
Hopi Prophecy Now! One-Heart Awakening

Adom
The One Hearted Messenger



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Introduction

Words of Gratitude

It is with deep gratitude that I—Adom the One-Hearted Messenger—along with my dedicated editor Deva Prema Chodron bring this transmission to its completion. This has been a long and arduous process. First I would like to honor and show great gratitude for the Hopi Elders who came before us, guiding and leading the way with their dedication and commitment. Traditional Elders and Tibetan teachers would show up in person, dreams, and visions at the perfect times, confirming to us that the true spirits of the Hopi were grateful we were continuing their efforts to communicate the urgent message for a need to change our ways of living.

May we continue to honor them in a traditional way by providing offerings at Soyal, a sacred time beginning at winter solstice and lasting sixteen days. This pleases the ancestors and ensures rain to provide life-sustaining water.

Whenever we were feeling especially challenged, we were given guidance in amazing and often inexplicable ways. The confirmation and blessings during the three years of the compilation and refinement process helped keep us moving forward when we would begin to question our place in it all. We knew in our hearts the importance of completing this book as a way of doing our part in helping create a just and peaceful world.

I am also deeply grateful for your interest in this book. The fact you are alive on the planet at this time and interested in this subject places you in a favorable position to make positive and sweeping changes that will help bring the world back into balance. This is the first step on a one-hearted path that each one of us yearns, hopes, and prays for, if only in our dreams.

By showing a sincere interest and taking positive action, you will be led to an even greater awareness and positive integration of the Hopi's way of life. This connection is enhanced by establishing a higher communication with yourself and others through the practice

of daily meditation and continuing to clear the mind

I was born in 1954 in Brooklyn, New York. My grandparents survived World War I, and the detonation of the first atomic bomb happened in World War II a decade before I was born. As a result of these catastrophic incidents, I lived my entire life steeped in a fear-based society. As such I spent much of my time reflecting and anticipating the end of the world that was referred to back then as Armageddon.

After high school, I moved to the Pacific Northwest. This was my first experience of the great outdoors and all it entailed. My first experience with the First People¹ was attending an Inipi² sweat lodge, at which time a promise of a greatly positive and peaceful future was revealed to me for the first time. It was an awakening that created a connection to indigenous wisdom, one that has grown stronger every day since.

After my first sweat, I saw the documentary *The Hopi Prayer for Peace*.³ This film included some of the last Hopi Traditional Elders speaking about the prophecies and the Path of Everlasting Life. Light and clarity had been bestowed upon me! The truth spoken in this film resonated deeply with me, and it quickly became my new reality and potential life's work. My life became more involved with learning and practicing the First People's way of connecting with Great Spirit and Mother Earth. I participated in over one hundred Inipi sweat lodges and had the good fortune to do ceremonies with the Elders.

What I have come to understand from the Hopi Elders is this: If our world culture continues to presume non-liability on a personal and collective basis, choosing to live grossly out of balance with each other and all creation, we will witness the culmination of an unsustainable way of living that will most possibly manifest as a war that ends all wars. We each have a choice to come into alignment as a unified whole.

Amazingly, the Hopi knew our final decisions would come to both a personal and collective choice. They understood that we would have to remember our intimate relationship with the sacredness of life and the importance of our interactions that we have with one another. Which path will you choose? I tell you this for

1 Native Americans often refer to themselves with this term, and it is one used throughout this book.

2 A special purification rite undertaken as part of a vision quest.

3 *The Hopi Prayer for Peace* is available as a free download at EartHeartLiving.org

certain: The two-hearted path will end in nothing short of oblivion. The one-hearted path, however, is our chance to choose a direction that supports life, regeneration, and rebirth. Let us pause, reflect, listen, and make new decisions to let go of past ways. May we yield to a force greater than our individual self that we may become ever-new and evolve into a homo-luminous race.

Aho, Mitakuye Oyasin

Welcome home:

Adom the One-Hearted Messenger

Preface

My hope is this book carries its message directly from my heart to yours. It is a dedication and prayer for peace, as well as a way of honoring the Hopi Nation and all people with whom the Hopi way of life and ancestral teachings resonate. I have been blessed to have received direct teachings and spent precious time with some of the last Traditional Hopi Elders. My intention here is to share these truths and teachings in a practical and applicable way.

The following words are being offered with the greatest intention that you will see, hear, and understand the original ways of the Hopi experientially. I encourage those of you who feel called to take action in a specific direction to look into this with a sincere interest and openness to new possibilities. Trust that you may be being called in a new direction that can open up new and exciting vistas, always looking toward tomorrow with hope and grace. Progressive potentials can become a reality when we stand true to beliefs that reflect and honor our higher self. Dreams become a reality when we listen deeply and believe the validity of the message being offered to us by Great Spirit.

Traditional Hopi held sacred spiritual vows with Earth Guardian Maasaw for over 3,000 years. These vows were passed down orally and revealed to modern society by the last Traditional Hopi Elders through books, newsletters, and talks. These teachings lead us up to the times we are now in. If we can find a place in our hearts that resonates with the truth contained within these pages, I believe that we can create a significant shift from a false two-hearted reality into a true one-hearted reality—one in which we can begin to heal ourselves, each other, and Mother Earth, one kind act and recognition at a time.

I have done my best to interpret the teachings in a simple yet profound and transformative way. I am Adom, a modern-day messenger committed to sharing the Hopi message of peace and everlasting life with whoever shows a sincere interest. The Hopi's message for us was to blend with the earth and celebrate life! They knew the supreme importance of upholding their ancestral covenant with Maasaw, as their vow was to keep the world in balance and maintain peace on earth. This is what they did for over two thousand years: This was the Hopi prayer for peace.

The Traditional Hopi reviewed the Hopi Life Plan periodically to determine if they were still holding true to the original covenant and living a one-hearted life. They were forewarned of outside invaders who would drastically change their way of living. The Hopi warned modern people about the Great Purification, a time that will be marked by major changes and upheavals personally, collectively, and globally. The Hopi told us that Hopi Land is a microcosm of the macrocosm, meaning what happens in Hopi land will eventually happen to the rest of the world.

The outcome and severity of the purification can be lessened (thereby preventing a possible World War III) if we change our actions and learn to live a life in balance with nature like the Hopi did. They told us that even if they were all gone, just the power of a single one-hearted person could be an example of change for millions of people, one that could create markedly improved ways of living.

The prophecies are still relevant and now more important than ever. We are in the last phase of the prophecy warnings known as the Mystery Egg: It is now that the final outcome of our planet will be determined.

I humbly dedicate this book to the last Traditional Hopi Elders with the intention to preserve their messages of everlasting peace.

For respect and clarity. I am not a Hopi or claim to be one. I speak only from my own cultural orientation and life learnings. I have the utmost respect for the Hopi people. If in any way I may have offended any one with what I share - I truly apologies. Most importantly, this is not about making money! All profit, if any, will be donated to non profits.

One-Hearted Messengers of the Hopi

Passing of the Torch

The Traditional Hopi Elders are gone, yet their prayers and messages still remain. It is of vital importance that we listen to their voices and move toward embodying principles of unity and wholeness. It is becoming increasingly important for us to take a proactive approach to their teachings, for they hold a key to a blueprint that ensures a clean and clear quality of life for humans, plants, animals, and Gaia herself. It is an empowerment and promise we have been given that will provide us with an ability to live, thrive, and evolve in peace and harmony for many generations to come.

Traditionalists looked outside of their village to make a plea for the return of one-hearted values and lifestyle choices. Although I cannot possibly know and refer to every messenger of the First People, I would like to acknowledge their presence and give gratitude for their work, sincerity, and commitment to Mother Earth and all life.

Thomas Banyacya and David Monongye were the Traditional Elders who delivered the entire Hopi Prophecies to America and around the world. Continuing in this vein of commitment to teaching and practicing these truths to the best of our abilities, it is with great gratitude and humble reverence that I introduce two messengers in this lineage: John Kimmey and myself, Adom.

John Kimmy

1948-2011

John Kimmy was adopted by Hopi Traditional Elder David Monongye of the Sun Clan and given permission by him to deliver the Hopi Prophecies. John faithfully traveled and spoke for four decades, delivering the prophecies and Hopi wisdom. His words came to light as he authored the book *Light On The Return Path: A Spiritual Manual for the New Millennium*.⁴

John and his family lived near David for some time and assisted him for many years on his travels. John heard the entire prophecy from David over seventy times, which was more than most modern Hopis had heard it! He was given a responsibility to continue sharing and teaching these precious truths. He went beyond just delivering information as he shared real Hopi values.

Most importantly, John taught how to incorporate teachings into modern times that we may survive this Great Purification. During his travels, John initiated Sacred Spirit Circles in which he emphasized the importance of getting back to the land and living more simply. John educated people on the importance of maintaining heirloom seeds before they became hybrids and owned by corporations. He also founded the first seed bank in Taos, New Mexico.

John and I became dear friends and comrades. *Light on the Return Path* was written by John and published by Sacred Media. Together we created the longest running “Community Spirit Circles,” in my hometown in Eugene, Oregon. May we be forever grateful for his dedicated commitment.

Adom

August 7, 1954

Born in Brighton Beach in Brooklyn, New York, I am a descendant of Jewish grandparents who escaped the Holocaust. I live a humble and simple life in the Pacific Northwest.

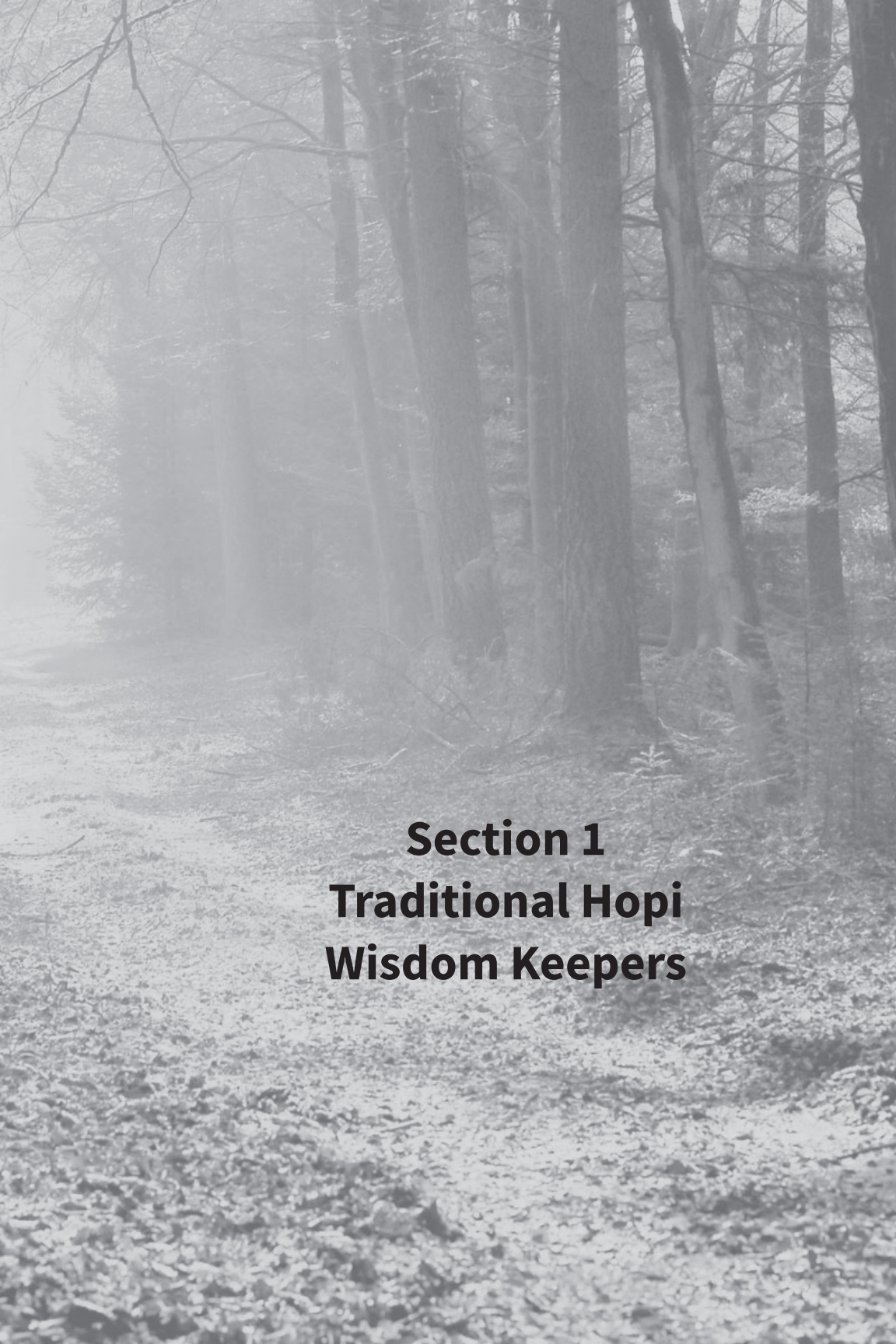
Currently I am the sole proprietor of a spiritual/metaphysical bookstore for over thirty years, helping others on their path of self-discovery. I eat locally grown organic food and ride my bike as much as possible. I am part of a second generation of one-hearted messengers of the Hopi prophecy. When David Monongye assigned John to deliver the prophecies, he was given a prophecy cloth that described the Hopi Life Plan. The prophecy cloth was used as a display and for teaching during his travels.

To my great surprise, John honored me by handing me down an exact copy of the 3' x 5' prophecy cloth and an eagle feather after I published his book in 1999. He presented me with specific agreements that I had to abide by, ones that I still honor to this day. I was asked to share the Hopi Prophecies to the best of my abilities with anyone who sincerely requested to hear them and most importantly to never charge anyone or make a profit from them. To maintain this vow I created Earthheart Wisdom.org, a not-for-profit organization. All of the profits will be donated to the Hopi and other indigenous non-profits and schools of these wisdom teachings.

This has led me to writing Hopi Prophecy Now! One-Heart Awakening. I struggled to write and produce this book for over fifteen years! I probably would have never completed it without the assistance of my dear one-hearted friend and collaborator, Deva Prema Chodron. Deva and I both had many challenging moments in shifting the ancestral oral wisdoms and teachings into a cohesive and progressive context—and I am eternally grateful for the persistence we both were gifted with in order to complete this long-awaited dream.

Let us now move forward on the one-hearted path together. I hopefully ask you to join and become a one-hearted messenger, too, and practice earth-conscious living.



A misty forest scene with tall, thin trees and a path covered in fallen leaves. The atmosphere is soft and ethereal, with light filtering through the branches. The ground is covered in a thick layer of dry leaves and twigs, suggesting an autumn or winter setting. The trees are mostly bare, with some evergreens visible in the background.

Section 1
Traditional Hopi
Wisdom Keepers

~1~

Traditional Hopi Elders

The history, covenant, and fading of the Hopi way of life

Over four thousand years ago a group of surviving people emerged from an opening at the mouth of the Grand Canyon called a sipapu⁵ after the Great Flood.⁶ Their emergence marked the beginning of the Fourth World and the end of living underground.

At this time the newly-emerged people met their destiny as Maasaw the Earth Guardian appeared before them. Maasaw came from the underworld to help humanity rise from false ways of living. He welcomed them back to the world and presented them with their first task. Maasaw told the people to migrate around the four corners of the world. He instructed them to build homes but not to stay in one location for more than fifty years. The people were told to leave a trail of pottery and rock writings for future generations to discover and to return to the Grand Canyon when completed with their journey .

Maasaw created a covenant with these First People with detailed instructions about how to live in harmony and balance with Mother Earth.

This migration was created to accomplish three things:

1. For the earth to receive spiritual roots and establish an elemental connection.
2. For the land to be held together in balance and harmony.
3. For the people to be aware of the true law.

The migration spanned many generations across continents, centuries, and millennia. The people who persevered traveled and lived in agreement with Maasaw and the Great Creator. Ways of harmonious living were taught and shared in the oral tradition of

5 Sipapus symbolize this first portal through which the Hopi ancestors emerged from underground.

6 Deluge myths are found in mythologies across many cultures, from Australia to North America. The most prominent is perhaps the flood narrative found in Genesis, but it is a central motif for many peoples.

storytelling. The people lived these peaceful ways in harmony with the earth and each other for over two thousand years!

Through perseverance and belief in their covenant, the Original People returned back to where they originated at the Grand Canyon. This was a huge feat and contribution! The Hopi had done as Maasaw had asked, settling, leaving signs of our oneness, and consecrating spiritual roots around the world. The migration and its mission had been completed, and the first covenant was successfully fulfilled.⁷

The Elders tell us that upon their return Maasaw was waiting for them. He greeted the weary travelers and proceeded to give them another test. This was to see who the true wise ones were. Maasaw asked all the people to choose an ear of corn from various lengths. After all the people had chosen he explained that the ones who chose the shortest ear of corn were the least greedy and became the new leaders because of their meek and humble nature. Maasaw gave this new people the name “Hopi,” meaning “Peaceful Ones.”

Old Oraibi was consecrated as the first Traditional Hopi mother village in North America in Arizona and became the home land for all returning clans to set up their villages, remaining as such up to this modern day. Maasaw greeted them just like he promised on their return and established what I refer to as their second covenant, which became known as the Hopi Life Plan. The Hopi Life Plan is a blueprint that teaches the Hopi (and all humans) how to live in balance with the earth and all creation as one-hearted beings. Today this plan is generally known as the Hopi Prophecies because it includes possible two-hearted pitfalls and warnings, yet it is much more than a list of predictions.

For two thousand years this was a time of great peace and prosperity, in which the Hopi experienced harmony with the earth and their people. Old Oraibi became a sacred vortex thanks to the energy of two millennia’s worth of unbroken ceremonial practices.

These Traditional Hopi grew up in families and clans where they received and passed down word for word the history of their people as it had been handed down from one generation to the next. The Traditional Hopi had a distinct vantage point. They held

⁷ Archaeological evidence shows a consistent pattern of Hopi migration: Ancient codices and artifacts are being discovered around the world to this day.

incredible depth of insight and clarity in regard to life and how to live peacefully with oneself and others. Because they were fully committed to living with the land and each other as one-hearted, they became a very wise and compassionate tribe of people.

The Hopi performed ritual ceremonies and lived peacefully as caretakers of Mother Earth for two thousand years. Their covenant became a sacred and holy blueprint for daily life, and their commitment was one of epic proportions. The Elders' ethics and code of conduct was "to blend with the earth and celebrate life." Their entire way of being was a living prayer. Pure intentions and clear actions helped keep the world in balance.

Yet this glorious peace could not last, for the warnings outlined in the Hopi Life Plan were about to disrupt their lives. The prophecies foretold of the arrival of the Bahana, outsiders who would devastate their culture, yet still the people were not fully prepared for the struggle they were about to face. After a long period of settlement, the Bahanas came to their land in the form of the US government. The Hopi people became torn between their traditional covenant and the ways of the modern world. The Traditional Elders who were true to the covenant were labeled "hostiles" and forced to leave their ancestral homelands.

The Traditional Hopi Elders share in their own words the ways in which the people fell away from the covenant their ancestors made with Maasaw. Dan Katchongva explains that the encroachment of the US government and corrupt politics made the Hopi unable to maintain their sacred vows:

Hopi means "good, peaceful, and wise." To be a Hopi means to obey and have faith in the instructions of Great Spirit, not to distort any teachings for influence or power, and not to corrupt the Hopi way of life in any way. They were chosen for the arduous task of maintaining a solid peace and love for the Earth with the intention to assist ushering in a new epoch of time.

We finally completed our migration in Oraibi. There we met Maasaw again. He gave us warnings, prophecies, and instructions on the pattern of Hopi life. Different clans arrived from all directions. As each one asked to be admitted into the village they had to tell what they could contribute to nourish

the people and make them happy. If they spoke boastfully they were rejected and told, "Go to the next mesa where your kind of people live." In other words, only humble people received permission to settle in Oraibi. They belonged to various clans, each with a knowledge and wisdom of its own.

Together, we established our Mother Village as a sacred shrine and started our yearly cycle of ceremonies. The new vows that we made with the Great Spirit obligated us to follow His way of life. He gave the land to us to use and care for through our ceremonial duties. He instructed us and showed us the road plan by which we must govern our lives. Our ancestors wrote this pattern of life on the rock so that we would never forget to follow a balanced life.

Ceremonial cycles and accompanying rain prayers were seen as essential: The geographical area received only 8-10 inches of rain a year, yet the people depended on healthy crops to sustain themselves. Because these ceremonies were faithfully observed, life flourished for the Hopi, as Dan Katchongva explains:

At that time everything was in balance. We had rain, food, and flowers. We loved each other and lived in peace. These ceremonies most importantly honored the covenant to keep the outside world in balance. For the next thousand years this covenant remained strong in the remote villages on the high mesas of Arizona.

But powerful outside influences created a separation that systematically destroyed the covenant of one-hearted living. Dan Katchongva continues to go on and say:

The militant Spaniards arrived on their probing expeditions in 1540. The elders said, "Things changed suddenly when the Spanish missionary came and started to convert us. He controlled us and treated us like slaves. He prohibited our yearly ceremonial cycle. Then it stopped raining. Starvation made us think of our original ways, and we reviewed our prophecy warnings and we decided to get rid of them [the Spaniards]." The rains returned and life returned to balance until the mid 1800s.

Arrival of the Bahannas ⁸

With the arrival of the new United States government, the Traditional Elders knew that the prophecies in the Hopi Life Plan were coming to pass. Dan Katchongva lays out the arrival of the Bahana as described in the prophecies:

“One day, another race of people will appear and claim the land as his own. He will try to change our pattern of life. He will use force in an attempt to trap us into using weapons, but we must not fall for this trick. Nor must we ever raise our hand against any nation.” We now call these people Bahanna. The Bahanna did come and destroy our peace again. This time they were known as the United States government. They wanted our children to go to their schools, to brainwash their minds. At first, all the villages refused to cooperate, but the government sent police to capture our men. Every village chief gave in to this pressure, including the leader of Oraibi, the Mother Village. The new followers got the name “friendlies.” We who refused were called “hostiles.” Our refusal to abandon Creator’s law and our ways brought a serious split among our people and destroyed our harmony.

The Invasion of Hopi Land and the Destruction of the Hopi Way of Life

In 1882 the Hopi reservation was founded. New settlers began to visit these intriguing people with the surprise of magically stepping back into an ancient time. Most of the Hopi were only five feet tall, their skin color was a reddish brown, their eyes and hair jet black. While working in the fields, men wore a mere g-string made out of hide and a pair of moccasins.

Americans came almost simultaneously at the Hopi from every side—settlers, government officials, traders, scientists, educators, missionaries, photographers, and tourists. This intrusion was immediate and far greater—even in the light of prophetic warnings—than anything the Hopi had imagined. The invasion of the

8 Bahannas- Light skinned people

Bahanas had begun.

At Oraibi they saw their land base shrink. They were also cut off from numerous shrines which were necessary to fulfilling the religious cycle. The covenant relationship was seriously affected, especially when the Hopi children were taken away from their proper participation in Hopi religious observances and forced to go to school. This was done in complete defiance of the elders' resistance. The school superintendent requested support troops from Fort Defiance. Soldiers entered the ancient village and captured one hundred and four youngsters.

The government's divide-and-conquer policy was working: In 1906, the traditional Hopi were no longer accepted in the village. This final division ignited the founding of Hotevilla. Dan Katchongva explains:

On September 7, 1906, Chief Tawaquaptewa of Old Oraibi and his followers entered the house where we were discussing prophecies and threw us out. We did not resist, and they began beating us. I was knocked unconscious. When I came to, all my people were gathered to go. My father Yukiuma was selected to be the leader. The women and children with a few belongings on their backs, with little food and no shoes, were prepared to leave. Thus we had to migrate once again to find a new home, leaving behind a corrupt world of confusion. We sought to start a new life, carry on our ceremonial cycles, and preserve our way of life without interference.

The village of Hotevilla was settled to stand firmly on the Great Spirit's instruction and fulfill the prophecies to the end. It was established by good people, one-hearted people who were actually living these instructions. We were united in oneness once again. The village became a shrine in itself, a special holy place with kivas as their chief important deities and symbols with certain powers to maintain the balance that was complete with ceremonials and the ritual cycle.

However, the founding of Hotevilla did not mark the end of suffering for the so-called hostiles. Many times its leaders were imprisoned, forced to work on chain gangs, and nearly starved.

Children were placed into government schools against their families' will. As time passed on, Yukiama was deported eight times from his own land! He was imprisoned on the same charges each time, without trial, and additionally spent a year imprisoned in Alcatraz.

Yukiama met face-to-face with President Taft in March of 1911. The government viewed him as an ignorant chosen leader, while some even referred to him as insane. Others correctly saw a fearless spiritual leader defending aboriginal rights and honoring the ancestral Hopi covenant.

By 1940 the Hopi had seen tremendous changes in their social organization. Outside pressures had increased radically. As a result, several modern villages had been developed. Many Hopi people left the reservation to work in neighboring cities. The government relocated thousands of Navajos and created a Navajo reservation that surrounded Hopi Land.

In 1970 a final devastation was delivered to the peaceful Hopi Nation when Black Mesa was torn apart by coal-strip mining and oil/uranium drilling. This section of Hopi Land held some of the largest mineral deposits in the world.

The air in Hopi Land was heavily polluted by coal-fired plants. Natural aquifers dried up because of the massive amounts of water required to move coal into a slurry. Peabody Coal Company, a subsidiary of Kennecott Coper Company, decimated the land. A small compensation was given to a few privileged Hopi.

Even during these times, the last of the Traditional Elders still lived as best as they could while honoring the covenant. But by the end of the 1990s, the faithful Hopi numbered less than ten. These last brave heroes created an underground newsletter called Techqua Ikachi, a powerful firsthand account that explains traditional Hopi philosophy and has great worth in preserving valuable teachings.⁹

The last Hopi Elders were tireless in their attempts to prevent electrical and sewer lines from entering Hotevilla. In 1995, they literally put their lives on the line by putting their bodies in front of cranes in order to stop them. This was their last major attempt at preventing the rape of Mother Nature by the modern world and the resulting imbalance. Shortly thereafter, Dan Evehema became the last Traditional Elder from Hotevilla to “put on his Cloud Mask,”

8 These newsletters can be viewed free of charge online.

which is the Hopi way of describing moving from this life to a realm beyond this one.

Despite the seeming setbacks and tragedies, there is good news in all this. Hope still exists. It is reassured in the Hopi teachings. Prophecies, predictions, and teachings bring us to a magical potential known as the Mystery Egg. The Mystery Egg is our opportunity to reflect and make positive changes in the world that improve our quality of living, now and for future generations. The Mystery Egg points the way to a saving grace, as it is a golden opportunity to embark upon the Return Path: The Return Path is created physically and consecrated by a one-hearted race. It is kept open through our commitment to live in sustainable, loving, and kind ways that support Mother Earth and all of creation.

My experience with the last Traditional Hopi Elders gives me a unique vantage point in understanding and defining one-heartedness, along with other teachings that are encoded in the Hopi Way of Life. This is partially why I felt called to write this book, to share some of the words and teachings that were shared with me during those last precious moments. I am deeply honored to have been given permission to share these prophecies and practices with you, the reader, that you may step into and start practicing one-hearted ways and become a force of greater good in the world. In this way, you too will become a messenger of an ancient yet ageless wisdom that is yearning to be expressed with those who are open enough to follow its Divine guidance.

Most original Traditional Elders have passed on. It is said, however, that the Hopi still live in the earth and are guiding us back to living as a one-hearted race. It is now up to each of us to play our part in the Hopi prophecy and fulfill one of the most recognized Hopi adages:

“We are the ones we have been waiting for.”

Let us pause, take a deep breath, and offer a prayer of thanks to those who have come before us, and to those who will walk the journey with us—from the Fourth to the Fifth World.

We offer gratitude and a deep respect to all kind people, to the True Hopi, and to those who are committed to living in harmony with Mother Earth and humankind. Thank you.

A Call To Prayer for a one-hearted global family

We, the people of Mother Earth, ask for healing of the hearts of the Hopi Gaurdians in the sacred four corners area of Arizona USA.

As part of this healing we pray that the Traditional Hopi way of life service and be respected by all Hopi and all people. We pray for harmony and balance in Hopi land and for all of Mother Earth.

We acknowledge and respect the original covenant made between the Creator and the Hopi, entrusting them with gaurdianship of the land, and as prayer and prophecy keepers for Mother Earth.

We also pray for all native peoples to embrace and maintain their traditional wisdom as Earthkeepers who respect the sacred web of life!

May all people become a one-hearted global family who blend with the land and celebrate life.

May our prayers bring peace and unity to all in order that our children and future generations flourish.

To all our relations...

Please Pray With Us!

Adom

Traditional Hopi Wisdom Keepers



~2~

Yukiuma

Traditional Hopi Leader and Hero

Yukiuma is the first Traditional Elder who we will acknowledge and honor here, as he is a legendary historical leader and hero. Born in the late 1800s in Old Oraibi, Yukiuma was the keeper of the Hopi Fire Clan Tablets. Yukiuma was a Peace Warrior: He stood for the Hopi people and the earth by preserving the sacred covenant. In 1907, he led the Hopi who had been evicted from Old Oraibi to establish a new village where they could safely practice traditional Hopi ways. This marked the founding of Hotevilla.

For over one hundred years, life in Hotevilla was lived in alignment with the Hopi Life Plan. It became the Traditional Hopi people's second home. Here they maintained their original covenant with Earth Guardian Maasaw.

But eventually, the modern world crept up on Hotevilla, and their sacred, sustainable lifestyle slowly faded into a distant memory. The greatest threat to their traditional way of life came from Spanish conquistadors and the coercive indoctrination brought about by the Christian Church. This was all foretold of in the Hopi Prophecies: "Be wary of a race of people who bring the sign of the cross without a circle around it."

In the beginning, not a single Hopi allowed these strange values and beliefs into the village of Hotevilla. However, when Christian missionaries arrived, they established the first church right beside the Hopi settlement. Missionaries had a heavy influence on the Hopi people with their ideology and Western values. As the Bahanas became increasingly influential, the Hopi found it more difficult to maintain their traditional lifestyle.

Yukiuma remained a fearless leader as the outside pressure increased, which made him the Bahanas' number one target. Despite his persecutions, his courage never wavered.¹⁰

In 1824, the Bureau of Indian Affairs was established and organized by the United States Secretary of War. All the agents were under jurisdiction of the Department of War. Many of them were army officers, instructed to place Native Americans under strict military rule. In 1949, the Bureau of Indian Affairs was transferred to the newly created Department of the Interior. This position gave agent's absolute power in native lands and over the native people.

