

Walking in the Shadow

*"In the middle of the night, I go walking in my sleep,
through the valley of fear, to a river so deep.
And I've been searching for something, taken out of my soul,
Something I'd never lose, something somebody stole."
(The River of Dreams, Billy Joel, 1993)*

The Mayans live in two worlds simultaneously -- the physical world and the shadow world. The physical, three-dimensional world is composed of material, weight, and left-brain consciousness. The four-dimensional world is composed of ether, spirit, and right-brain superconsciousness characterized in humans as intuition. Both hemispheres are separated by the eye of the storm; that is, the galactic center or collective unconscious which is surrounded by turbulent galactic forces. These forces keep anyone but the true initiate from entering and bridging the gap between both hemispheres while maintaining the memory of all experiences.

The ancient Mayans performed ceremonies and rituals that created a path between both hemispheres, bridging both polarities. These ceremonies and rituals invoked altered states of consciousness and awareness. This was the means for their three-dimensional consciousness to recede and allow communication with the fourth dimension. This also allowed free movement between left-brain consciousness and right-brain superconsciousness with the capacity to be aware of both simultaneously.

To integrate both, however, the Mayans had to journey through the galactic center -- that dark tunnel in the mind and galaxy, through which the conscious mind, or ego, and the superconscious mind -- manifesting as God consciousness or intuitive higher consciousness -- can flow and exist simultaneously. If successful, the Mayans defied the death experience, or the loss of three-dimensional consciousness, as the conscious memory moved through the black hole of the galactic center and was reborn into multiconsciousness.

Facing the Shadow

There is an old practice within many indigenous tribes. Their shamans are trained early in life to find their way through the turbulent galactic center by living in a sensory deprived environment. By living in caves -- in the dark -- for at least nine years of their life, their third eye is activated and the remaining senses stimulated to sense beyond the dark and silence. They learn to confront the shadow, which is not an easy task. If the shamans survive the training, then they can deal with the shadow during important daily, monthly, seasonal and annual rituals, and also in later life when they face the transition from physical beings to etheric entities. The shamans then teach others how to attain multidimensional awareness and, ultimately, how to free themselves from the confines of the ego. But the practice takes discipline, fortitude, and cunning. The initiates must keep their wits and consciousness in tact while their ego is defeated. Only then can left-brain consciousness and right-brain superconsciousness be permanently bridged.

Confronting the Dark

The rigid training of the shamans eliminates the influences of all socialization and culturalization that might poison their inner senses. They are removed from three-dimensional experiences, and they learn to detect the sounds of the earth and the galaxy. In modern life, these sounds are drowned out by the material and physical noise of the human experience, with its many conflicting messages and voices. These voices often tumultuously interact with each other and keep humans bound in a three-dimensional, linear, and restrictive consciousness.

During their ceremonies, the Mayans evoked the shadow spirits, or what we call the demons of our own collective unconscious, or subconscious, in an effort to confront these influences on more personal and multidimensional levels. The idea was to remove the fear that blocked the way to total galactic consciousness. The only way to do this was to transcend the fear that separated the linear thinking of left-brain consciousness from right-brain superconsciousness, thus, allowing consciousness in two places at once. They invoked the spirits of the ancestors to bear witness and to aid during these confrontations. The ancestors would help by being there when the initiate was ready to cross over during the journey, sometimes showing the way to the bridge.

The initiate's journey was sometimes assisted through the use of hallucinogens, music, and/or movement, either in the form of dance or sport. Either way, it was a powerful and death-defying experience, and it meant being prepared to identify and face the worst part of the subconscious self. The shamans knew that confrontation with the dark was imminent and ultimately unavoidable.

Sleeping with the Enemy

The dark was their worst enemy and their best friend. It taught them how to live and how to die. If they lived in fear, then fear would encompass them at the passing. If they ignored the dark, it would trick them during their transition. So they faced the dark with courage. If the Mayans passed through the eye of the storm successfully, without losing left-brain consciousness by being scared to death, they triumphed as multidimensional beings. If they didn't and were tricked, they stayed trapped in the dark void until a sacrifice was made in their behalf.

The Mayans learned to confront the dark shadow by learning its subtle psychological tricks and embracing their own fears. This way they could identify the dark's falsity and power, and transcend the traps as they crossed to the other side. Then the transition to multiple consciousness would be successful and complete. So they spent a lifetime devoted to the dark, acknowledging it for what it really is, confronting it within themselves, and figuring out early on how to move through it and transcend it.

