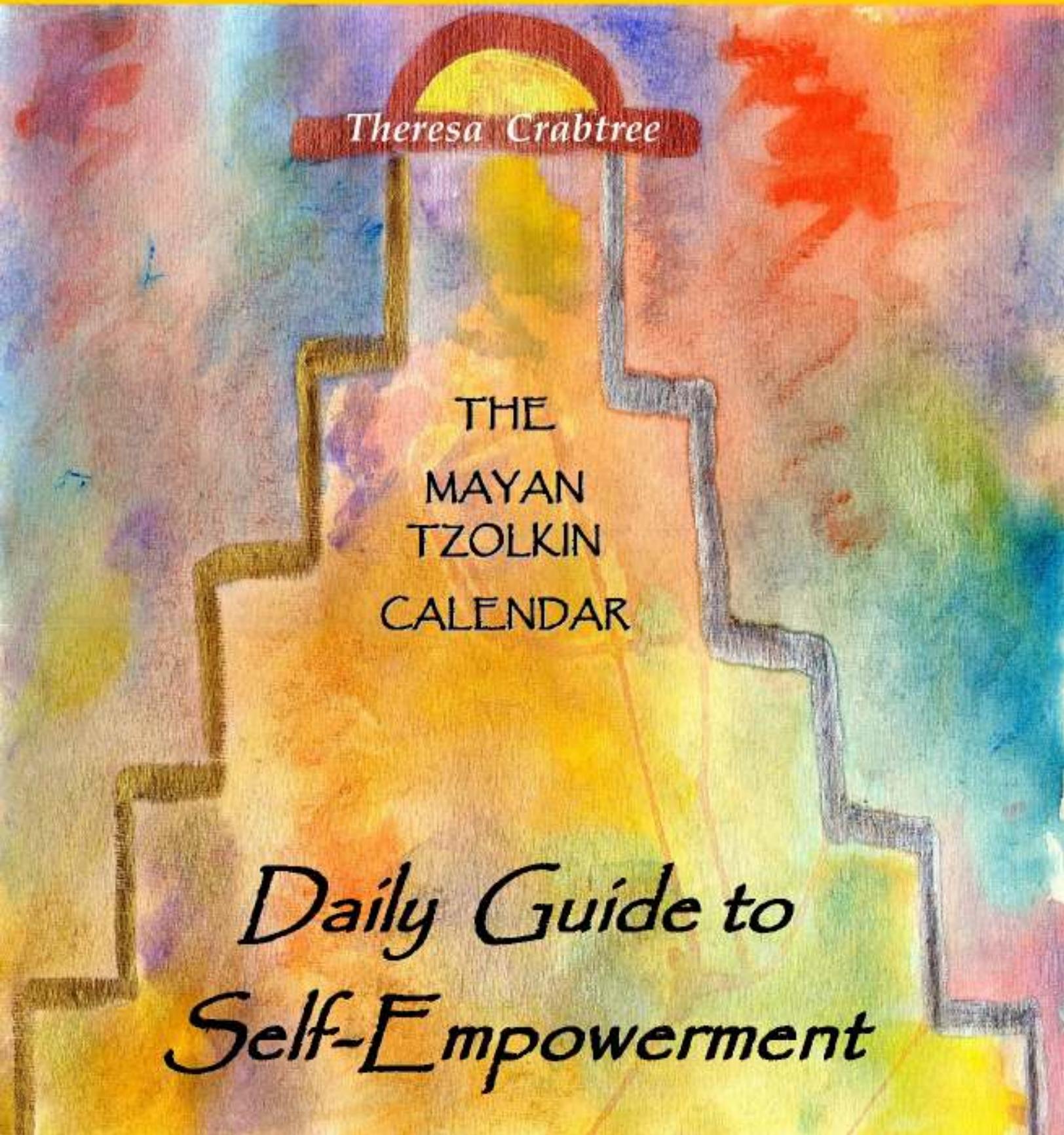


# MAYAN MESSAGES



*Theresa Crabtree*

THE  
MAYAN  
TZOLKIN  
CALENDAR

*Daily Guide to  
Self-Empowerment*

“Connecting with the Mayan Messages is a key part at the beginning of each day; when I read, journal and meditate. I especially enjoy The Messages, because for me they are a synopsis and summary of many of the books in my metaphysical library collection.

During a most challenging time experiencing a dark night of the soul, I was using every tool in my metaphysical toolbox to manage the fear and stress I was feeling. Being with the channeled words of the Day Keepers, through Theresa Crabtree, allows me to feel connected to something greater than myself, and helps me to rise above the human condition.

At times when I cannot wait for morning to be uplifted and inspired, I read for hours before falling asleep to comfort myself. The Messages are a calming influence in a world that seems insane to me at times. The good news is that each new day brings another opportunity to do it better with encouragement from the Ones Above.

It is a delight to be reminded each day of key concepts. The Messages are practical and simple. I love them!”

