

## Dr. Omar Miranda-Novales

I was born and raised in the Maya Tradition. In 1990 I left my homeland Mexico to pursue an academic career in Europe. This was a way to have a better understanding of the western culture. Along my path I studied clinical Psychology, Social Psychology, Body Oriented Psychotherapy. In my work I integrate the academic and old traditional knowledge with Dance, Theater and Performing Arts. My travels led me to USA, Russia, Spain, Italy and Germany, where I lived, studied or worked.



Twelve years ago I received the permission of the Nahual Woman (Master of the Yok `Hah Maya Nahual Tradition) to teach this Tradition in Europe. During a journey to Mexico in April 2008 I was officially recognized from the Nahual Woman as a Master (Nahual Man). This was not an achievement, it was just a passage in my life, a turning point that opened the gate of a new beginning.

My approach, called **Psychomagic Experience**, combines the Nahual Tradition with bodyenergetic work and art. I use this kind of flexible integration to liberate potential and creativity of human beings, so that every woman and every man can follow their own path and find their own strength. This way we expand and deepen our abilities and zest for life.



## Transitions of life in Mexico.

### *Teachings of the nahual traditions*



**Conductor:**  
**Dr. Omar Miranda-Novales**

**24 Oct.-6 Nov.**  
**2012**  
**Mexico**

## The Yok 'Hah Maya Nahual Tradition

### - Transitions of life-

The Aztec, Mayan and other ancient Mexican cultures consider death as a transition of life, not at ending. It is a natural progression of the circle of life.

The Mexican is familiar with death. He flatters and woos her, jokes about her, caresses her, sleeps with her and celebrates her by dancing with her, by lifting his glass to her and laughing at her. Finally, he challenges her, and in the challenging, death loses her power to intimidate him. Once he knows death intimately, death is no longer wrapped in a cloak of mystery or causes him to fear the darkness. Death contains progression, transformation, we don't really die, we simply change our reality, we jump into another world with a different energetical vibration.

Death is alive and we live death continuously, we embodied death since the time of our birth. Dying, like any turning point in life is a place of transition, a facing of the unknown and the emerging complexity of new ways of being. Each turning point is the resolution of loss and an encounter with the unknown. Turning points evoke expressions of anger, pain, excitement, loss, grief and others. Discover now your living with little dying.

In former editions of "the journey of wisdom" to Mexico participants lived magic from its very roots. It was a very beautiful, deep experience of living, dying, rebirthing. Every member of the group could let go old patterns, behaviors, thoughts

and feelings in order to recreate themselves in a new and suitable way. We reconstructed our own image by enhancing our personal power. We simply reinvented ourselves.

In the next version of this travel, which will take place between October- November 2012, people will attend to different experiences of transformation during the **Days of the death Celebrations** according to Mexican Nahual traditions. During this "death party" participants will have the chance to explore and travel through different layers of their consciousness in order to establish a direct connection with our inner magic Self.



The "Death Plan":

- Days of the death celebration in different spots in Mexico.
- Mexican time of the death ritual on sacred ground.
- Visit to the Pyramids of Monte Alban. Oaxaca.
- Nahual experience at the sacred Mountain of Tepozteco.

- Sacred experience with Nahual medicine.
- Teachings with different Masters of Mexican traditions.
- A variety of psychomagic experiences and some relaxing activities.

The exact program and more other practical information would be sent to you as soon you contact the address below.

We can create our lives in the way we want to. **The Transitions of life** experience offers an special time in which we can begin to resolve "impossible" issues of our lives.

### Intensive Self-Experience in Mexico

24 Oct. - 06 Nov. 2012

Journey taking place in:

Mexico-City  
Oaxaca  
Tepoztlan  
Cuernavaca  
etc.

Fee: 1300€

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