¹⁰ In *Book of the Hopi* by Frank Waters there is a chapter entitled "The Imprisonment of Yuki Omar Yuma." Here you can find more details on the truly heroic nature of Yukiuma.

In the Hopi newsletter, Techqua Ikachi quotes Yukiuma regarding this arrangement:

The first white government people treated us like ferrets because they had been taught that all Indians are war-like people and you must treat them in a rough way to have them understand. When we were treated unkindly by the government men, our religious leaders began to be suspicious. The elders who kept our sacred documents realized that something was wrong with the white man's belief.

Yukiuma was most impervious to supplication, bribes, and threats. In July of 1911, Colonel Scott arrived with a hundred cavalymen. The colonel argued with Yukiuma for ten days. In an act of desperation, Scott removed all the children from school without further regard for the “old religious fanatic.” Several days later, orders were received from Washington, and the cavalry troops marched into Hotevilla.

We have a firsthand report from Colonel Scott himself of this dark day: “By midday the wagons had trundled away from Hotevilla with fifty-one girls and eighteen boys. It was winter and not one of those children had clothing above rags, and some were nude.” The children spent four years at a school in Keams Canyon without vacation. One year later, Colonel Scott erected a new school, taking the next batch of school-aged children there. Yukiuma threatened the school principal, and this time Scott showed no mercy: He carted Yukiuma and other Hopi people to the agency guardhouse for permanent residence.

In 1919, Colonel Scott was transferred to another agency. His last act was to release Yukiuma for a forty-five mile walk back home after years of imprisonment.

Yukiuma is to be recognized for his heroic acts, his passion, and his courage in standing up for what is right and true. He set a standard we can all learn from and emulate. Yukiuma did what was right for his people, and he did not hesitate to take action when it was needed.



~3~

Carolyn Tawangyawama

Bringer of Love, Hope, Compassion, and Peace

Carolyn Tawangyawama was born on September 28, 1907. Carolyn survived the journey from Old Oraibi to Hotevilla while still inside her mother's womb. Carolyn was the first child born at Hotevilla, and her father was Yukiuma.

Carolyn's arrival in the world planted a seed of hope and joy for future Hopi generations to come. She embodied a gentle and compassionate wisdom, along with strong determination and will. As part of a Hopi delegation, Carolyn Tawangyawama traveled to Geneva, Switzerland, nine separate times in an attempt to bring the Hopi message of peace to the rest of the world from the Hopi people.

During meditation, sometimes I am certain Carolyn is one of the Hopi ancestors that is encouraging and guiding me to share this ancestral wisdom.

The following passages are spoken by Carolyn in the documentary film *Hopi Prayer for Peace*:¹¹

In reflecting on changing times:

I was the firstborn of the newly formed village Hotevilla. I have experienced two views of life, a good life and today's life. At this time there is nothing that harmonizes with the traditional way of living. We are not always happy. A long time ago in the fields the earth was covered with many flowers. During my younger days people knew how to care for all creation.

On finding one's self through love and the Divine:

I always work this way, I first find myself. Then there needs to be a lot of love. And it's pretty hard to work with love. For a lot of people will not accept you, but you have to work at it. Constantly praying, I always think about what the elders have told us. If you don't get what you're after, ask the Creator. Keep on asking, he never refuses. Don't be ashamed to shed a little tears. We have a reason for tears. It's to cleanse you and get rid of the sorrows and other things you're fed up with. This is the way I have been taught. So you just keep on at putting out your forces of love. Never forgetting that only through the Creator can you achieve anything—where all things are possible if you only ask.

¹⁰ *Hopi Prayer for Peace* was filmed in 1986. Carolyn and other traditional Hopi elders gave an informative and inspirational message that was presented to the United Nations as a call for action.

Her wisdom and insight when addressing Mother Earth:

It saddens me now that we neglect our Mother Earth. She is tired and ill because of mining and other explorations. Everything is polluted, and we are eating polluted food and breathing polluted air. As a result there is illness. A long time ago, the work of religious leaders made our way of life pure and clean. If we are fortunate we should look back and begin again to work with Mother Earth and Father Sun. They will lead us on the way. We should pay attention to the laws of the Creator and maybe the whole earth would be renewed. That is the only solution for a good life, a new life. The Creator said anyone who needs to ask him something, he will answer your prayers. If you want something ask him, and if you are serious he will give them to you. That's the way we have been doing it after all these years. Praying to the great Spirit, that's the traditional belief.

Carolyn gives us hope from the heavens as her words echo through space and time:

So hear me, understand me, listen to me. At this point it may be too late, but maybe if all the people work towards the peaceful ways, with the help of Creator and the world leaders this renewal can still be accomplished.

The Creator's laws can never be changed, it cannot break down. The original instructions of Creator is universal and valid for all time.

Look to the future of the children who are coming. As our late chief Yukiuma says, "If I am fortunate it will happen in my lifetime and I will be able to save something of value for the future generations so when they grow up they will not be disappointed."

Carolyn's quintessential message is this: "Have compassion for all of life and love for all of Creation."



~4~

Dan Katchongva

A True Hopi Elder

Dan Katchongva was born in Old Oraibi on January 1, 1860. He passed into the Cloud World at Hotevilla on February 22, 1972. Dan was a son of Yukiama as well as a Sun Clan leader—and he knew how to live up to his illustrious heritage.

Dan honored and defended Hotevilla and the Hopi way of life until the very end, witnessing the devastation of the ancient world at the hands of the modern one. He saw many prophecies fulfilled and experienced a wide spectrum of realities, from a peaceful way of ancestral living to the most brutal force that evicted him out of his birth village.

Dan shares in his own words the fateful Hopi eviction:

On September 7, 1906 the current chief Tawaquaptewa and his followers entered the house where we were discussing prophecies and threw us out. We did not resist until rifles and other weapons were shown and they began beating us. Then we resisted only to the extent of defending ourselves from injury. I was knocked unconscious. When I came to all my people were gathered to go. My father Yukiama was selected to be the leader. The women and children with few belongings on their backs, a little food, and no shoes were prepared to leave. Some tried to go back to their houses to get their valuables and some extra food, but they were turned back. After we had left we learned that our houses had been looted and that horses had been turned loose in our fields and had eaten our crops, which were just ready for harvest.

Thus we had to migrate once again to find a new home, leaving behind a corrupt world of confusion. We sought to start a new life, carry on our ceremonial cycles, and preserve our way of life without interference—but now we know that this was a dead dream, for the interference has continued right up to the present day.

This led to the founding of Hotevilla. It was created for one purpose: to stand firmly on Great Spirit's instructions, fulfilling prophecies to the end. It was established by good people, one-hearted people who were actually living the instructions. Water was plentiful and so was wood, from which we built

temporary shelters in which we were to survive the cold winter with very few blankets. Food was scarce, but we managed to live from the land by hunting game and picking greens. We were united in oneness—but we would be split into two once again due to extreme pressure from the outside.

In my entire collection of writings about the Hopi Prophecies, there is one little book that is my favorite: *From the Beginning of Life to the Day of Purification*. With only a few hundred copies in print, it is a remarkable collection of firsthand accounts like this one that have been reproduced directly from the Hopi Life Plan oral discourse. This small yet astonishing book was given originally as a lecture by Dan Katchongva and is available to read online. I invite each of you who are seeking to deepen your awareness to further explore these words of wisdom.



~5~

David Monongye

Prophecy Messenger to the World

A Traditional Hopi Elder, David Monongye was one of the Kikmongwi leaders of Hotevilla and a son of Yukiama. David was twelve years old when his entire family and half the population of Old Oraibi were banished. He died in 1985 at the age of at least 117 years.

David was the leader of a single village that did not acknowledge authority of the Hopi Tribal Council (which was sanctioned by the Bureau of Indian Affairs). His adversaries included the US government, the Peabody Coal Company, and the Mormon Church. David participated in organizing and bringing together traditional leaders of Native Nations across North America.

In 1946 a historic event occurred when an assembly of the eldest Hopi clan priests in all the villages gathered for ten days. They shared their visions, knowledge, and wisdom. A synthesis of the collective wisdom and details of the Hopi way of life was combined into a three-hour talk. It was translated into English by Thomas Banyacya, who is honored in a later chapter. David was then designated as the spokesperson to reveal the highly important Hopi message into the greater world.

In 1972 David Monongye and three other Hopi Elders participated in the United Nations Conference on the Human Environment. David also co-authored *Techqua Ikachi* (meaning “Land and Life”), an account of Traditional Hopi life in a newsletter format. *Techqua Ikachi* ran from 1975 to 1986 and was created to preserve Traditional Hopi wisdom. For his part, David Monongye spoke mostly about problems that were being generated by coal-mining practices on Hopi land.

People who were a part of the '70s hippy days may remember David Monongye as the Hopi who spoke as a guest at the 1977 Rainbow Gathering on July 4th. David shared part of the Hopi Prophecy at this event. It was one of many prophecies that has come true: “There will come a time when there will be a people who revolt against mainstream-thinking Americans and will create more of a one-hearted attitude. They will wear long hair and live closer to the earth and even have a name similar to the Hopi.” Today we recognize these people as hippies.

David was a Hopi consultant for the famous film *Koyaanisqatsi*, meaning “life out of balance.” In it he says this: “In

the Fifth World there will be one language spoken and one religion practiced. The language will come from the heart and the religion will come from the earth. When people live in balance with creation nothing else will be needed.”

David had a key supporter of his work named John Kimmey. John took the Hopi message and quest to heart, devoting his life to David Monongye and revealing the Hopi Prophecies to the world. John and his family lived in Hopi Land where he learned the Hopi ways of life firsthand. He heard the prophecy from David Monongye in its entirety over seventy times! John lived with David for years and assisted in many of his travels. Because of the special bond and allegiance they shared, David bestowed the right to John Kimmey to continue delivering the Hopi Prophecies to those who requested them faithfully. John honorably fulfilled this wish: He traveled and spoke for four decades until he passed away peacefully on April 24, 2011, at 11:11 pm on Easter Sunday.



GrandFather David with John Kimmey



~6~

Thomas Banyacya

Passionate widely traveled messenger

Thomas Banyacya was born in the Hopi village of Moenkopi on June 2nd. On his mother's side he came from the Fox, Coyote, and Wolf Clans. Meaning "corn in the fields standing in water after the rains," Banyacya was the Hopi name given to Thomas to recognize his father's heritage from the Corn and Water Clans. It is with deep gratitude and respect that I honor this Traditional Hopi Elder

Thomas Banyacya had the greatest influence in revealing the Hopi Prophecies. He was tireless in honoring his duties, persisting time and again to bring the Hopi Prophecies into the United Nations. A passionate teacher with a purpose of supreme importance, Thomas Banyacya shared with us these urgent words from the Native Hopi Earth Keepers:

"Stop destroying the natural world!"

At the United Nations Conference on November 22, 1993, Thomas was one of many indigenous leaders to speak at the "Cry of the Earth" event. His words hold weight today like never before as great shifts and unfortunate events continue to occur with increased intensity and frequency.

I am honored to have had the privilege of befriending Thomas Banyacya. The first time I heard him lecture was at a Whole Life Expo in the early 1980s. Subsequently, I went on to sponsor Thomas many times thereafter. As a previous member of Big Mountain Native American support group, I was blessed to receive the Hopi Prophecy teachings by Thomas Banyacya five times!

I remember Thomas with great joy. He was a keynote speaker at an event I created called "The Environmental Sabbath." I was about to pick up Thomas at the train station when I realized I did not have a gift to welcome him with. As a last minute idea, I gathered some lilac flowers in my backyard, presenting them to him upon his arrival. The event was a great success. When we parted ways Thomas asked for the flowers, which were still on the podium. In the photo of Thomas in this book, he is holding the lilacs. The depth of his appreciation for such a small gift bespeaks of his truly one-hearted nature.

Thomas Banyacya's life was rich in depth, experience, and achievements. The following is an overview of his legacy:

Upon his entrance to grade school, Thomas' last name was changed to Jenkins. This was done in line with the Bureau of Indian

Affairs' policy. Later in his life Thomas changed his last name back to Banyacya.

Thomas attended the Sherman Indian School in Riverside, California. In 1930, he received a two-year scholarship at Bacone College in Oklahoma, one of the first all-native-people colleges. At the time Bacone excluded Native American studies from its curriculum. Thomas saw a need for the native people to continue their own spiritual development and return to their teachings. He felt it was important for them to study their own culture, religion, and traditional ways of living. Thomas Banyacya and Medicine Crow (a Crow native from Montana) set up an Indian lodge at the college, which became a refuge and a center for traditional songs and ceremonies.

In 1941, Thomas witnessed the US involvement in World War II. He refused to register for the draft on grounds of the Hopi principle that forbids the bearing of arms. Because of his resistance, Thomas was imprisoned for seven years. Upon his release from prison, he wrote a letter to President Eisenhower requesting a meeting between the military and the Hopi leaders. His intention was to instate Hopi exemption from the armed services based on their tribal beliefs.

In 1953, Thomas and a group of Traditional Hopi spiritual leaders met in Holbrook with officials from Selective Services. They successfully secured a Conscientious Objector Status that protected Hopi people from having to serve in the military.

When atomic bombs exploded in Hiroshima and Nagasaki, Hopi leaders recognized this as a serious prophecy that was being fulfilled: "The gourd of ashes falling on the Earth two times." These terrible disasters led to a call among leaders of the Hopi to meet and discuss the urgent issues at hand. In December of 1948, Kikmongwi leaders from Hopi villages and religious societies came together for the first time. They reviewed and discussed the consequences of this prophecy coming true. They compared previously-secret knowledge and followed the ancient instructions that had been handed down to them for many generations.

Thomas was chosen by the Traditional Elders to be the official speaker to bring the Hopi Prophecies' warnings and message of peace to the outside world. Thomas held strong and true to his

commitment. He traveled far and wide, sharing the Hopi message and promoting a peaceful coexistence with the natural world. As an authentic teacher, Thomas followed the teachings and lived a simple lifestyle along with his family. They received donations from the people who recognized and supported his work.

As a teacher of the prophecies Thomas was asked by the Hopi Elders to travel to the House of Mica (now known as the United Nations). This trip was designed to deliver a “Hopi Message of Peace.” Thomas had been instructed as follows: “If [you are] not welcomed on the first [visit]... knock three times.” The advice paid off: On the third attempt, Thomas was welcomed in.

Thomas was also asked to carry the Hopi message to the four corners of the earth. As Ambassador of the Sovereign Hopi Nation, he created the first Hopi passport. It was recognized by many of the countries that he visited. Thomas also sat on advisory panels for multiple organizations at home and abroad. He received numerous awards and accolades for his participation in programs and projects speaking for the indigenous people and their original way of life.

Thomas’ message is simple yet inscrutable to the mind of Western civilization:

“All of the problems of modern society are rooted in error of human thinking.”

Thomas believed that our hearts are clouded because of attachments to material comforts. He believed the cure for this was a return to one-hearted living: “To solve all problems, we have to reawaken our innate human-spiritual relationship to all of life as our relations and to all people as one human race.” Thomas was certain this simple, spiritually-focused lifestyle is the only one that will survive in times of increased war, violence, and even natural disasters.

Thomas Banyacya’s life was an inspiration to many people. He reawakened the respect and ancient wisdom that is found in traditional indigenous cultures and in the earth itself. Decades before scientists had recognized evident effects of global climate change, Thomas had forewarned that the actions of industrial society would bring devastating storms, earthquakes, and more. With hope and passion, he shared wisdom that society would be well-advised to heed and act upon, before it is too late!

Thomas shared the clarity and wisdom of the Hopi people in the following document, which the people of the modern world can learn from:

HOPI DECLARATION OF PEACE

It is in the Power of the True Hopi People to unify the minds and spirits of all true peace-seeking people of the earth

"Hopi" means "Peaceful People" and the truest and greatest power is the strength of Peace because Peace is the Will Of The Great Spirit

But do not think that just because the True Hopi People have been told by the Great Spirit never to take up arms that the True Hopi People will not fight even die for what we know to be the right way of Life.

The True Hopi People Know how to fight without killing or hurting

The True Hopi People Know how to fight with Truth and Positive Force In The Light Of The Great Spirit

The True Hopi People Know how to educate by clear thoughts good pictures and by carefully chosen words

The True Hopi People Know how to show to all the world's Children the True Way of Life by setting an example by working and communicating in a way that reaches the minds and hearts of all people who are truly seeking the methods of a simple and spiritual Life which is the only Life that will survive

THE TRUE HOPI PEOPLE PRESERVE THE SACRED KNOWLEDGE ABOUT THE WAY OF THE EARTH BECAUSE THE TRUE HOPI PEOPLE KNOW THAT THE EARTH IS A LIVING, GROWING PERSON AND ALL THINGS ON IT ARE HER CHILDREN

The True Hopi People Know how to show the Right Way of Life to all the world's people who have ears to listen who have eyes to see and who have hearts to understand these things

The True Hopi People Know how to generate enough Power to link up the forces of the Minds and Spirits of all the True Children of the Earth and to Unify them with the Positive Force of the Great Spirit so that they may put an end to affliction and persecution in all afflicted places in this world

**THE TRUE HOPI PEOPLE DECLARE
THAT HOPI POWER BE A FORCE WHICH WILL BRING ABOUT WORLD CHANGE.**

Thomas Banyacya



P.O. Box 112, Kykotsmovi, Arizona 86039



~7~

Titus Quomayomptewa

The Politics of Titus Farm

Titus Quomayomptewa was born on December 25th, 1896, in Old Oraibi. At just ten years of age, Titus was one of the youngest new settlers in Hotevilla. He had a prominent role in Hopi ceremonial cycles and celebrations as Father of the Kachinas, the spiritual deities who are influential in nature. Kachinas are emulated by members of clans that correspond to the specific energies of individual Kachinas. The identity of a Kachina is expressed as an archetypal energy: Each one represents an intricate part of life that helps create and maintain energies of existence. Ancestors, guides, elementals, and animals can all be represented by a Kachina, as a commonality they all share is a definable sense of purpose.

Titus' relationship and his role with the Kachinas made him a huge contributor in the maintaining of balance between the Hopi, Mother Earth, all human beings, and even animals. Although I did not have the honor of meeting Titus when I visited Hotevilla (as he had already passed on) I did learn of his legacy and of the limitations imposed upon the Traditional Elders by the Hopi Tribal Council.

Titus Quomayomptewa was among the most advanced and committed souls in the plight of returning to a one-hearted life. He was one of the last Traditional Hopi in Hotevilla to fight against the installation of electrical and water lines. The Hopi Elders undoubtedly believed these interferences would desecrate the spiritual energy of the village and of the world, which was taught in their oral lessons throughout time.

In my search for clarity and understanding, I came across two press releases that exemplify the steadfastness of Traditional Hopi in upholding and hopefully saving the sacred covenant of life:

First Press Release

August 23, 1995: Eight Traditional Hopi stood in the way of a backhoe that was attempting to dig sewer lines into the sovereign village of Hotevilla, Hopi Land. The Traditional Hopi stood upon the aboriginal laws upon which Hotevilla was founded. These laws prohibit any water, sewer, and electrical lines to enter the village. The Chief of Hopi rangers agreed to stop digging to avert any possible danger until a meeting was held between all parties for further discussion. The Elders waited until the trench was refilled before they

left. The next morning the construction crew resumed work on the excavation disregarding our agreement to meet.

In Thomas Mails' book *The Hopi Survival Kit*, a prophecy is mentioned that warns of a destruction of the spiritual pathways and ceremonies that create balance and sustain a healthy relationship with Mother Earth. This prophecy warns that if modern lines of energy (sewer and electrical) are introduced, they would disrupt spiritual pathways and desecrate sacred energies in Hotevilla. The prophecy also states that Hotevilla is a microcosm of the macrocosm: What happens in Hotevilla will ripple outwards, thereby influencing the entire planet. We see this playing out in the world today.

Second Press Release

Summary

June 22 1995: Twelve Bureau of Indian Affairs police cars under direction of the unauthorized created Hopi Tribal Council entered the sovereign land of Titus Farm. Tribal police entered with their guns drawn and were equipped with bulletproof vests without a search warrant. They drove over the planted cornfield and kicked in and destroyed the door to arrest Roy Steevensz. He was charged with criminal trespassing and was taken to jail. Roy was a dear friend who had been invited by Titus to live at the farm and take care of him after a serious injury. The Hopi Tribal Council has no legal jurisdiction over Titus farm. The Hopi Tribal Council is the only voice the US government will listen to when it comes to communication. The Traditional Hopi Elders have lost their voices, their lands, and now their freedoms.

This information pertains directly to Titus Farm and reveals some of the conditions that Traditional Elders had to deal with in facing the Tribal Council. It is important to know that Roy Steevensz was invited to live at Titus Farm by Titus himself; in fact Roy literally saved Titus' life after a tragic injury. Roy stayed by Titus' side night and day, providing healing massages and nourishing him with a whole-food diet.

Roy traveled around the world to share all the deep wisdom and insight that he had gleaned from his many years with Titus. Roy saw himself as “the One-Heart Purification Messenger.” Many years later, his deep spiritual connection with Titus and the Hopi people would bring him back once again to Hopi Land.

In July of 2010, Roy received a prophetic message from Titus. He returned to Hopi Land at once and held a conference called “Circle of Truth and Reconciliation in the Sign of the One Heart” in Sedona, Arizona. He invited the chairman of the Hopi Tribal Council to attend; unsurprisingly, he did not show up.

I was invited to attend the conference, and I left with increased awareness and a wealth of information. I found myself particularly moved by a one-hearted song and dance that Roy shared. The message was especially meaningful as I felt it enter my heart. Upon further reflection and a prophetic dream, I realized that this was my own personal calling as I was given the name “Adom the One-Hearted Messenger.”

Roy shared a simple Hopi song that sums up the Hopi message:

**Wake up, wake up, wake up
Rise with the rising sun
Listen with your hearts
We are one, we are one, we are one!**

Titus' Message of Sovereignty

Original Just Law

Sovereignty is the quality or state of being sovereign. It is defined as “having supreme and independent power or authority, status and dominion as claimed by a state or community.” It is also defined as “a rightful status, independence, or prerogative.”¹²

All individuals deserve to be treated with equal dignity and respect. It is a gift we are evolving into as advancing human beings. There is a compassionate way of living in the world that is empowering and liberating for all people. It is a universal law that allows each person to live according to their free will. Claiming and living our right as sovereign beings provides opportunities to learn and realize how our words and actions are reflected back to us by the universal law of cause and effect (karma). This awareness gives a higher sense of just and right order to dawn in our mind-intellect that we may continue to grow in ways that benefit ourselves and others. It gives each of us the potential gift of attaining and living as an enlightened sovereign being.

Bullying, punishing, harming, injuring, or killing anyone in the name of a “higher law and order” is not in alignment with Creator’s law. Attempting to control and manipulate others goes against the natural law of a just and fair world.

Prior to his passing, Titus received a profound message:

The time is upon us now to come forth and give our knowledge to those willing to help the energies of the Creator. The Hopi Way will never vanish. The Hopi Way remains in the land, rocks, trees, animals, and all features of True [original] Creation. The Hopi culture as it was is gone. But you can feel the beating of the Hopi heart in everything you feel, touch, and say. The history of our nation is written in the Earth and anyone who gives themselves to Creator can use the knowledge for Earth and her evolution.

11 Dictionary.com.

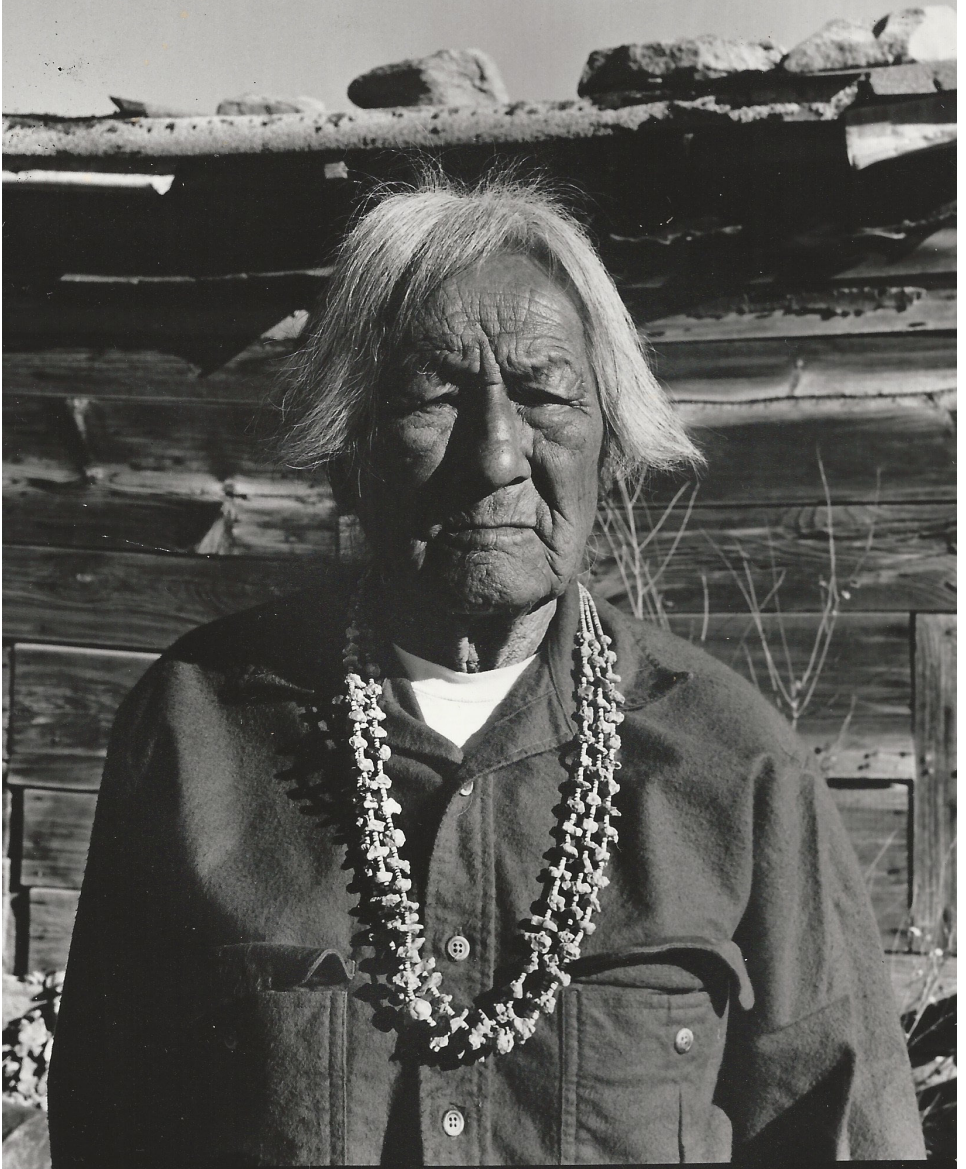
He urged us to listen to—and moreover to hear—the following words of wisdom:

*The Truth of Creators Law for World Peace and Freedom
It is Universal Truth that Each and Every Soul has Direct
Communion with Creator. Deviation and Denial of Creators'
Self-Enforcing Laws has led to a slew of creation of artificial
laws. Due to their unnatural nature, these laws have to be
strengthened and reinforced with mental coercion, threats
and violence. All wars, inner and outer will end when we return
to the One Law, Creator's Law. All lingering disharmonies,
sense of separation, and ultimately terrorism, is the result of
believing and obeying secondary and inferior authorities.*

Sometimes the original cause of discomfort is found within our own minds; sometimes it can be found outside of ourselves. Regardless of where the sense of disharmony originates, Titus believed that we could find true peace by going beyond the issues and connecting with a Divine force that is all-unifying, all-generating, all-peaceful, and all-good. Titus' greatest wish was for anyone who



Hopi Corn Field



truly desires to be a faithful follower of the Creator of All-Good to attain individual sovereignty under this universal law.

~8~

Dan Evehema

The Last Traditional Elder

Dan Evehema was a member of the Roadrunner and Greasewood Clans in the Hopi Nation. Born at Old Oraibi in 1893, Dan was the last appointed traditional spiritual leader in Hotevilla. He oversaw his own kiva, complete with ceremonies and celebrations. Dan was the last Traditional Elder in Hotevilla to keep his original covenant with Maasaw. He remained faithful to his humble daily duties, tending fields of corn until the end of his life. At one hundred years old, he still spoke out to educate others on the importance of honoring and upholding traditional Hopi values.

Dan Evehema was one of four Traditional Hopi Elders who decided to reveal Hopi wisdom and the prophecies to the general public. The other three members were David Monongye, Dan Katchongva, and Thomas Banyacya. They made a unanimous decision to speak out in 1946, after the first atomic bomb was detonated in Japan during World War II. This was a catastrophic event predicted in the Hopi Prophecies, coming to pass with fierce consequences. The Hopi Elders knew at this time that it was of utmost importance to share the prophetic warnings with the world. The last Elders' intention and greatest hope was to alert people that they would have a chance to change their course and avert events that would lead to World War III and further catastrophe.

Dan Evehema and other Traditional Elders co-authored the Hopi newsletter Techqua Ikachi. Before Dan passed into the Cloud World he bestowed his trust and rights to Thomas Mails, a Lutheran Priest and author who wrote Hotevilla: Hopi Shrine of the Covenant—Microcosm of the World.

These precious writings preserve the wisdom of the Hopi Elders, and they additionally reveal the opposition the Hopi faced in the form of the Hopi Tribal Council. Dan and the Hopi became world-renowned as a result of these publications.

The following is a message given to the world by Dan Evehema directly. It was written about a year before he died at 106 years old.

Final Message to Mankind

By Dan Evehema

We are instructed to hold this world in balance within the land and the many Universes with special prayers and ritual which continue to this day.

I am very glad to have this time to send a message to you. We are celebrating a time in our history which is both filled with joy and sadness. I am very glad that our Hindu brothers have given us this opportunity to share these feelings with you, because we know many of you are having the same troubles.

We the Hopi believe that the human race has passed through three different worlds and lifeways since the beginning. At the end of each prior world human life had been purified or punished by the Great Spirit, Maasaw. This is mainly due to corruption, greed, and turning away from Great Spirit's teachings. The last great destruction was the flood, which destroyed all but a few faithful ones who asked, and received a permission from the Great Spirit to live with Him in this New Land.

The Great Spirit said, "It is up to you if you are willing to live my poor, humble and simple life way. It is hard but if you agree to live according to my teachings and instructions, if you never lose faith in the life I shall give you you may come and live with me."