**Jeannie Bloomfield, Intentional Interiors, Sarasota, Florida**

“The *Mayan Messages* touched areas in my life that needed remembering. To name a few: to tend my garden, to balance wisdom and compassion, to love without attachments and to act joyously silly, especially when I feel that way. Thank you for the delightful and (often) thought provoking lessons. “Bright Blessings.”

**Bernyce Barlow, author, Sacred Sites of the West**

“Theresa is performing an invaluable service by agreeing to be a conduit for the *Mayan Messages*. For me, they are a gentle reminder of my path on this Earth plane. What I like about the messages is that they profess heartfelt wisdom directed at our everyday living. There’s an understanding of our challenges on the human level and advice on how to manage and view the complexities of being human in this world.”

**Beth Bishop, Ansonia, CT**

“When I started reading the *Mayan Messages*, I realized there are a lot of common things among all religions and teachings such as LOVE and how beautiful and how powerful we are. Then I realized it’s not too late to reach for my goals and follow my path.”

**Songul Koca, Istanbul, Turkey**

“This book is a gem! The inspirational words resonate in the mind, the heart and the spirit. Its deep insights give us a wider view of the true reality of life.”

**Jeanne Passin, Valdez, Alaska**

“The *Mayan Messages* are easy to understand, practical and very easy to implement in one’s life. Thank you for the voice of reason in the wilderness of chaos.”

**Arianha Bialon, Minister, Church of the Golden Age, Sedona, AZ**

“Theresa’s giving voice to the Day-lords of the Mayan calendar is a fascinating step towards bridging the traditional Mayan calendar with modern New-Age channelings with similar messages as those from Seth and Jane Roberts, Abraham-Hicks and Neal Donald Walsh’s *Conversations with God*. I know that traditional Mayan shamans would feel lightning-in-the-blood while counting the days during an oracle reading. Now the same spirits are communicating to the modern world through Theresa Crabtree’s writing. This is very exciting. Thank you Theresa.”

**Carlos Cedillo, author, *Cosmicjaguar’s Soul Kin Journal* and music producer, Violet Flame Records**

“I feel like I have slipped into a gleaming, glistening new skin that is birthing me anew. With each reading, I am moved into a deeper internal place of knowing and remembering. It is massively comforting and hopeful. An adventure into our precious life gift. Through the guidance of the Day Keepers, I am able to feel and resurrect my unique light. I wish this experience for everyone!”

**Ann Raabe, Boulder, Colorado**

“I have found dissolved into the love, kindness and concern of each Message a true desire to guide us into hope, fearlessness, acceptance of ourselves and joy in the knowledge that can set us free from duality, personal limits, sickness, sorrow and the fear of Death. A Magical book of Reality, perhaps life-saving, at the least, enlightening and inspiring, empowering and perhaps Critical as we move into 2012.”

**Ditoh Rohrig, Kroeger Natural Wellness Practitioner, Jerome, Arizona**

“I enjoy the *Mayan Messages*. The images are beautiful and uplifting. May we all use wisdom, light and love to see our families and humanity through the coming times into the continuation of life on Earth.”

**Judith Jubb, Metempyrion Foundation, [www.metempyrion.org](http://www.metempyrion.org)**

“I enjoy life in a manner that you reflect with the messages from my Peoples, People, the Mayan. I honor your work and hope to utilize some of the special messages to help my family and others consider what this teaching represents for peace within. For many to be able to explore the wisdom within their hearts, within the universal truth you are representing.

I say to you with my heart full of a great feeling of light and love, for being here to help us remember peace, for respecting ourselves and learning how to do this for others outside of ourselves, many Oohweehoo’s.”

**BlueThunder, Eastern Shoshone Nation, Wind River Indian Reservation, Riverton, Wyoming**

# Mayan Messages

## Daily Guide to Self-Empowerment

The Mayan Tzolkin Calendar

**For information on my other publications and services,  
visit [theresacrabtree.com](http://theresacrabtree.com)**

**Visit the Prison Vision page of the website  
to make a donation to send the Mayan Messages freely to inmates.**

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# *Welcome to the Mayan Messages*

The Mayan Messages are a collection of daily inspirational messages channeled from the Day Keepers of the Mayan Tzolkin calendar. Each Message offers ways to uncover out-dated belief codes, release fears and change behaviors that hinder you from leading a life of joy, peace and abundance.

You will find tools to make the changes necessary to change “negative” thoughts, words, actions and emotions into those that are fulfilling and lead to kindness, compassion and unconditional love.

In a world fraught with chaos, the daily Messages encourage you to go within and find ways to remain balanced and at peace, no matter what situations arise during your daily routine.

There are 260 Messages contained in this book, one for each day of the Tzolkin calendar. It is useful to read one Message per day as part of a morning ritual, allowing yourself time to experience and put into practice the activities or suggestions the Day Keepers share with you.

Whether you follow Eastern or Western spiritual traditions, you will find these Messages to be timely and full of wisdom. While communicating with the Day Keepers, many, including myself, have had life-altering experiences, those “Aha!” moments when you just “know” and have an understanding of greater Truth.

It is my hope that you, too, will experience the magic of the Messages and find your heart and mind opened to new realms of possibilities.

