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.
**Dimension of Spirit**: Spiritual Development

- Spiritual values – Respect & honor all life!
- Traditions – Pray, smoke, offerings, altar.
- Ceremonies – Vision, dance, smudge.
- Temascalalli – 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
Temascallli: The Law of Relations

- Temascallli – 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

- 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.