The Hopi, and all who were saved from the great flood made a sacred covenant with the Great Spirit at that time. We Hopi made an oath that we would never turn away from Him. For us the Creators laws never change or break down.

To the Hopi, the Great Spirit is all powerful. He appeared to the first people as a man and talked with them in the beginning of this creation world. He taught us how to live, worship, where to go and what food to carry, he gave us seeds to plant and harvest. He gave us a set of sacred stone tablets into which he breathed all teachings in order to safeguard his land and life. In these stone tablets were instructions, prophecies, and warnings. This was done with the help of a Spider Woman and her two grandsons. They were wise and powerful helpers of the Great Spirit.

Before the Great Spirit went into hiding he and Spider Woman put before the leaders of the different groups of people many colors and sizes of corn for them to choose their food in this world. The Hopi was the last to pick and then choose. The Hopi chose the smallest ear of corn. Then Massauu said, "You have shown me you are wise and humble, for this reason you will be called 'Hopi' (people of peace) and I will place in your authority all land and life to guard, protect and hold in trust for Me until I return to you in later days, for I am the first and the last."

This is why when a Hopi is ordained into the higher religious order the earth and all living things are placed upon his hands, and he becomes a parent to all of life on Earth. He is entitled to advise and correct his children in whatever peaceful way he can. So we can never give up knowing that our message of peace will reach our children. Then it is together with other spiritual leaders that the destiny of our future children is placed. We are instructed to hold this world in balance, within the land and the many Universes with special prayers and rituals which continue to this day.

It was to the Spider Woman's two grandsons that the sacred stone tablets were given. These two brothers were then instructed to carry them to a place that the Great Spirit had instructed them. The older brother was to go immediately to the East to the rising sun and upon reaching his destination was instructed to immediately start to look for his younger brother, who shall remain in the land of the Great Spirit. The older brothers' mission when he returned was to help his younger brother Hopi bring about peace, brotherhood and everlasting life.

Hopi, the younger brother was instructed to cover all land and mark it well with footprints and sacred markings to claim this land for the creator and peace on earth. We established our ceremonies and sacred shrines to hold this world in balance in accordance with our first promise to the creator. This is how our migration story goes until we met the creator at Old Oraibi (place that solidifies) over 2000 years ago. It was at that meeting when he gave to us these prophecies to give to you, now at this closing of the Fourth World of destruction, and the beginning of the Fifth World of peace. He gave us many prophecies to pass on to you, and all have come to pass. This is how we know the timing is now to reveal the last warnings and instructions to mankind.

We were told to settle permanently here in Hopi land where we met the Great Spirit, and wait for Older Brother who went east to return to us. When he returns to this land he will place his stone tablets side by side to show all the world that they are our true brothers. When the road in the sky has been fulfilled and when the inventing of something, in Hopi means, gourd of ashes, a gourd that, when it drops upon the earth will boil everything within a large space and nothing will grow for a very long time.

When the leaders turned to evil ways instead of Great Spirit, we were told there would be many ways this life could be destroyed if humankind does not heed our prophecy and return to the original spiritual instructions. We were told of three helpers who were commissioned by the Great Spirit to help Hopi bring about the peaceful life on earth who would appear to help us and we should not change our homes, our ceremonials, or our hair because the true helpers might not recognize us as the true Hopi... So we have been waiting all these years.

It is known that our True White Brother, when he comes will be all powerful and will wear a red cap, or red cloak. He will be large in population and belong to no religion but his very own. He will bring with him the sacred stone tablets. With him, there will be two great ones both very wise and powerful. One will have a symbol, or sign of a swastika which represents purity and is Female -a producer of life. The third one, or the second one of the two helpers to our True White Brother, will have a sign of a symbol of the sun. He too will have many people and be very wise and powerful. We have in our sacred Kachina ceremonies a gourd rattle which is still in use today -with symbols of these powerful helpers of our True Brother.

It is also prophesied, if these three fail to fulfill their mission then the one from the West will come like a big storm. He will be many in numbers and unmerciful. When he comes he will cover the land like the red ants and over take this land in one day. If the three helpers chosen by the Creator fulfill their sacred mission, and even if there are only one, two, or three of the true Hopi remaining, holding fast to the last ancient teaching and instructions the Great Spirit, Maasaw will appear before all and our world will be saved.

The three will lay out a New Life Plan which leads to everlasting life and peace. The earth will become new as it was from the beginning. Flowers will bloom again, wild game will return to

barren lands, there will be an abundance of food for all! Those who are saved will share everything equally, they will all recognize Great Spirit and speak one language.

We are now faced with great problems, not only here but throughout the land. Ancient cultures are being annihilated. Our people's lands are being taken from them leaving no place to call their own. Why is this happening? It is happening because many have given up or manipulated their original spiritual teachings. The way of life which the Great Spirit has given to all its people of the world, whatever your original instructions are, are not being honored. It is because of this great sickness called greed which infects every land and country that simple people are losing what they have kept for thousands of years.

Now we are at the very end of our trail. Many people no longer recognize the true path of Great Spirit. They have, in fact, no respect for Great Spirit or for our precious Mother Earth who gives us all life. We were instructed in our ancient prophecy that this would occur. We were told that someone would try to go up to the moon, that they would bring something back from the moon and that after nature would show signs of losing its balance.

Now we see this coming about. All over the world there are many signs that nature is no longer in balance. Floods, drought, earthquakes, and great storms are occurring causing much suffering. We do not want this to occur in our country and we pray to the Great Spirit to save us from such things. There are now signs that this same thing might happen very soon on our own land.

Now we must look upon each other as brothers and sisters. There is no more time for divisions between people. I call upon all of us today from right here at home, Hotevilla where we too are guilty of gossiping and causing divisions even among our own families, and out to the entire world where thievery, war and lying goes on every day. These divisions will not be our salvation. Wars only bring more wars, never peace. Only by joining together in a spiritual peace with love in our hearts for one another, love in our hearts for the Great Spirit and Mother Earth shall we be saved from the terrible Purification Day, which is just ahead.

There are many of you in this world who are honest people. We know you spiritually for we are the, 'Men's Society Grandfathers,'

who have been charged to pray for you and all life on Earth never forgetting anything, or anyone in our ceremonials. Our prayer is to have a good happy life and plenty of soft gentle rain for abundant crops. We pray for balance on Earth to live in peace and leave a beautiful world for the children yet to come.

We know you have good hearts but good hearts are not enough to help us out with these great problems. In the past some of you have tried to help us Hopis and we will always be thankful for your efforts. Now we need your help in the worst way. We want the people of the world to know the truth of our situation.

This land which people call, 'The Land of Freedom' celebrates many days reminding people of the world of these things. Yet, in well over 200 years the original Americans have not seen a free day. We are suffering the final insult. Our people are now losing the one thing which gives life and meaning of life -our ceremonial land which is being taken away from us. Hotevilla is the last holy, consecrated, undisturbed, and traditional Native American sacred shrine to the Creator. As the prophecy says, "This sacred shrine must keep its spiritual pathways open."

This village is the spiritual vortex for the Hopi to guide the many awakening Native Americans and other true hearts home to their own unique culture. Hotevilla was established by the last remaining spiritual elders to maintain peace and balance on this continent, from the tip of South America to Alaska. Many of our friends say Hotevilla is a sacred shrine, a national and world treasure and must be preserved as such. We need your help.

Where is the freedom which you all fight and sacrifice your children for? Is it only the Indian people who have lost or are all Americans losing the very thing for which you originally came here to find? We don't share the freedom of the press because what gets into the papers is what the government wants the people to believe, not what is really happening. We have no freedom of speech and we are persecuted by our own people for speaking our beliefs.

We are at the final stages now and there is a last force that is about to take away our remaining homeland. We are still being denied many things including the right to be Hopis and to make our living in accordance with our religious teachings. The Hopi leaders have warned the leaders in the White House and the leaders in the

Glass House, but they do not listen.

So as our prophecy says then it must be up to the people with good, pure hearts that will not be afraid to help us to fulfill our destiny in peace for this world. We now stand at a crossroads. Whether to lead ourselves in everlasting life or total destruction? We believe that human beings spiritual power through prayer is so strong it decides life on earth.

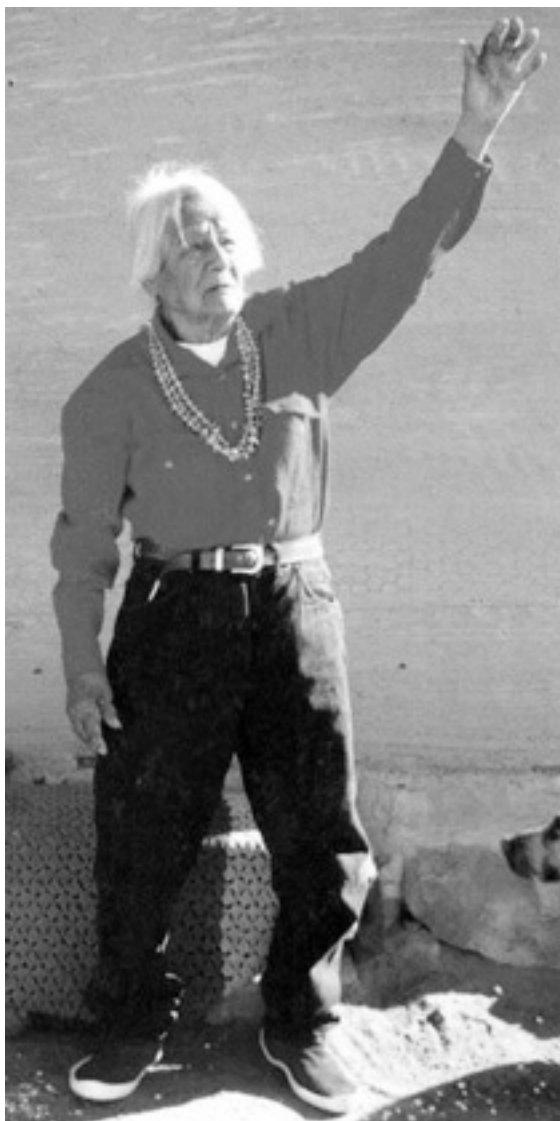
So many people have come to Hopiland to meet with us. Some of you we have met on your lands. Many times people have asked how they can help us. Now I hope and pray that your help will come. If you have a way to spread the truth through the newspapers, radio, books, through meeting with powerful people tell the truth! Tell them what you know to be true. Tell them what you have seen here, what you have heard us say. Tell them what you have seen with your own eyes.

In this way, if we do fall let it be said that we tried right up to the end, to hold fast to the path of Peace as we were originally instructed to do by the Great Spirit. Should you really succeed. we will all realize our mistakes of the past and return to the true path living in harmony as brothers and sisters, sharing our mother, the Earth with all other living creatures. In this way, we could bring about a New World. A world which would be led by the Great Spirit and our Mother will provide plenty and happiness for all.

God bless you, each one of you, and know our prayers for peace meet yours -as the sun rises and sets. May the Great Spirit guide you safely into the path of love, peace, freedom, and God on this Earth Mother. May the holy ancestors of love and light keep you safe in your land and in your homes.

Pray for God to give you something important to do in this great work, which lies ahead of us all to bring Peace on Earth. We the Hopi still hold the sacred stone tablets and now await the coming of our True White Brother and others seriously ready to work for the Creator's Peace on Earth.

Be well my children, and think good thoughts of peace and togetherness. Peace for all life on Earth and Peace with one another in our homes, families and countries. We are not so different in the Creator's eyes. The same Great Father Sun shines his love on each of us daily, just as Mother Earth prepares the sustenance for our table, do they not? We are One, after all.



Dan Evehema

Traditional Hopi Wisdom Keepers



~9~

Martin Gashweseoma

Keeper of the Sacred Stone Tablet

Martin Gashweseoma was born December 7, 1922. Martin lived a deep and meaningful life. Before Dan Evehema passed away, he bestowed upon Martin the role of High Elder of Hotevilla.

My personal experience with Martin was at his home in Hotevilla in the summer of 2006. I had the privilege of introducing His Holiness Khenpo Choga Rinpoche to Martin Gashweseoma. Martin graciously welcomed us into his home. During our rich time together, we discovered many similarities between the Hopi and Tibetans, including physical features and a commonality of language. This was, without a doubt, the most profound experience of all my visits to Hopi Land. I witnessed a moment of holy intent and prophecy as a Hopi teacher and Tibetan Rinpoche came together in the most sacred of places, uniting from opposite sides of the planet in the one-hearted way.

Martin is remembered as the last guardian of the Sacred Stone Tablet held by the Fire Clan of the Hopi. This was one of four tablets entrusted to the Hopi by Maasaw at the time of the emergence into the Fourth World. These tablets were to be held onto until the last stage of the Hopi Prophecy, at which point a missing piece of stone matching the broken tablet would be returned by the True White Brother.

These tablets were kept sacred by the Hopi people and passed down from generation to generation. They were used to renew holy vows of spiritual commitment between the people and Creator at specific ceremonial times. Presently, it is not clear where the sacred stone tablets are or who has possession of them.

At the time of this visit I realized that Hotevilla had no spiritual leaders living on the land:

The Traditional Elders' warnings had become a reality. Modern lifestyles have kept the people from connecting with their lineage and ancestral teachings, which has created a marked shift between the Hopi people and their original ways of living.

A notable absence of spiritual leadership and a subsequent disconnection from sacredness and the true source have resulted in the rampant consumption of recreational drugs by the Hopi people. Previously unthinkable acts—including murder—occur in the once-peaceful mecca of Hotevilla. We are told in the prophecy that what happens in Old Oraibi and

Hotevilla will happen everywhere—until we change our ways and start living more naturally in unison with nature as a one-hearted people.

In July of 2011, Martin shared the following words and sentiments with us regarding to the overall politics of Hopi Land and the plight of the last traditional elders:

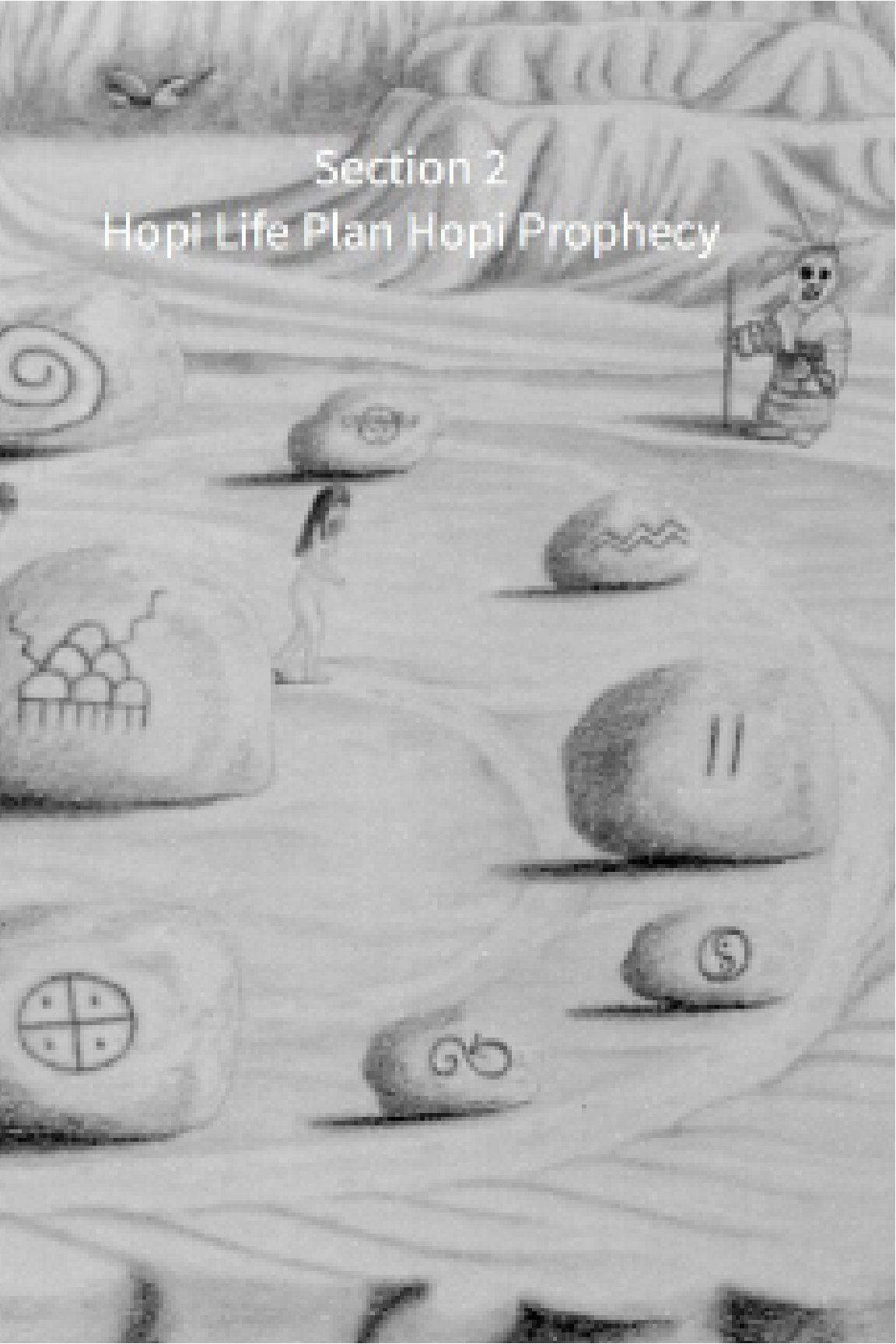
There is no dignity in Hopi because of many things that changed our life. I am not a chief or a Kikmongwi. Actually, there are no more chiefs among the Hopi because they are not honored or held in high regard as a wise leader anymore. There are certain selected men who have been recognized as to have religious and village authority but they are not perceived in that sense by the Hopis. Now the federal and state governments are recognized as to have all the authorities and they even have authorities over the Hopi Tribal government.

There are no more teachings among the Hopi families. Only a few families try to teach their children, but the children are not interested because there are many things out there that the children want to learn, like the TV. Some may be learning about the dances, but I am not sure about that either. There are no more dances and yes, there are dances in the Villages, but it is not the pure ways like in the past.



Shelma

Section 2 Hopi Life Plan Hopi Prophecy



~10~

Hopi Life Plan

Essential wisdom for a successful evolution

It is time to listen to the ancestral truth of the Traditional Hopi Elders. Their prophecies and lifestyle provide us with invaluable insight and information on how to bring balance and everlasting peace back into our lives. By listening and following their guidance, we create healing for humanity and our planet.

The Hopi made a covenant never to turn away from Creator's law and to protect all land and life. They were given instructions on how to hold the world in balance with specific prayers and rituals. The Hopi were the seeds of a flourishing new humanity, with Divine authority to act as guardians to all creation. The Hopi were told to advise and correct their children according to the wisdom they had been given. This transformational period of time is known as the Fourth World. The Hopi honored the covenant—and as a direct result, everything flourished.

Hopi teachings inform us that human beings have passed through three earlier worlds or time periods since we began inhabiting the earth. The first world is known as Lemuria, the second Atlantis, and the the third world ended with a great flood (recognized in the story of Noah's Ark and the flood myths of many cultures the world over). The Hopi Elders tell us that the Fourth World is in its closing phase now.

It is said that all three worlds ended because of the human mind's tendency to move ahead of the heart. Apparently we have a long history of worshiping science as God, rather than appreciating the natural miracle of life as a Divine gift. In response to this two-heartedness, our planet goes through a purification:

This is essentially a do-over, a natural occurrence deemed necessary by Earth Guardian Maasaw in order to bring balance back to humankind and our planet. With the end of each world, this purification has happened as a result of humankind's greed, corruption, and rejection of Spirit. What will it take for us to wake up to our inherent perfection—within and without?

Today over a hundred prophecies by the Hopi have come to pass. Each prophecy is evidence of our continued disrespect to Mother Earth and our refusal to heed the Hopi warnings to change. Destructive lifestyle choices—whether consciously made or not—systematically disconnect us from the natural world. The willful ignorance of the fact that our individual choices contribute to a cohesive whole has resulted in a globally industrialized society with extensive deforestation as well as an indifference to the exploitative dependence on fossil fuels. Simply put, we have become lost in our own minds and disconnected from our own heart centers, each other, and Mother Earth. We are now witnessing a society heading toward global destruction, just like in the three previous worlds.

The Hopi did their best to keep the covenant alive. They held the world in balance for thousands of years until Dan Evehema (the last of the Traditional Hopi Elders) passed into the Cloud World.¹³ This was when the Hopi lineage came to a physical end. Fortunately, we were told by Hopi Elders before their passing that they will still speak with us through nature and the still voice within.

According to Hopi prophecy, the Return Path to navoti (balance) is critical to our survival at this time. The Mystery Egg represents the final prophecy and our last chance to turn things around.

The unavoidable question then becomes; can we survive and thrive beyond the great purification that is already upon us? It is unleashing the greatest destructive crises experienced in our current human history. As the Elders said: “We are in the eleventh hour.” Is it possible that life as we know it could end with a “gourd of ashes” in the form of a devastating nuclear war? The Mystery Egg is starting to crack... Will it result in a stillborn birth, or from it will a one-hearted culture emerge? Right now we are deciding, individually and collectively, the outcome of our destiny and our children’s futures.

According to the Hopi, the good news is that there is a good chance to survive this stage of purification. It is essential to undergo a purification in order to be whole and healthy and allow that which is not in alignment with peace of mind and heart to fall away. This can result in what is called a healing crisis. Things may seem to be

¹² It is important to note that a small number of Hopi still conduct and honor ancient ceremonial cycles at certain times of the year.

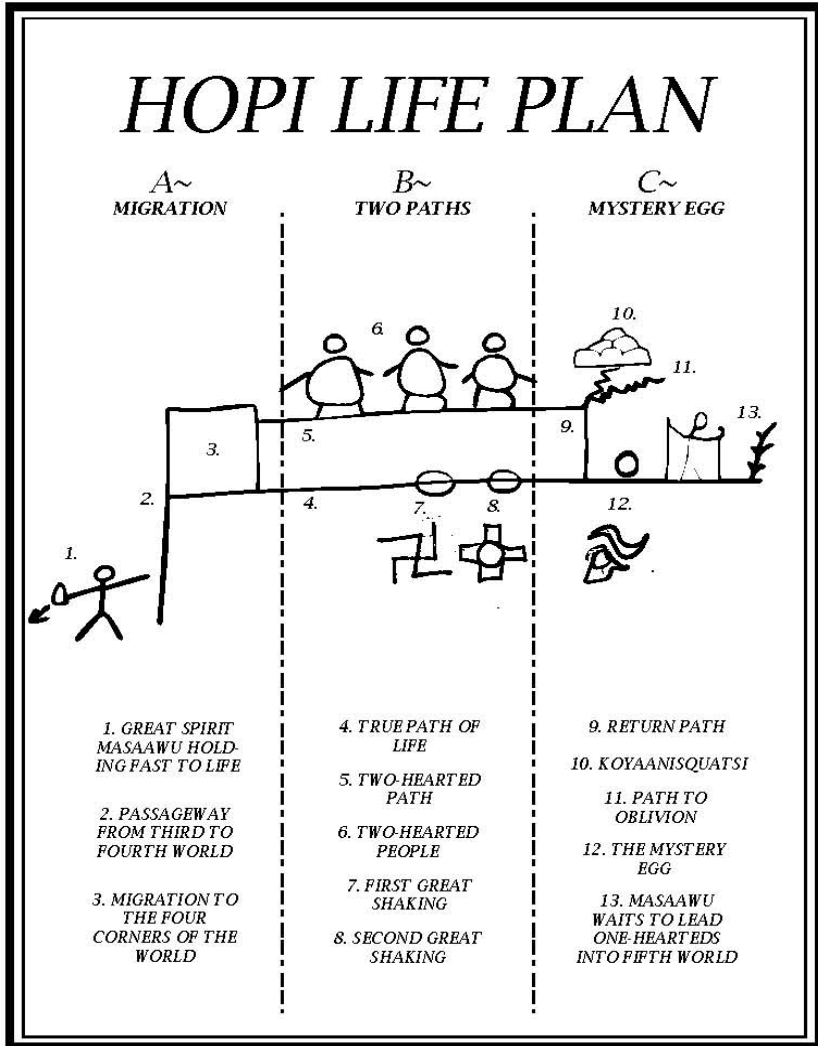
falling apart, and in a way they are: The ways that are not working are revealing themselves in order to be released. When we are open to change we can let go of our own destructive two-hearted ways of living.

As many people on earth begin living from the heart center, we will flourish again as a species and a planet! A deeper understanding of our Unified State of Awareness can be attained by being open and receptive to further teachings and practices of the Hopi, Tibetan Buddhism, and many other one-hearted wisdom teachings from around the world.

A mindful revolution is upon us. It is happening in large part as a result of the arrival of the prophesied dharma teachings and practices reaching the “Red Man’s land.” Compassion, acts of kindness, and a deep respect for Mother Earth are all awakening in our consciousness. Outdated and self-centered ways are crumbling as new hope awakens in the hearts of many.

The Hopi invite you to walk beside them on the path lined with one-hearted principles and truths. Welcome home. We are the one’s we have been waiting for!

~11~
Hopi Life Plan
Pictograph



~12~

The Migration

Planting Spiritual Seeds

Hopi Life Plan – Diagram A

1. Great Spirit Maasaw Holding Fast to the Life Plan

As Earth Guardian, Maasaw held instructions to ensure harmony with the earth and all of creation as the sustainable way of living.

2. Passage from the Third to Fourth World

This is the beginning of the Fourth World as spoken of by the Hopi. In the previous Third World, a majority of people were annihilated by a great flood. It is said that the Hopi were living underground in the earth at this time. As the story goes, a mourning dove was seen flying high in the sky. She communicated to the people that it was safe to emerge and live above earth once again. The people's entryway into the Fourth World is called the sipapu, meaning a place of emergence.

3. Migration to the Four Corners of the World

Upon their arrival to earth's surface, the people met with Maasaw. The Hopi were instructed to travel around the world and settle for a period of time in each new place, where they were to plant spiritual seeds for future generations. The first Hopi were given guidance to create hieroglyphic markings at each of their destinations in order to leave an indestructible mark on the land.

Not all Hopi continued the migration, as some chose to stay and raise their families at the place they were born. According to the Hopi Elders, the entire migration took approximately two thousand years. Upon the return to their base at the Grand Canyon in Arizona, they met with Maasaw once again.

The following is an excerpt from Dan Evehema's "Message to Mankind":

It was to the Spider Woman's two grandsons that the sacred stone tablets were given. These two brothers were instructed to carry them to a place the Great Spirit had instructed them.

The older brother was to go immediately to the East to the Rising Sun. Upon reaching his destination he was instructed to immediately start to look for his younger brother who shall remain in the Land of the Great Spirit. The older brother's mission when he returned was to help his younger brother, Hopi bring about peace, brotherhood and everlasting life.

The younger brother was instructed to cover all land and mark it well with footprints and sacred markings in order to claim this land for the Creator and Peace on Earth. We established our ceremonials and sacred shrines to hold this world in balance in accordance with our first promise to the Creator. This is how our migration story goes until we met the Creator at Old Oraibi over two thousand years ago. It was at that meeting he gave us these prophecies.

This journey represents a great epoch in human history. Moreover, it demonstrates an incredible spiritual stamina for a highly evolved race of people who held steadfast to their sacred covenant! This dedication and devotion cannot be overlooked.

~13~

The Two Paths

Mankind's Choices

Hopi Life Plan – Diagram B

The Hopi were given prophecies that warned of two distinct possibilities or paths that they could follow. They were informed that one day a time would come when a choice would have to be made as to which path to live on. It was explained that the two-hearted path leads to complete devastation and destruction, whereas the one-hearted path leads toward an everlasting life of peace as part of a harmonious coexistence with all creation.

After the Hopi migrated, Maasaw was waiting as promised at the base of the Grand Canyon in Arizona. A group of people were chosen to establish the first mother village of the Fourth World, which was known as Old Oraibi (meaning “made in stone”).

A second covenant was made with Maasaw at this time, and the Traditional Hopi held steadfast both to it and to their mother village of Old Oraibi. for two thousand years. This covenant included codes of ethics and ritual instructions that were to be strictly observed, known as the sacred ceremonial cycle. Additionally, the Hopi were given the Hopi Life Plan (better known by most as the Hopi Prophecies), a series of over a hundred prophecies and glyphs.

The Life Plan was considered paramount for the Hopi, which is why it was etched in stone on a large boulder right next to Old Oraibi. Prophecy Rock, as it is called, is still standing today. Prophecy Rock served as an important reminder for the Hopi to review their path of life and to ensure daily that they were keeping true to their covenant. They were warned that if they could not live faithfully on a one-hearted path they would become part of another fatal destruction of mankind.

4. The True Path of Life

On this path, the Hopi will continue to live by and honor their covenant, maintaining their sacred ceremonial cycle in peaceful harmony with Mother Earth for eternity.

5. The Two-Hearted Path

On this path, the people will break away from their obligations and break their vows, thereby rejecting their role as caretakers of Mother Earth. This path ends in oblivion and self-destruction.

6. Two-Hearted People

The two-hearted people are no longer living from their heart and caring for all life. Notice their heads are not connected to their bodies: This shows that they are thinking and living predominantly from their heads versus their hearts. This is a disconnected way of life, one that is self-centered, ego-driven, and focused on material wealth.

7. First Great Shaking: World War I

Hopi Elders prophesized the first World War, using the Hopi Swastika image. This Swastika represents the masculine principles. Here it emphasizes the imbalance of energy on the planet.

8. Second Great Shaking: World War II

Hopi Elders also prophesized the second World War. Depicted here is the Hopi symbol Meha representing the feminine principles. Again, used here it represents the imbalance of energy leading to these great conflicts.

The past three centuries have seen the devastation of the ancestral covenant made between Maasaw and the Hopi as their ceremonial cycles have become compromised. Most of the Hopi succumbed to the encroachment of modern lifestyles by the prophesied outsiders (the Bahana).

According to the Hopi, their people and Hopi Land both act as a microcosm of the macrocosm: Everything that happens in Hopi Land will eventually happen to the outside world and everyone in it. Just as the Hopi have suffered, so has the world at large.

Then a seriously destructive prophecy came to pass: World War II happened and the atomic bomb was detonated. Traditional Elders realized that time was short for ALL of life, including Mother Earth herself. They decided to reveal their information to warn the outside world. Thomas Banyacya was chosen by Traditional Elders as the Hopi messenger tasked with delivering a message for mankind to wake up.

