—is the conduit for this wisdom.

+++++

So back to the moment when the doorway opens - conception - the sperm and egg joining is the start of the Yolia forming (the physical manifestation of the soul) and simultaneously, the strands of the invisible realm have combined (and made

the droplet of water, so to speak) guide this formation. So we are getting many imprints in this moment:

- The conception stamp
- The DNA of the Parents are passed on, somewhat randomly and invisibly at first
- The Strands/Strings of the invisible realm make up the “individual” - making that person entirely unique from anyone else living on earth. Even maternal/identical twins have their individual unique qualities.
- And Life Force Energy - spirit animating this being

In the Diné tradition, there is a ceremony to honor the moment of conception, all the elements that come together to form a human. Which brings us right down to earth and the physical manifestation of any being. What I’m sharing here is held in the sacred realm of mystery. However, the combination of a being can be important when we’re working at the tonalli level to heal that which has been detained, injured, broken or left unavailable to access to be fully who you are meant to be.

Introduction to the Aspects of the Visible Tonalli Structure:

ASPECTS OF THE YOLIA: The place where the tonalli originates is beyond space and time. There are Nine energetic signatures of the tonalli in this realm of space and time, that makes one Alive. These observable aspects are called the YOLIA.

You could say that you are meeting the “energy” of the Tonalli—it is the energetic life force in this realm. It’s twin is the Tescanalli - the blueprint. They interact with each other to produce an animated human being.

When we see an animated human being there is energy that produces the animation: first, the heart.

1. Heat = Heart : The first Animation of a Being is HEAT. Remember the drawing, the codex cuneiform of the Person making Fire with rubbing the sticks together? Heat. The Heart beats and can be felt and heard. When the beating stops the animation of the being also stops. The heart controls the “heat” of the tonalli. This is Heart Energy. The heart is the first to be animated and the last to die.
2. Breath = The Lungs are tied to the organ of the lungs. The animating energy is tied into the lungs. Since breath is “exchange” with the realm around the person—versus the containment of the heart/heat energy—breath is one of the ways that the tonalli connects to the world around itself.
3. Emotions, Desires, Passions - see these in their most simplest forms—energy a person animates themselves with— you can see this in the expression of feeling our emotions, as energy cycles by which a person is animated. Emotions, desires and passions are observable movements and expressions of feelings of a person. For example: one may hear one saying that “my soul calls out for...something”, such as in desire. A person expresses passion in what one loves to do as in a creative endeavor.

The Word Yolia, is meant to tie the three (heart, lung and emotions) into one observable phenomenon. They are seen as interacting with each other to produce the yolia, the physical animated body of a person...this is the first thing to see in a person.

The other six physical aspects work together like a weather system would work together. They are as follows:

4. Locality : We each carry an Indelible Stamp that consists of three parts: Place, time and date,. One stamp is formed at Conception and the other stamp is formed at Birth. At the moment of conception and birth, an energetic, unmutable, “signature” is created for the individual, his or hers alone. This

signature is part of the tonalli. The time, date and place stamp is indelibly fixed on the person for life at the moment of going through the birth canal, the sacred doorway when birth occurs.

a. The “conception stamp” considered by the Nahua people, is the most important signature. This stamp is secured in the energetic field at the exact time and place of conception.

At one time, conception was more clearly pronounced and intended by the people, the village. You’ve probably noted the bridal chamber of royalty and how at the wedding, there’s a big deal made about “consummating” the marriage - this was often significant because the alchemists and soothsayers, [A soothsayer is a noun that refers to a person who claims or is believed to have the ability to foretell the future. A prophet, seer, or fortune-teller who predicts upcoming events using intuition, intelligence, or mystical methods.] The Nahua people use this “stamp” to make detailed forecasts of the child’s destiny.

b. The “birth stamp” was also considered very important; place, time and date of birth.

During the royal Nahuatl dynasties, there existed an entire spiritual science behind the conception and birth date and its implication for the person’s life. The child was named after the date and time and place of birth, not after the parents. In western culture, marking conception time would be a very rare thing to do and has no significance in western astrology that we know of. However, there is a Tibetan astrology that does consider conception, while rare to find, does exist today as does the Nahuatl astrology.