Please visit the websites below for more information and for a free companion calendar that can be downloaded or printed. This Gregorian calendar includes the current Tzolkin date and the corresponding title of each Day’s Message.

Many blessings to you as you embark on this journey of self-empowerment!

*Reverend Theresa Crabtree*

# *How the Tzolkin Calendar Works*

The word, “Tzolkin” is a compound word meaning, Count (tzol) and Day (kin). The Mayan Tzolkin calendar is comprised of a count of 260 days. There are 20 Day Keepers and 13 Tones. Each Day Keeper has a variety of names due to regional differences and various translations. The names used in this book were chosen because they are commonly used in English speaking cultures and because they are easier to spell and pronounce.

Each Day Keeper represents a group of Spiritual Beings. As you learn to communicate directly with the Day Keepers, you will begin to sense their energy and notice each has a different feel. Like humans, some have a softer energy while others have a more active energy.

In the Tzolkin calendar, there are 13 Tones (toons). These are represented by the numerals 1-13, each having a unique vibration. Those who have studied Sacred Geometry have an understanding of the vibratory nature of numbers. As you work with the calendar, you may find that you recognize the different energy patterns of each numeral.

There are 260 days in the Tzolkin calendar compared to the 365-day cycle of the Gregorian calendar. Due to this, the Tzolkin new year begins and ends on a different Gregorian date each cycle. Please refer to the Mayan Day Keeper chart to understand the order they follow throughout the Tzolkin cycle.

Beginning at the top left, follow the pattern from left to right and from top to bottom. Thus, Imix is first, followed by Ik, Akbal, Kan then Chicchan. Cimi is sixth in the cycle followed by Manik then Lamat. The pattern continues to Ahau, completing one round (uinal) of the Day Keepers.

Each day, one Day Keeper is paired with one of the Tones (numerals 1-13) beginning with 1 and continuing to 13, then the Tone cycle begins again with 1. Throughout the entire 260-day Tzolkin cycle, there will be 13 rounds (trecenas) of the 20-Day Keepers.

Day One begins with the Day Keeper Imix and Tone 1 (Imix 1); Day Keeper Ik and Tone 2 (Ik 2) represent Day 2. The pattern continues with Akbal 3, Kan 4, Chicchan 5. . . Eb 12, then Ben 13. Once 13 is reached, the Tone cycle returns to 1, thus the next Day becomes Ix 1 then Men 2, Cib 3. . . Cimi 13, Manik 1 and so on, with the last (260th) day being Ahau 13. Then a new year begins with Imix 1 and the pattern repeats. By the end of the 260-day cycle, the 20 Day Keepers are paired with each of the 13 Tones, thus creating 260 unique energetic patterns (20 x 13 = 260).

The ancient Mayans were well advanced in their understanding of astronomy, astrology, engineering, urban planning and mathematics. The precision of their calendars earned them the name, “Time Keepers.” Their method of keeping time is very complex. For centuries, they have followed several calendars, each having a specific purpose. The Tzolkin calendar used in this book is their sacred calendar. The energies of the day were so important that before incarnating, each soul would choose which Day Keeper, or Sun Sign, to be born under. Tribal members thus knew the purpose of that soul’s reason for incarnating on Earth and nurtured the child’s associated talents and skills.

For more information, research the words and videos of the Mayan spokesperson, Don Alejandro Cirilio Perez Oxlaj. The Tzolkin calendar is not associated with the date December 21, 2012. That date comes from interpretations of the Mayan Long Count calendar. This collection of the *Mayan Messages* is designed to prepare individuals for a peace filled life, no matter what is occurring in the world.

## ***DAY 1 IMIX 1 In the Beginning***

Greetings, I am Imix with Tone 1. Together, we welcome you to this day. It is our pleasure to share our knowledge with you and to assist you in creating the life of your dreams. This is the first day in the series of 260 days in the Tzolkin calendar. If you choose to study each day in succession, you will create an opportunity for yourself to look at 260 unique aspects of yourself.

Let us begin. With this being the first day of the calendar year, we welcome you to this new cycle of introspection. Let us begin by introducing ourselves. I am Imix and I represent new beginnings, among other things. Tone 1 is symbolic of Unity, the Oneness in All. Together, we would like to invite you to go within.

Take three deep breaths in and out, releasing the concerns of the day. Relax your body and mind. As you read our words, be discerning. Take those that make sense to you and leave the others for another day. Know that as you read these dialogues, there are many layers. Depending on where you currently are in your level of understanding, some ideas will resonate with you while others will have no feeling of relevance. It is highly likely that after going through this first cycle of 260 days, when you return to these words on the next new year, you will find understanding on a much deeper level. This is a sign of your growth and understanding, which happens as you peel away layers of negative thought patterns and fears, replacing them with love and positive thoughts.

Most of you entered into this incarnation as a babe with full memory from whence you came. The density of this planet was overwhelming. Soon, you adjusted and fell into daily routines. Each of you have unique experiences and each of you have reacted differently to those set of experiences. Not one of you will see all things from the same perspective. This is as it should be, for each of you came to this Earth with a different set of intentions.