~14~

The Mystery Egg

Holding the World in Balance

Hopi Life Plan – Diagram C

9. The Return Path

The Return Path represents a short period of time in which we can return to one-hearted living. We are living in this time period in this very moment! In order to be on the Return Path each individual must make a choice to be on it.

To start on the Return Path, one must first make a conscious decision to return to a balanced way of life. There is only one way to create an authentic lifestyle: from the inside out. By living in the moment and remembering outwardly our connection to the earth and her cycles, by thirsting for greater truth and living intentionally in ways that benefit all of creation, we can embark on our journey to everlasting peace.

True understanding of the self means embracing the essence of evolution and spiritual development without a shadow of doubt. It involves a commitment to living an authentic lifestyle, which is how we will evolve. This authentic, sustainable lifestyle is also how we will avoid creating a planet further mired in disaster and destruction.

The Return Path opened in 1987 with the harmonic convergence and will remain open for a limited time. It will be closing soon, which is why it is imperative that we choose now what path we wish to follow.

10. Koyaanisqatsi¹⁴

Koyaanisqatsi—meaning “life out of balance”—is the end result of following the two-hearted path. It is the creation of imbalance in each individual who practices ignorance in daily living through a blatant disregard of others and Mother Earth.

14 There is an award-winning movie named Koyaanisqatsi that came out in 1982, directed by Godfrey Reggio

According to the Hopi dictionary, koyaanisqatsi is defined as “a life of moral corruption and turmoil, life out of balance, chaotic life, crazy life, life disintegrating, a state of life that calls for another way of living.”

Thomas Banyacya is quoted as saying that koyaanisqatsi represents “a nation of peoples living without a vision.”

11. Path to Oblivion

The result of living on the two-hearted path leads these people to self-destruction.

12. The Mystery Egg

This prophecy is where we find ourselves right now! We are truly in charge of our destiny as individuals and as a planet.

13. Path of Everlasting Peace in the New Fifth World

Living in harmony again with nature and planting corn (non-GMO!), the one-hearted people walk the Path of Everlasting Peace. The Hopi say that Maasaw and our ancestors will be waiting to lead truly one-hearted individuals into the Fifth World.

~15~

The Path of Everlasting Life

Summary

The Hopi lived an elegantly sustainable lifestyle. The Divine blueprint is simple and humble. It shows that in order for us to live in peace we must “sustain a balanced and harmonious life with Mother Earth.” This is a true-north teaching for every human being. Earth Guardian Maasaw gave us the Hopi Life Plan as a guide to live by. The Hopi way dramatizes the great universal laws of life. The cyclical nature of life and each of the season’s energies and aspects are recognized, respected, and honored within their ceremonies.

The covenant was maintained in order to overcome pitfalls of human weaknesses, such as the tendency to fall into destructive two-hearted ways of thinking and living. The Hopi concluded that it was important for a new era of people to embrace, live, and create their own covenant that would bring balance and harmony back to the earth—one that would reflect the ancestral covenant’s core truths while still allowing us to exist in the modern world.¹⁵

Hopi Life Plan Essence

The Hopi Life Plan gives a simple black-and-white description of the consequences of human behavior: There are only two paths—one-hearted or two-hearted—each with their own defined outcome. The plan reveals the human blueprint of a higher evolving race: It is through personal choice and conscious reflection that the true heart of unity is revealed.

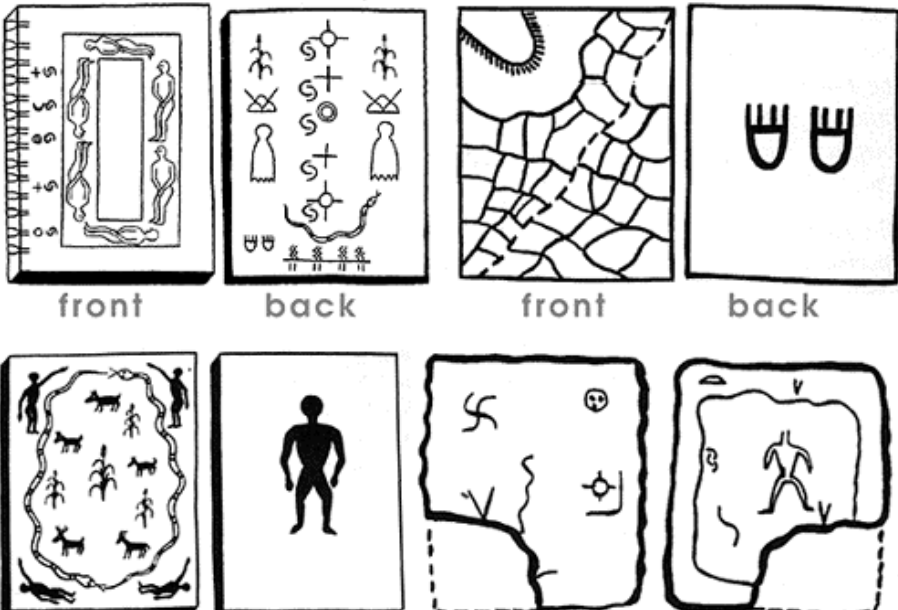
History clearly shows the incredibly long adherence to the Hopi covenant, which lasted for almost the entire Fourth World of civilization.

The Hopi Life Plan has been shared with the outside world, most commonly referred to as the Hopi Prophecies: Offered by Traditional Hopi with the intent to avert world wars and promote the survival of all Creation, the Hopi Prophecies are available to all of

¹⁵ Please see Section 6 for information on creating just such a connection through EarthHeart Spirit Circles

mankind—and must be acted upon by each of us.

Purification is a self-regulating process of becoming whole and balanced on the path to awakening: We are in a natural cycle designed to help us release that which no longer serves us so that we may reach our next evolution.



~16~
The Hopi Way
Living in Balance

“We will never go away, we are always here in the Earth, the rocks, the trees, and mountains... We live in Mother Nature and in You.”

–Dan Katchongva

In this life, we are born into a set of societal beliefs and circumstances. Our ways of seeing and believing affect how we interact with the world at large. Over the years, we see these beliefs playing out in our thoughts, words, and actions—and hopefully we realize we have developed an entire cosmology based on them.

Eventually, a crack appears on the surface of our minds... How can this be so? We begin to question the nature of what we thought was the one true reality. We see a fault in our assumptions and begin to look for authentic answers that make sense to us on a soul level.

Up to just one hundred years ago, in some cultures (such as the Hopi) this was not the case. Children were born into an order that honored all living things. Each life was considered a sacred, vital part of the whole clan. Giving and receiving what was needed for a healthy and happy life was not questioned nor fought against: It was recognized as the natural way, holistically in alignment with the energies of Creator.

This view of equality between clan members assured that each member of society was both provided for and taken from as needed. This was a part of their inclusive culture, regardless of gender, status, or individual gifts. Seeing the wholeness and understanding the interconnections of all things created a peace economy. What was absent was the need to be better: An ego-based drive to alter one’s perspective or social status to seem superior was simply unheard of. People were free to live their lives, giving and receiving love, support, and gifts as needed.

This way of being at one with life and creation extended

out to the world at large. Life was considered sacred in all its manifestations, and each individual creation was seen as an inextricable part of the whole.

We have an opportunity now to return to a similar way of life, eliminating the pain and suffering that results from a prominent ego-centric nature and its inclination to practice indifference and separation. We are meant to honor all life as we both give and receive support in equal measure as an active part of the natural balance. This way of living is beneficial to all life, sustainable in nature, and in alignment with the Hopi way of life.

Once we make a decision to surrender our old ways of seeing, we open up to the voice of the cosmos: She whispers new ideas and inspiration into our minds and hearts, giving of herself like a refreshing golden nectar that nourishes the mind and senses. We have the potential to grow from fertile seeds into a sustainable ecosystem in which we share our gifts and honor nature as a whole people, like the Hopi.

When a critical mass of people wake up and commit to this ever-new way of seeing, an exponential growth in humanity and our awareness will occur within the collective consciousness. Many more people will be able to awaken to their true nature as the old ways fall by the wayside. Even as it appears that the world is going crazy, we will eventually find ourselves in a renewed, refined, and subtler state of awareness. Through becoming increasingly aware of our conscious mind and honoring the wisdom of the teachers that came before us, we will peacefully enter into the new paradigm of existence.



Beneath the surface of Old Oraibi there lies a path known as the Eternal Path of Everlasting Life. This was revealed to the Hopi when they returned from their worldwide migration. Maasaw gave the Hopi instructions on how to live peacefully, in unity with the world and all creation. He gave specific instructions on how to live in a way that would allow the people to live, grow, and develop into a healthy and harmonious society.

The Eternal Path of Everlasting Life is both a spiritual and

physical bedrock that embodies a way of life known as tuanasavi, which means “a life lived in balance.” This path is a map designed to guide us safely into a peaceful, loving, and balanced world.

We have the ability to live in tuanasavi, but first it is essential for us to slow down and practice being present in each moment. We do this through practicing daily meditation and honoring the wisdom given to us by Maasaw. It is also essential that we listen to and follow our intuitive guidance.

The Hopi Nation was among the last of indigenous peoples to fall sway to foreign influence, and Hotevilla was one of the last Hopi villages to yield. Some Hopis remained committed to the original intent and purpose of Hotevilla, never withdrawing from the ancestral covenant that the Hopi made with Maasaw.

Since the covenant was first agreed upon, spiritual roots have spread across our entire planet thanks to intentions and energies created by the Hopi people who dedicated their lives to the sacred ceremonial cycles. Their practice created a positive imprint on the fabric of life.

How the Hopi Lived with Established Value

After the Hopi settled in Old Oraibi, clans forged an elegant social order. They learned the solution to peace and freedom: The Hopi lived in their power without any weapons or warmongering. They were entrusted with keeping wisdom and power unified, thereby living up to their name: Hopi means “People of Peace.” In turn, they entrusted their protection to natural influences. This way of peaceful, trusting living was more effective than any weapon or law could ever hope to be.

The Hopi were human beings and thus had foibles and failings. But the main difference between evolved Hopi civilizations and practically all communities today is their caring nature that embraced each community member. This nurturing element is an example of sacred feminine energy being expressed and intricately incorporated into the Hopi community. They operated first and foremost from their heart center, creating an interweaving of healing and supportive energies. This especially benefited those in need of being balanced and stabilized. The basic respect of each person being seen and recognized as equal in nature gave birth to many great saints whose mission became “to serve the forces that govern

all life.”

The entire village acted as a theater. Life was a continual drama of creation being relived and revealed. There was great joy and recognition in celebrating the cycles of life! Every generation inherited the Kachina that they were to emulate according to their clan. The Kachina costumes were masterful and remain some of the most incredible works of art on earth! Not just mere adornments, the outfits were part of an inextricable spiritual force that echoed throughout the community, across the continent, and finally out into the universe.

This act of living in a higher energy field aligned the Hopi with a palpable Field of Peace: By honoring this Field of Peace, the energy of the Hopi was stabilized and kept in place. There were no jails, laws, courts, or subjective systems of justice. Police and military forces were unnecessary, as was force of any kind. There was no need for an intellectual system of checks and balances as the Hopi were already living in balance with each other and life.

There was no need for a predetermined man-made system of checks and balances, because everyone was operating in a sustainable Field of Peace as a unified whole.

Unlike most social patterns, the Eternal Path of Everlasting Life requires that we live in balance with the world and maintain sustainable living practices. Almost all other social patterns eventually lead to self-destruction due to a nearsighted (yet oh so obvious) approach to living that is unsustainable. Peace is assured only when we commit to ways of living that benefit both Mother Earth and all creation.

We are not being asked to emulate the Hopi’s reenactment of creation, yet we are being asked to recognize their indelible acts of devotion and the commitment that helped bring humanity up to this point. From here it is possible to integrate practices and wisdom that will assist in bringing about a new world that works for all life.

The Path of Everlasting Life is a marker of the natural lifespan of all species. It is a promise for the humble and true—for those who make a choice to live free from materialistic and fear-based realities. The Path of Everlasting Life is offered to all of humanity. Those with a pure heart will hear the calling and agree to make an oath with Creator. They will help to keep the path open during these last days, as a refuge for those who are ready and willing to live as one-hearted

beings.

According to the Hopi, as we enter the final test of this era, we will have one last chance to reconcile our debt. This is what the Hopi call the Day of Purification. It could definitely be said we are beginning this process as these words are being written in 2017. Dan Katchongva compares the Day of Purification to the hatching of an egg or a birthing process. Dan is quoting the prophecy when he says that “the bloodlines of the earth will shake and turn red.” Although this sounds shocking and may create initial feelings of fear, it is actually a natural stage of cleansing designed to purify that which is out of balance so that peace and harmony may return to our lands once again. The pain, suffering, and loss experienced during these times can provide us with an opportunity for reflection, healing, insight, and growth.

As more light shines, where does darkness go? These are the beginning days of our birthing process into the Fifth World. Aspects of society which have outlived their usefulness will be purged. The danger we find our human society possibly facing is the entire industrial world being purged as an afterbirth of insatiable greed.

The never-ending struggle for unsurpassed consumption is greed at its zenith. The practice of absorbing precious resources and energy originates from an imbalanced mind, thus creating a false reality of seemingly unstoppable wars, massive suffering on a global level, and cataclysms in nature. Blinded as we are to the true condition of our planet, obliteration may be the outcome of this purification process.

There are a plethora of seriously unsustainable practices occurring worldwide, such as deforestation, fracking, animal infringements, the overpopulation of cattle for dairy products and consumption, and a host of others. In many ways, human beings are living as life-sucking parasites, feeding on the precious blood of Mother Earth. The repercussions of this way of life could be so great that the next evolution results in a stillbirth, eliminating life on our planet altogether.

This is a troublesome and sad thought, especially in light of the thousands of years the Hopi faithfully observed their ancestral covenant to ensure our survival through these prophesied times.

How can we begin to see and live differently? What can we do to make a positive difference and avoid total annihilation?

A main issue we need to deal with is the usurpation of aboriginal land titles. The act of taking the indigenous people's land (thereby depriving them of its natural usage) is the cornerstone of our worldwide industrial economic system. Political and legal attempts to rectify these violations are seen as threats and attempted to be eliminated. The origination of these threats comes from the misguided efforts of those who are living in samsaric realms of ignorance, arrogance, greed, anger, and jealousy. Unchecked, these emotions are the cause of both our damaged inner and outer environments.

But we still have a chance to bring it all together, to reconnect the dots of humanity! By honoring and following the wisdom of the last Traditional Hopi Elders, we can create an opportunity to slow down, stop, and even reverse the destructive worldwide trends. There is a tiny window left—and each choice we make from here on out decides the planet's future. We do not have much time left: In our lifetime we will know what the outcome is going to be.

In order to turn things around, a considerable effort must be made by many people. This would give at least part of humanity a chance to emerge victorious from events yet to come. Preparation for the Fifth World is at hand right now! We create it with each positive thought, word, and action. As we grow individually and collectively, we will progressively let go of old ways that no longer resonate with a healed and refined way of living with Mother Earth. Loving thoughts and feelings will give birth to a renewed faith, which will in turn lead to words and actions that will renew our planet.

We are already seeing an emergence of indigenous peoples and many others who are reconnecting both with Creator and our ancestors' wisdom. This new generation of conscious First People is standing strong and speaking their truth, just in time to help create an alternative road that leads us to the the Eternal Path of Everlasting Life

Recent activity at Standing Rock is a demonstration of a renewal in solidarity with a presiding commitment to Mother Earth and her precious resources. The gathering in North Dakota at Standing Rock was the largest gathering in centuries of America's First People and all other races, including a large turnout of US

veterans who showed up from around the country. These people joined together to support the indigenous tribes and to do their part in protecting waterways for all people and all life.

We are waking up in consciousness and beginning to return to the original ways. We are co-creating the Fifth World—and it is not too late to choose the Eternal Path of Everlasting Life.

Hopi Prophecy: Life Plan



Section 3
Tibetan Buddhism:
Prophecies and Wisdom



~17~

The Hopi-Tibetan Link

Two Cultures, One Heart

For thousands of years, the Hopi kept the world in balance by honoring their ancestral covenant with Maasaw. Their lifestyle was structured around the covenant's principles and guidelines as outlined in the Hopi Life Plan.

The Hopi have a shield called the Hopi Heart. Its meaning is simple: "Together, with all nations, we protect both land and life, holding the world in balance." (If you look at the book cover you can find the shield in the center of the earth image.)

For over sixty years, Traditional Hopi Elders offered prophecies, predictions, and solutions to the world with unparalleled effort and devotion. They did everything in their power to help bring an awareness and positive change to the planet and all people. They dedicated their lives to the cause, because they understood the importance of their message and the urgent need for people to wake up and change their ways! They believed there was still a chance for new beginnings to take root. In a last effort to get critical information out to the masses and create a new respect for Mother Earth, the last Traditional Hopi Elders traveled around the world sharing urgent messages from their hearts.

Today over a hundred prophecies that impact the entire world have come true. We are taking steps in the direction of awakening—but in order to avert total destruction, it is essential that more people wake up from their ignorance. Just look fifty years ahead and you will see the way our unsustainable choices will play out if we don't change! This is not being mentioned to incite panic, but rather in the hope that there will be greater insight born that will grow into positive change.

There is hope! With the warnings we were also given solutions and ways to live during these times of purification. Creator gave us two-leggeds the ability to choose to live as two-hearted or one-hearted beings. The decisions we make will now have more severe consequences than in the past. Ask yourself: Which path am I on? Which path is in alignment with my highest self? Which path is in alignment with my inherent powers and gifts and with my true

self? Who am I choosing to be now? This is a moment-by-moment practice. Contemplating these questions with sincerity will bring about clarity and solutions that can be implemented both in our personal lives and in our neighborhoods, towns, nations, and entire world.

I ask for you to keep an open mind, so that ancient ways and teachings can provide the balance and relief we are searching for in modern society. As anyone who does yoga or studies ancestral teaching knows, ancient knowledge often brings with it a renewed sense of who we are.

The Hopi say that even if only a handful of people remain after purification, we can still survive as a species and turn the tide. The global dilemma we face can be solved: The answer is in our hearts. By following the solutions given to us by the Hopi, we can bring the world back into balance.¹⁶

We are now living in the final phase of the Mystery Egg prophecy. Each of our choices will determine the collective outcome. There are a myriad of possibilities that could be played out. The most negative is that of a stillborn planet as the result of our willful ignorance, whereas the most positive is that of a new reality based on one-hearted living with each other and Mother Earth. The choice is still ours. In fact every choice we are making now is affecting more than we realize—especially acts of kindness, gratitude, prayers for guidance, and positive wishes for others.

The Mystery Egg is our final chance to live with true integrity and to make heart-centered choices that will benefit all beings and our precious planet.

From Hopi to Tibetan Buddhist Teachings

The times we are now living in have been spoken of for thousands of years. They have been prophesied throughout the ages around the world. The Hopi in particular were given a symbol to look for (as demonstrated in the illustration of the Hopi Life Plan, Diagram C). The symbol looks like a red hat and a cloak. Oral teachings told this was a symbol of spiritually-awakened teachers that would be

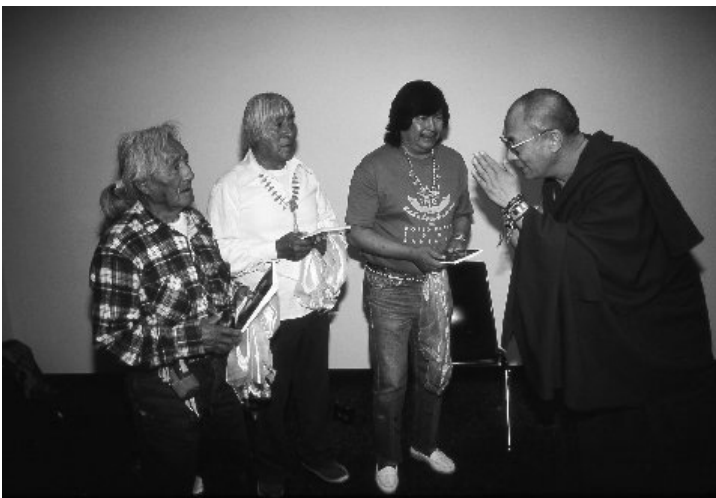
¹⁶ The Hopi Survival Kit by Thomas Mails is an excellent resource to refer to, as it clearly explains what we need to do and who we need to be in order to live life in balance.

arriving from the East. As the story was passed down, these teachers would have the skills, tools, and techniques necessary to teach us how to wake up into our heart centers.

As the Hopi predicted, these so-called Red Hats did arrive! They are recognized today as the Red Hat Tibetan Buddhist Lamas and Rinpoches. Masters and teachers from the Red Hat lineage bring us the great wisdom of Padmasambhava. Their teachings and techniques are profound and ancient, yet simple and effective.

One key aspect of Tibetan Buddhism is to practice loving kindness and compassion toward all sentient beings, including yourself. When we practice such positive thinking, we become more aligned with who we really are. This in turn creates joyous living conditions. Self-centered views and their associated indulgent behaviors are lessened, as feelings of separateness dissolve into a greater awareness of the one mind. With consistent meditation and positive affirmations, a stronger sense of self will develop, leading to an ability to create palpable conditions that will return us to a balanced way of life.

The Hopi believed that it was not too late to pursue a one-hearted path! Wisdom passed down throughout the ages tells us that with enough one-hearted people we can save our species from another extinction. I, Adom the One-Hearted Messenger, also believe that we still have a chance—if we wake up now and begin living in sustainable, positive, and life-enhancing ways.



Hopi Elders With the Dalai Lama

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Essence of Hopi and Tibetan Prophecies

How we got here and where to find hope

Hopi Perspective

Koyaanisqatsi is the Hopi word for life out of balance. As caretakers of the world, we influence the balance of Mother Earth to such a degree that our actions will determine whether the great cycle of nature will bring prosperity or disaster. Our present world is playing out the pattern that has been previously set into motion.

To comprehend how we have diverged from a natural balance is paramount, as we must be able to see how divergent ways of thinking manifest in the world. Through ignorance and arrogance many people take the power of creation for granted, as if people alone know best.

As life's resources continue to diminish, we attempt to "better our situation" with more modern inventions. We have collectively created a false belief that any further mistakes can be corrected through new technologies and discoveries. Out of our own perceived cleverness, many of us have created a world of personal design that opposes or ignores natural laws of the universe.

Instead of noticing and remedying these imbalances through natural means and purposes, we still continue the destruction of sacred lands, social disintegration, and the creation of wars. Mother Nature herself is indestructible: She will self-correct in her timeless wisdom, often in the form of natural catastrophes. We are repeating now the mistakes of previous worlds by advancing technology beyond the reach of our spiritual understanding.

We are presently in the determination stage of how many people will survive from this world into the next. The essence and purpose of this book is to awaken as many one-hearted people as possible that we may return to a balanced way of life and living. These people are planting seeds for the new Fifth World.

Tibetan Prophecy Now!

The following comes from a discourse given by Tibetan Buddhist Master Dzongsar Jamyang Khyentse on the Kali Yuga, the last of four cycles that we are living through as a planet:

Some say the dark age, the age of vice known as Kali Yuga is here now. Some say the world would end as we know it. What are the omens? Earthquakes, meteoric activities? These are not symptoms of doomsday as we are made to believe. Likewise, cherubs flying, a sound economy or freedom of information are not necessarily signs of a Golden Age. The Age of Life is said to be when people value goodness over apathy, when they have a willingness to see other people's view, and are content with what they have.

Like Buddha taught, everything is dependent on cause and condition. Dark and Golden Ages are no exceptions. They are not predestined nor are they random or chaotic. Destiny is conditioned. Chief among causes and conditions is one's individual self: You create your own destiny! Your choices create your destiny. Who we are and how we live depends on who we have been and how we have lived in the past. Who we are and how we shall live in the future depends on who we are and how we are living now.

Even though we are in the midst of the Kali Yuga and are subject to endless cause and conditions of the dark age, we can still take advantage of these times. It is said during the degenerative times that compassion of the Buddhas and bodhisattvas are even more stronger. A spiritually savvy person could take advantage of this opportunity. The dark age can be a reminder of the urgency and preciousness of the Buddha, Dharma, and Sangha.

As beings that are interdependent on conditions we need to search for light and cultivate the conditions that will bring light. We need constant reminding of the opposite of materialism. In Spirit, beyond supply and demand. It is in our and our future generation's best interest to have aspirations and longing for the swift rebirth of our inherent Buddha nature. We can pray for a Buddha rebirth to remind us of the value of love, compassion, and tolerance.

~19~

Padmasambhava

*Lotus Born One and the Arrival of Tibetan Buddhism in the
Land of the Red Man*

Padmasambhava is an enlightened master of Dzogchen teachings in the Tibetan Buddhist tradition. He brought Vajrayana Buddhism to Tibet during the eighth century. Padmasambhava is also also known as Guru Rinpoche, Lotus Born, and the Second Buddha. Although there are many myths and legends that surround him, we are going to look at a direct translation from Tibetan dharma texts into English.

The story tells that Padmasambhava was born on a red lotus flower in a lake known as Tso Pema, the Ocean of Milk.¹⁷ Padmasambhava was born during a time when the people of Odiyana¹⁸ were growing impatient with their king, demanding more than he could provide. After many prayers and prostrations on the king's part, his religious minister found Padmasambhava sitting on the lotus flower holding a vajra¹⁹ in one hand and a lotus flower in the other. When asked about his parents, his caste, and his name, Padmasambhava replied:

*My father is the self-arisen Samantabhadra.
My mother is the sphere of reality, Samantabhadri.
My caste is the union of primordial wisdom and the
dharmadhatu.
And my name is the glorious Padmasambhava.*

Word spread of the enlightened master, and he was called on by the Tibetan king to come and help bring peace to his land. Padmasambhava spread the dharma by sharing wisdom and conducting illuminating transmissions to royalty and laypeople alike. Through his work, he helped transform the people and country of Tibet into a peaceful nation.

17 So called because of the milky nature of lotus roots that grow abundantly there

18 A small country in medieval India

19 Sacred ceremonial implement

Padmasambhava helped establish Tibet's first Buddhist monastery and is the founder of the Nyingma school in Tibetan Buddhism. Additionally he created termas, a tradition in the Nyingma²⁰ school where especially empowered lineage holders (called tertons) discover secret teachings or texts. Many of the secret texts are by Padmasambhava himself, who is said to have hidden them in the physical world and/or in the mind stream of tertons. Padmasambhava's consort Yeshe Tsogyal helped hide the termas in the Odiyana region and was an awakened teacher in her own right. Yeshe Tsogyal received Dzogchen teachings directly from Padmasambhava, and a number of important texts are attributed to her.

Today, there are four main lineages in Tibetan Buddhism: Nyingma, Kagyu, Sakya, and Gelug. As the oldest of the schools, Nyingma is often referred to as "the school of ancient translations" and is founded on some of the first translations of Buddhist scriptures from Sanskrit to Tibetan. Padmasambhava is the founder of many original teachings and practices in Tibetan Buddhism. He is recognized as an emanation of Amitabha (the Buddha of Infinite Light) and is widely considered the Buddha of these times. He traveled widely, giving teachings and helping redirect negative energies into powerfully compassionate action.

Padmasambhava warned that these would be "the dregs of time to all humanity and the dharma-ending age for Tibetan Buddhism." When a disciple asked when the beginning of this dharma-ending age would be, he replied,

When the iron birds are flying in the sky and iron horses are running on wheels we will know the dharma-ending age has arrived. At this time Tibetan Buddhism shall flourish globally. When the iron bird flies and the horses run on wheels, the Tibetan people will be scattered like ants across the world and Dharma will come to the land of red men .

Rulers do not act like rulers, subjects do not act like subjects, fathers do not act like fathers, sons do not act like sons.

The relationship between fathers and sons are more like playmates. Women do not honor and uphold chastity as men indulge in lust and unrestrained sexual misconducts.

20 Literally translated as "ancient."

Padmasambhava was truly a prophet of his time. His teachings and prophecies extend throughout space and time to the shores of our awareness. He is a guide and protector to us during these times of massive change and upheaval. It is up to us to use his wisdom and power to our advantage with the intention of creating positive social change.

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Many prophecies of both the Hopi and Tibetan Red Hat sect have already come true.

To understand the importance of the previous statement is to see the role and function that this Red Hat sect serves. Nyingma originates from Dzogchen wisdom and teachings. These teachings were received directly by Padmasambhava. For many Dzogchen practitioners, they are viewed as the ultimate teachings and considered the heart of wisdom of Buddha's teachings.

Dzogchen refers to "Complete and Great Perfection." These teachings are also known as Nyingtik or "Heart Essence." A Sanskrit term refers to these teachings as Atiyoga, meaning "primordial Yoga." Ati is the topmost zenith, with a view over everything. According to Patanjali, the great yogi of Eastern teachings, yoga is defined as *yogas chitta vritti nirodhah*, which translates as "yoga is the removal of the fluctuations of the mind."

The Dzogchen lineage remains unbroken to this day. It has been transmitted directly from Padmasambhava through each successive Dzogchen Lama. The great Dzogchen Master Dilgo Khyentse Rinpoche once said:

*There have been many incredible and incomparable masters from the noble lands of India and Tibet, yet of them all the one who has the greatest compassion and blessings toward beings in this difficult age is Padmasambhava. Guru Rinpoche has qualities that endow him the power to grant blessings instantly to whoever prays to him. Whatever we pray for Padmasambhava, he has the power to immediately grant our wish.*

Padmasambhava’s blessings continue in this age. Many people are experiencing suffering from the three poisons of ignorance, aggression, and attachment. The five negative emotions—anger, jealousy, ignorance, greed, and pride—are more turbulent than ever. Terrible suffering is prevalent due to illness, poverty, famine, hunger, and the threat of war. Padmasambhava himself has pledged that whenever a person prays to him in such an age he will immediately respond with his blessings!

There is a secret mantra that helps to alleviate suffering and to bring liberation to the reader and to those being chanted for. Chanting this mantra at least one hundred and eight times a day (preferably in three or more cycles for the advanced practitioner at morning, noon, and night) is an effective tool to help create peace and harmony in one’s mind and to assist in decreasing planetary suffering for all beings. Applying Nyingma Buddhist teachings and practices to our everyday life provides a stable foundation of truth upon which we can build a new world. These teachings are invaluable during this challenging yet transformational age. Sit somewhere comfortable and allow yourself time to contemplate the meaning and nature of what you wish to accomplish with this mantra. Hold a sacred space, take a deep breath, and chant to the Divine Lotus Born Master for liberation at least one hundred and eight times.

