

# **The Nawales<sup>1</sup> system and synchronization of humans with Nature and the Cosmos.**

## **Introduction:**

To begin it is necessary to identify elements of the Mayan worldview that explain how the World is perceived and understood, in terms of both individual and collective responses.

To understand the Mayan Cosmovisión belief system, is to understand individual and collective dynamics in their current contexts. Mayan culture in its entirety of knowledge, survival and resistance offers an alternative life style.

## **Basic concepts of Mayan Philosophy and Belief systems.**

Mayan Cosmovisión is formed not only by external behavior patterns, customs and traditions but also by knowledge generated by creation beliefs that establish order and relationships between the cosmos and nature.

A person's conception of the World depends on their attitude towards their reality, how they conceive life, their aspirations, their historical tasks, their values, laws, ideals and their personal development.

It is an attitude, an approach and life system through which one learns to coexist through perception, intuition and observation of reality. It refers to a conciseness that the world is made up of particular elements, but that each of these elements is intimately interrelated and integrated in a cosmic network.

## **The concept of self.**

Mayan philosophy is centered in life; it is an integral vision of the World, both dynamic and indivisible. It is a conciseness of the World in which everything is integrated through particular beings, but in which each element is intimately interrelated and integrated in a cosmic network. It is an understanding that all beings form the universe, plants, animals, humans, minerals, hills, valleys, rivers, seas, lakes, air, the wind, all of these elements have life, each one moves, has a heart beat and vibration.

## **Energy systems, cosmic and natural order according to the Nawales – Totems in K'iche.**

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<sup>1</sup> Mayan K'iche term for energies of the cosmos and nature, similar to Totems.

In the K'iche language, energies of the cosmos and nature are called *Nawales*. *Nawales* are widely known and respected throughout Mayan culture and are documented in the sacred text Popol Wuj as part of the historical and cultural life and Cosmovision.

In this way the *Nawales* were instrumental in orchestrating political, economic, cultural and social organization of Mayan society. The origin of this organization is conserved in Momostenango.

The *Nawales* system is a way of life in which humans are not divorced from nature nor the cosmos. Humans are part of it, nothing more and nothing less. The sun, the earth, moon and stars form the nucleolus of older people within the macro-family cosmos that governs the earth. For this reason they should be respected by their children. Men and women represent continuous duality and complimentary elements of life. For this reason new generations are taught how to live through, recognize and reestablish communication with all elements of universal life.

This humanist approach to visualizing the Cosmos conceives humanity as depending on the care of all elements that make up the universe.

The concepts of Mayan philosophy become alternatives when the children of time are able to reconstruct *Alaq Winaq*: *true people*, people who are firm, who present and express their true face and heart.

Using this approach to guide reflection, community practices are recovered and facilitate knowledge that may provide pertinent answers without falling into the trap of the system and the loss of cultural roots. This trap led a generation of intellectuals closer to death in their eagerness to accumulate profits and material wealth.

What is the purpose of existence in this world? How can we live in harmony and equilibrium with the energies of the Cosmos? With nature, our ancestors and society? In searching for the answer the science of cosmic energy and its influence over all beings was considered. The elders studied the *Nawales* system and how it fosters community life, each individual's role in society and their reason for being in the World.

Each *Nawal* fosters specific conditions in life according to the energies received from the Cosmos. In each *Nawal* certain political, economic, social, cultural and family activities are also determined and developed.

The *Nawal*, which we understand to be different energies of the Cosmos, is inherent in each person, animal, plant or mineral and so on. As it Cosmic energy it nourishes life and movement, yet at the same time it represents an

inseparable complimentary duality according to the nature of each being existing in the Cosmos.

The El *Nawal*, as cosmic energy is intimately linked to time. Each day has its own energy in accordance with the grade of energetic radiation.

The 20 *Nawales* of the Mayan Calender are the 20 faces of time in Mayan wisdom. They are connected to humans as the 20 characters and 13 energies that define and blend personal potential, capacity, personality and temperament.

The seed of Mayan ancestral wisdom is found in the *Nawales* system and is kept safe in the profound thoughts of the *Ajq'ijab' ó Chcuqajawib'*. In the past decades it has found fertile ground, and just like a grain of maize, it is now ready to germinate, grow and bear fruit.

## **THE NAWAL**

The *Nawal* is cosmic energy that gives each person cosmic power to develop their potential. It is the beginning of all knowledge, a cognitive discipline that permits development of knowledge through retention, recognition, comprehension, recovery and organizing of information processed by the senses, intuition and perception.

The knowledge and wisdom of Mayan culture is classified specifically to ensure content and accuracy is not lost. Types of dreams, the timing of a dream, blood movement, sensations felt in the bones (left or right hand side), movements of the air, wind and fire are all signs. As too are bird songs, the movement and presence of certain animals, the howl of wolves, dogs or cats. The sounds of the mountains, and water are all different forms of communication from the *Nawales* that are taught to children in the home.

### **Nurturing the *Nawal***

If a person neglects their responsibilities to their *Nawal* or energy, and does not nurture and communicate with their *Nawal* they will not develop nor reach the full potential of their personal qualities and capacity.

And if a person does nurture their *Nawal* but fails to serve their community, their *Nawal* will not communicate with them nor demand their attention. This is manifest through failures in life, arguments, illness, and even early death.

If the *Nawal* represents duality and complimentary elements of our persona, then for this very reason we must live in harmony and equilibrium with our *Nawal*.

The mountains and valleys thanks is given to the *Nawal* for life, for all that one has to live by, for family and most importantly for our descendants.

The Nawal system calls humans to dialogue with them permanently on a daily basis, to observe their own Nawal in order to strengthen their energy and allow personal qualities, capacities and potential to flourish in service of the community. If community service is not undertaken, the person will not travel beyond their community.

### **Duality and complementarity of *Nawales***

*Nawales* are classified by feminine and masculine energy. Each human being represents the dual feminine and masculine energies. The human body is divided, in general masculine energy is found in the right hand side of the body and feminine energy is found in the left hand side of the body, although there are exceptions.

### **Seeking permission from *Nawales***

Permission is requested from the *Nawales* to make change in nature as a result of human actions. For example, before a new job, new construction, preparing the soil to sow or harvest, before cutting down a tree, hunting animals or before any new event such as marriages, births, travel, healing and conflict resolution or negotiation.

It is important to request permission from the *Nawal* before undertaking actions, to ensure harmony and equilibrium. If permission is not requested, then successes are limited or do not eventuate.

Each *Nawal* has a different function in nature and accordingly in Mayan cosmology, society and human activity should be organized according to the energies of the *Nawales*. Synchronization with cosmic energy of the *Nawales* leads to increased sensitivity, thought and consciousness when disappointments or arguments occur. These situations are overcome using the principals and values allocated to each day of the Mayan calendar.

If the principles, values and norms, traditions and customs are lost, then ignorance leaves human beings in an undesirable bad state in society.

All that exists around us has its path to follow, an objective, its protector and a full life. That is why we seek our path, appreciate its significance, we undertake our tasks and respect our words. Because it has great importance.