In order to experience this Realm fully, it was necessary to have the memory of your true Spirit nature erased. Before coming to Earth, you chose the basic scenarios you wanted to experience. There are many other Spirit friends and Guides that agreed to work with you to have these experiences.

It is very much like a play. While in your Spiritual Essence, you are the playwright. You create the backdrop and the plot and you develop the cast of characters. Most of you on the Earth plane today have been here many times before. During those times, each of you played many roles. You may ask, "Why, for what purpose?"

We will share with you a brief synopsis of the creation of this world. You can find a simple version in the children's book, *The Little Soul and the Sun*,\* by Neale Donald Walsch. We are unable to explain fully the beginning of the Source of All, for there is no way to describe in words the beauty and intricacies of perfect love that exists beyond matter.

In the beginning of your universe, before there was matter, there existed Oneness of All. It was like a bank of clouds, with energies swirling here and there in glorious, radiant light. All was love and flowed freely amongst itself. There was no separation, no good or bad, no polarities nor any form. Time did not exist, all simply was. The delineation of space had not occurred; all flowed freely in every direction.

Then came a desire to experience Separation. The Source of All was willing to experience Other. There are no words to describe this Source or the initial separation. We will do the best we can in a brief manner. In order to experience separation, including dark and things that are not of love, the world of matter was created. Little Sparklets of light left the Realm of Spirit and created themselves into physical matter. Each of these Sparklets held the full memory from whence it came, knowing that at some point it would return to the sea of Oneness.

This was the first Dimension of separation from the Whole. Can you imagine the creative juices that were flowing on this level? Anything was possible. There were no costs, no fears, no judgments, all was love and each Sparklet had the ability to create whatever it desired.

The original Dimensions were created by groups wanting similar experiences; the thought to experience individually had not occurred at that time. This was similar to a cloud that moves as one, yet is made of innumerable tiny droplets of moisture. As the group moved further and further from original Source, other experiences came to the mind of the collective consciousness. As a variety of ideas developed, the

groups began to split in order to have different experiences. This continued for many Dimensions. Individuals could freely come and go between groups. Full memory of the Source from whence they came was still intact.

Many universes were created by a myriad of soul groups. Each universe had unique aspects and laws to govern how they would operate. At one point, the idea of Dark and Separation came into being. Through time and many Dimensional layers, your universe and solar system was created. There were also several other solar systems similar to yours being created at the same time. One of the unique features of this solar system is the temporary wiping away of the memory of Source.

It was decided that in your solar system, the inhabitants would be able to experience the farthest from Source that was possible. It would be created with all the beauty and symbiotic features of many other systems, but those who incarnated would be on their own to find their way home. As you can imagine, the more adventurous souls are attracted to this scenario.

The vast majority of souls on Earth were among the original creators of this sector of the experience. They created the design of all beings on Earth and the ecological system of how it would all work together. They then entered into their own creation to be an actor in the play they co-created. This had never been done before and there have been many surprises along the way.

All of the things you are experiencing on Earth today have been experienced time and again on other worlds or planets. However, one by one, each of these civilizations either destroyed themselves or simply stopped existing on those planets. The design of "free will" held many surprises. Not one of you before incarnating realized how difficult the circumstances would be when you entered this Realm in an amnesiac stage. It was not long before the experiences of murder and mayhem became prevalent. It was unknown how fear would grip the soul and create so many Not-Love experiences. Those who remain outside the Earth Realms in Spirit-form are in awe of those who can find the light while physically incarnate.

Each world is an experiment, allowing Souls to choose various experiences. All physical realities exist in cycles. The cycle that currently exists on Earth is an outbreath, near the end of a 26,000-year cycle. Soon the inbreath will occur in which fresh air and new beginnings will occur.

In all the cycles that have existed, Earth is the furthest from Spirit, the dark night, so to speak. None have gone to this Dimension of Separation before. You are truly on the eve of destruction; many are filled with doom and gloom of dark days to come. We are here to encourage you to lift your chin, roll up your sleeves and get out your creative tools, for you will soon realize that within you is the power to re-create your experience on Earth.

You, as a physical race, are waking up and seeing the light. Many of you have seen this coming for generations. You are now beginning to understand more fully how to release the density of this world within the cells of your body and the thoughts that tend to run your life. Many of you are aware that negative thoughts create dis-ease and dis-harmony. Many of you can see the energy fields that are out of balance and know how to realign them. Many of you understand that love flows freely around and through all things, as they did in the beginning. Many of you have communicated with Spirits not of this world.

Due to your amnesia and desire to control and manipulate all things on Earth, the human race has created quite a mess. Once the ecological balance started to tip, a set of circumstances created a fast-moving train towards destruction. These truths are finally becoming self-evident to all who have access to the media. Many are angry as the falsehoods of leaders are brought to their attention. Many are in fear of their safety and lack their basic needs for survival. The level of fear among the masses is increasing daily and must be checked in order for balance to ensue.

