

Recent travel to Mayan territory in Yucatan, Mexico

I felt strongly called to travel to the Mayan area after hearing a lecture from Reba Cain on the 2012 Mayan Calendar. Actually when I first heard Reba's topic early this year, I knew I wanted to learn more. So I read a few books on the topic and attended her talk in September. I also knew I had past life energy there to bring into balance.

Reba had a contact in the Mayan Yucatan, an author ("Dreaming the Mayan Fifth Sun") on the Mayan culture, Lennie Martin. So I contacted her and she invited me to stay with her and attend a full moon celebration on 11/24 with Mayan Shamans/elders if I chose to come to the Yucatan. She also had a friend on the Riviera who had a B&B, if I wanted to travel there. So the doors were easily opening big time before I even left home.

And, I was hesitating on going to Mexico due to fears I had about driving there, being a woman traveling alone half the time, and stories of folks getting sick or disappearing there. I knew I was to go with an open mind, let myself be guided by Spirit and not plan my trip out before hand----always a challenge for me who likes to plan ahead and be in control.

So, following my guidance, on Nov 14th I was on a plane to the Yucatan to first stay just South of Cancun at Puerto Morales at Sandra Dayton's B& B in the jungle 4 km off the Caribbean at \$30/night. It was great for bird watching, which I enjoy.

Sandra is very connected to the Mayan Goddess Ixchel (Goddess of the Moon and fertility) and also works with the Mayan women to help them gain empowerment. And one way is to assist them in building and running their own Massage and Spa business for tourists like me. And they do wonderful massages at an affordable price.

A few days into my trip I found myself teaching energy healing to about 10 Mayan women with Sandra translating into Spanish. Then the Mayan's wanted to feel the energy, so each one received about 10 minutes of energy work and a minor attunement. It was amazing. When my friend, Diane, arrived a few days later, she did a guided meditation with these women. Next I talked about Chakra's, and then we did short powerful Tarot readings for each of the Mayan women.

Once we left Puerto Morales, we were guided to Ek Balam (Mayan ruin site), where we met a woman from Quebec. We did past life regression work with each other 2 evenings in a row; then to Chichen Itza to do a powerful personal releasing ceremony. And then we went to Merida for the Full Moon celebration on the 24th. Afterwards, we drove back towards Cancun and were guided to go to Isla Mujeres where we did more teaching with a local woman we met in a restaurant. The next day we had an opportunity to swim with the dolphins.

Everywhere we went we tuned in to our guidance and went where it felt best. And everywhere we went we experienced incredible synchronicity (even more than I have

described) and a trip I could have never imagined. People were kind, honest, and driving was actually OK. I learned so much about being open to Spirit and being guided. We truly are co-creators with Spirit.

May your Holidays and New Year be blessed with amazing guidance, much joy, love and light!

Jen