An indelible stamp cannot be erased nor should it be. It is important to note that the visible tonalli structure implies certain things about tonalli. For example: A Nordic person may not be as expressive as an Italian person. This does not mean that they need to have a tonalli treatment because their expression seems stoic. So, when working with a patient whose tonalli stamp is Nordic, you must consider where the person was born and that his/her tonalli is of that area. The person, however, may be born in Norway but conceived in Italy. That can make a very big difference in their demeanor because the land has a certain energy that gets expressed through a person. Story: I have a friend who is very “British” in their demeanor, somewhat stoic...however, he was born and raised in Italy. When he is in France, Italy—the more romantic lands—he comes alive as an Italian, but at home in the UK he is very British. It’s not tonalli damage, or string damage, we often express the land from whence we were born.

Different areas of the world hold different emotional expressions. Another example could be that we can see the tonalli clearly and in enough detail, and a big part of their soul is related to Scandinavia (for example) but they were born in Italy, yet they do not have the emotional disposition of an Italian. Perhaps they were conceived in Scandinavia but born in Italy. The healer could do further investigation to determine how a person might feel when they visit Scandinavia—what are their cycles of passion and emotion. When a person is concerned that they have a stoic expression the tonalli explains this. This does not mean that a treatment is in order—it means that perhaps they should live in Sweden!

5. Name: The person’s name is actually part of their tonalli, the third indelible stamp that we carry. This is the name that he/she was given at birth, and called by. This indelible stamp is created by the declaration of their name, whether you like your name or not. When one changes their name, they may experience

some tonalli effect, for better or for worse. Name energy has ancestral power, expression and connection.

Changing the name to something that doesn't "fit" can make a person ill, and changing it back can produce strong healing, as in this illustrative story about a woman who changed her name. This is a story Eliot told years ago.

This happened years ago so some of the details are lost. An English woman came in for a treatment presenting many serious symptoms that had affected her for a long time. These symptoms started shortly after changing her name that was pronounced like "Ocean". I knew that the ancestors did not give the names of gods to their children, so I told her to change her name back to her birth name. She complied and all the symptoms soon disappeared. Some three years later the symptoms had not reappeared.

6. Physical Animation: The way the person walks, stands and all of their posture represents part of their tonalli.

7. Mind, Rational Mind (Conservation Force): The level of activity in the mind, how tightly it works to control the person and its environment is an expression of their tonalli. It is the protective force of your entire Tonalli system.

8. Shadow (Ecahuil in Nahuatl): The shadow of a person and its particular quality is an expression of their tonalli.

9. Physical Body: Certain parts of the body hold higher concentrations of tonalli than others: the head/skull, the hair, blood, and the liver. Physical activities or events that modify or affect these physical parts also have more affect on the tonalli with special strength.

For example, A blow to the head or something happens to the hair, blood and liver has a stronger affect on them. If you've had a head injury, this may affect your entire tonalli, your animation, your life force energy. Not just your memory and thinking capabilities.

In the physical, even the parts that don't have a higher concentration of tonalli are part of the yolia. Every speck of you is yolia.

It is important to take note of your relationship to the natural world. A person's tonalli has a living exchange with the air, water, surface land and the interior land. These can have negative or positive effects on the tonalli. The physical surroundings can nourish or create faster erosion of the tonalli.

It is important to understand that the person standing in front of you is a partially visible tonalli, which makes up a living, exchanging system, akin to a weather system, like the beehive. The tonalli expresses itself through aspects that are perceivable by your senses.

In the next month be mindful of your own tonalli. Make observations - a notebook is useful here - of what you see in yourself and contemplate what part of the tonalli are strongly expressing itself and where you may feel a lack or weakness. Travel back in time to note the history of these nine aspects and contemplate how any one of them may have been affected.

We will begin to look shamanically in Level 2, at our own tonallis.

Before we wrap up the webinar today, we want to stress that it is important to develop a sense of a person's tonalli by looking for the forms that are evident to your physical senses. Practice getting a sense of the person's tonalli based on the teachings today.