No matter what happens, rest assured that all is well. Each one of you, through your unique experiences is a library of information. Your gift is unique to the Source of All. When you experience anything, this information is sent back to the Source. No matter how far from Love you go, there is no judgment, it is simply an experience.

Due to the nature of free will, you can have any experience you choose. The hardest part for many to understand is the amnesia effect and to know that you are truly a Spiritual Being having a human experience. There is no right or wrong. Each of you is created with the ability to choose whatever you want to experience.

However, due to the amnesia, many of you have found yourselves in circumstances that are less than desirable. Know that this was allowed due to the free-will clause. You have never been alone. Each of you

possesses a Higher Self, part of your Spirit Essence that remains in the Spiritual Realm. Each of you incarnates in this Realm with at least one Spirit Guide who never leaves your side. In addition to your personal Spirit Guides, there are myriads of Spirits available to encourage and support you along your Path. We, the Mayan Day Keepers are such Helpers. Each Day Keeper is a group of souls holding specific energies. The Tones are also groups of souls holding specific energies. As you cycle through the year, our unique energies blend in 260 ways to allow you the ability to loosen up one more strand of negative influences that have taken hold of you.

Even if you choose not to believe this explanation of creation, we encourage you to continue with the daily study and integration of the Messages we present to you. As you progress through the year, you will find much support in your effort to create a better existence for yourself and others. You will receive many suggestions on ways to eradicate old behaviors and thought patterns that no longer serve you. You will be shown ways to increase the ability to love yourself and others.

Know that within you lies the ability to awaken and discover your true Spirit Essence. We are working feverishly to assist all of you in this awakening process. Your world as you know it is coming to an end. It is no coincidence that the Mayan long-count calendar is also coming to an end. Always remember that when there is an ending, what follows is a beginning. By making conscious choices and clearing yourselves of limiting belief codes, this new beginning has the possibility of creating Heaven on Earth. We encourage you to keep your thoughts light and loving. The world you wish to experience must first come from within yourself.

What you are currently experiencing on Earth is a mirror of what has been experienced on the first Dimension of separation that was previously described. Like then, you will gather in groups and brainstorm ideas. You will be drawn to groups who wish to create the utopia that you feel drawn to experience. You are now in the process of unlocking the doors of separation. For the first time on Earth, there are conscious Beings arriving in droves to help with this process. Your skies are filled with Beings from other planets who desire to help with this process of ascension. Your universe is filled with the excitement of the possibility that Earth can lead others back into Pure Love from the darkest Realms of physical existence.

It is no coincidence that you are on planet Earth today. There is a huge line of souls wanting to incarnate. You were chosen for your special talents, because you were one of the original creators, to clean up some of your previous messes or to ride the ultimate rollercoaster.

Take time to go into Nature and reflect on these thoughts that are new to you. Accept those that resonate with you and set aside those that are too hard to grasp. We welcome and invite you to return each day to hear our Messages and to take time to clear unwanted debris from your physical being and way of thinking.

As you work diligently on yourself, you will be filled with more joy and vitality than you could ever conceive. Those who are not fully tuned into their Higher Selves or Spirit Guides will have the opportunity to do so. From our perspective, we know and understand that *you* must be the peace you want to feel and *you* must be the love you wish to experience. Go forth this day as a newborn, observing all with wonder and without judgment. Many of us have walked the Path you currently walk. We are here to support you and are excited to embark on this journey with you!



*Selamet! Imix 1*

## *DAY 2 IK 2 Not-Love*

Welcome back, we hope we did not scare you off with yesterday's introduction. It is our desire to bring you closer to us and to yourselves, rather than turn you off with statements that do not reflect your current understanding of the world in which you live. Today we will take a look at the energies offered by Ik 2. Each Day Keeper and Tone reflects a variety of energies, for we are a collective group, not individual souls. What may appear to be discrepancies are merely different facets of the same diamond. The aspect we would like to share this day is polarity. In your Realm, the world creators came up with this idea of opposites. Where you have up, you have down. Where there is hot, you will find cold. Where there is light, you will find dark.

There were several reasons for creating a Realm with this duality. Yesterday, we spoke of how the universes were created in order for souls to have the opportunity to experience Not-Love. This would be impossible in a Realm where All is One. In the Realms of Oneness, there are only experiences of all love or all fear. You initially came from all Love. The first few Dimensions were also only Love. Not too many signed up for the experience of all fear. Thus, the vast majority of new Realms have been set up with a balance of both light and dark. In the universe in which you reside, each individual soul is given the opportunity to choose where they want to incarnate. There are a myriad of opportunities available, all giving the opportunity to experience light or dark in varying degrees.

Until recently, very few have been aware of the ability to create solely from a place of Love while living on Earth. As more of you awaken, you will show others by your example how to create from a place of Love. What many of you are striving for is to experience Heaven on Earth; we assure you it *is* within your grasp. Each of you possesses free will, the ability to choose whatever you wish to experience. We in the Spirit Realm hold no judgment regarding your choices. We are available to assist you in whatever you wish to experience, as long as it falls within the parameters of the laws of your universe. We have no authority or desire to go against the free will of any individual.