The mantra is as follows:

**Om Ah Hung Badrza Guru Padma Siddhi Hung.**

~20~

## When the Iron Bird Flies

*Tibetans arrive in America—and Americans embrace  
Buddhism*

On March 17, 1959, the 14th Dalai Lama (His Holiness Tenzin Gyatso) slipped past Chinese troops surrounding Lhasa, disguised as a Tibetan peasant. He was later met by Tibetan horsemen, whereupon they traveled across the Himalayan mountain range into India—thereby reclaiming their birthright of freedom.

Nearly a hundred thousand Tibetans followed the Dalai Lama into India until the Chinese military sealed off the border. This exodus proved to be an epic event, and we now are seeing the full impact as a deeper awakening is beginning throughout the world. Tibetan Buddhism gives Westerners insights and practices to realize their inherent oneness with all that is by cultivating heart-centered qualities like forgiveness, compassion, and loving kindness for themselves and all beings.

Up until the exodus, Tibetan Buddhism was mostly practiced in remote mountains of the Himalayas. There is a plethora of information to study in regard to Tibetan Buddhism and its history; further exploration by those who feel called is greatly encouraged, as it truly is a great adventure! In the context of this book, however, the priority is to connect the dots between the Hopi Life Plan and Tibetan Buddhism, as their roles as earth guardians and wisdom keepers are interconnected.

At first glance, these two cultures may not seem related: They are after all positioned across the earth from each other. How could they have possibly known of each other's existence? It is equally fascinating to contemplate their destined roles in guiding human beings away from ignorant behaviors into a clear state of mind that surpasses outworn ways of thinking and living.

There is a Tibetan prophecy that directly involves the Hopi. Padmasambhava predicted that Tibetan Buddhists would have to leave their homeland in order to bring their teachings and practices to America.

As he explained, this was “*in order to plant the seed of*

*dharmas into the centerpiece of the Western Hemisphere.” He prophesied that a “time will come when the Iron Bird flies and the Iron Horse rides on rails that the Tibetan people will be scattered to the four corners of the world.”*

The instructions which accompany this event are as follows: *“The leader must remove the seed of dharma from its centerpiece and take it across the great waters into the land of the red-faced people.” The 14th Dalai Lama was instructed to employ the State Oracle<sup>21</sup> to receive guidance in locating the centerpiece of the Western Hemisphere, and the discovery was this: “In the United States of America, the State of Arizona, in Hopi Land.”*

### **Tibetan Buddhism Arrives in America**

- Nyingmapa is the oldest school of Tibetan Buddhism. The lineage is traced back to Padmasambhava, founder and initiator of Tantric Buddhism in Tibet.
- Tarthang Tulku arrived in Berkeley, California, in 1969. Tarthang Tulku created the first Vajrayana Center in America, called the Tibetan Nyingma Meditation Center. It is a teaching and retreat center to this day.
- In January of 1970, Chogyam Trungpa Rinpoche arrived in North America. By July of the same year, he had settled down in Boulder to teach at the University of Colorado. He went on to publish many books. Two of his most important pieces of work are *Meditation in Action* and *Cutting through Spiritual Materialism*.
- Kalu Rinpoche first visited America in 1971. At the request of the Dalai Lama, Kalu Rinpoche opened centers that practice Chenrezig, the Tibetan term for Avalokiteshvara. This particular meditation was chosen and invoked because it helps with developing compassion. Kalu Rinpoche went on to create a three-year retreat in France for sixteen Westerners. After they completed the training, Kalu Rinpoche informed his devotees they were now qualified lamas!
- In 1973, the Nyingma Institute launched a human development

training program. It was specifically aimed to teach Western therapists and psychologists Buddhist principles and technologies. The program opened a door to a broader branch of humanistic psychology created by famed psychologist and teacher Abraham Maslow. More psychologists began to see enlightenment as the ultimate state of mental stability for a healthy mind.

- The Naropa Institute was founded in 1974 by Trungpa Rinpoche. It was modeled after the ancient Indian Buddhist University of Nalanda. Many modern-day luminaries are Naropa alumni. Examples include Ram Dass, Allen Ginsberg, and Gregory Bateson. Other alumni include Jack Kornfield and Joseph Goldstein, both highly successful teachers and authors whose life work is to enlighten the Western mind.
- His Holiness the 16th Karmapa (head of the Karma Kagyu order) arrived in New York City in 1974.
- In 1977 Trungpa Rinpoche introduced Shambhala training, embracing the Kingdom of Shambhala and their ancient traditions. They are taught in a simple format so modern society can integrate the principles into everyday living.
- His Holiness Dudjom Rinpoche, head of the Nyingma sect, visited America around 1977.
- The Venerable Deshung Rinpoche (a renowned Sakya scholar) worked diligently with scholars at the University of Washington to create a Tibetan-English Dictionary.
- His Holiness Tenzin Gyatso, the 14th Dalai Lama, first came to America in September of 1979. He returned in 1981 and performed an initiation for the Kalachakra Tantra. His Holiness arrived again in 1984 for a forty-four-date tour.
- The Dalai Lama still makes frequent trips to America. In 1989, he received the Nobel Peace Prize. The Nobel Peace Prize committee declared that His Holiness "advocated peaceful solutions based upon tolerance and mutual respect."
- Today, there are tens of thousands of Tibetan refugees living in

America. They are free to practice Buddhist principles and teachings and to share them with those who show a sincere interest.

- Astoundingly, almost one quarter of the US population is now practicing some form of Buddhism, which makes it the second most-practiced spiritual path in the US after Christianity.<sup>22</sup>
- It is not required to give up religious affiliations in order to embrace Buddhist teachings. They are nondenominational and can be practiced by anyone, regardless of previous or current traditional beliefs and practices.
- There are hundreds of Buddhist monasteries, temples, and sacred shrines adorning the United States, with tens of thousands of Americans who have taken holy vows and some who have even become ordained monks, nuns, and lamas.

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<sup>22</sup> <http://www.patheos.com/blogs/americanbuddhist/2015/02/mapping-budhism-in-america.html>

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## **Dzogchen Khenpo Choga Rinpoche**

*Tibetan Buddhist master and our sacred visit to Hotevilla*

A Great Perfection of Wisdom lineage holder, Dzogchen Khenpo Choga Rinpoche was born in Cham, Eastern Tibet, as Choying Rabjam Dzogchen. He began training in Buddhism at the Dzogchen Monastery at the age of five, where he was recognized as the reincarnation of enlightened Tibetan Master Gedun Chopel. Gedun Chopel was recognized as an emanation of Manjushri, the Bodhisattva of Buddha's wisdom, loving kindness, and compassion. Khenpo Rinpoche received transmissions and teachings of the Sutras, Tantras, and Shastras from forty-two Buddhist masters, along with complete empowerments and instructions of the Dzogchen Tantras from his root masters Khenchen Padma Tsewang, Drupchen Chatral Chochyab, and Guru Dechen Namdrol.

Khenpo Rinpoche studied and taught fine arts, medicine, linguistics, philosophy, and Buddhism for ten years at the Dzogchen Shri Singha Five Sciences University, as well as poetics, synonymy, prosody, drama, and astrology. He also meditated for seven years in the caves of the Siltrom Mountain in the Holy Dzogchen area of Tibet under difficult conditions, with little food and a few tattered clothes. During this time, he recited millions of mantras and was given direct blessings from Buddha Shakyamuni, Padmasambhava, Shri Singha, Manjushri, Avalokiteshvara, and Tara.

When Tibet was invaded by China, Khenpo Rinpoche made a daring escape. His destiny brought him to reside in and establish a Dzogchen Retreat Center in Oregon, USA. He has founded many Shri Sangha Centers around the world. Today he travels around the world, giving wisdom, teachings, and transmissions that support and enlighten people on the Buddha Path.

Khenpo Rinpoche's mission is to preserve and share the Dzogchen Tibetan Buddhist teachings in a simple way that is applicable to the Western mind. Students who follow the training and practices contained within the Dzogchen lineage become practicing and teaching lamas. Khenpo Rinpoche travels extensively with students around the world and helps support refugees,

children, schools, and villages in Nepal.

Khenpo Choga Rinpoche is my root lama. After I took refuge with him in 2003, I discovered that he was a Red Hat Lama! To most people this would have little significance, yet to me it was truly amazing because of the deep connection I feel with the Hopi prophecies. As I realized the importance of the connection, one of the prophecies rang out like a crystal bell in the temple of an aware mind: “Look to the East for information and wisdom from the Red Hat and cloaked people.”

Khenpo Rinpoche is joyful, compassionate, patient, disciplined, and generous. He radiates wonderful blessings and healing powers of wisdom to all elements and beings. He has authored over thirty books in Tibetan that are in the process of being translated into many languages. I believe that his greatest contribution to the world so far has been *The Buddha Path*, a book of dharma teachings and practices that he has put together. In this particular volume, his elegance and simplicity shine through with a clear and precise understanding of Buddha’s teachings. Most importantly he expresses the nature of who we are meant to truly be and makes it relevant to everyday practice. Khenpo Rinpoche encourages his students to recite the auspicious mantra that brings Buddha consciousness and blessings into our present-moment awareness as powerfully as possible. It is as follows: Om Namó Buddhaya!

### **The Buddha Path**

Khenpo Rinpoche is currently working on a third edition of *The Buddha Path*, with his students and practitioners assisting him. It is being translated into multiple languages and being further refined.

In Buddhism, philosophy is practiced, experienced, and realized.

*The Buddha Path* is a concise compendium in the form of a practice manual, one that embodies the entire range of teachings contained within the Nyingthig Dzogchen lineage (which contains all of Buddha’s teachings). Khenpo Rinpoche conducts teacher training programs annually at the Dzogchen Retreat Center in Oregon. Hundreds of men and women from all corners of the world have become teachers and lamas here.

His mission is to help create a clear and concise practice of

Tibetan Buddhism applicable to the Western world. The Buddha Path serves as a guide both for daily and for dedicated practices. The Buddha Path is specifically designed to purify the Western mind from negative thoughts and enlighten Westerners with beliefs in the power of positive thinking and present-moment awareness.

*Khenpo Rinpoche and Adom Visit Hopi Land*

A year after I took refuge with Khenpo Rinpoche, I got up



enough nerve to ask how he felt about the Red Hat prophecy. His response was not what I expected. He joyfully came over and patted me on the back, saying, “Oh Adom, you love the Hopi so much and you love me. I’m so happy.” Four months later, he called me at work. He explained that he was going to teach in the Southwest and wanted me to go with him to meet the Hopi.

At the time I had no idea how I was going to pull such a journey off. With no money and less than five days to prepare, something miraculous would have to

occur—and it did! The money was gifted to me, and before I knew it Khenpo Rinpoche, myself, and four other students were on our way to Hopi Land.

We visited Prophecy Rock and performed a puja (a Tibetan purification ceremony) while praying for world peace. Prophecy Rock is where the Hopi Life Plan pictograph is carved.

After a sacred and sacramental ceremony, Khenpo Rinpoche asked to see the highest Hopi. I brought him to Hotevilla where we met Martin Geoswami, keeper of the prophesied stone tablets. We were welcomed, honored, and even given permission to visit a kiva, a chamber where sacred ceremonies have been performed since the beginning of the Hopi tradition. We were blessed to have been

invited to visit Dan Evehema's kiva in particular, as he is the last recognized Traditional Hopi Elder.

The circle had been completed. We had arrived and performed ceremonies to bless, honor, cleanse, and purify energies at Hopi Land. A new age of dharma has begun with the prophesied joining of Eastern and Western cultures.

If you feel called to study more in this lineage, my hope is that you too will connect with this happy and humble realized master and ancient lineage holder of wisdom. Maybe he can become an important teacher for you as well!

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## **Khenpo Rinpoche's Teachings**

*For swift one-hearted transformation*

Khenpo Choga Rinpoche is a precious teacher and guide who has committed this lifetime and all others before it to practice and maintain a pristine awareness known as Dzogchen. This attainment takes much devotion and practice, providing in turn the priceless gifts of deep insight, pure perception, and total clarity. For those who would like to explore The Buddha Path in depth, Khenpo Rinpoche offers Buddhist dharma practices and teachings that create a one-hearted way of compassionate living.

The following is a brief introduction to Khenpo Rinpoche's wisdom teachings. It is a beginners overview of Dzogchen Buddhist principles and practices. It is effective and can assist in helping bring about a present moment awareness in the practitioner which is paramount for awakening your heart.

First and foremost, Khenpo teaches us:

### **You Are Single-Present Thinking Only**

- You can only have one thought in a single moment.
- In that moment your thought can be either positive or negative.
- Positive thinking is increased by decreasing negative thinking.
- The result of your positive thinking is positive karma, while the result of your negative thinking is negative karma.
- Karma is the power of your thinking and creates the experience of your present life and present moment.
- The goal is to become Buddha, meaning fully awakened and alive. This can only happen with 100% positive thinking. This is your natural state of mind, with no ego attachment.

*The following teachings have been chosen for their ability to impart a basic foundational wisdom.*

The first teaching of Buddha Shakyamuni is that of the Four Noble Truths. The Four Noble Truths are shared uniquely

according to each branch and even practitioner of Buddhism. A main distinction in Khenpo Rinpoche's presentation is that he teaches us how to *knowingly* practice the Four Noble Truths as enlightened ways of thinking.

### **The Four Noble Truths**

#### **The First Enlightened Truth**

- All my suffering is the result of my negative thinking and negative karma as cause and all beings' negative thinking and negative karma as condition.
- This is the First Noble Truth of Enlightenment, which contains all wisdom regarding suffering and samsara.
- I now know suffering and why I and all beings suffer.
- Therefore, to end suffering of all beings, I will accomplish perfection of positive thinking and positive karma.

#### **The Second Enlightened Truth**

- My negative thinking and negative karma are the cause of all my suffering and a condition of all beings' suffering.
- This is the Second Noble Truth of Enlightenment, which contains all wisdom regarding the origins of suffering.
- I now know the causes and conditions of my suffering and all beings' suffering.
- Therefore, I will decrease my negative thinking and negative karma through learning, contemplation, and meditation.

#### **The Third Enlightened Truth**

- All my happiness is the result of my positive thinking and positive karma as cause and all beings' positive thinking and positive karma as condition.
- This is the Third Noble Truth of Enlightenment, which contains all wisdom regarding happiness.
- Now I understand happiness and why I and all beings are happy.
- Therefore, to ensure the true happiness of all beings, I will accomplish the cessation of my negative thinking and negative karma.

### **The Fourth Enlightened Truth**

- My positive thinking and positive karma are the cause of all my happiness and a condition of all beings' happiness.
- This is the Fourth Noble Truth of Enlightenment, which contains all wisdom regarding the causes and conditions of happiness.
- Now I know the causes and conditions of my happiness and all beings happiness.
- Therefore, I will increase my positive thinking, positive karma, and positive conduct through learning, contemplation, and dharma practice.

### **Teachings on Decreasing Negative Thinking and Increasing Positive Thinking**

*Thinking has two main components:*

1. Thinking is the knower, chooser, and decider.
2. Your thinking reincarnates every moment.

### **Five positive conducts to increase your positive karma:**

- 1) Renunciation:** to abandon negative thinking and conduct (letting go).
- 2) Compassion:** to decrease the causes of suffering for others.
- 3) Faith:** to believe in the power of your positive thinking.
- 4) Loving Kindness:** to increase the causes of helping others.
- 5) Wisdom:** to understand, experience, and realize the power of your positive thinking.

### **Five negative conducts to decrease in order to increase positive karma:**

- 1) Anger:** the most destructive of all negative conducts, the intention of which is to decrease other's happiness.
- 2) Jealousy:** negative rejoicing, i.e., "I am happy when you are suffering" and "I suffer when you're happy."
- 3) Greed:** chasing happiness by thinking that it comes from outside your own thinking.
- 4) Pride:** thinking that you don't need to or can't improve.
- 5) Ignorance:** not knowing our mind, true nature, karma, or that you are single-present thinking only.

## **Seven practices for good relationships and peace:**

- 1) **Apologize** sincerely and completely as you look into the person's eyes.
- 2) **Praise** when you see good qualities.
- 3) Express **Gratitude** in all you do.
- 4) **Rejoice** when doing good things.
- 5) Constructively **Criticize** when appropriately needed.
- 6) **Suggest** new insights.
- 7) Make **Aspirations** that lead to the happiness of others.

## **Have a mindfulness practice that reminds you to trust in yourself.**

The following is a brief practice by Khenpo Choga Rinpoche that has been abbreviated from The Buddha Path. Please set aside some time (about 15-30 minutes) to get a feel for the practices found in this illuminating compendium. Create a sacred atmosphere where you will not be disturbed. Make a simple altar to honor the connection being invoked and give gratitude to this higher awareness. Include a candle, sacred pictures, statues, sage, incense, fruit, nuts, flowers, and/or other items that show respect and foster a sense of devotion and well-being.

Set an intention to practice daily, especially when in need of more positive thinking. It will tame your mind, subdue pride, eliminate guilt, and aid in promoting a general sense of well-being.

## **Awakening Positive Mindfulness**

### **Relaxation Breath**

Prepare a comfortable seat. Sit quietly for several minutes as you settle into a natural serenity. Let go of all activities, burdens, and distractions. Relax your body, silence your speech, and calm your mind.

Next, count seven breaths three times, for twenty-one breaths in total, mindfully and slowly. If you forget to count or lose track, begin again from the beginning.

**Mindful Intention**, Repeat the following aloud:

I always respect others, I am never arrogant, I am always humble, I am never egotistical, I honor all beings as a loving mother.

**Clearing Purification**, Speak the following with all your heart:

All Buddhas and Bodhisattvas and all  
higher powers of wisdom please hear me!  
Please purify all my negative karma and emotions.  
I honestly confess all my mistakes.  
I sincerely regret all my harmful intentions and action.  
I completely eliminate all my negative thinking and emotions.  
I completely eliminate all my afflictions and negative karma.

ALL MY NEGATIVE THINKING, LET GO, LET GO!  
ALL MY NEGATIVE EMOTIONS, LET GO, LET GO!  
ALL MY UNHAPPY FEELINGS, LET GO, LET GO!  
ALL MY TRAUMA, LET GO, LET GO!  
ALL MY GUILT, LET GO, LET GO!  
LET GO! LET GO! LET GO!

Confirm out loud:

I SHALL NEVER AGAIN HAVE HARMFUL INTENTIONS!  
I SHALL NEVER AGAIN COMMIT HARMFUL ACTIONS!

Visualize as you joyfully say three times:

I AM PURE!  
I AM FREE!  
I AM CLEAR!  
I AM LUMINOUS!

## **Self-Healing with Wisdom Power**

Recite the following knowingly with heartfelt compassion:  
From beginningless time I have been born in past lives.  
Until I attain enlightenment I will be reborn in future lives.  
In this life I have a precious human body.  
In my body I exist as one aware mind.  
This mind is single-present thinking only.  
This mind has immeasurable capacity.  
This mind has unlimited power.  
This mind is never born.  
This mind never ages.  
This mind never dies.  
The nature of mind is the essence of Buddha.  
All that I perceive is the creation of my mind.  
Acting with bad intentions results in my suffering.  
Acting with good intentions results in my happiness.  
The natural law of karma (cause and effect) is infallible.

## **Shamatha Meditation<sup>23</sup>**

Sit quietly for five to fifteen minutes. Allow thoughts to come and go as they arise. Allow the natural flow of life, breath, and present-moment awareness to permeate your consciousness. Return here whenever you find your thoughts wandering, gently with the breath. If you need, set a peaceful timer sound to bring you back into the moment. Gently come back, open your eyes, and give gratitude for this time that you have taken for yourself and for the Buddhist masters and beneficial guides who are here to help shine light on your awareness.

## **Dedication**

Dedicate this practice to peace and loving kindness for all beings with the following affirmation:  
I dedicate this practice to helping alleviate suffering for all sentient beings. May we all remember the preciousness of all life. May all beings be happy and know the causes of happiness. May all beings be free. Om Namoh Buddhaya!

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23 This is a non-conceptual practice that is widely used in Buddhism


**Daily Practice**

Bring this practice with you into your day and evening life. It will help promote loving kindness, peace, and compassion in the world.



**Khenpo Choga Rinpoche**





**Section 4**  
**One-Heart Awakening**  
**Living in the Cosmos of the Heart**

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## **Heart Evolution**

*Creating and living a new vision*

At this point in the book, we have met some Traditional Hopi Elders and learned some of their ancient ways and teachings. We've explained some basic shifts deemed necessary by Traditional Hopi and heard their final outcries to humankind. These brave souls did everything in their power to fulfill their destined roles as wisdom keepers and guardians of the earth.

Now it is time for us to continue in the pioneering ways of the Hopi. We are meant to be the best we can and to do our part: It is time for us to be caretakers of the earth and of each other that we may evolve into a higher awareness and way of living in the world. Let these words be etched in our minds, demonstrated by our will, and fulfilled in the world with each other on the Path of Everlasting Life.

This is not a vague ideology to be implemented once everything else has fallen into place or fallen apart. No! It is a right-here right-now opportunity to step into a higher awareness and way of being in the world. Many people reading this book made a sacred covenant with Creator before they incarnated on this earthly plane. We have always felt on some level that we were here to make a positive difference in the world by sharing our own unique gifts. We are now starting to awaken to that potential: We are remembering our true place in the whole of the cosmos.

Coming together will take a personal decision and collaborative effort. There must be an agreement between people to practice common decencies such as equal respect, understanding, honor, and appreciation. There will be a transcendence of judgment and/or opinion of others who are not your race, age, gender, and/or in the same social status. Love will always win: When in doubt, the heart heals all ails with the balm of love. Each person will feel free to contribute their own unique gifts and talents where they feel most needed in order to serve as part of a greater whole.

What is it going to take for this kind of real and positive change to occur? Who do we have to be, what do we have to do, to turn the tide of modern destruction to the other side, to return to a sustainable way of life? There is a new reality emerging that everybody is invited to! It is the reality of the one-hearted. It is the new Fifth World, and it is actualized by celebrating each other, living in harmony with the earth, and speaking through our hearts. We must be willing to live and learn to fly together while also taking full responsibility for our own part in the whole. This is how we shall create an authentic return to one-hearted living.

It is too easy to point out what is wrong with our modern world. We can look left and right and see the irresponsible use of power inherent within our current worldwide governments. We understand that the current ways of thinking, being, and acting have aggravated these conditions even further by the people's resistance to them. With this understanding we can comprehend the responsibility we each hold to fulfill a higher, bigger purpose than our little self. We are being called to make right from what has been wrong.

It is important to shift away from dark, constricting, and otherwise painful thoughts. Instead, we must shift our attention, focus, and energies back to our original reflection and state of being. By redirecting our awareness into the present moment with a heartfelt compassion and a sense of wonder, we create a transcendence of realities: Negative realities that were once perceived as "real" are replaced by life-giving realities that are based in peace, love, beauty, and joy. We come to a greater, subtler awareness that is in harmony with the cosmos.

When previous hurt and pain is released, we gain access to realms of pure joy, peace, and light. We gain a state of clarity that is pure in perspective and intention. We live each day with a compassionate and loving heart. On the days that we struggle with maintaining that state of being, we practice meditation, mantras, or whatever brings peace back to our body, mind, and heart. In all that we do—from work to play, relationships to politics, special occasions to everyday living—we are being called upon to sincerely practice love and compassion toward ourselves, each other, and Mother Earth. This devotion will turn mankind's ship away from dark seas

and toward the shore of our next evolution.

We are now in a cycle of great purification of the ego that allows us to come from a place that is truly one-hearted. All intentions, thoughts, words, and actions that originate in negative or life-taking energies will be clearly seen for what they are. This allows us to release and replace them with positive energies that are life-supporting and love-giving.

Just as we are going through this cleansing, Mother Earth is also going through a detoxification. Everything that does not support life will come up to be released at this time. We must remember that the earth is a stronger force than man alone. She is much greater than man's ignorance. She will survive the purification. Moreover, this cleansing is a natural process. It is Spirit's way of self-regulating the cosmos and returning to a harmonious working order. The Great Creator is at work, helping to bring masculine and feminine energies back into balance. All that does not support the greater whole will become more obvious, consequences will become greater, and the time between cause and effect will become shorter—a kind of instant karma in action.

This purification is happening everywhere in the here and now, and we are invited to be part of it. We are being asked to grow up and take responsibility for our ways. We cannot stay in the dark and must release false realities that tear down, break apart, or otherwise take away from the whole through selfishness and greed. The less we resist obvious signs, the easier it becomes to release that which no longer serves us or the greater good so that we can in turn embrace a higher awareness. We are being called back to a Unified State of Awareness like that in which the ancestral Hopi existed. This Unified State means that we are connected to each other, the earth, and all of creation in deeply meaningful ways.

Reality shifts when our perception of it does. What we see as solid matter is recognized as energy in motion. Objects are now known to be an intense vibration of atoms, crystallizing together in order to create what we perceive as "real." Our thoughts, perceptions, words, actions, and even our inactions create our reality. When we notice an ego-driven consciousness playing itself out and impacting the world, we must always remember that we ourselves have the ability to create a different reality—one not driven by the ego but rather by a one-hearted awareness.

By aligning with a new way of seeing and existing, we can move beyond the outdated paradigm that we have come to accept as reality. We are becoming vessels of increased, refined, and higher energies based on an eternal foundation of unconditional love. By aligning ourselves with these new energies and giving/receiving without resistance, we return to our original state of being. We come to rest in a higher source as the truth comes to reside in us and manifests in our daily lives.

New possibilities will continue to appear as the old story falls away. A new and bigger truth is just beginning to emerge—and we are a part of it! When living in a Unified State of Awareness, we can see clearly who we really are and freely share our gifts. But is up to us to reach this place by finding our balance and living a one-hearted life. This can be attained through meditating, envisioning our true selves, being in nature, exercising, creating art, performing healing work, and simply flowing with direct, heartfelt experiences.

The Hopi Elders tell us that our kapayas will open during this cycle. The kapaya is an energy center located right above the crown of one's head. It is better known by most people as the crown chakra. Also known as the thousand-petaled lotus, the crown chakra connects us to the Divine source. When the crown chakra is activated, an opening occurs inside our awareness. Some people feel a vibration, while others experience seeing, feeling, or otherwise sensing a shining light emanating from the crown chakra into the heart of the cosmos.

This emanation is a violet light comprised of healing energies and unconditional love. Once activated, the kapaya connects the mundane mind to one's Divine nature, thereby allowing the the conscious mind to register what may otherwise appear invisible and allowing us to connect with healers, angels, and guides during yoga, meditation, and healing.

When we let go of what is no longer serving us or others, we develop an ability to perceive directly as we activate the kapaya. When we relax into our authentic self, we become at one with an awareness of the present moment, which allows awareness of the Divine source itself to come through us. This in turn allows us to come into alignment with authentic truth, meaning that which is true for us in that moment. It then becomes clear if a choice or

decision is for our highest and greatest good or not. Living in a fluid state of awareness—no longer judging according to how we or others think reality “should” be—we develop an inner compass rooted in the wisdom that is contained within our very hearts.

Those who have not yet done the work to evolve and grow into a higher consciousness are finding it more difficult to continue “business as usual.” This is because it is not business as usual! Simultaneously, those who have dedicated their lives to consciously raising their vibration are now becoming way-showers, humble in nature as they perform daily tasks dedicated to the greater good of all creation.

New energies are emerging that require us to submit to a higher order. A new paradigm is in the creation process as you read these words! Our higher collective consciousness is assisting in anchoring these energies—first within our psyches and hearts, then on the earth plane as we act in accordance with these higher, more refined qualities that can be recognized through self-awareness and realization.

The Fifth World has certain intrinsic laws that are to be recognized and embodied by those who aspire to attain entry to this new world:

- **Law of Love:** Thinking, feeling, and operating primarily from the heart center creates a softening and yielding. We are able to recognize others as sovereign in their own right and appreciate all beings who have ever walked this earth. In other words, we demonstrate a basic and conscious respect for life itself. A heartfelt view of thoughts, feelings, and actions flows freely: There is a transcendence that occurs, a giving and receiving that we are seamlessly part of. It is a limitless and harmless love that embraces all, especially one’s self. Trust and faith in the intrinsic nature of the goodness of life are conscious ingredients that allow the Law of Love to exist on all levels.
- **Law of Truth:** The Law of Truth is a crystal clear awareness in which the sword of discernment assists in clearing away anything that attempts to create a cloud of confusion. As we surrender and sacrifice what we think we know, we allow ourselves to move toward a more accurate awareness of what truly is. A subjective view is limited to an opinion or a judgment, but an objective view is an awareness focused on the bigger picture.

When combined, the Laws of Love and Truth work profoundly together for the highest good of all, as each balances the other. Love enables Truth to grow and expand its discriminatory powers, while Truth protects Love and lends the Power of Appropriateness to the Energy of Unconditional Love. To accept all things and all people is the way of Unconditional Love. Truth tempers Unconditional Love's acceptance with a keen perspective of what is right and true in each situation, speaking to us through intuition and observation.

- **Law of Reciprocity** (Circulatory Energy Flow): All energies flow outward from their source and return back to that source to complete an energetic cycle. The Universal Law of Reciprocity is also known as karma or energy in action. All energies exchanged need to have a form of balance and gratitude in order for two hearts to feel fulfilled with the exchange at hand. An exception to this is to give selflessly, meaning to give for the sake of giving: As long as there are no ulterior motives involved, this is considered a kind and considerate act known as Bodhisattva.

The energy of a true and loving nature can only flow when one is sincerely coming from their heart. There must be a willingness, openness, trust, and confidence that we are a part of the Universal Flow of Life. There is a higher energy field around us that is ready to be expressed and integrated into our daily lives. It is the true essence and value of who we are without a hidden agenda, doubt, or confusion involved.

Living from our hearts is not an intellectual pursuit nor a spectator sport. The Laws of Love, Truth, and Reciprocity are demonstrated by one-hearted beings who live by these principles day in and day out to the best of their abilities. Some practices of a one-hearted being include living authentically from one's heart, being grounded in nature, having an attitude of kindness, speaking truthfully, and acting definitively when called to do so in alignment with the Natural Laws of the Universe.

All is well when we live according to the Laws of Love, Truth, and Reciprocity. One is in alignment with the flow of life itself. We learn to balance meditation and celebration with down-to-earth actions that reflect a higher consciousness and awareness. We live and emanate one-hearted views, dreams, and visions that support life. We thereby become a gorgeous rendition of the highest visions of who we can really be under it all—as an integrated being in the love stream of luminous love-light and wisdom in our power as one,

as all.

