

SOLAR MEDITATION

Following and using the Mayan Sacred Calendar is a spiritual discipline and exercise - and as such is not complete without some form of meditation and/or ritual. In the course of my work, whenever I suggest meditation to someone who is not practising it regularly, the response more often than not is that they find it hard to "do nothing" for a period everyday, and that it is therefore an unattractive prospect. Consequently, the most important part of returning to the Essence Self and opening the channels of communication that it has with spiritual agencies and entities is not made available to anything other than the intellect. This Solar Meditation, on the other hand, connects you on a vibrational level, which includes everything from pure spiritual planes through the higher mental and down through the emotional/astral to the physical/ cellular. This also accomplished through MESA, beginning page 31.

So here is a meditation/ritual that has a basic theme - the chanting to the Sun, using the Mayan word for the Sun - but apart from that offers many ways of making it your own creative and aesthetic event. Because of this personal input, plus the fact that you are actually doing something, the daily sessions become an occasion to look forward to, like having a bath or a shower, and cherish as (if it were) time spent with someone you really like.

BASIC THEME

This basic theme constitutes the essentials of the session and as such should not be departed from in any way other than that suggested, but which may be elaborated upon and embellished in any way that spontaneously and creatively occurs to you.

You simply chant the Mayan word for the Sun for THREE SETS of SEVEN, THIRTEEN or TWENTY times for each set. !! PRACTISE ONLY DURING DAYLIGHT HOURS !!

The word is K'IN which is pronounced with a hard,clicking 'K' as if you were saying "kick" without sounding the "i". Physically, the back of your tongue slaps against your soft palate (the back of the roof of your mouth). This 'K' is followed, as smoothly as possible, by the 'I' which sounds like 'EEEE'. Finally the 'N' is sounded in the normal way, but is elongated: 'NNNNN'.

K' EEEEEENNNNNNN

I find it helps to sound this word with a pout, as if you were kissing the Sun!- the sound then travels from the back of the mouth to the front with ease.

One single chant takes one whole exhalation, allotting as much time and breath to the 'N' as the 'I'. This is important when you consider the onomatopoeic way the word is made up:

K represents the ignition of the Sun

I represents its light and heat travelling

N represents it settling upon whatever it reaches.

As stated above, there are three sets or rounds of the chant, each one comprising of 7, 13 or 20 K'INs. Centre and be still within between each set.

FIRST SET

Chant K'IN to the Pleiades, the Seven Sisters, or "seven stars in the sky". This is in aid of your higher levels of tuning and vibration, the Pleiades being a star cluster of the highest spiritual significance. It is suitable therefore to chant at as high a pitch as you can, which will be in falsetto if you are male. Centre - be still - sense the greater pattern of existence.

SECOND SET

Chant K'IN to the Sun itself. This is pitched at a octave below the high note of the first set. This chant is for "all your relations", which means anyone or anything that you wish to send solar energy to. This is unconditional love, and so avoid any thought or feeling other than a compassionate one and the name

and image of who/what you are chanting/sending to. Also, as you sound each K'IN, you do the mudra for AHAU, which is the twentieth and last of the sacred symbols of the Calendar, and is symbolic of the Sun. It goes like this: Palms facing towards you at brow level, a shoulder width apart, upper arms parallel to the ground, forearms perpendicular. Then rotate palms outward, then opening arms to radiate solar consciousness - chanting K'IN as you do so, and imagining the person/animal/thing you are sending to. Alternatively, simply focus upon your heart, imagining it as the Sun unfolding like a flower. Make sure the heels of your hands are really pushing outwards so that you feel the heart/breastbone area opening. Breathe in as you reverse the movement to commence the next chant. Centre - be still - oneness. { See MESA, page 38, for illustration of AHAU mudra }

THIRD SET

This round is for yourself. This time you chant an octave below the last one, so that it should be pretty deep and resonant. This is so you feel the chant (around your solar plexus) more than you may hear it. Also, in order to internalise it further, close your eyes if you wish, and in the middle of the chant and at the very end, close your mouth. So in effect it will sound like this:

"K ' EEEEEEmmmmmmEEEEENNNNNNmmmmmm

Make sure that you keep your tongue connected to the front of the roof of your mouth even when your mouth is closed (mmmmmmm) at the end. This is important for your tongue is a switch which completes a circuit of energy that goes up the spine, down through the mouth, and down the front of the body to start again at the groin. While performing this round of K'IN, make sure that you think of and nurture only yourself. Centre - be still - I AM THAT I AM.