Playing Games of Life and Death

The Mayans played games during certain times of the year that mirrored their life and death beliefs. Many of these games can be compared to modern ball games, especially soccer. Some of the Mayan murals and architecture depict games that appear to be quite brutal -- the decapitation of an enemy's head, as well as self-mutilation. Scholars have a variety of opinions regarding the interpretation of these scenes. Some believe that the Mayans themselves practiced these horrid acts against their enemies as a means to appease the gods. Others believe they gained pleasure from these acts of violence.

However, alternate scenes show them in ecstasy, and still other scholars believe that the murals depict a more symbolic effort on the part of the Mayans to face the dark demons. Through the controlled sacrificing of their own body's fluids and their earth-bound consciousness, or life -- which is shown as heads being decapitated -- they could resurrect themselves as joyous and triumphant beings, with an expanded consciousness, as they expect Father Sun, Hunab Ku, to resurrect in 2012.

Reenacting Celestial Events

The ball games were performed seasonally or during important celestial events. The Mayans believed that by witnessing these celestial events, they were symbolically experiencing their own confrontations with the shadow side in the forms taken by the celestial bodies. They designed their ball courts in such a way that they could play out such celestial scenes as one shadow crossing another, or eclipsing another, or even bleeding another. Then they mimicked these scenes on the ball court in real life, during the course of that celestial event or during other ceremonial and ritual events. This would include the ritualistic crossing or eclipsing of the players, in whatever form they chose, which might be physical or symbolic.

By playing out these celestial scenes, and with the initiations by the shamans into the subtle energies of the galaxy during that event, a doorway formed that opened their consciousness and gave passage through the turbulence to the galactic center. This also opened the door to the other side and eventually to a fully conscious resurrection. However, in preparation for the passage of the ego through this doorway, these celestial events had to be reenacted and re-experienced many times. Then the Mayans could understand their subtleties, and triumph over the conflicting forces of the collective mind that manifested as unfamiliar and multidimensional visions, visitations, and fearsome thoughts.

The journey was not without blood and sweat, both in the physical and symbolic sense. The journey took many years, usually a full human lifetime. They needed to identify and come to grips with their own personal shadow and fears, fully understand the nature of fear and the dark, and then make the final journey, which would allow them full consciousness in whatever form they chose to manifest. When the Mayans succeeded, they became multidimensional beings.

Through the Galactic Center

The collective unconscious mind, or galactic center, is the stream of awareness that exists in the past, future, and present simultaneously. However, surrounding it and within it are turbulent and dark energies that hinder the path through the galactic tunnel to the God source. For the uninitiated, this experience can be terrifying, contributing to conscious breakdowns; that is, nervous breakdowns, and death of the physical and conscious mind.

Knowing the Shadow

On the journey through the galactic hole, and on our journey through life, our collective unconscious -- manifesting as subconscious memories -- reveals those shadow barriers that block the integration of the superconscious mind from the conscious mind. The collective unconscious mind communicates to us in the form of third-eye visions, lucid dreams, and shadows.

The Mayans knew this and believed that they could transcend the death of conscious memory by learning the ways of the shadowy turbulence surrounding and within the galactic center. But to do so meant that in life they had to meet one-to-one with the shadow, know the nature of the shadow, avoid its pitfalls, and then attempt to walk the transitory tightrope or eye-of-the-needle through the galactic center.

By knowing the shadow, they could also identify its subtle influences on the physical plane. They could experience their own shadow side and the shadow side of others, as well as identify their own physical effect and the effect of others upon the shadow plane. Once identified, they had the greater capacity to control their own individual ego, or conscious mind, and then move through the dark void using discernment and confidence, to ultimately transcend fear. This was the key to transformation, rebirth, and living in a fully resurrected, multidimensional state. This was as important to the ancient Mayans while they lived on the earth plane, as it was for making the transition from the earth plane to the afterlife and back when that time arrived.

Preparing for the Galactic Shift

This feat will be especially important to the many living Mayans, in preparation for the upcoming precessional shift which, according to the Mayans, will occur from approximately December 21, 2012 through April of 2024. A major challenge of the shift will be to confront the forces of the collective unconscious as our solar system and planet shift from the left hemisphere of the galaxy to the right hemisphere. An equally important challenge will be to know how to recognize and transcend the turbulent noise of the past, present, and future, which surrounds the galactic center and reaches into it.

If the Mayans succeed, they can move through the center and bridge each side, creating a multidimensional awareness in which they simultaneously experience all three facets of consciousness. This includes being attuned to the polarized forces of left-brain individual consciousness currently on our side of the galaxy; the collective consciousness from the galactic center; and right-brain superconsciousness, which can recognize God.