## **Love Unites and Embraces All**

Catching a vision is inspirational and exciting! Growth and expansion are the very essence of Spirit. Spirit is nourished by visions that encourage our capacity for growth and give rich meaning to life. Pursuing a vision creates fundamental shifts in consciousness. As we grow into the vision, it uplifts and inspires the individual beyond their previous views and limitations.

Without vision, one loses touch with a higher meaning or purpose in life. This means that without a vision we primarily operate from a basic level of biological and psychological functions. This is seen as living from the root chakra up to the solar plexus, operating only in the physical realms. It is an automatic reaction to the stimuli of life on a purely physical level.

There may be previous visions that may have already played themselves out (or ones that did not get a chance to be realized), but visions of the past are no longer valid. Outdated visions need to be recognized and let go of so that the next stage of evolution can be revealed. Consciousness is always present—but the real question is this: Are you present? This is the moment of now, always conspiring for good, creative in nature, cyclical in influence: This is part of a one-hearted consciousness that will fulfill the potential of this cycle of renewal.

A vision unfolds with inspired actions and the tenacity to follow through. A step-by-step process grounded in practicality is required in order for visions to take root and grow according to plan (or something like it).<sup>24</sup> The blueprint of the new Aquarian Age is not ready-made and handed to anyone. Instead we consciously acquire skills necessary to build a new culture by our experiences and attunement to the ideas and opportunities being recognized and created during this time period. They support and reflect sustainability of the planet and contribute toward the greater good for all.

Visions and dreams contain within them the first steps of a

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<sup>24</sup> It is important to be flexible, as plans sometimes shift and change according to Divine law. It is important to be open and recognize when it is time to take a step back and look at the bigger picture.

new idea or reality. The direct source is our higher soul-self that can see ahead of us, helping to lead the way. It is a source we can turn to for wisdom, healing, insight, and inspiration. Physical action is our response to being inspired by a vision. A vision is an emanation revealed by an omnipotent source that embodies a unified mind and heart. It is sourced from a field of oneness. Diversity is one of its many manifestations.

As individuals and a culture, it is imperative that we shift what we consider necessary in our lives. We need a redirection of focus and thought from what the Hopi call *koyaanisqatsi*—meaning a culture without vision—to *tuanisavi*, or culture with a willingness to live through the heart, commune with Spirit, and act on guidance received. Could this heart evolution toward a positive reality be in actuality the birthing of the Hopi Mystery Egg? Are we in the process of creating the Fifth World—therefore determining humankind’s future? Let us consider the answer to be yes and take an active interest in this calling.

Authentic leaders will pave the way with compassion and love. Mother Earth will be renewed with newly-evolving life forms. Human beings will evolve into even higher states of unified consciousness, listening to and following newly-recovered intuitive skills. People will come together as one conscious co-creation.

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## Heart Essence

*Exploring the essence of the heart*

How do we begin to explain the essence of the heart? In truth our heart essence cannot be understood: It can only be felt. To feel with the heart means surrendering always having to know and instead embracing a willingness to simply be.

We feel our heart essence when we connect with our heart center through meditation, oneness with nature, and genuine personal connection. Group and community settings that encourage participants to come together from in their heart creates a greater awareness of the heart essence and those around us.

With a continued practice great healing happens as one tunes into the self becoming aware. Difficult experiences can contribute to this heightened awareness, as such times break down the ego wall bringing us more connected to the heart center. Humility becomes grace when we let go and allow our hearts to soften into the nature of our oneness.

When we are receptive to life and its offerings, from moment to moment, we experience a deeper inner knowing. Going deeper into the heart center provides us with the magnificent ability to transcend previously held limiting beliefs. Breaking down walls, we find that we have an option to remain open and trust the song of our hearts.

To ignore messages and callings of the heart restrains us (perhaps unknowingly) to limiting beliefs. Due to mistrust or fear of pain, one may think they are free to ignore their heart and its inner messages; yet to ignore the deeper well of one's being is to remain in a self-imposed prison of separation and despair. Therein is where true pain lies.

There has been a repetitive pattern playing itself out individually and collectively, personally and professionally. It is a self-destructive pattern that is made up of a massive conglomerate

of unconscious beliefs. Unhealed fears and a belief in a fragmented consciousness are like a kaleidoscopic picture of a perpetual illusion (samsara).<sup>25</sup> This will continue until we wake up and align with our heart-centered self.

We are consistently being urged to return to this original state of being. Yet how often do we resist the heart? Second guessing, doubting, judging, or just not recognizing precious opportunities right in front of our eyes, we remain stuck in limiting beliefs that confine us to our self-imposed fate as false realities are perpetuated all around us. This is a grave error, as we risk missing out on the richness of life! But when we say yes to growing and expanding in love, inner potentials come to light and a whole new world of opportunities can arrive.

Evolution is the driving impetus on the path before us. We are given opportunities each day to move forward in the direction of our dreams and our highest good. Experience becomes our friend, as each day we have new opportunities to practice gratitude and discernment, thereby refining ourselves to become more attuned to our essential one-hearted self.

The nature of Divine intelligence is patient beyond measure, even as we toss and turn over unbelievable and sometimes unbearable circumstances and conditions. Yet there is a limit, and we are reaching it right now. We are seeing our thoughts, words, actions, and even inactions have quicker and more dire consequences. We are being encouraged and urged to make healthy choices and decisions that originate from our heart center as clearly and concisely as possible. We will not experience any significant interference with our free will, but the choice is obvious: We must choose a one-hearted, sustainable life before it is too late.

When we learn to listen to and live from our heart center, we find we are free to trust and live from this kinder state of being. We also discover more commonalities between ourselves and others, as we begin to see the larger picture that we are all part of. We come into alignment with a higher essence in a Unified State of Awareness. Saying yes to our heart keeps us in communion with the Divine; it fills one's soul with reassurance, sustains it with love, and heals with the eternal fountain of well-being. The energetic frequency of love is a continuous flow that is always conspiring for our highest good and

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25 The world of illusion and effects of such illusion.

the highest good of all creation. We have a capacity to feel and see with our hearts at any given moment: It is but a breath away.

Many of us have unconscious programming operating under the guise of love. When we look a little closer, though, we can see that there are conditions and/or agendas that are not in reality part of the Universal Flow of Love.

When firsthand experiences are discounted because they are not “solid” (meaning they don’t make sense to the conditioned “rational mind”), we create a reality that is second to the first. This manifests as fragmented energy that is incongruent with actual experience. When our reality is based on thoughts and beliefs based in the past or on what others say versus our own intuition, we create a faulty perspective.

Our perspective creates our belief systems. When we operate primarily from a faulty belief system, we perpetuate these thoughts, beliefs, and ways of being in the world around us. It is like an energetic leak. When we buy into unconscious practices, we actually support a fragmentation of our oneness and all of its consequential causes and conditions. False beliefs are the cause of unjustified, two-hearted actions.

When one or more people share a heart-centered experience, no judgment is created. When a realization comes directly from personal experience, a Heart Moment of Truth occurs. A Heart Moment of Truth is real for the people experiencing it, as it originates from feeling an actual experience. A sacred chamber in which truth can take root is created when we are open, innocent like a child, and willing to learn. When we surrender to what truly is with compassion and unconditional love, we become a great gift to the world! A higher awareness and an increase in selfless behavior are the keys to doing our part in co-creating a new existence.

**A fountain of consistent awareness  
creates a foundation of incorruptible truth**

May the mindfulness revolution (which can be actualized through Buddhist principles and practices) lead to a mass realization of our true being. May lasting happiness be the result. This is essential mindfulness. May we step into a refined awareness that increases our capacity to embody a larger picture of truth and

reality.

Tibetan Buddhism refers to this state of awareness as “Perfect Understanding for Happiness.” Perfect Understanding is also expressed as a mantra known as the Heart Sutra. The Heart Sutra is referred to as the great mantra, the highest mantra, and an unequalled mantra. This sacred mantra is regarded as the destroyer of all suffering.

This is the Heart Sutra:

**Gate Gate  
Paragate  
Parasamgate  
Bodhi Svaha!**

**Beyond, Beyond  
Way Beyond  
All the Way Beyond  
Supreme Consciousness Victory!**

The Heart Sutra is a vehicle that helps bring about a transcendent awareness when practiced with consistency and sincerity. It assists in creating a pathway to the Divine that is right here in our mind.

Chanting the Heart Sutra at least one hundred and eight times a day paves the way to greater awareness and clarity of mind.

~25~

## **Philosophy of the Heart**

*Understanding and living from the heart center*

What is the essential nature of the heart? What originates from it and what does not? Can we philosophize the heart? We are going to look into the Hopi concept of one-heartedness from a spiritual perspective. We will explore several spiritual interpretations that may assist in helping us in living a truly one-hearted life.

When we come from our heart center, we embrace and embody our essential nature. One's presence becomes an expression of their natural self. What does such a natural state of being look like? This is a simple yet complex concept that cannot be broken down in one brief chapter. We can, however, break it down into tiny pieces that we may get a taste of true freedom.

### **A Heart-Centered Shift**

Please consider practicing these steps in order to enter into a more peaceful and aware state:

We need to take a break from the world as we know it. Set aside several minutes to a half hour to begin practicing shifting into and living from your heart center. If you have an altar, it is a good idea to practice with these sacred energies. If not, a candle, incense, and peaceful intentions are sufficient to begin your journey.

Beginning with the breath, take three slow breaths from deep in your belly and relax. As you sink into a deeper, calmer awareness, let it dawn on you there is an alternative way of seeing and experiencing life. It involves an acceptance and surrender of all that already is. This is the starting place or "zero point" from which we can move forward without judgment or resistance. We suspend judgment that we may enter into our original form, which is one of unconditional love.

Once we relax our mind, we may enter into a state of peace. This peace is not complacent, nor does it come at the expense of another's well-being. It is pure, whole, and complete. Stay here for a

while, observing the breath, staying in this state of peace. Whenever you start to drift off, gently bring yourself back through deep breaths.

Affirming a state of peace with a sincere desire and continued practice, we begin to adopt a new way of seeing and being in the world. We slowly begin dropping old paradigms, beliefs, and behaviors as we suspend previous ways of thinking, seeing, and doing. We choose to allow our essential being to be present in this moment.

Take three more deep breaths, wiggle your fingers and toes, and come back into this present moment once again. This is an integration process of awareness that is cumulative in practice, thought, word, and action. Now take a little break and let this experience absorb into your heart center.

### **Limited Awareness of Two-Hearted Living**

In an effort to explain conditions of humanity's suffering and the antidote of happiness, we are going to look at a variety of ways that human beings express themselves.

A lot of people find themselves in a state of conscious separation. This is referred to the Hopi as being two-hearted. As previously explained, this two-hearted path creates a self-destructive force as one is not in alignment with one's self. This internal divide leads to even greater suffering. The Hopi say those who live without an inner awareness are by definition two-hearted.

A side-effect of having a limited awareness is that actions come almost exclusively from the brain. There may be brief moments of heart connection, yet it is often fleeting and dependent upon circumstances being in one's perceived "favor." This state of being originates from a limited capacity to see beyond one's own demand for immediate gratification; it is the result of a dominant ego or "monkey mind." This is a manifestation of two-heartedness.

When we act from the brain, we over-analyze, act judgmentally toward ourselves and others, obsessively fixate on material goals and possessions, and intentionally mislead or exploit others in order to serve our needs. Greed, self-centeredness, and a lack of compassion for life in general are distinct signs of being on the two-hearted path.

Fortunately, we have another option, which involves practicing compassion and altruistic cooperation. This is the one-hearted path.

It is an inclusive way of living that embraces a deep respect and love for all sentient beings. The Hopi and all beings of goodwill follow the one-hearted path.

## **The Conditions of Happiness**

Finding, recognizing, and keeping our attention on the heart center is achieved by coming back to our breath and residing in the heart. It is a moment-to-moment experience that is centered in peace and compassion for ourselves and others. As the heart becomes the ruling force, it informs the brain while coming from an all-presiding state of peace. Breathing naturally, feeling honestly, and knowing omnisciently create a force field of power and faith from which springs forth the everlasting fountain of Agape love.

The breath, heart, and mind align to create a living force of higher awareness. One surrenders a need to know or control and allows the heart to feel and express itself. By trusting the subtle inner feelings, the mind skillfully practices discernment that aligns with the heart. This way of being is realized and experienced by a complete surrender and acceptance of what truly is in each moment. There is an innate wisdom that comes forth through willingness and personal experience.

This leads to a valuable realization: Every single day, each human being has a choice in how to live. This choice is based upon one's state of consciousness and reflects how we see ourselves in relation to the world. Ultimately, all actions come from our state of mind and heart. Do you feel open or closed? Peaceful or in despair? Loving or angry? How life plays out is the result of one's thinking and personal point of view.

When we practice one-heartedness, we embrace a deep and abiding love toward ourselves and all sentient beings. Compassion and loving kindness are always present when coming from the heart center. One-heartedness is an actualization of one's highest ideals, aspirations, and self.

In order for us to come back to the heart center, it is important for us to realize that there is an extended world that exists beyond our everyday physical senses. Subtle energy fields

are created and formed by thoughts and words, and these fields are mirrored in our physical reality.

We are living in a unified awareness, whether we realize it or not. When we understand and accept our co-creative role in the world, we begin to integrate spiritual consciousness (universal), metaphysical consciousness (mind and thought), and physical consciousness (body and will) into one energetic frequency. This manifests as *light awareness*, which shines in our body, mind, and soul as an all-knowing, all-pervading, all-encompassing love. It is pure love, only love, and it creates a beautiful unified field of awareness that manifests in each and everyone of us as a light of pure being.

~26~

## Harmony of the Heart

*Breath and consciousness*

Breath is life... Take a deep breath and notice the refreshing, rejuvenating qualities inherent in its sweetness... All too often, we take our breath for granted, to the point that sometimes we forget to breathe! We are so caught up in modern-day society that we lose sight of such a simple act.

Breath is the only function that is performed consciously and unconsciously. Our breath is controlled by two systems. The first is the autonomic nervous system. As the name implies, this allows us to breathe automatically.

The second system is the somatic nervous system. This system is accessed voluntarily by creating a conscious intention, being aware, and practicing. It is a breath-by-breath experience. Breath is the bridge that connects the autonomic and somatic systems. When we breathe consciously, a doorway opens to the somatic nervous system. This allows our breath to slow down and deeply cleanse our inner system.

While breathing consciously in a rhythmic and balanced manner, the heart settles into a peaceful and harmonious state. This is a powerful practice that energizes and relaxes the heart physically, emotionally, and spiritually. It also creates a connection with a higher source and allows opportunities for the ego to melt away.

The heart connects to the nervous system, which then connects to all other major organs, sensing their needs. When we speak of the nature of a heart, we are speaking of a multifaceted center that is also known as Harmony of the Heart. A Harmony of the Heart is created when we align all three aspects: physical, energetic, and spiritual.

- **The Physical Heart:** The physical heart is visible and solid. Its function is to circulate blood and oxygen throughout the body, support the immune system, and send coordinating signals out to every cell of the human body. It is the source of sustaining life in our bodies.
- **The Energetic Heart:** Invisible yet measurable, the energetic

heart is demonstrated by emotions (energy in motion) which can be felt and observed. The energetic heart's main function is to give life and magnetism to the body for expression into the world. The energetic heart also receives energy from the environment and other beings, energy which manifests as feelings that can be perceived either as positive or negative.

When the energetic heart expresses itself, there is a corresponding feeling that is received. As the receiver, we have a choice in how to respond. This choice governs our own emotions and our interactions with others. A positive response to negative energy is to honor and notice that energy, then breathe out the emotions that arise within us, allowing the energy to be processed and to dissipate. When we do this, we become a conscious participant with our emotions. By observing, accepting, and releasing that which no longer serves us, we come back to center into a state of grace; this is our inherent nature.

- **The Spiritual Heart:** This heart is invisible and transpersonal. Evidence of its existence appears in the qualities of one's being. Peace, grace, truthfulness, creativity, intuition, and a responsible attitude are all qualities of the spiritual heart. Our true being directs the energy flow within and out of the heart. In purity, being translates into doing. Interestingly enough, the heart chakra radiates down into the arms and hands—literally sharing our heart with the world!

In reality, the physical, energetic, and spiritual aspects of the heart are closely linked and each influences the other. They are intertwined and interdependent. For example, when one experiences emotional distress, the physical heart can suffer. Science is beginning to see that negative thinking and emotions create harmful chemicals in the body. Alternately, loving, caring feelings for ourselves and others enhance our health.

The breath brings us back to center. Slow, steady, and conscious breathing brings one back to the essential nature of oneness. When we breathe consciously, we return to a calm and natural state of being. Breath is life, life is breath. For many people on the planet, the seed syllable Om is recognized as the universal breath, a sound that emanates peace within the person chanting it and sends that peace out into the universe.

Om Shanti, Shanti, Shanti. (One, Peace, Peace, Peace)

~27~

## HeartMath

### *Science of the heart*

Your heart is an amazing organ, with physical and energetic properties that are paramount in function and form. The heart is truly precious and worthy of our time, attention, and tender care. The heart forms in the human body twenty-one days after conception. It starts to pump blood throughout the body at just twenty-eight days. Emotionally, the heart gives us an impetus to pursue happiness. It allows us along with those around us to experience joy, feel gratitude, and appreciate beauty. Our heart informs us with feelings when love is present, and it is able to open and receive that love when it feels safe. It is an incredible source of passion, which can become a vehicle of great transformation when we choose to live from a heart-centered place.

Neurophysicists have discovered the heart is not only a pumping station, It is an organ of supreme intelligence. In fact, science shows that over half of the heart is made up of the same neurons as those that make up the cerebral system!

Another incredible discovery out of HeartMath shows that the heart emits an electromagnetic field five thousand times stronger than the brain. The *Biology of Transcendence* by Joseph Chilton-Pearce calls the heart “the major biological apparatus within us and the seat of our greatest intelligence.”<sup>26</sup>

The Institute of HeartMath further illuminates the heart in all its glory:

*The heart and brain maintain a continuous two-way dialogue, each influencing the other’s functioning. Signals that the heart sends to the brain influence perception, emotional processing, and a higher cognitive function. Neuro-cardiology researchers have named this system and circuitry “The Heart Brain.”... Heart intuition or intelligence brings freedom and power to accomplish what the mind, even with all the disciplines and affirmations in the world, cannot do when it is out of sync with the heart.*

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26 Chilton-Pearce, Joseph. *The Biology of Transcendence*. Inner Traditions 2002.

HeartMath has done studies that relate between emotions and the self, labeled “Emotional Energetics Research.” The following information can be found on the Emotional Energetic Research website page:

*The heart produces the body’s most powerful rhythmic electromagnetic field. It can be detected several feet away by sensitive instruments. Research shows the heart field makes distinct changes as we experience different emotions. It is registered in people’s brains around us and apparently is capable of affecting cells, water, and DNA studied in vitro. Growing evidence also suggests energetic interactions involving the heart may underlie intuition and important aspects of human consciousness.*

This scientific evidence has the ability to open the mind of anybody who is willing to reflect and contemplate on its true meaning: The potential within each of us is activated when we learn to live from the heart center.

Additional evidence supports beyond a shadow of a doubt that we are all connected as a collective “one.” As researchers observed the heart more closely, even more astonishing discoveries were found. They discovered that each heart cell is unique and pulsates in synchronicity with all other heart cells to produce an electromagnetic signal that radiates out beyond the cell. An EEG that measures brain waves shows that electromagnetic signals from the heart are much stronger than brain waves. A reading of the heart’s frequency spectrum can be taken from up to three feet away from the body—without the use of electrodes!

Another fascinating fact from HeartMath: The geometric design of our heart’s electromagnetic frequency is a torus design. The torus field is similar to the shape of a donut: It radiates out from the chest as far as twelve to fifteen feet, then wraps around and returns back in between the shoulders, with a hole in the middle. The axis of the heart torus extends from the pelvic floor to the top of the skull. The whole field is holographic, which means information about the whole can be read from each point on the torus field.

Amazingly, the heart’s electromagnetic field is not the only part of us that emits a torus. All atoms in fact emit a torus field.

Mother Earth as well emits an electromagnetic field in the form of a torus...as does the solar system...and even the galaxy! All are holographic in nature. Scientists believe in the possibility of a single universal torus. This one torus would encompass an infinite number of holographic, interacting tori within its spectrum. According to HeartMath, “Insofar as electromagnetic torus fields are holographic by nature, it is more than likely the sum total of our universe is present in the frequency spectrum of each single torus that is contained within.”

This means that each of us is connected to the universe in a very real and observable way. When one gets quiet and accesses the heart center, there is a subtle yet very real connection to a limitless supply of love, joy, bliss, and wisdom. This state is accessed with an elevated view and perspective—and it is what attracts miracles into our lives.

As we embark upon the evolution of the heart, we will begin to see our efforts reflecting more and more in our everyday lives and on the planet. Each one of us will be given opportunities to create real and lasting change in our lives. Difficulties and/or challenges may appear at first; yet as the smoke parts, there is a crystalline clarity that comes into view as we learn and grow with grateful hearts. This way of communicating is how we will co-create an enlightened new world.

~28~

## Alchemy of the Heart

### *Treasures of Sufism*

The roots of Sufism came through the original teachings of the prophet Mohammed. The purpose of Sufism is to develop the mystical aspects of Islam. Sufism embodies a realization of truth through many mystical channels of Divine love.

These channels include a selfless remembrance of God, Zikr (“the enraptured dance”), and recognition of the ultimate perfection that exists in and as “Divine Unity.”

This Divine Unity is the main doctrine of Sufism and tells us first and foremost that there can only be one God.<sup>27</sup> La Ilaha illa Llah means “there is no God but God who is one.” To practice Sufism is to pursue truth through love and devotion to God. It is to follow the spiritual path, the way both toward and from God. A Sufi is a lover of truth in the perfection of absolute.

Sufi’s promise of the Divine states that human perfection is attainable through a total purification of the attributes of the lower soul. This purification gives way to Divine attributes and allows higher-vibratory frequencies to fill in newly-emptied spaces.

When the mind is trained, it can learn to focus on the inherent goodness within one’s self and the environment. A focus of benevolent love-force within and without radiates a sacred heart-light upon everyone. A Sufi in the realm of love loses themselves—only to find that sense of self again in the love of God.

A purification of the soul is vital for anyone wishing to progress spiritually on the Sufi path. In Sufism it is important to go beyond the concept of “doing as you would be done by.” In daily life, one practical example of this could be trading a self-serving interest for one that serves the greater good of all.

Another important aspect of Sufism is a regular recitation of prayers. There is a specific doctrine that is derived from the Holy Koran. It is a sacred and holy prayer that is recognized to bring

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<sup>27</sup> This is not mentioned to push any specific idea of “God” but rather to encourage a relationship with Spirit, Creator, etc.

about spiritual experiences and visions. It creates a power of love that opens the heart to celestial influences. One becomes a direct witness of the unseen, thereby seeing, sensing, and knowing beyond the world of the senses.

There is one other doctrine in Sufism that is vital in reference to the heart. This doctrine is to the spiritual heart what the physical heart is to the body. It states that God has made the heart as a mirror, and each heart is capable of reflecting the light of God and its attributes. Knowledge of the heart and love of God combine to create an immediate, vivid, and lasting certainty among the followers of this blissful practice. This is the aim of Sufism: to establish a recollection and direct awareness of God in one's heart as a perpetual living reality.

Our final focus is Zikr, the enraptured dance, spiritual music, and song of the whirling dervishes in the Mevlevi Order. Zikr entails spinning around while focusing with intense spiritual concentration. One hand is outstretched upward toward the heavens, in order to receive its blessings. The other hand is turned downward toward the earth to transmit these blessings in turn.

**There is a Soul inside of your Soul  
Search that Soul  
There is a jewel in the mountain of body  
Look for that mine of that jewel  
Oh. Sufi passing  
Search inside if you can, not outside  
–Jalal al-Din Rumi**

~29~

## Agape

### *Unconditional love*

Paul Ferrini is a world-renowned author who specializes in channeling the ascended master Lord Sananda. The following are excerpts that have been chosen as a tool for the reader with hopes that a deep understanding will begin to emerge with an unstoppable force of Unconditional Love, also known as Agape love. Agape is the highest frequency of love energy; It transcends all previous limiting thought forms, allowing us to listen with our hearts that we may begin living in alignment with our higher self.

When we let go of outdated agreements grace will arrive at our door. No longer will we dwell in victim or perpetrator consciousness. We will be given a renewed strength that will eliminate previous destructive ways of thinking. Once on a path of goodwill, when we follow our hearts we are in alignment with a Universal Flow of Love that is harmonious, pure, whole, and complete. This becomes our new “normal” as we choose to live a heart-centered life.

Below are some of Paul Ferrini’s ruminations.<sup>28</sup>

### **On Pure Love**

There are few precepts that define agape love. One of these is harmlessness. Being harmless means we desire happiness for all beings. Agape Love is inclusive, no one is left out. Acceptance of What is in the present moment is the first step in embracing Unconditional Love for all beings. A few points to remember in practicing Agape love include:

- Learn to love yourself and your brother and sister equally.
- Be open to the Divine, there is only good.
- Be transparent, have nothing to hide or confess.

## **On Awakening the Heart**

Unconditional Love comes naturally. It is our nature to feel compassion for oneself and others. No effort, no learning. In the beginning we were One with God and shared that love source. We then became afraid of our own creative power. We began to feel separate, this created a fall from grace. We began to feel like a victim, unworthy of love.

## **On Eliminating Scarcity Thinking**

Scarcity comes from a perception that one is not worthy of Love. Lack is an end-result of negative self-perception. To eliminate scarcity thinking it is imperative to forgive the past. Healing happens when we shine a Light of Awareness onto our wounds...This allows an honest look and a release of that which no longer serves our self and/or others.

## **On Gratitude**

Gratitude originates from a feeling of worthiness. Gratitude supports abundance.

Gratitude is a choice to see love in all things. The choice to appreciate leads to happiness, while supporting and uplifting.

## **On Freedom from Attachment**

When your heart opens it is filled with love! It's ability to give and receive is no longer based on anything external.

## **On Glory of God Within**

God is not abstract. It is a Living Presence. God is All Good, All Giving, Happy, Whole and Free. God is a non-limited Presence-Spirit-Divine Essence. It is not born and does not die. We draw our very essence from this Presence. To know this essence you must rest in this State of Mind. Be still, become aware of this moment here in

reality. Meditate on God Communion—Come together with God... Choose to remember! You must learn to see Truth in its' every form.

**On Power and Mastery**—*Cooperation with the Natural Laws of the Earth is Essential for Survival:*

Thought activity of the mind is fueled when looking outward and engaging in affairs of the world. When the mind turns inwards to look upon itself it slows down. eventually coming to a rest. The observer and observed then become One. The practice of self-observation breaks down any self-perceived barriers between subject and object.

### **On the Miracle of Living**

Coming to the end of doing. The more you are trying to do in life the stronger your fear of death will be. Death is the end of doing -physically and metaphorically.

It is the end of emotional reactivity to the thoughts and actions of others. Death is the end of separation. It is the end of body identification and the conditioned mind. Growing past overidentification with the body brings one into the nature of mind. It is an unlimited, expansive state that exists beyond space and time. Death, physical and/or metaphorical represents an ending of the subjective.

### **On the Separate Mind**

There are no private thoughts. One's sense of self tends to be defined by thoughts that limit the Self. In actuality, one's mind has a capacity to expand beyond its previous limits. Right now, without effort you are in communication with unlimited beings. Your body is bathed in light. Your heart is capable of directly receiving and giving Unconditional Love. Your mind is capable of apprehending Truth directly from your heart. It is a call to peace, joy and happiness.

This comprehension can only arrive spontaneously from

deep within a heart that is fresh, clear, and scented. When there is a sticky residue of past warfare an awakening cannot occur or be present. This is because the Truth of Who You Really Are is unrehearsed. The Real You does not come from a conditioned mind, it is spontaneous and fully trusting. Your thoughts and actions in reality are a living prayer.

### **On Not Withholding Love**

Giving another love they need strengthens that love in you. Let love replace all your grievances! The more you give love, the more you receive. This does not mean you give yourself away. Boundaries and discernment are tools that serve to protect oneself and loved ones. By following one's inner guidance love is shared in the healthiest ways.

### **On the Illusion of Objective Reality**

All objective reality is based on subjective agreement. As soon as you think you know what something means you cease to understand. The mind-intellect creates judgment, then goes outwards to find support for that judgment. Do not decide what something means, just let it be and contemplate it. True meaning comes from within. It involves a coming back to the self and taking responsibility for one's own thoughts, words, and actions. Looking outside at so-called 'objective events' gives only a false meaning or understanding into the heart of the matter.

### **On Happiness in the Present Moment**

Feel the effects of outside opinions then trust in the love or intelligence that created it and you. Your being will flower of itself, grace will unfold with synchronistic events.

### **On the Way of Forgiveness**

Whenever you think something is wrong forgive yourself for thinking that. Be willing to look at the things you condemn.

### **On Death of the Ego and Trust**

Every thought you have either separates or Unites. People generally identify with the thoughts they think. Your experience on Earth is a process of learning to Trust in yourself, your sister, your brother, and in God. When you Trust all aspects of other merge as One.

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## The Spiritual Heart

*Bhagavan Sri Ramana Maharshi*

Sri Ramana Maharshi was born December 30, 1879, in Tiruchuli, India. One of his early devotees named him Bhagavan Sri Ramana Maharshi, meaning “Divine Eminent Ramana the Great Seer.” Ramana was a wise and compassionate sage. He was recognized as a Jivanmukta, an enlightened being in the Advaita Vedanta philosophy sect of Hinduism. A Jivanmukta is a being who has dedicated their life to the Divine and has an actualized self-awareness, thus becoming liberated and attaining a complete and profound inner freedom while still embodying a human form.

Ramana Maharshi was known to influence people around him most deeply just with his presence, so pure was his state of being. Animals of all kinds were attracted to his side, including tigers! Sri Ramana gave his time and attention to the four-legged creatures just as equally as he did to servants and royalty. Nobody was considered more important than anyone else, and everybody was treated as equal in awareness and value. As with Saint Francis of Assisi, there were multitudes of people and creatures inextricably drawn to Ramana and his heart-centered practices.

Ramana’s wisdom is deep, clear, and powerful. It pierces the veil of illusion, giving the student greater access to their own original awareness. His teachings are a miraculous blessing to the student who is open to receiving at their heart core. With clear, calm, and precise teachings, Ramana Maharshi was a living embodiment of Dahara Vidya, or “knowledge of the heart.”

