

# Ometeotl - Tata/Nana - The Source of Natural Law -Duality and Equilibrium-

From Anahuac, The Mexicayotl Mexican/Azteca culture.  
The creation story begins with the essence of the  
Duality of Life, where two Deities co-exist in balance  
and harmony: Ometecuhtli and Omecihuatl, joined  
together become Ometeotl –  
Grandfather/Grandmother, Tata/Nana  
the origin of the dual nature of all that exists.

# Medicine Wheel & Holistic Health

## *Dimension of Spirit*: Spiritual Development

- Higher Power – Ometeotl - Duality-Nature.
- Spiritual values – Respect & honor all life!
- Traditions – Pray, smoke, offerings, altar.
- Ceremonies – Vision, dance, smudge.
- Temascalli – Cleanse, purify, detoxify.
- Prayer – Communication: You & Creator.
- Rituals – Meditate, fast, dance, sing, run.

# Nahui Ollin: Four Directions

## The Law of Survival

- Four Essential “life giving” Elements:
- Tonatiuh – Sun – Fifth World
- Ehecatl – Air – Four Winds
- Tlaloc – Water – Rain
- Tonantzin – Earth -

# Hozongi: The Law of Beauty

- Balance and Harmony = Beauty
- The Human Constitution – Dimensions:  
Mind-Body-Heart-Spirit
- Respect in all Relationships: Family, friends, community, society, universe.
- All My Relations – All life is connected, respect for all natural creation.

# Curanderismo: La Cultura Cura

## Culture Heals

### The Law of Healing

- Yerbero: Herbalist
- Consejero: Counselor
- Sobador: Masseus
- Heusero: Bone Adjuster
- Partera: Mid Wife

# Palabras Sagradas: The Law of The Word

- Communication
- Language
- Listening
- Prayer
- Smoking

# Temascalli: The Law of Relations

- Temascalli – House of Purification.
- Mitakuye Oyasin: All My Relations
- Respect for all Life – Animals & Plants.
- Spiritual Connection - All of creation.
- Cleansing – Divine reverence, prayer.
- Detoxification – Mind-Body-Heart-Spirit
- The Sacred Circle of Life =  
7 stones+ 4 doors = 28 days + 13 moons

# Guias Espirituales : The Law of Spiritual Connections

- Two Legged - Humans
- Four Legged – Tatanka, Mazatl, Oso, Ocelolotl, Kuetlachtli
- Winged – Eagle, Condor, Quetzal, Colibri
- Swimmers – Fish, Trout, Salmon, Tuna
- Creeping & Crawlers – Snakes, Worms, Ants, Bugs, Cockroaches



# Centeotl: The Law of Nourishment

- Traditional Foods: Corn, Squash, Beans, Chillis, Fruits, Seeds, Nuts, Meats.
- Food Preparation: Cooking and Nutrition: Proteins, Carbohydrates, Fats.
- Healthy and Unhealthy Eating.
- Vitamins, minerals and Supplements

# La Mezcla: The Law of Synergy

- Blending The Old and New Healing Ways
- Curanderismo – Meshica - Mestizo
- Native American
- Chinese Herbalism, Acupuncture
- Chiropractic
- Psychiatry, Counseling
- Conventional Modern Medicine

# **Hozongi = Balance & Harmony**

**Dimensions of the Human Constitution=  
Medicine Wheel & Holistic Health**

## **Dimension of Mind** – Mental processing.

- Intelligence – The power of evaluation.
- Volition – Free-will, the power of choice.
- Knowledge – The power of information.
- Beliefs - Mental clarity, positive attitude.
- Thoughts – Focus, think, learn, retain.
- Creativity – Introspection, optimism, hope.
- Conscience – Understand, right & wrong.

# Medicine Wheel & Holistic Health

**Dimension of Heart.** Power of Emotions.

- Emotional Health: Develop coping skills.
- Anger: Practice positive reactions.
- Stress: Effective management strategies.
- Resentments: Forgiveness, let go of past.
- Humor: Good medicine, power of laughter.
- Self esteem: Positive values/affirmations.
- Love: Love conquers all fears!

# Medicine Wheel & Holistic Health

**Dimension of Body:** Physical Health.

- Medical: Prevention, physical wellness.
- Nourishment: Protein, carbohydrates, fats.
- Food: Corn, beans, squash, chillis, meats.
- Cooking: Healthy food preparation.
- Vitamins, minerals and supplements.
- Exercise: Cardiovascular - weight training.
- Fitness: Weight & Body Mass Index - BMI.