This completes the essentials of this Solar Meditation.

CUSTOMISING YOUR SOLAR MEDITATION

Here are some suggestions as to how to make your Solar Meditation a personal event that is aesthetically pleasing and invokes a feeling of being with your own sense of divine presence. You will find much of the information given in "A Mayan of Information" useful in this respect.

Start by making your own "temple". This can be a mat with a symmetrical design of an Indian/Mexican type, for this allows one to arrange and align objects and focus thoughts. Remember that your body is the temple of your Soul.

You can face the direction you feel happiest with, or use the one that corresponds to your Galactic Gateway: Red tribes face East. White tribes face North. Blue tribes face West. Yellow tribes face South.

Burn incense of your choice. Or you can burn a different one everyday to compliment the day of the Calendar, as given on the pages entitled Tribe Qualities beginning on page 16.

Some form of physical exercise or discipline is recommended as a preparation for meditation for it relaxes the body. You can do this on the mat.

Arranging sacredly or personally significant objects on and around your mat very much gives a sense of being in a special divine place of your own for that special divine time of your own. If you want to partake of the divine in your life, then like food, you best make it regular and pleasing to the taste. Some basic items are: a candle burning, perhaps of shape and colour that resonates with you - and have it in a special holder; a solar icon or model; a picture of the Pleiades (available in astronomy books and planetariums, maybe enlarged and mounted on card); a picture of your own Sacred Symbol/Galactic Gateway - see page 22 (violet) - I recommend making your own and laminating or framing it; flowers; pyramid models and shapes. So your mat / temple layout could look like this:

picture of the pleiades



mat

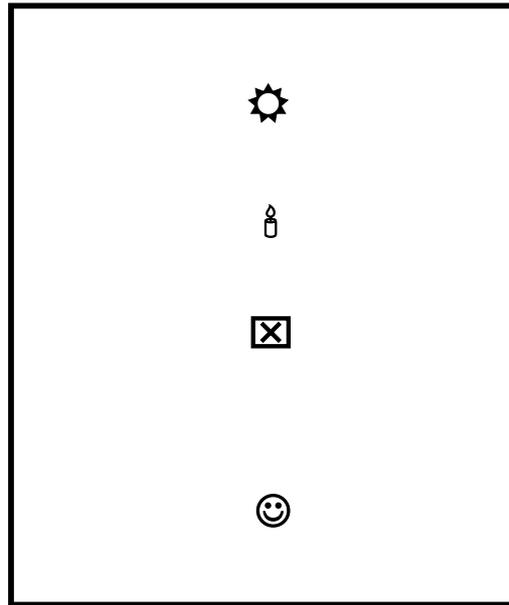
solar icon

candle

**sacred
symbol**

you

mat



Use oils of some kind (essential, Aura Soma, etc.) in a way which you know or feel to be good for you.

Some form of Yogic Breathing exercises is very good for stilling and empowering prior to your meditation.

FIRST SET - Chant to each of the Seven Sisters (the Pleiades) if chanting seven times - breathe in each star, and then chant to it. This is high. Then, or beforehand, do the Mudra for the Gateway of the day.

SECOND SET - Breathe in the light of the candle flame and/or the solar icon, or the Sun itself if outdoors, and then chant out to it. The solar icon could have seven, thirteen or twenty rays to count/chant to.

THIRD SET - Begin by uttering out loud the Meditation or Affirmation for your Gateway(see Tribe Qualities on page 16) to the Sacred Symbol itself before chanting to it. All twenty symbols , called Uinal, are given on page 23 (violet). You can usually find seven, thirteen or twenty points on the symbol to count/chant to.

Put hands together and bow before and after each set. Say "In Lak'ech" (I am another yourself).

Following the three sets you may find it easy to be in quiet meditation for a period.

Close in a formal way: Bow, extinguish candle, remove any ceremonial jewellery, return objects to places if need be. Do not rush off into everyday life if you can help it.

MUSIC - Use partly, throughout, or not at all. Atmospheric sound effects can be very evocative. It is best to choose music which act as a drone to your chanting .