

TONALLI CRAFT WORKBOOK

LEVEL 1.1-.3. PART 2

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HOMEWORK

1.1 Questions:

- What led you to want to work with soul at a deeper level?
- If you had a lot of time to contemplate soul, how would you describe your narrative of what soul is? Where did it come from? What questions does that narrative leave in your mind?

1.2 Questions:

- Knowing what you learned today, how do you think you would look at your loved ones differently now?
- How would you view the act of pro-creation; sex; babies?
- What, from our class today, has opened for you in the realm of the unseen world? What questions does this little bit of knowledge evoke for you?
- As a healer, midwife, therapist, child resource person, lay person of any kind, how are you seeing the world, the universe and our role in it, at this point in the class?

1.3 Exercise:

- Three key aspects of the self Identifying your Patterns. List three recurring patterns in your life. These can be emotional reactions, behaviors, relationships. How do these patterns shape your reality?
- What hidden potential am I not seeing?
 - Subconscious: Possibilities and hidden potentials:
 - The Unconscious: the paths we've unconsciously gone down—perhaps chosen but are not aware of making the choice:
 - The Conscious: being aware of being aware - awareness of these choices.

- By being aware of these, we can consciously shift our behavior and how the patterns we were given, within our soul, can be shaped to the positive and work for us rather than against us. Our reality can change.
- Did you experience Trauma in your life? What changed with the patterns you've identified?
- Express here, as best you are able to, how a pattern (a gift of who you are) may have become flat, like the out of tune guitar string, unavailable, seemingly gone.

1.4. Exercise

- Doing the Cosmic Orbit - best to do at sunrise and sunset to help you connect with the circadian rhythms. But, you can do it at any time. Take a few minutes throughout the day to connect with your energy field.

Incorporate the 9 aspects of Tonalli into the Orbit, simply bringing your awareness to these parts of yourself: Heat/Heart, Breath/Lungs, Emotions/Desire/Passions, Indelible Stamps: Conception, Birth, Name. Observe how you walk, ask how conservative is your mind (protective), your shadow (what does it look like), notice your hair, nails, liver, blood, head. And, what parts or organs of your body are comprised.

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.

LEVEL 2 BEGINS THURSDAY, NOVEMBER 5TH 1 PM MTN

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 POUW (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 1.1.

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

Books on Soul

- The Tethered Soul: the journey beyond yourself by Michael A. Singer, 2007
- Soul Medicine: Healing through Dream Incubation, Visions, Oracles, and Pilgrimage by Dr. Edward Tick, Ph.D., 2023

Articles

- The Sun, Martín Prechtel on The Soul in Modern Times
<https://radicaldiscipleship.net/2021/12/13/an-indigenous-soul/>
- St. Augustine article: How Augustine Made Us More than Matter—and Immortal, 8/9/2-15 by Brother Justin Hannegan, OSB; <https://www.hprweb.com/2015/08/how-augustine-made-us-more-than-matter-and-immortal/>
- Church of Latter Day Saints - Overview of the Soul <https://www.churchofjesuschrist.org/study/manual/gospel-topics/soul?lang=eng>

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>
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ADDENDUM TO TRANSCRIPTS

ADDENDUM #1

Level 1 NOTES: MORE COMMENTARY ON THE SOUL FROM ANCIENT PHILOSOPHERS.

Ancient philosophers like Aristotle and Plato were pretty confident that you had a soul. For thousands of years, your soul was thought to be your as temporary, mortal. The soul defining feature. The most important thing about you - way more important than your body...the soul was said to be immortal - it lives forever, until the 17th & 18th centuries of scientific reasoning began to take root. Thomas Hobbes, David Hume "Of Personal Identity: A Treatise of Human Nature". He was asking tough questions like: What is it made of, if it exists, Where is it, where does it live...rejecting that the soul has no substance...the idea of a soul was absolutely unintelligible. He rejected the idea that the the soul existed after death. And, of course we have Descartes famous saying, "I think, therefore I am" — he was a radical doubter that greatly informed our knowledge and wisdom about the self - and, of course, the soul. I'm not saying we

shouldn't question, for, with a mind we are going to doubt. But do you believe everything the mind puts forth? Is the question. Deep intuition began to be irradiated from the thinking process with this father of philosophical reasoning that changed our innocence into a way of being, as

Antoine Léonard Thomas said in a 1765 essay in honor of Descartes: *dubito, ergo cogito, ergo sum* — "I doubt, therefore I think, therefore I am."