Many of you may be thinking, "What about the bad guys, those who use corruption in order to exert control over others?" As we already stated, we are here to assist everyone. There are Spirit Guides who help the bad guys as well as the good guys. We do not make judgment on anyone's actions. Our joy comes from helping to create joy in your lives, whether you judge your actions to be good or bad is not of consequence to us. That is the nature of free will that was set up many eons ago when Earth was initially created. Each person reaps what he sows and "like attracts like." Choose what you wish to experience, but know that in this Realm and the next, there will be a day of reckoning. In this Realm, everything has a boomerang effect. The more you give love to others, the more love you will receive in return. The more fear you impose on others, the more fear will be returned to you.

In the next Realm, there is no judgment from God. However, you will have a life Review Process in which you will experience the emotions of others caused by your interactions with them. Keep this in mind as you continue to make your daily choices. Be kind and considerate to others and your life Review Process will be filled with delight. Torment and use coercive efforts to gain control over others and be ready to experience the feelings of your victims. We share this with you to let you know that although you have free will to choose whatever you experience, there are repercussions associated with each of your choices. If it is your desire to create Heaven on Earth, then it is your responsibility to make the choices leading to this desired outcome. In order to create a world of love, release the fears that keep you from being constantly filled with love and light. This is the purpose of the Mayan Messages. We are here to assist you in reaching your goals. It is our desire that each of you enhances your life by choosing acts of kindness and expressions of love.

Your world as you know it is rapidly coming to a close. We encourage you to consider choosing love and kindness in all situations. Love is the key to joy; all else is temporary happiness. Like an addict's need for a fix, it is short-lived. Many of you have tired of the selfishness and greed that permeates your planet. Each one of you that practices inner peace and kindness toward others, moves all Beings one-step closer to Heaven on Earth. Take time each day to reflect on your thoughts, words and emotions. Be mindful of your actions and reactions. The first step in any healing process is to be aware there is a problem. The next step is to find solutions to those problems. You have everything within yourself to create a balanced and centered life. Consider these words as you go about your day.



*Selamet! Ik 2*

### *DAY 3 AKBAL 3 Body, Mind and Spirit*

Welcome to this day of Akbal 3. It is our intention today to delve into the meaning of three, the trinity. The aspect we would like to focus on today has to do with three being symbolic of your connection to the Spirit Realm. Consider your human body as one point of a triangle, the conscious part of your mind as a second point and the third point being the part of you that remains in the Spirit Realm, commonly called the Higher Self. We shall call these three points: body, mind and spirit. These three aspects work in a symbiotic fashion to allow everything you experience on Earth.

We have briefly spoken of how creation allows the human experience on Earth to become reality. Let us look a bit deeper in hope that you will gain a better understanding of why you are here and how you can make life on Earth a little better for yourself and others.

First, we will look at the aspect of body. Every physical Being on Earth has an energy field surrounding it. All plants, animals and humans are created from tiny bits of matter that can be called creation bits. Even inanimate objects such as rocks and dirt are made from these tiny bits of organic matter.

There is *no-thing* in your universe that stays still; every-*thing* is continually in motion. Even the rocks are in a constant state of change as they go from being mountains to boulders, to rocks and eventually becoming soil. Each one of these creation bits holds a tremendous amount of information, much like modern computer chips. Your physical body is also similar to a computer, having the capability of storing a tremendous amount of information. Some of that information was programmed before birth, such as the functioning of your circulatory, muscular and digestive systems. Each physical Being is designed with specific properties suited to its role on Earth, whether it has feathers, fur or a specific chemical make-up.

Scientists are proving that humans store emotions and memories in various parts of the body. It has been discovered that events causing emotional and mental trauma can be as much a cause of disease as physical traumas. Even thoughts of trauma or the fear of being traumatized can be stored in the body and cause reactions identical to having experienced an event. "How can this be?" you may wonder. In its most simplistic form, the following will give you an idea of how disease manifests itself in the human body.

All thoughts are originated from either a feeling of love or fear. Thoughts emanated from love are light and airy. They flow through matter and create a sense of peace and joy. Thoughts originating from fear are dark and heavy. Instead of flowing through matter, they tend to glop onto each other. Repetitive thoughts continue to glop together, creating layers. These glops of energy can gather anywhere in the physical world. Perhaps you have been to places that feel creepy or met people that make you feel uneasy. This could be a result of gloppy negative thoughtforms. These thoughts first accumulate within the aura, which is an energetic field that can be seen with the naked eye and filmed with Kirlean photography.

These glops of energy first show up as dark areas in the auric field. If they continue to gather and become denser, they will then settle into the physical body and cause dis-ease. If the human is paying attention, he may notice the effects of these negative thoughts. Perhaps at first there will be uneasiness or unrest, then pain may result. However, most humans have learned to ignore these symptoms or mask them with pharmaceuticals or addictive substances.

There are many cases of miracles in which people's tumors spontaneously dissolved, bones healed instantly or heart diseases cured overnight. Many times these miracle cures came as a result of fervent prayer. This is one clue that loving thoughts can undo the damage caused by fear-based thoughts. As we meet together each day, we will be examining the cause and effects of thoughts and how they can be used to manifest anything you desire in your life.