The following are some of Sri Ramana Maharshi’s quotes that capture the essence of the heart center :

*“The heart is the center of the self and the self is the center of all centers.”*

*“Just as the subtle force of electricity travels through wires and does many wonderful things, so too the heart imparts sentience to the senses.”*

*“Ever as I in the heart you dance, hence you are called the heart.”*

*“It is not the physical heart, it is the seat from where ‘I’ arises.”*

*“The realization of the heart is from experience of the self. The self is the heart. The heart is self-luminous. Light arises from the heart and reaches the seat of the mind. The world is seen with the mind, that is, by the reflected light of the self. It is perceived with the aid of the mind. When the mind is illumined, it is aware of the world.”*

*“You are always in the heart, are you standing apart from the self?”*

*“The Seat of Realization is located within and the seeker cannot find it as an object outside of the Self. That seat is bliss and is the core of all beings. Hence it is called the heart.”*

*“The entire Universe is condensed in the body, and the entire body in the heart. Thus, the heart is the nucleus of the whole Universe.”*

*“The mind of the knower abiding in the heart is merged in the consciousness of the heart like the moonlight in daylight.”*

*“The heart is the only truth. Mind is only a transient phase. Because people identify themselves with the body they see the world as separate from themselves. They have lost their moorings and swerved from their original state.”*

*“The heart is the center of the real. But the ego is impermanent. Like everything else, it is supported by the heart center. But the character of the ego is a link between spirit and matter; it is a knot, the knot of radical ignorance in which one is steeped. When this knot is cut asunder by proper means, you find the heart is the self’s center.”*

*Ramana Maharshi died on April 14, 1950. A sky-bound meteorite was seen when he left his mortal body at Sri Ramana Ashram in Tiruvannamalai, India.*

~31~

## The Prayer of Saint Francis

*Embodying Divine Principles of Unconditional Love*

Lord, make me an instrument of your peace  
Where there is hatred, let me sow love  
Where there is doubt, faith  
Where there is darkness, light  
Where there is sadness, joy

O Divine Master, grant that I may not so much seek  
To be consoled as to console  
To be understood as to understand  
To be loved as to love

For it is in giving that we receive  
It is in pardoning that we are pardoned  
It is in dying that we are born into eternal life



# Hopi Prophecy Now! One-Heart Awakening



A black and white landscape photograph. In the foreground, there is a dense field of tall grasses or reeds. A calm body of water, likely a lake or a wide river, occupies the middle ground, reflecting the sky and the mountains. The background features a range of rugged mountains, with the most prominent peak being a large, rounded mountain with a snow-dusted top. The sky is filled with large, dramatic clouds, with a bright patch of light breaking through near the horizon on the left side. The overall mood is serene and majestic.

## **Section 5**

# **America's First People**

## The Heritage of America's First People

### *Sacred relations with life*

Roots of the First People's ecology can be found in their ceremonial practices and essential teachings. Many of America's indigenous people believed in a Creator with supernatural powers, one who had established a strong connection between man and all living things. The people had a great respect and appreciation for this connection, one that manifested in their harmonious ways of life.

Planet Earth was seen as the mother of all life. Each animal, plant, and object in nature was seen as coexisting in the same interconnected web as human beings. There was a perfect understanding of the nature of our oneness that made it easy to commit to being a steward of the land and all that resides within it.

This came quite naturally to the First People with their ceremonies and cycles that helped keep them in touch with the heart of Mother Earth. This intimate connection helped them tune into and utilize higher senses on their inner and outer planes of existence. For example, a person living on the land could smell the direction and distance of a water source many miles away when the wind blew toward them.

The First People were deeply connected to nature—rivers, prairies, mountains, valleys, all creatures great and small. Feelings and emotions were an inextricable part of the tapestry of a unified existence.

Tribes did not own titles to their homelands. Boundaries were not precisely defined. The land was the center of the universe for each clan. Ancestral teachings and a sacred relationship with the environment informed their daily spiritual practice and entire way of life. Religious beliefs of the First People demonstrated an absolute reverence for the land on which they lived. Their view was correct in regard to ecology and their relationship with the world. In fact, it appears sometimes that they may have been light-years ahead of the current theological views of those who continue to both ignore and dominate our natural world!

Sky, land, mountains, sea, fire, moon, sun, food—everything was seen as a great gift from Spirit. The First People were humble in their appreciation of life. Festivals of thanksgiving, rain dances, fertility rites, burial, and all sacred ceremonies were performed to show respect and gratitude as well as to receive guidance from the higher power that governed all life.

The First People relied on life experience to discover their own sense of right living. There was high moral and ethical value in personal responsibility as well as in the role one played in their community. A conservation ethic was demonstrated in day-to-day living.

Hunters killed for the clan, not just for their own satisfaction. The people harvested only enough food for the community's current needs, respecting both the needs of other clans and of the future. This responsible approach to living supported long-term needs of the community at large and created balance. It is an ageless wisdom that exists to this day and contains within it all the elements of our current-day sustainable philosophies. An absence of greed was a key factor in how the First People were able to maintain a pure and natural lifestyle—and it is a trait we see in their surviving descendants even today.

The first European immigrants to arrive in America came from a repressive and controlling situation. They escaped from feudal societies whose governing classes owned all the land as an exclusive possession. This type of living was incomprehensible to the First People, as was the idea that any one person could possess Mother Earth.

Today, less than two percent of North America's land is allocated for the First People to live on. This sacred land is called a "Native American Reservation"—and as we now see, this title has a whole lot of conditions attached.

~33~

## Hanta Yo

*A Native perspective of spirit and truth in action*

Hanta Yo<sup>29</sup> is a well-documented story of the Teton Sioux and their world from the late 1700s to the 1830s before the Bahana came onto their land and prior to any outside contact with traders or missionaries. Its authenticity as a detailed ethnographic study is further enhanced by the fact that the original English version was translated into the Dakota-Lakota dialect and then back into English again: This process created a living experience of the First People and of America itself.

As the Sioux grandfathers explained, *“If it is not of the Spirit it is not of the Indian.”* The Dakota people go on to say that *“the Indian begins with the Spirit of man and works down through the Laws of the Universe.”* All true religious teachings have a deep understanding of this truth and how it applies to everyday life.

Before the outside world arrived, the language of the Turtle Island<sup>30</sup> people was known as Words of Heart, a language with no concepts of separation or inferiority. The words people spoke conveyed a meaningful and peaceful cooperation with one another.

When the Bahanas came to the land, a new language was constructed that caused a difference in perspective. I call this the Language of the Head. The following words did not previously exist in Native American culture, and the associated concepts were not even conceived of before the indoctrination of the new language: admit, assume, because, believe, could, doubt, end, expect, faith, forget, forgive, guilt, how, it, mercy, pest, promise, should, sorry, storm, then, us, waste, we, weed. Interestingly, the word free or any similar term did not exist in the First People’s root languages, as there was nothing for them to be freed of or from!

Before Columbus arrived, the First People were an ancient race in an advanced stage of growth. They had attained a high-working view of individualism. The First People’s spiritual truth was not found in seeking truth but rather in holding onto truth: There was

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29 Hill, Ruth Bebebe. *Hanta Yo: An American Saga*. Doubleday, 1979.

30 Many indigenous people refer to North America as Turtle Island

an understanding that truth reveals itself in each moment. Each individual has a specific set of circumstances that are first necessary to grow spiritually. Instances of seeing, hearing, knowing, and feeling come to the individual as needed. The First People's primary drive was to follow this knowing in each moment that they would understand and foresee the best ways to achieve their maximum potential in a spiritual sense. The only mystery ever chosen to investigate was to remain grounded in truth and to be open in each moment.

Spirit was understood as a familiar voice that spoke to each individual as inner guidance. It was called the Truth Bearer, as it instructed each individual in the best ways to proceed through life. Thoughts, words, dreams, feelings, signs in nature, and other such guideposts all worked together to lead individuals to a realization of a unified Divine truth.

In this view, each of us has literally been bestowed with God's gift of instruction, guidance, and information, if we choose to practice the quietude needed to listen to that inner voice. We will never be forced to do anything that voice tells us to do, for we also have the gift of free will. But it is up to each of us to trust ourselves and listen to that loving voice, knowing that it is always looking out for our highest good and best interest. Benevolence is our true nature and that of Creator.

Once we begin to realize and respect each person's free will (including our own), we understand that we are free to trust and follow the guidance coming directly from our higher self or from Spirit. The voice of this guiding light is a precious gift. From moment to moment, each of us is given opportunities to listen to this refined awareness that surpasses our current view and understanding. This also involves a surrendering of what we think we know is right, instead paying close attention to the subtle vibrations and awarenesses that come with a greater understanding of Divine communication.

~34~

## **Native Wisdom**

*Living heart*

As previously discussed in Section 4, the living heart is a direct connection to the spiritual source. Each heart has its own personal experiences and a symbiotic relationship with all creation. Although there are resources available, the true way of the heart cannot be learned in a scholarly book or laboratory, nor can it be understood through studying religious beliefs. In order to experience the heart and its truth, there must be a willing openness to be present in each moment.

Human life follows the cycles of nature. One is born into the world and needs support to grow and be healthy. Once grown, one matures to their full potential (hopefully)—and then, when this present incarnation has been completed, that person returns back to Creator.

But modern ways have led us to develop a lot of selfish beliefs and motivations. We have forgotten the reality of our true selves and the understanding of a unified existence and connected awareness. We've lost touch with one-hearted living.

We can turn to native wisdom to remember how to live from the heart. This is necessary for our survival and is the first step in creating an abundantly fruitful existence. There is a basic understanding missing from our day-to-day living: Through connecting with nature and each other, we can achieve a balanced life.

A Discourse by Chief Seattle

The following wisdom is from a discourse by Chief Seattle. As you read the following words I urge you to reflect on them deeply. Is it possible that our modern-day society is in turmoil because of our indifference to integrating the First People's wisdom and teachings? It is time to slow down and take a pause that we may learn from and respect the wisdom given by America's First People:

### **On Ways of the Land:**

All things are connected. Whatever befalls the Earth befalls the children of the Earth.

I was born in nature's wide domain the trees sheltered me and the blue heavens covered me. I am one of nature's children. What is man without the beasts? For the Lakota—mountains, lakes, rivers, springs, valley, and woods were all finished beauty. Winds, rain, snow, sunshine, day, night, and change of seasons were endlessly fascinating. The teepees were built upon the Earth and their altars were made of the earth.

### **On Ways of Learning:**

Knowledge was inherent in all things. The world was a library...

Children were taught that true politeness was to be defined in actions, rather than words. The rules of courtesy never indulged in the present habit of talking incessantly, and all at the same time. To do so would have been not only impolite, but foolish for poise, so much admired as a social grace could not be accomplished by restlessness.

Pauses were acknowledged gracefully and did not cause lack of ease or embarrassment. The world was a library and its books were the stones, leaves, grass, brooks and the birds and animals that shared alike with us. We learned to do what only the student of nature ever learns, and that was to feel beauty.

Observation was certain to have its rewards and appreciation enriched our lives. No people have better use of their five senses than the children of the wilderness. I was made to respect the adults, especially the aged. Indian etiquette was very strict. A term of relationship, or some title of courtesy was commonly used instead of a personal name by those who wished to show respect.

We work toward generosity to the poor and reverence for the great mystery. The ways of living...praise, flattery, exaggerated manners, and fine, high-sounding words were not part of Lakota politeness. Excessive manners were put down as insecure, and the constant talker was considered rude and thoughtless.

### **On Ways of Love:**

Love is something you and I must have. We must have it because our spirit feeds upon it. We must have it because without it we become weak and faint. Without love our self-esteem weakens. We do not want churches because they will teach us to quarrel about God.

From Wakan Tanka, the Great Spirit there came a great Unifying Life Force that flowed in and through all things—the flowers of the plants, blowing winds, rocks, trees, birds, and animals. All things were candid and were brought together by the same great mystery. Kinship with all creatures of the earth, sky, and water was a real and active principle.

### **On Ways of the Spirit:**

The Great Mystery that surrounds and embraces us—it is as simple as it is exalted. To us it is the Supreme Conception, bringing with it the fullest measure of joy and satisfaction possible in this life. We believe profoundly in silence—the sign of a perfect equilibrium. Silence is the absolute poise, or balance of body, mind, and spirit.

### **On Ways of Prayer:**

The importance of prayer, the daily recognition of the unseen and the eternal is our one inevitable duty. We Indian people have traditionally divided mind into two parts. One, the spiritual mind which is concerned only with the essence of things, and it is this we seek to strengthen by spiritual prayers, during which the body is subdued by fasting and hardship.. The second, physical mind is lower. It is concerned

with all personal, or selfish matters. The Sun is our Universal Father that sparks the principle of growth in nature, and the patient fruitful womb of our Mother. The Earth, our hidden embryos of plants and man. Therefore, our reverence and love for the Sun and the Moon are really an imaginative extension of our love for our immediate parents. Our whole life is prayer, because every act of life is, in a real sense, a religious act. Our daily devotions are more important to us than food.

**On Ways of the People:**

All the customs of our people were held to be Divinely instituted, and customs involving the training of children were scrupulously adhered to and transmitted from one generation to another. Our children were trained in the natural way—they kept in close contact with the natural world, and this way they found themselves and became conscious of their relationship to all of life. The Spiritual world was real to them. We taught our children by both example and instruction. We conceive the art of teaching as, first and foremost, the development of personality and considered the fundamentals of education to be love of the great mystery, nature, and people.

**On Role of the Elders:**

The distinctive work of the grandparents is that of acquiring the children with the traditions and beliefs, they are old and wise. They have lived and achieved. They are dedicated to the service of the young as their teachers and advisers. The tales spoke with dignity and authority, so as to lead the child into the end paradigms of the stored up wisdom and experience of the race. These tales do more than enlarge the mind and stimulate the imagination, they furnish the best of memory training.

**On the Beauty of Generosity:**

It has always been our belief that the love of possessions is a weakness to be overcome. As children we are taught to give what we prize the most, that we may taste the happiness of giving. Public giving is a part of every important ceremony.

**On the Role of Women:**

The moral strength of women is vested in our standard morals of our people. She rules undisputed in her own domain. All virtue is entrusted to her, and her position is recognized by all. She is expected to be supreme and spiritual insight. It is her responsibility to endow her children with nature's gifts and power.

**On the Disgrace of Lying and Thievery:**

Such is the importance of our honor and our word.

~35~

## Chief Seattle's Letter

*Earth and all people are one*

The following is an excerpt from a letter that Chief Seattle wrote in 1852. It is in response to a U.S. government inquiry about buying tribal lands:

The president in Washington sends word that he wishes to buy our land. But how can you buy or sell the sky? The land? The idea is so strange to us. If we do not own the freshness of the air and the sparkle of the water, how can you buy them? Every part of this Earth is sacred to my people. Every shining pine needle, every sandy shore, every mist in the dark woods, every meadow, every humming insect. All are holy and the memory and experience of my people.

We know the sap that courses through the trees as we know the blood that comes through our veins. We are part of the Earth and it is part of us. The perfumed flowers are our sisters. The bear, the deer, the great eagle, these are our brothers. The rocky crests, the juices in the meadow, the body heat of the pony, and man, all belong to the same family. The shining water that moves in the streams and rivers is not just water, but the blood of our ancestors. If we sell our land, you must remember that it is sacred. Each ghostly reflection in the clear waters of the lakes tell of events and memories of the life of my people. So you must give to the rivers of kindness you would give any brother. If we sell you our land, remember the air is precious to us, the air shares its spirits with all life it supports. The wind gave our grandfather his first breath also receives his last sigh, the wind also gives our children the spirit of life. The air is precious to the red man for all things share the same breath.

Will you teach your children what we have taught our

children? The Earth is our mother. What befalls the Earth befalls all the sons of the Earth. This we know: The Earth does not belong to man, man belongs to the Earth. All things are connected like the blood that unites us all. Man did not weave the web of life, he is merely a strand in it. Whatever he does to the web, he does to himself. One thing we know: Our God is also your God. The Earth is precious to him and to claim the Earth is to heap contempt on its Creator. All things are connected.

We love this Earth as a newborn loves its mother's heartbeat. So, if we sell you our land, love it as we have loved it. Care for it as we have cared for it. Hold in your mind the memory of the land as it is when you receive it. Preserve the land for all children and love it, as God loves us all. As we are part of the land, you too are part of the land. This Earth is precious to us. It is also precious to you. One thing we know: There is only one God. No man, be he red man or white man, can be apart. We are all brothers after all.

~36~

## **Ceremonial Cycles of the Land**

*Reconnecting with Mother Earth*

The Movement of the Moon and Sun  
Set a Universal Heartbeat  
Providing a Melody  
the Human Response Is Inclusive Harmony.

Ancient civilizations divided the solar year into four quadrants as identified by the sun's journey: the reflective winter solstice, the spring equinox with its new growth, the fiery summer solstice, and finally the fall equinox. The Hopi lived according to the earth's seasons in what is referred to as the ceremonial cycles.

The Hopi Survival Kit emphasizes a need for us to emulate this within our daily lives. We start by listening to the earth and her whispers as we plant our first seeds of the season, giving thanks to Mother Earth and the sun, stars, and moon for their efforts and effects, seen and unseen. As we settle into a deep awareness of creation, we will begin to hear the birds sing and see the fruit and flowers grow in a whole new way. This will then carry over into our relationship with others and impact our place in the world.

The seasonal cycles were celebrated in accordance with their associated qualities. Cross-quarter days (halfway points in between each season) held great significance as well and were honored as holy days by the Hopi and other ancient cultures. Although you can find some information in the realms of modern astrology and traditional Paganism, a lot of historical data on this subject has been misplaced in the mists of antiquity. There is still hope in our hearts that we will find our way back to the full embodiment of our true essence, though, and live as our most highly evolved selves.

### A Calling Back to Nature

Elements are the building blocks of who we are in a physical body. Who would we be without air, fire, water, and earth? One thing is for sure: We would not be human beings! We are created

and sustained by the same elements that all life is created and sustained by: There is nothing more elemental than this fact, and the recognition of this truth is a new way of being that increases our chances of surviving earth's great purification.

The First People of Turtle Island intricately knew that they were an inseparable part of the whole. Mother Earth was witnessed as a living temple. She was honored with deep respect and devotion. Destroying, harming, or owning a part of the earth was an alien concept. The First People knew without a doubt that they were part of a greater whole, and they lived each day individually and collectively with this truth in mind. They also understood how all thoughts, words, and actions affect the earth and that all creation is interdependent. When considering any course of action, they looked at least seven generations into the future before making a decision.

~37~

## Sacred Tree

*Living in Harmony with Life*

Of all the connections humankind has with nature, the tree is our most sacred and vital relative. Trees are our most intimate cousins. They breathe out oxygen that we breathe in while we breathe out carbon dioxide that they breathe in, a truly symbiotic relationship.

Primates and many other animals depend on trees for their sustenance, shelter, and survival. Trees are at the root of our survival as well. They nourish us with an abundance of fruits and nuts. They provide mineral-rich syrups, resin incense, and a plethora of other materials, including many medicines. They also give us shelter and warmth with their wood. We have a great responsibility to use the trees' resources consciously when deciding on materials to build, furnish, and warm our homes.

It is essential that we understand and respect trees as a major player in the survival of our species and life in general. Without trees—especially ancient growth rainforests—life will not exist for humans or any other oxygen-dependent creature. Period.

The Kabbalah Tree of Life and the Norse World Tree both represent archetypal energies, cycles of life, and a universal view through the image of a tree. This complete meaning is used to convey meaning and purpose in our life at every stage. Metaphysically (beyond symbolic and personal representation), trees are a powerful conduit of life force energy. Their energies interweave with the very web of life itself. Native wisdom has known this for millennia. Shamans often use the image of a tree as a sacred entrance point into the unknown. Through this “portal” the shamanic traveler journeys to catch a glimpse of the past, connect with spirit guides and totems, and discover gifts that may have been hidden away in this magical realm. The seer journeys to see, understand, integrate, and/or release parts of themselves in order to become who they truly are. Trees hold this wisdom, knowledge, and insight. They are conscious magical beings.

Let us go deeper into this wisdom to see how the First People viewed and understood the nature of the Sacred Tree.

*The Sacred Tree as a Reflection of Native Spirituality*

The life of a tree is similar to the life of a person. Its roots spread into the body of Mother Earth as it both gives and receives nourishment beyond what the surface mind can see. Its branches reach upwards, like arms extending and connecting with Father Sky. Fruits of the tree are especially beneficial, providing a potent source of life-force energy in the form of vitamins, minerals, and electrolytes.

Like the tree, our fruits are the results of our labors come to fruition. We give and receive sweet fruit when we share the work we are called to do. Creator provides a beautiful mirror that reflects back to us an intrinsic wisdom that embodies patience, strength, endurance, flexibility, generosity, humility, grace, and love.

## **The Medicine Wheel**

Another version of the Sacred Tree can be seen in the First People's Medicine Wheel. The Medicine Wheel is a powerful and ancient symbol that represents the universe and the people's place in it, and the Sacred Tree is one of many interpretation seen within it. This sacred circle represents cyclical changes of life—both personally and collectively. The center of the Medicine Wheel is the symbolic center of creation. It also represents tribal members united in the tradition of the First People.

The Medicine Wheel is fascinating and worth study. It is organized into four sections, with each section viewed as a particular cycle in human and/or soul development. We travel around the wheel just as the sun travels around the earth. Each cycle is seen as a gift, opening up a new area in our life journey. Each direction provides us with a specific set of insights and principles. The particulars vary from tradition to tradition, yet all teachings retain a consistent energetic focus and purpose associated with each direction.

### **Gifts of the Four Directions<sup>31</sup>**

**EAST:** Representing light, warmth of spirit, purity, and trust. Ability to focus attention on present tasks. Renewal, beginnings, birth, rebirth, illumination, guidance, leadership, and beautiful and clear speech. In the East a true leader learns how to see the connection between all things, become self-reliant, have hope for the people, and trust in her/his vision.

**SOUTH:** Representing the sun at its highest point, innocence, inner child, and the heart. Self-discipline, determination, music, gracefulness, appreciation of the arts, and discrimination. In the South the traveler learns how to discipline his/her feelings and express them in non-harmful ways. Fullness, strength, flexibility, loyalty, noble passions, and love.

**WEST:** Representing dreams, prayer, meditation, and perseverance. Gives us the power to heal, protect, and defend. Also provides us with the power to see and know in harmony with the Sacred Tree. The West gives us great strength from deep within, through prayer and daily effort. It provides an essence of what it means to be whole and alive—mentally, physically, emotionally, and spiritually. Clear self-knowledge and the gift of vision.

**NORTH:** Represents the Elders and the dawning place of true wisdom. Gifts include intelligence, prediction, problem solving skills, an ability to imagine, understand, organize, remember, and interpret hidden meanings. Endurance. Through great effort and determination the traveler climbs the mountain of knowledge. The higher one ascends the more difficult the journey becomes. Yet as we become stronger, the more clearly we see. Balance. Completion and fulfillment of vision and will.

### **Principles of the Sacred Tree**

**Wholeness:** All things are interrelated. Everything in the universe is part of a single whole. Everything is interconnected.

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31 From The Sacred Tree

**Change:** All of Creation is in a constant state of change. Nothing stays the same, except the presence of the cycle of change itself. One season follows the next, and as one ends the other begins. Cycles of change are not random or accidental.

**Seen and unseen:** The physical world is real and the spiritual world is real. They are two aspects of one reality. Violation of either world's laws affect the entire balance of life, both seen and unseen.

Human beings are spiritual and physical.

Human beings can acquire new gifts regardless of age, situation, or circumstance. The processes we use to develop new qualities are called "true learnings."

#### The Four Aspects of True Learning

There are four aspects inherent in each person's nature that are reflected on the Four Cardinal Points of the Medicine Wheel. Spiritual development may be understood in these terms of four related capacities:

1. The capacity to have experiences in and respond to realities that exist in non-material worlds like dreams, visions, and journeys.
2. The capacity to accept these realities as a representation of an unrealized awareness, along with the potential to understand, create, or do something more or differently
3. A capacity to express non-material realities through symbolic expression. This includes but is not limited to writing, speech, visual art, music, dance, and other creative expressions.
4. A capacity to interpret symbolic expression and apply it as a viable guide for taking action. Action is created when we turn possibilities into a true living reality.

It is a prerequisite for human beings to be active participants in the unfolding of their potential. Each person must make a decision to take a journey that they may travel on the path and arrive at the destination intended.

As we set out on the path laid in front of us we are aided by spiritual guides. They appear to show us the way and provide opportunities through synchronicity and further development. Guides protect us as we yield to a force greater than our little self, continuing to align and develop with the greater self.

~38~

## **White Buffalo Calf Woman**

*Mother of Sacred Pipe Ceremony and Prayer*

White Buffalo Calf Woman appeared to the Sioux Nation about two thousand years ago during a time when they were experiencing a lack of food and supplies. With no relief in sight, tribes gathered to discuss the situation at hand. At the time of the meeting two hunters were sent to see if any game would appear.

The men walked up a hill to get a better vantage point. When they got to the top and looked across the horizon, they saw something approaching. As it got closer they saw that it was a beautiful woman floating with her feet above the ground in their direction. It was a Lila Wakan (sacred being) named Ptesan-Wi. She carried in her hands a large bundle and fan of sage leaves. Her eyes were clear, dark, and sparkling with great power.

One of the men could not resist her beauty and tried to embrace her. Not listening to the warning she gave him, the man was reduced to a pile of bones. The other hunter was frightened, but the Lila Wakan calmed him by promising that she would not harm him or his people. She asked him to return and let the people know of her forthcoming arrival.

The Sioux tribes had four days to prepare. On the fourth day, Ptesan-Wi arrived. For four days she taught the Sioux people how to live. She gave them wisdom teachings and the first of seven ceremonies. She informed them there would be six additional ceremonies to be given during dream-time to the appropriate people at the right time.

White Buffalo Calf Woman (as Ptesan-Wi came to be called) shared deep wisdom and sacred ways of living. Her appearance dramatically changed the Sioux Nation and the lives of future generations. She taught that we must have great respect for Mother Earth, each other, and all of creation. Ptesan-Wi taught that in order to live a happy and fulfilling life we must be humble. Through her miraculous teachings and blessings, the people began to experience life in new and precious ways. The Sioux Nation learned how to pray and practice ceremony. They were given great teachings that we can all learn from and taught to live as part of the “Sacred Hoop of Life.”

White Buffalo Calf Woman promised to return each generation. She also promised to greet the people at the end of the “Red Road.”<sup>32</sup> After completing the teachings, Ptesan-Wi walked in the direction of the setting sun, which appeared on the horizon as a big red circle. Once at the edge of the horizon she rolled four times: The first time she turned into a black buffalo, the second time a brown one, the third time a red one—and the fourth time, she turned into a white buffalo. This is how she was given her name.

As soon as she vanished, buffalo began to appear in great herds. They allowed themselves to be killed so the people could survive. From that day on the buffalo furnished the people with everything they needed: meat for food, skins for clothing and tipis, and bones for many tools.

White Buffalo Calf Woman gave the peace pipe to the Sioux Nation and instructed them in how to use it. She shared how the pipe's red stone bowl represents female energy while the stem originates from the Tree of Life, which represents male energy. Together, the pipe and its energies connect all that is above to all that is below.

White Buffalo Calf Woman imparted the sacred wisdom that we are all caretakers of the earth. She shared that women are just as important as men in role and representation and that we balance and complement each other. She taught the importance of understanding life as a sacred experience. She gave the people the gift of ceremony (which she instructed is best performed in small numbers), guidelines for prayer (which must be done both for and with all creation), and a deep respect for all life.

White Buffalo Calf Woman was also a prophecy messenger. She gave this warning: “The Sacred Hoop will end when the water comes back to cover Mother Earth.” She also said that we can see peace in the world and that the Sacred Tree of Life would flourish for seven generations with the mending of the Sacred Hoop, thereby creating a holy connection with life. She shared that all nations and races would finally come together in peace, to talk and pray for good and hope.

White Buffalo Calf Woman is a representation of life and rebirth. Theresa Two Bulls—a Lakota scholar and teacher—describes the story and teachings of White Buffalo Calf Woman as a blueprint

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32 The true path of living in balance with creation and one's self.

for living: “*She brought the Chanupa, the Sacred Pipe. She brought meaning, essence, life, and spirituality. She brought hope.*”

When people of all colors pray together with the sacred pipe with compassion, kindness, and consideration, extremely powerful things can occur. When done in a sacred environment with a pure heart, we will change the world with our positive thoughts, intentions, words, and ways of interacting with each other and the planet

**Chief Arvol Looking Horse**, 19th Generation Keeper of the White Buffalo Calf Pipe said “*With this Holy Pipe you will walk like a living prayer.*”

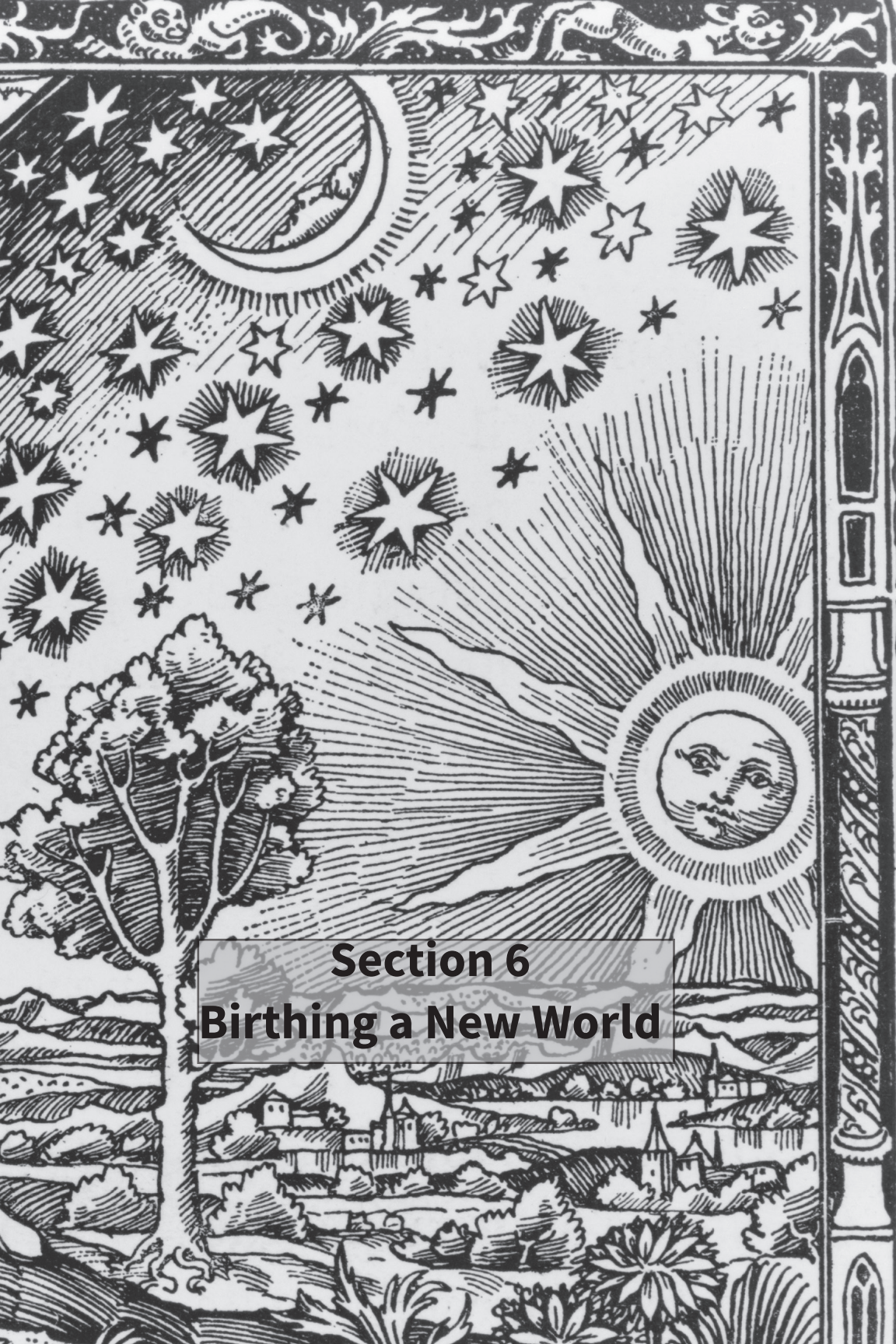
Arvol Looking Horse was born in 1954 on the Cheyenne River Reservation in South Dakota. At the tender age of twelve, Arvol was given a great responsibility: He was appointed the 19th generation Keeper of the White Buffalo Calf Pipe, making him the the youngest pipe holder in history.