To face the dark night -- that is, the shadow of the collective ego -- and experience it on a personal basis, through our subconscious, was the foremost challenge during the Maya life-long journey, and also later in life during the death journey. To know the ups and downs of the shadow, and to be able to move along the path cautiously and bravely, was to be triumphant over darkness and, ultimately, death.

The Collective Journey to the Other Side

The Mayan Long Count calendar is a map to the most important galactic events in Mayan consciousness. It points to the most significant celestial event of all, the rising of Father Sun, in conjunction with the galactic center and winter solstice; the transformation of not only our three-dimensional reality, but of an entire age of consciousness that we can only date from about 3600 years ago. The Long Count end date, synonymous with the galactic crossing in 2012, is significant because it not only signifies the death of consciousness as humans know it, but the death of the dark voices of the past. These voices have manipulated us for eons and kept us from crossing the center of cosmic consciousness of our own volition. This event is inevitable, and many Mayans are preparing for it so that they might become multidimensional beings when the shift occurs.

Attaining Galactic Consciousness

The collective mind holds the images, sounds, and vibrations of all galactic matter. As such, without linearity and form, it is an uncontrollable source of information and often surprises its recipients as a sensory attack on their limited human consciousness. To confront this force without preparation, in an uncontrolled environment, and without the awareness of the infinite mind when melding with it as part of the collective, poses a possibility of becoming psychotic or at the very least, being scared to death. It is the fear of the unknown that keeps humans from reaching their full cosmic potential and becoming multidimensional beings. The Mayans and indigenous tribes understood the implications of not melding with the collective mind before they passed on. To pass successfully, either through natural causes such as old age or through self-inducement, they had to understand the nature and the path through the turbulence surrounding the galactic center.

Currently, the dark voices of the shadows and of our collective psyche manifest in many ways. Here on Earth they manifest as politics, war, plague, greed, religion, institutionalism and racism. These conflicting elements produce noise, doubt, and fear to keep us from ever successfully crossing through the dark void surrounding the center, or understanding its nature. Because the shamans know how to detect the shadow side and its manifestations, the shamans can also avoid the pitfalls of its earthly power and influence, and focus on the path through the center, bridging consciousness and superconsciousness. The shamans can discern the noise and chaos, and can successfully bypass the conflicting messages and fearful voices that manifest on the earth plane, within the collective, and within our subconscious mind.

Conquering Fear

Fear has always been an integral part of the three-dimensional human experience. It is consciously used by others to scare us into submission and spiritual slavery, and subconsciously used by ourselves to teach us to transcend the dark abyss. The shamans learned to detect the wolf in its variety of sheep's clothing, who would use fear and oppression to keep the otherwise unenlightened from crossing the bridge to multilevel consciousness. They sensed the light and the truth at the end of the tunnel. The shamans recognized what we have yet to recognize -- the big institutional lie which emphasizes that the road to salvation, ascension, and resurrection can only be attained by succumbing to some force outside our own consciousness. Thus, they performed their ceremonies using celestial events, to become adept at controlling their own conscious reaction and response, to both the external and internal attacks on the psyche; that is, psychic attacks.

These celestial events functioned as preliminary guides through the turbulent twists and turns that led beyond the hidden recesses to which one might succumb in fear. These hidden recesses are where the ego confronts its own demons and must deal with the darkest collective noise of the collective unconscious, going back to the birth of the galaxy. The shamans were trained to conquer fear and earthly influences so that they could transcend the dark and connect with the light. When successful, they survived the impact of moving through the galactic center from one side of the hemisphere to the other.

Transcending Three-Dimensional Consciousness

Moving through the galactic center requires a precise mindset and disciplined training. There is not, however, a cut-and-dry road on which every initiate must travel. The Mayans practiced their own methods, and many of the living shamans today can recognize and discern the subtle energies as a result of their own sensory training.

With this training, and using their ceremonies and rituals as tools, the Mayans are forging a path to aid in this transcendence during the upcoming shift. However, with or without this effort, and according to the Mayan calendar, the shift is inevitable. If nothing else, it requires diligence, courage, fortitude, and discipline. The key to bridging the shift requires facing one's shadow side, knowing it, understanding it, and embracing it as an integral part of oneself in order to transcend the limitations of three-dimensional consciousness. Only then will the left and right hemispheres of our brain and galaxy bridge conscious mind with superconscious mind, and offer us a transition to multidimensional awareness.