We will now move onto a brief discussion of how the human mind operates. The mind is the center where thoughts are generated. The mind also operates all bodily systems. When you have fear or love thoughts, your mind automatically categorizes and stores this information. Scientists are proving that certain thoughts are stored in specific areas of the body. Your mind is very literal. It does not judge, it operates more like a computer, simply storing the information it receives. When you continuously think and say things such as, "I am sick and tired of that!" you are actually programming your mind and body into being sick and tired! There is a reference book by Louise Hay that we highly recommend. In *Heal Your Body*,\* you can look up a specific part of your body that is causing you dis-comfort and find general thoughts that tend to create dis-ease in these specific locations.

For example, you may have a type of heart dis-ease. Look up "heart" and you may find thoughtforms associated with it that includes deep sadness. How many times have you met a very sad person who says they have a broken heart? Their words and the emotions tied to the event or events that broke their heart are now manifested into reality as heart disease! Do you understand the magnitude of this understanding? This truth reveals your power as a creator of your reality! It is our desire to show you how powerful a creator you are when you consciously monitor your thoughts, words, actions and empower them with your e-motions (energy in motion). There is nothing that cannot be accomplished when you are consciously aware of how your universe operates.

We will now briefly look at the aspect of your Self that we call Spirit. Each of you has a direct connection to your Spirit Essence, your Higher Self. Many of you already have direct conscious communication with your Higher Self. Everyone operates on various levels of intuition or insight. Often, people have intuitive thoughts that are ignored. Have you ever found yourself thinking or saying things like, "I knew I should have done that; now I wish I had!" That is a classic symptom of not following your inner guidance. Each one of you is a Spirit having a human experience with a direct link to your Higher Self. That link continues all the way back to the Source of All. You did not come to Earth alone. There are many Spirit Beings, including us, on the Other Side available for advice and support.

You are never alone. There are some Guides who remain by your side at all times. There are others who come and go to help with specialty areas such as medical assistance, protection or computer help. We kid you not, when you need help with anything, you can be assured there are a myriad of Spirit Beings who have detailed knowledge related to it. After all, they are the creators of all thought and things that are manifested on Earth and beyond.

Know that you are loved beyond what you can possibly imagine. We do not place judgment on anything you wish to experience. Like a genie in a bottle, your wish is our command. However, know that you must ask for our assistance for we cannot go against your special gift of free will. It is a law of the universe that none can impose their will upon the will of another. There are many who may try to deceive you, but it is *you* who has the ultimate choice to decide what you wish to think, feel and believe in your reality.

Much of our work is to help you understand how you have created the reality in which you find yourself today. We will assist you in looking at belief codes that no longer serve you and help you to discover ways to release them. We will then help you replace any thoughts, words and reactions into those that will assist you in creating Heaven on Earth. As you rotate through the cycle of the Tzolkin calendar, you will find there are many layers to discover. What makes no sense today may become a core belief tomorrow after you remove several layers of debris that have accumulated over the years.

How many of you hold all of the same beliefs you had as a child? It is your experiences that caused you to change ideas about yourself and others. As your ability to discern matures, so will your life choices. We encourage you to take time each day to go within and to focus on your current belief programs to discover those that no longer serve you. It is similar to running a scan on your computer to discover and eradicate viruses. Go forth and make this a joyous day for yourself!



*Selamet! Akbal 3*

## ***DAY 258 ETZNAB 11 Choose Love***

This is my last Message for this cycle. I cannot emphasize enough how important it is for you to clear your body of toxic substances, to clear your mind of thoughts that do not focus on love and to clear your environment, including relationships, actions and behaviors that are anything less than kind.

Know that within you always is the ability to choose what is best for you.

There are many signs that allow you to know when you are on the best path, leading to what you choose, whether those choices are conscious or unconscious. These include a feeling of knowingness, when everything easily falls into place, luminosity (when things seem to glow), goose bumps, extraordinary happenings, coincidences and synchronicities, to name a few.

Choose love in all situations. If love seems to be too far out of your reach, focus on kindness, to yourself and others.

Be in joy.

Seek the advice of others who have surpassed what you are grappling with.

Take time to meditate, turning your life into one continual prayer of thanksgiving and gratitude.

Look for the positive in all things.

Do what brings joy to your heart and increases the passion for those things you love.

Life on Earth is about to change dramatically. Many of you feel this, some are filled with dread while others are filled with excitement. The outcome you experience will be affected by the way you feel in this moment and the next.

Choose the feeling of excitement, knowing that what lies beyond is more beautiful and magical than you can imagine.

Be prepared to share your hope and messages of love with others who are willing to listen. For those who are not ready, simply hold love in your heart and know that it will be felt on a level they can receive.

All is well. No one knows what day or time the "End Times" will begin.

There is no need to worry or focus your attention there, for this is beyond your control. However, living in the moment, choosing joy, love and peace is within your control and is the key to opening the door to your ascension.