Did Descartes believe that we have a soul? - Yes, he did—he equated the soul with the mind or mental substance called *res cogitans*, that did not take up physical space. The Physical matter, *res extensa*, is the body and is solely a complex machine. Thus, did our spiritual atonement to soul begin to change in the philosophical arena — he believed the soul could exist entirely on its own without the body. Which we will talk about in our next class. However, this did mean the soul could exist after physical death. Mind and soul were words used interchangeably. He believed that the soul and the physical body interact at a point within the body, called the Pineal Gland; often referred to in Eastern philosophies as the Third Eye...We'll discuss Pineal in Level 2.

You could almost say we are in a renaissance of bringing the "soul" back to life as it were in a fuller, more encompassing way...and doing a deeper study into what it is from an ancient perspective and a renewed perspective through Quantum Mechanics.

Britannica : Descartes, the pineal soul, and brain-stem death: The first attempts to localize the soul go back to classical antiquity. The soul had originally been thought to reside in the liver, an organ to which no other function could, at that time, be attributed. Empedocles, Democritus, Aristotle, the Stoics, and the Epicureans had later held its abode to be the heart. Other Greeks (Pythagoras, Plato, and Galen) had opted for the brain. Herophilus (flourished c. 300 BC), a famous physician of the Greek medical school of Alexandria, had sought to circumscribe its habitat to the fourth ventricle of the brain; that is, to a small area immediately above the brain stem. Controversy persisted to the very end of the 16th century.

MODERN VERSIONS OF THE SOUL:

— Bill Plotkin (will add later)

— Ed Tick - If you want a more comprehensive Western Civilization approach to soul, drawing on Plato's definition and work. Tick is an author of a number of books on soul, see references.

Soul Medicine is a journey that "takes us into the foundations of our healing traditions, the mythological, philosophical, transpersonal, cultural, and naturalistic origins of Western medicine and psychotherapy" (Introduction) through the elucidation of the ancient wisdom of stories that have helped shape Western civilization and affected humanity for millennia, but whose power has been neglected and forgotten. the soul as the deep, unmeasurable center of human consciousness, identity, and spiritual experience that gives us our uniqueness, conscience, and connection to the sacred.

Frances Weller: (more from Frances). The German word for trauma is "Seelenerschütterung," which means "soul-shaking."

ADDENDUM #2

The Four Fundamental Rhythms of the Universe

The fundamental rhythms of the universe mirror the natural cycles of Earth and our own biological systems.

These cosmic cycles gently guide the patterns of life, growth, and rest:

- Daily Rhythms (Circadian Rhythm) is The 24-hour cycle of day and night driven by Earth's rotation, governing waking, sleeping, and metabolic activity. The word "circadian" comes from the Latin circa (about) and diem (day), meaning it strictly refers to cycles that last roughly.
- Tidal Rhythms (Circalunar Rhythms) are The twice-daily movement of ocean waters controlled primarily by the gravitational pull of the moon and sun: The roughly 29.5-day cycle of the moon's phases as it orbits Earth, influencing behavioral and biological patterns in many organisms.

- 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.
- Annual (Seasonal) Rhythms (Circannual Rhythm): The yearly journey of Earth around the sun, creating shifts in climate, migration, and the blossoming or dormancy of life.

These rhythms influence human biology and sleep cycles. Biological rhythms are the natural cycle of change in our body's chemicals or functions. It's like an internal master "clock" that...

The philosophical or Hermetic laws of rhythm can be researched if you would like to do a deeper dive into these rhythms.

Our body's master clock regulates the 24-hour circadian rhythm. Seasonal changes (circannual rhythms) affect our mood.

Our body's master clock is a tiny structure in the brain called the suprachiasmatic nucleus, or SCN. The SCN is a cluster of about 20,000 nerve cells located inside the hypothalamus, sitting directly above the point where the optic nerves from your eyes cross. This strategic location allows it to receive direct information about light and darkness from your environment.

How the SCN Works

[Light / Darkness] → [Retina in Eyes] → [SCN (Master Clock)] → [Melatonin & Hormones]

- Light Sensing: When morning light hits your eyes, your retina sends a signal directly to the SCN.
- The Signal: The SCN interprets this light as a cue to start the day. It signals your body to raise its temperature and release hormones like cortisol to wake you up.
- The Countdown: As evening approaches and light fades, the SCN tells the pineal gland to produce melatonin, the hormone that makes you sleepy.

