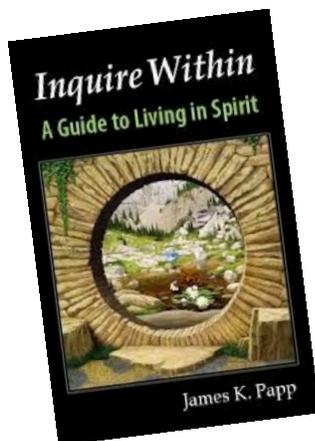


# 5 Secrets of the Maya To Living A Fearless Life

## By James K. Papp



- 1. Smile and be happy.** A happy body makes a happy spirit, and a happy spirit makes a happy body. It is so important to help each other to be happy by smiling. Hunbatz Men, Mayan daykeeper, ceremonial leader, and founder of the Mayan Indigenous Community taught this to Lisa and me during our Mayan marriage ceremony.
- 2. Avoid the 7 Mayan sins.** Pride, ambition, envy, lies, crime, ingratitude, and ignorance are the 7 Mayan sins to avoid, as advised by Carlos Barrios, shaman and member of the Mayan Elders Council, in *The Book of Destiny: Unlocking the Secrets of the Ancient Maya and the Prophecy of 2012*.
- 3. Light a candle.** We have evolved through history in the company of fire and it is a very powerful tool for us. Each day light a candle and meditate or say a prayer for a peaceful world. A candle's flame (or a ceremonial fire) is a way to connect with yourself as well as the energy of the sun, of the cosmos, the inner fire of the Earth. This assists in your spiritual development.
- 4. Learn your Mayan birth sign.** Knowing your Mayan day sign allows you to learn about the energies of your day and the characteristics of people born on your day, including positive and negative aspects. The 20 Mayan day signs are detailed in Carlos Barrios' *The Book of Destiny: Unlocking the Secrets of the Ancient Maya and the Prophecy of 2012*.
- 5. Visit Mayan sacred sites.** Mayan temples (found in Mexico, Guatemala, and Honduras) were designed as places to wake us up, where we enter sacred space and realize the profound. With respectful intention the temples may be approached as a vision quest with opportunity for change and transformation.



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*James K. and Lisa E. Papp*

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