*See you in the next round! Etznab 11*

## *DAY 259 CAUAC 12 The End is Near*

Greetings, I am Cauac 12. We have been most grateful for every moment that you have consciously aligned your attention with ours. We know how you yearn to connect to Source on a deeper level and that many of you are desirous to return home. Yet we remind you that home is wherever you are. There is no need to pine for future events, for in a moment you can be wherever you choose, perhaps not in your body, but in your heart.

Before long, there will be a great transformation on the Earth. Many are feeling that something grand is about to happen. Do not go into fear nor let your mind wander to those who focus on evil or hearsay of gloom or damnation, for these are not true.

The Earth has gone through many cycles, this is just the ending of another. The new cycle shines brightly for those of you who choose to view it that way. Wherever you place your attention and your beliefs, your reality follows. If you choose to believe that the Earth will fall apart and that you are doomed for destruction, then on one level, this is what you will experience. It matters not what happens, for your role in physicality is but a drop in the bucket of time. You choose what you wish to experience. Thus, it is necessary to do just that, choose what you wish to experience.

There are many who believe in the existence of a hell where there is weeping and gnashing of teeth. For many, this is their reality on Earth while others fear this is their destiny upon death. It is a belief code entrenched by those who wish to keep the masses under control. Does it seem viable that a God who has control of all things would allow such things to occur to an innocent child? Are you not innocent if you don't know the word of God? If your God is one that is all love, this would not be in His realm of thought. Even an earthly father who has the tiniest ability to give or receive love would never think to impose eternal damnation onto his child.

We say all of this to remind you to be wary of your thoughts and beliefs. Many are worried that the End Times will bring darkness and fear. Yes, there will be darkness, but only for a short while as you adjust to the frequency changes that will be occurring. At first, you may be fearful, but please remember these words when that time comes. Dwell in your heart, maintaining a sense of peace and love no matter what occurs in your life. By keeping your focus on love at all times, there is no evil that can harm you. Look forward to the Transition that is about to occur, for it is indeed a blessing for those who wish to rise above the chaotic nature of the world and man-made societies.

Do not be concerned for others, for all is well. There is no hell; there is no punishment. All will go to a place where they can continue to experience what they choose. It is wise to share what you know with others, but do not be overly concerned for their well-being. In the end, all will be reunited with Source. You can be assured that you will see your loved ones again, perhaps in another lifetime or on another planet. Mmmm, doesn't that sound mysterious!



*Be happy, be well and be loved, Beloved! Cauac 12*

## *DAY 260 AHAU 13 Endings Are Beginnings*

Greetings, dear one. Welcome to this, the last day of the Tzolkin cycle. Tomorrow begins the cycle anew. This Cycle of days has been in existence for eons, even before the Earth was formed. Be assured that this cycle will continue as long as time exists. The Tzolkin was designed to be used as an oration tool, one that allows those living who follow it to be brought together in closer communion. This calendar and the calling of the day's energies have many complex, yet simple implications.

Those who tuned into our Energies daily, especially when in groups such as an entire tribe, were able to integrate the energy much more solidly. Children incarnated on days that would support their life's role. Can you imagine participating in a society in which all were daily working through past issues, releasing fears and creating their reality in communion?

When a society works together, supporting all of its members, there are very little past hurts to work through. When it is in your daily consciousness to be kind and respectful to others, there are very few wounds. When a society agrees that some behaviors are not acceptable, then it is less likely anyone will choose this behavior, especially if they know it would cost their life or possible exile.

Modern societies are far removed from the sense of family and community. It is this sense of separation that has caused much grief and strife in the world. There must be a coming together of all cultures before unity of thought can be achieved on Earth. Relinquishing the need to be right or better than others is also of paramount importance.

There will be many who will not give up their desire to be better than or to control others. Do not be concerned for their souls, for they will be fine. They will have their experiences and each of you will have your own chosen experiences. When the time is right, you will all come together again as one large inhale then breathed back into the essence of Spirit from where you all came. Until that time, work to overcome any feelings of separation, for these are what cause the most harm. Release judgments and accept others as they are. Be loving, kind and most of all, simply BE!

We look forward to working with you as we begin the new cycle. Join us each day and go a little deeper into the feelings that bring you discord, changing them into feelings of love and kindness. Remain balanced no matter what happens around you. It is fear that lowers your frequency and love that raises it. Choose what you wish, but know that every choice you make will bring you either closer to love or farther from it. What will you choose?

*Celebrate this last day of the Tzolkin cycle and we shall see you in the morrow as a new day and cycle begins!*



*Selamet! Ahau 13*

There you have it! Another cycle completed, ready to merge into the beginning of the next cycle. We are pleased beyond measure to be working with you on a conscious level. The more you apply these Messages into your daily routine, the deeper you will delve each time you repeat the cycle.

It is our hope that you will notice and appreciate the changes you feel on each level of your Being as you release the belief codes and fears that have kept you from experiencing your true nature while in physical form. Tomorrow, return to Day 1 and begin anew.

*Be in joy! The Day Keepers*