The Peripheral Clocks

While the SCN is the "conductor" of the orchestra, nearly every organ and cell in your body has its own local clock (known as peripheral clocks). Your liver, heart, kidneys, and skin all

have their own tiny timekeepers. The SCN uses neural signals, body temperature, and hormones to keep all of these peripheral clocks perfectly synchronized with the outside world.

The body gets out of balance when the SCN gets desynchronized (like during jet lag or shift work).

The hypothalamus and the pineal gland are closely related, working together as a team to regulate your body's daily sleep-wake cycle. While they are two separate structures in the brain, they are connected through a specialized neural pathway. Think of the hypothalamus (specifically the SCN) as the "master controller" that makes the decisions based on light exposure, and the pineal gland as the "executor" that carries out the command by releasing hormones.

How They Work Together

Their relationship is best understood through the chain reaction that controls your sleep:

[Light fades] → [Hypothalamus (SCN)] → [Neural Pathway] → [Pineal Gland] →
[Releases Melatonin]

- 1.** The Hypothalamus Senses Darkness: As the sun goes down and less light enters your eyes, the suprachiasmatic nucleus (SCN) inside your hypothalamus detects the change.
- 2.** The Signal is Sent: The hypothalamus sends an electrical signal down through the spinal cord and back up into the brain to wake up the pineal gland.
- 3.** The Pineal Gland Responds: In response to this signal from the hypothalamus, the pineal gland begins manufacturing and secreting melatonin, the hormone that tells your body it is time to sleep.
- 4.** The Morning Shutoff: When morning light hits your eyes, the hypothalamus sends a stop signal, and the pineal gland immediately halts melatonin production so you can wake up.

Direct Comparison

Featur	Hypothalamus (SCN)	Pineal Gland
Primar y Role	The Master Clock (processes light data and	The Melatonin Factory (produces the sleep hormone).
Locatio n	Base of the brain, just above the roof of your mouth.	Deep in the center of the brain, tucked between the two
Brain Structu	Part of the nervous system (a cluster of neurons).	Part of the endocrine system (a specialized gland).

ADDENDUM #1.3.1.

ON PATTERNS

The pattern never changes, it's how we become aware of our patterns and what happens in our lives that may either accentuate the pattern (perhaps in life work) or deaden the life pattern. By looking for patterns in yourself, and then ultimately, in your clients, you can see where you shine or your clients shine, and where the pattern may have retreated.

Ideally, we want to enhance those patterns—that's where mind, acceptance, love, awareness, honesty...what lies do we tell ourselves come in. All of this is available to us and we can change the behavior of how we "honor" the patterns we came in with, or not; that which makes you uniquely you. It is not just love alone...but awareness of the patterns and choosing to embrace the pattern, not ignore it or want to get rid of it, but to see the beauty of the pattern you were gifted at your conception. And work with the pattern to bring it into fullness. This is what you might hear indigenous people say about as we age, we become more human!

This can take a lifetime.

ADDENDUM 1.3..2. Components of the soul in ancient Egypt

Barnaby Rogerson

Thu 5 Dec 2013 02:00 EST

Taken from Rogerson's Book of Numbers

The five components are: Ren, Ka, Ib, Ba and Sheut.

The simplest concept is Ren, which is literally your name: it lives for as long as you are remembered, or can be read about on inscriptions, or included in prayers for the ancestors and their achievements.

Ka is also easy enough to translate into modern idiom, for it is that vital essence that makes the difference between the living and the dead, between life and dead meat, between a warm body and cold clay.

Ib is literally the heart, formed from a single drop of clotted blood extracted from your mother's heart at the hour of your conception or birth. By heart, the Egyptians meant not just the organ for pumping blood around your body, but the seat of your soul, the good directing force in your life, searching after truth, peace and harmony.

Ba is that which makes each of us unique and different, that which makes us strive and achieve, the motivator but also the hungry elemental force that needs food and sex. In some form, your ba is destined to survive after death, often depicted or imagined as a human-headed bird, which with good fortune will go forth by day to enjoy the light, but might also end up existing only in the dark, like the bat or the ruin-haunting owl.

Sheut is your shadow, and by extension the other you, as well as being used to describe a statue, a model or a painting of a human.