A white buffalo named Miracle was born in 1994 in Janesville, Wisconsin. As time passed, Miracle changed colors, just like the prophecy, thereby confirming that she was indeed the first of the four prophesied white buffaloes. After the birth of Miracle, Arvol Looking Horse was inspired to begin a spiritual quest and founded World Peace and Prayer Day. World Peace and Prayer Day is celebrated worldwide on the summer solstice.

World Peace and Prayer Day is more than a day of ceremony and prayer: Every year, cultural and spiritual leaders around the world join with local community leaders to offer prayers and wisdom in a four-day ceremony. Their aim is to bring an awareness to all indigenous prophecies as well as make a call to secure sacred ceremonial sites for seven generations. Since its inception, World Peace and Prayer Day has spread across the US to Ireland, Japan, Africa, New Zealand, and other locations worldwide.

White Buffalo Calf Woman is a messenger for a return to peace. She represents the four races and all people coming together, to mend the Sacred Hoop—ending separation and polarization. White Buffalo Calf Woman is Rainbow Light Manifest.





**Section 6**  
**Birthing a New World**

~39~

## It's Time to Wake Up

*Not Just a Rat Race*

*"All of the problems of modern Western society are rooted in error of human thinking."*

*-Thomas Banyacya*

Our choices as a society have never been as important as they are today. Unhealthy patterns in our bodies, minds, and lives are costing us a heavy price, one we see reflected in the condition of our world. Many years' worth of unconscious behavior is once again playing itself out as we continue to pretend this is "normal" or "the way it's always been," but we can no longer continue this way if we want to survive.

We are entering a period where golden opportunities are arriving in our lives to allow us co-create new and sustainable ways of living. These opportunities present themselves in work, relationships, creative expression, and life in general. We tune into a refined field of awareness by surrendering what we think we know, thereby allowing Spirit to reveal a deeper truth that extends beyond our current awareness.

We are being given but a short time to reflect, heal, and make new choices that support ourselves and others. Choices we make and actions we take will now have a greater impact, especially on those closest to us. In this very moment, what we call "the future" is being created with our thoughts, words, actions, and non-actions. This is the true nature of interdependence. It is essential for us to recognize the influence that we have on each other. It is also essential that we recognize the impact of technology and modern ways of living on our body, mind, and souls.

*"Most of the world is walking on a two-hearted path, rather than a one-hearted road."*

*-David Monongye*

It appears that we have forgotten how to live as conscious human beings. We are out of touch with the natural order of the

universe. We have forgotten our sacred place in the cosmos as human beings.

Western society promotes a predominantly two-hearted way of living. Unconscious ways of being create a disconnect and discord from the natural world. A false sense of ownership over the land ensues, rather than a one-hearted harmony with the land.

Two-hearted living can be summarized as follows: When life is perceived from a thought-mind-ego perspective, we live with the belief that each of us is separate from each other, the earth, and Spirit.

Reality is then created in ways that are destructive and unsustainable with no concern for the future. There is little to no room for real growth and change because of a basic distrust toward the self, Spirit, others, and new opportunities that may point the way toward new and improved ways of life. Misunderstandings exist because of a disconnect with one's universal nature and benevolent self. Limited thinking such as this creates a continued lack of faith in a higher power that is always present and here for us.

Two-heartedness is limited in scope, fear-based in reasoning, and controlling in nature. It destroys united consciousness through these means. This separation creates a scattered energy in the unified field, which is in essence a cohesive whole.

Due to industrialized lifestyles we have fallen out of balance with the natural world and cycles of life. Let us ask ourselves: Are we living in a rat race? Behaving like rats live in a maze? Are we stuck in an unconscious rut, repeating actions that are not fulfilling or necessary to the whole of creation? How often do we awaken with anxious thoughts? Which hoops do we decide to jump through first? In daily life are we spending too much time with technical toys that add to the illusion of a separate reality?

In our modern view, rats appear to fight for the last crumbs or run around unconsciously, acting alienated from the rest of the world. As Lily Tomlin says, "The only trouble with the rat race is, even if you win you're still a rat."

Activist Jamie Lee Curtis shared this poem live in the Ziggy Marley album Family Time. It expresses my sentiments quite well:

## Birthing a New World

Is there really a Human Race... is it going on now all over the place?

When did it start? Who said, "Ready, set, go!"

Did it start on my birthday? I really must know!

Do I warm up and stretch...do I practice and train?

Do I get my own coach? Do I get my own lane?

Do I race in the snow, do I race in a twister?

Am I racing my friends, am I racing my sister?

If the race is a relay is Dad on my team?

And his dad and his dad, you know what I mean.

Is the race like a loop, or an obstacle course?

Am I a jockey, or am I a horse?

Is there pushing and shoving, to get to the lead?

If the race is unfair, will I succeed?

Do some of us win, do some of us lose?

Is winning or losing, something I choose?

Why am I racing, what am I winning?

Does all of my racing, keep the world spinning?

If I get off track, when I take the wrong turn

Do I make my way back from mistakes, do I learn?

Is it a sprint, a dash to the end?

Am I aware of the time that I spend?

And why do I do it, this zillion yard dash

If we don't help each other we're all going to crash!

Sometimes it's better not to go fast

There are beautiful sights to be seen when you're last.

Should it not be that you just try your best?

And that is more important than beating the rest.

Should it not be, looking back at the end  
That you judge your own race by the help that you lend.

So take what's inside you and make big, bold choices!  
And for those who can't speak for themselves, use bold voices.

And make friends and love well, bring art to this place!  
And make the world better for the whole human race.



What shall become of the remaining two-hearted people? The answer is in the petroglyph of the Hopi Life Plan at Prophecy Rock. The third symbol and the final stage—the Great Day of Purification—has been described as the Mystery Egg because there are two potential outcomes. The prophecies describe them as total rebirth or the annihilation of life: “It is said the people will have only a short period of time to adopt these principles in order to balance extreme polarities. The mystery egg will come to pass according to the law of cause and effect under the guide of Maasaw.”<sup>33</sup>

Those who are on a conscious one-hearted path aspire to surpass limiting patterns of thought and behavior as valid sources of information. We are beginning to understand and express life through a higher, more refined awareness of our unified heart. This open way of being helps brings one into a true awareness and helps us to see our bigger part in the whole. When we perceive with and act from our hearts, the one-hearted race will be born. This is how we will shift into a fifth dimensional world of peace.

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## Ushering in the Fifth World

*Unification of the Four Races*

*“The Hopi are the bloodlines of the continents.”*

*–Dan Katchongva*

In reflecting on the Great Purification and its eventual outcome, Hopi Elders spoke of a “healing of the bloodlines.” A healing of the bloodlines means a return to honoring the authentic ways of life of all people and their cultures. Indigenous people and their teachings are to be recognized as sovereign, for this is a birth-given right!

In addition to the rebalancing of indigenous peoples’ cultures, each individual alive on our planet today is being called to purify their own karma. The easiest way to do this is to show up with a pure and humble heart. We have to be willing to surrender life as we have known it in order to allow a new world to emerge. We must embrace a refined, enlightened way of seeing and being in the world.

As we increase our awareness and fortitude we will be entering into a grand unification of all human beings. Around the world—especially in America, the melting pot of all nations—we have already merged. As this continues, all of life will begin to flourish once again. Each individual will contribute and blend their highest aspirations with those of others. There will be no unhealthy competition or domination. Absolute equality and the recognition of each individual’s Divine nature will be the new normal, for this is the true essence of our beings, both as individuals and as a united whole. As we advance collectively on the evolutionary path, we are becoming a homo-luminous race!

### **The Four Races**

Dan Katchongva describes the branches of our human family as bloodlines of the continents. He explains that these bloodlines have been formed by centuries of migration that carried the Hopi people in all four directions of the compass. Over time, each race

changed to create the four colors we see around the world today. Each bloodline has precious gifts that are vital to maintaining and sustaining healthy and vibrant life force within ourselves and the planet.

The migrating Hopi were instructed to live in different regions and embody the essence of the energy where they lived. They absorbed the wisdom inherent in the each element they embraced, thus becoming the living embodiment of the element associated with their region. This led to the four races of people we see today. It is imperative for us to see each race as a part of the whole, with each equally vital to the survival and evolution of our species.

The physical and elemental qualities of each of the four races reflect generations of adaptation and mastery of their environment and its corresponding influences. We are the essence of the elements themselves, manifest in our various gifts. This can be perceived as the rainbow of the four races, which provides a point of reference when reflecting on our unique abilities.

The following is a partial list of qualities that reflect the acquired gifts of each race. Together, with honor and respect for each race, we make up the tapestry of united, evolving humanity.

**The People of the East** were referred to as the Yellow Race. They were given guardianship of the element of air/wind. Air represents wisdom, mind, breath, consciousness, and spiritual faith. In Sanskrit, vata (meaning “to blow”) represents wind, while prana or “life force” is often called “the breath of life.” The people in the East were instructed to learn and practice breath, contemplate the sky, and embrace an expanded view in consciousness.

**The People of the South** were referred to as the Red Race. They were given guardianship of the element of earth. Earth represents stability. It is the basis and foundation of all other elements, without which we could not exist. Earth is a holder of wisdom, knowledge, strength, growth, and prosperity. It represents a connection between our body and the planet. The people of the South were instructed to learn about earth, plants, foods, and healing herbs.

**The People of the West** were known as the Black Race. They were given guardianship of the element of water. Water is a yin, the feminine principle. It is cleansing and purifying. Water represents flexibility, adaptability, and creativity. Water is considered the chief element as it is both the most humble and the most powerful.

**The People of the North** were known as the White Race. They were given guardianship of the element of fire. Fire is yang, the masculine principle. Fire creates heat and makes things fruitful. Celestial fire is the light that gives life to all things. Fire is both a creator and destroyer, a source of energy that requires careful moderation and control. Overuse of this element creates an infernal fire that leads to a parching heat. When out of balance, fire has the potential to consume all things, including its opposites of moisture and darkness. Out of control fire makes all things barren. Some positive aspects of fire include change, passion, creativity, motivation, will power, drive, and sensuality. Fire consumes and moves, which is why our white brothers and sisters began to move across the earth.

### **Unification of the world's people**

We have become living emanations of the earth elements. By being aware of this evolutionary process, we recognize that our true nature reflects the earth herself. Dan Katchongva explained that after the migration people will be called to reunite. This is referred to as “the blending of the bloodlines.” Original teachings will be shared so we can make informed choices in living our lives as an expression of peace on earth, thereby allowing a great civilization to come about.

The original people were given a secret handshake that we are to present to each other when we came back as brothers and sisters. It was given to help preserve and serve as an act of consolidation. It also demonstrates a remembrance of the teachings.

We are instructed to help create and support a biological and economic revitalization of original indigenous ways of living. A restoration of the elemental wisdom that is inherent in each indigenous region is resurfacing to support the whole and create balance. This is an important piece of the Hopi Life Plan. We assist

in fulfilling this requirement by returning to organic foods that are native to our geographical location and supporting the local economy. People around the world are hearing a call to return to holistic and natural ways of living, and it is up to each of us to do our part by living an authentic life.

Hopi Prophecy states: *“There will come a time when young people come together to try and live on the land again. They will wear ragged clothing and will have long hair. Their name will be similar to the Hopi.”* These people are now known as earth-loving hippies.

Today, there are many people awakening and returning to land-based living. Conscientious individuals and passionate groups numbering into the millions are springing up everywhere, standing up for our rights and those of the earth as they are being tried and tested.

There are a growing number of people known as the Rainbow Tribe whose life purpose is to live in alignment with Mother Earth and all of creation. Love is the presiding force that pulls us ever closer to the earth and connects us to each other. Each individual has unique gifts that contribute to the whole. Like a ray of light shining through a kaleidoscope, each gift is a refraction, an emanation of the whole.

The Rainbow Tribe is comprised of people from all walks of life who want to do more than “business as usual.” They are growing in number and making positive differences around the world. People from all backgrounds of life are coming into a higher awareness and following their authentic path in life. Evolved Rainbow Tribe members are well aware of their mission, path, and purpose in life. They are helping sow new seeds of hope and sustainability to help ensure a future that will stand the test of time. The Rainbow Tribe is made up of original hippies, idealists, millennials, and other awakened human beings.

People around the world are creating a new culture. Bloodlines are coming together to create integrated families of love, peace, harmony, and cooperation. The old ways of doing things are becoming unsustainable as new solutions present themselves and people wake up in droves. It is a new day, and there is another way! When we transcend the belief that we are all separate, we are able to thrive in a new consciousness. This consciousness is a pillar of

support for all who are a part of it. It is centered in truth, trust, faith, and pure love for the self and others. If something or someone is not coming from a place of unconditional love, it is not part of the new paradigm.

David Monongye said,

**In the Fifth World there will be but One Language spoken and that will be of the heart—a place beyond words, a feeling of family. And second most important that there would be One Religion, the Earth—a shared spiritual practice by all people of respect, gratitude and love, just like they should to their own mother. That is why the original First Peoples called her Mother Earth. When people live in Balance with Creation nothing else will be needed.**

Those who do not yield to the deceit of the modern world and who support healing the bloodlines of earth create unseen influences around the world. Positive new patterns especially benefit the aboriginal bloodlines and can lead to a healing of bloodlines across

the entire planet.

~41~

## **Eclipse of the Moon and Sun**

*A Unification of Feminine and Masculine Energies*

*We are returning.  
Together we co-create the Fifth World.  
Here, Turtle Island, Mother Earth.  
Welcome home.*

As we can now see, the ego-based mind and male dominance cultures have no place in ruling our lives or countries. All destruction is a result of the untamed mind. Unjust thoughts, words, and/or actions create more havoc in the world than any natural disaster ever could. This is because ego-based actions create an imbalance of energies that perpetuates separation and fragmentation, whereas the regenerative nature of life patterns itself after itself.

When we come from a pure mind and heart, we can always find encouragement and hope for new life. This is how we will come back into balance with our authentic selves: when we ALL come to the realization that our human bodies consist of energies both feminine and masculine.

There are many cultures around the world that view the sun as an archetypal expression of the Divine Masculine. Some qualities attributed to this archetype are growth, support, creative expression, and action. The highest vibrational expression of masculine energy is recognized in Divine emanations such as Christ Consciousness, Shiva, and Krishna. The Divine Masculine manifests as a pure light awareness or Sat Chit Ananda.<sup>34</sup>

Across from the sun in our sky is the moon, recognized around the world as an archetypal embodiment of the Divine Feminine. The moon is a great reflector, illuminator, and abiding force of calm. Her peaceful presence shines as a clear light in the dark. She is a soothing presence to the receptive soul that is ready to receive her blessings. Sister Moon may not appear as strong or

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34 Sanskrit for pure conscious awareness and bliss

powerful as Father Sun, but make no mistake about it: She is the one who keeps our world in balance and stabilizes gravitational forces on our planet. During periods of darkness she continues to persevere and illuminate our world just by her very presence.

In order to create conditions that are ripe for world peace, we need to first tend to our inner landscape. This is reflected by the energy of the moon. She influences us with rhythms and cycles that influence our oceans and moods. She represents our inner reality, which is reflective, receptive, and creative in nature. In its highest form, the Divine Feminine manifests as a deep well of clear intuition, insight, wisdom, and compassion for all beings. She sees the source and connects us to it through her awareness and reflection.

When experienced with mutual honoring and respect, the Divine Feminine and Divine Masculine together create a state of awareness that transcends one or the other, replacing duality of consciousness altogether! In its place rests a union of energies that brings us into a Divine harmony.

Yin-yang, dark-light, shining-reflecting, coming together in awareness of the one—we are being asked to align with these seemingly contradictory energies. In reality there is really only one expressing itself as two. Coming to a complete understanding of this bigger awareness is what is being called for in order to reunite aspects of our little self with the whole self.

Let us be open then to learning our true nature and that of our fellow human beings. And let us accept the embodiment of these energies that we may live by them, thereby becoming one with all that is and experiencing our true collective nature.

Each of us has an innate ability to open up to both masculine and feminine energies. It is encoded into our DNA. It is in our pure nature to be perfectly balanced as a whole and complete human being. Unfortunately, due to cultural influences, a lot of people are conditioned to be predominantly masculine or feminine. What does this mean? According to where someone is born and what class they are born into, polarized views, expectations, and opinions are poured into our consciousness from birth or soon thereafter with regard to gender.

If one is to become whole again, a union between sun and moon energies must occur. In ordinary waking consciousness, we often use the intellect as a chief means in making sense of

reality. This is most commonly regarded as a masculine trait. In complement and contrast to masculine traits is the feminine counterpart. Feminine energy is expressed in realms of intuition, nonverbal communication, and dreams. It is felt as gratitude, honor, guidance, and peaceful joy. It is where we feel, sense, hear, and touch the Divine within. It is that which is sacred within each and every one of us and our gentle planet.

Esoteric traditions in both the East and West show the conjunction of the sun and moon in order to portray a unified, enlightened mind. In yogic literature, the sun's solar energy is referenced to as an electric current while the moon's lunar energy is recognized as a magnetic force, pulling and pushing the tides as well as directing the nerve currents in our very own water-prominent bodies.

The message we are being asked to listen to and heed is that we need to harmonize the two forces into a symbiotic whole. We are complete when we bring the outer, electric, action-orientated self into alignment with the inner, reflective, magnetic, receptive self. Together we become a balanced human being, speaking and listening with equal passion, expressing the self through time spent in nature, reflecting and simply existing. It is all a matter of balance, paying attention to one's thoughts and tendencies, and bringing present-moment awareness into our daily lives.

Esoteric alchemy is not solely a practice of physical transformation of material elements: It is a set of coded instructions that when developed correctly will lead to a golden age of enlightenment. On the path of self-realization, an alchemical marriage between Hopi and Tibetan wisdom teachings is inevitable. We will begin to see clearly and live one-heartedly in the world once again.

When we maintain a healthy practice and balance between our inner and outer selves we come into a unified way of being that reflects back into the world as total harmony and a clear understanding of the true self. We begin to see the worlds above and below as a natural part of our inner and outer expression. Imbalances may come about in our daily lives; but regardless of any imbalance, each human being's true essence exists in perfect balance and harmony just beneath the surface of our current reality.

Dig deep. Find your true essence. Live and express the whole

being that you truly are! When we live authentically from the heart, true to ourselves, we find balance and compassion for all beings. Then, by maintaining a regular practice that connects you to Source and your inner self, you do your part in raising the unified field of collective consciousness.

Coming back into alignment with the prophecies, *tewa* means “sun” in Hopi and “moon” in Tibetan. What unites them is Mother Earth. And while the sun shines brightly in Hopi Land, the moon is glowing in Tibet. The name *tewa* actually applies to the same moment in time across the planet!

This same oneness can be found in our hearts. Wars between nations originate with the war within our own selves: It is a war between the head and the heart. The modern human being has been living a technological/consumer-minded lifestyle and becoming more ignorant of the laws of nature. An awakened heart within the individual creates compassion, which is the great equalizer that leads to a true heart-to-heart connection between two or more people. For a peaceful mind and peace on earth, we must integrate wisdom teachings and understandings into ways of living in the world. This is how we will create lasting change that reflects a sustainable, loving, and natural way of being.

The sun is a great energizer, fueling our bodies, minds, and souls with its warmth and invigoration. The moon is a great reflector in our life. We can learn from her grace to reflect back what we hear and understand from one another with unconditional love. Together the sun and moon energize, calm, give, receive, nurture, and grow. They are a symbiosis of yin and yang, hot and cold, day and night. The sun and moon represent a balancing of spirit, land, and body. It is up to us to listen to their messages and act according to the Divine plan that calls each of us every day. Do you listen? When you awaken in the morning, make sure and listen to the little voice before your mind has a chance to fall into old patterns. Do not repeat the past. There is a future waiting to be born through you and me.

#### TEWA Recognition Day

On August 21, 2017, there was a full solar eclipse, an actual marriage of the sun and moon that occurs across the entire United States, from the West Coast to the East Coast. It also marks the official release date of this book. When first hearing about this event,

it became our release date because we understood the strong and powerful need for people to begin waking up at this time. It is a non-judgment day for Earth Heart People, affirming one-hearted ways of living along with everyday conscious decisions and the lessening of two-hearted destruction.

America can once again lead the way as an example of a  
TRUE UNIFIED DEMOCRACY  
as the birthplace of the Rainbow Family, manifesting  
PEACE AND LOVE!

We move forward as we purify and bring back balance by living daily TEWA: The sun and the moon combine in the marriage of the wisdom of the Hopi and Tibetan Buddhism.



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## **EarthHeart Wisdom**

*One World—One Heart*

### **Earth Awareness and Ceremonial Cycles**

We can look to the story of Noah's Arc and the Great Flood in the Bible to see how our choices play out in the world time and again—only this time, we are seeing many consequences manifest, not just one flood. Reflecting on Noah's Arc and the Spiritual Arc, we see a relevant pattern emerge. We still have a chance to make a positive difference and hopefully survive the closing of the Fourth World, so that we and our descendants will begin to live as a peaceful species in the waking dawn of the Fifth World.

The Spiritual Arc is what Maasaw and the Hopi provide as guidance and refuge to enter into this ancient way of living. It is a simple way of life, as Maasaw demonstrated with his planting stick, gourd of seeds, water, and cloak. It involves living not with constant want but rather with a humble desire to give, share, and receive earthly gifts.

My greatest wish is for multitudes of sentient beings to wake up to their inherent nature. May we see and act from our highest selves. May we abide in this knowing. May we be a shining emanation of the preciousness of that which is life. I am here as a messenger to remind people of the urgent need to wake up!

**Each person who reads these words  
It is time to heed the Hopi message  
And bring it into our everyday lives**

**We are the change we seek!  
We can transform as a species  
We are able to care for our planet  
And all that cohabitate as one**

**We are being called to remember  
To return to purity of mind  
We are being asked to join  
To be of one-heart**

I have been guided to help unite people that we may come together and proceed on a one-hearted path. It is time for us to live the Hopi message of peace and wisdom! It is time to live in harmony with Mother Earth, each other, and all creation. It is imperative for us to have a daily practice like meditation that connects us with our inner self, for this is how we retrain the mind toward realizing our true nature and that of life. The journey is realized when we enter into our hearts.

We are pleased to announce the creation of EarthHeart Living, a nonprofit organization. EarthHeart Living includes an online forum designed to promote growth and sharing. As we learn and practice one-hearted ways, we will live in peace and harmony. We encourage people who feel called to establish an EarthHeart Spirit Circle in their community. We invite you to join us in coming together. The intention behind these gatherings is to discuss and practice one-hearted ways of living in a supportive and co-creative environment.

We have an option to choose to walk the One-Hearted road. EarthHeart Spirit Circles are structured around the wisdom, teachings, and principles covered in this book. John Kimmey author of *The Return Path* created similar gatherings also called Spirit Circles. We honor John's wisdom and vision with Hopi-inspired teachings and practices. We also include precious wisdom and tools that have been generously given to us by Tibetan Buddhist teachings. This is the prophesied lineage that has been asked to help keep humankind clear, calm, and awake during these precarious times.

Our goal is to honor the preciousness of life, to connect with Mother Earth, and to live the principles and practices we have learned and will continue to explore. EarthHeart Spirit Circles are designed to be a source of refuge from modern-day perils. We are a resource that provides information, experiential practice, and the opportunity to make a positive impact by encouraging expression of our most authentic selves.

## **EarthHeart Living Mission**

To introduce, inspire, and integrate ancestral Hopi teachings with Tibetan Buddhist practices in order to create a practice and symbiosis of present-moment awareness with a living reverence for Mother Earth and all creation.

### **Purpose**

To bring people together in a safe and nurturing environment to foster inner and outer peace.

To articulate and create healthy lifestyles and practices that provide healing for Mother Earth. To investigate and create one-hearted communities that are self-reliant and sustainable.

To connect with other EarthHeart Spirit Circles in sacred prayer and ceremony. To create a worldwide connection during challenging and auspicious times.

To apply our collective insights and wisdom to our everyday lives as well as our long-term visions and goals.

### **EarthHeart Spirit Circles: Basic Teachings and Practices**

#### *Commitment and Agreement for Earth Heart Spirit Circles*

We remember the bigger picture and that we have a specific place in it. We connect with each other in sangha (sacred community) and commit to do our best in following a one-hearted path. We listen to the Elders who are the wisdom keepers.

An EarthHeart Spirit Circle consists of a thirteen-week course designed to bring people together in practice as a living community and to begin implementing real and lasting change. Gatherings are welcome to continue after the thirteen-week cycle if three or more participants are in agreement. If a new group of members shows interest, it is recommended that the thirteen-week cycle is repeated. Once a participant has completed a thirteen-week cycle in an EarthHeart Spirit Circle, they may start a new circle at their own discretion. There will also be regional one-hearted gatherings to be announced throughout the year.

In addition to recognizing, exploring, and practicing the basic principles of one-heartedness, there are thirteen specific principles

to be taken into consideration in EarthHeart Spirit Circles. Each week a specific principle is the topic of focus, discussion, and experiential practice.

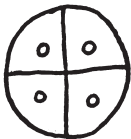
The first five principles come from the Hopi. These principles are to be understood, integrated, and practiced.



**Navoti (Balance):** Navoti literally means “the entire world in perfect harmony and balance.” Navoti also signifies the Hopi Way of Life and the Path of Everlasting Life. For Navoti to become our way of life, we must first find balance within our own selves. Meditation, ceremony, and conscious participation in assisting Mother Earth and the universe in returning to balance are being called for at this time.



**The Spiral:** The Spiral has many facets. Primarily it is a symbol of emergence from one state or world into another. The Spiral is a birthing realm that is eternal in nature and connects time, space, matter, and Spirit. It is a symbol of creation. Traditional Hopi Elder David Monongye used to say, “If you want to accomplish anything in life, you must understand and apply the principle of the Spiral; you must always start at the beginning.”



**Tuanasavi (the Cycle):** The symbol of the Hopi known as tuanasavi is a visual representation of the cycle of life in all its manifestations and the inherent balance of that cycle. Opposites are contained and integrated synergistically into the whole. In science and nature we now see a natural inclination of a return toward balance.



**Nakwach (Loving Unity):** The nakwach symbol represents two guards standing back to back protecting each other’s welfare and those of their people. The essence of nakwach is the loving nature inherent in all people. Nakwach teaches unity through compassion, friendship, genuine care, and love.

Hopi prophecy keeper John Kimmey said, “We agree to agree for the sake of unity.” We agree to act in a way that benefits all generations—seven generations back and seven generations into the future.

**5.The Warrior:** The Warrior symbol represents the value we hold in regard to the people to whom we are related. This stance is not about aggression or martyrdom, though: It is to show you honor your membership so deeply that you unequivocally offer all you can be, every single day. The Warrior shows a willingness to be prepared to risk one's life in order to protect the people's well-being.

The Warrior symbol also refers to personal power and initiation. A warrior is someone who exceeds their own expectations and creates a reality where none existed before. The Warrior teaches that we each have a unique gift and once we become whole we also become trustworthy.

Additionally, there are Eight Ancient Natural Laws of the Universe:

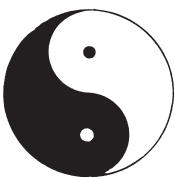


**Law of Mentalism:** This law states that thought is the first step in manifestation. Buddhist principles align with this law: In the words of His Holiness Khenpo Rinpoche, "We are present-moment thinking only."



**Law of Vibration:** This law states that nothing rests. It is like when Plato concluded there is no such thing as stability: All things are either in a state of growth or of decay.

It takes consistent practice and a commitment to one-hearted ways of living in order to attain and sustain a higher-frequency existence. Thinking before we speak, consciously coming back into one's heart center on a moment-to-moment basis, and other such practices cause the individual and collective consciousness to converge in a one-hearted vibration.



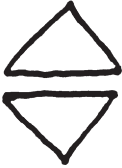
**Law of Polarity:** This law is the representation of dualism. It states that in order to ascend beyond duality consciousness, we must first resolve the discord within our own mind. We do this by being open and willing to look into our thoughts and belief systems. Duality then becomes an opportunity for growth and transcendence into higher states of consciousness and ways of being in the world.



**The Law of Karma** states that each action has a reciprocal action returned from the universe. What this means on the Return Path is that each decision and choice we now make will create a direct influence on the outcome of our individual and collective future.



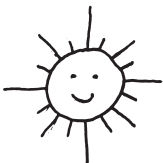
**Law of Rhythm:** This law represents the interplay of all energies. When we live in alignment with Mother Earth, the cosmos, and all creation, we become part of a greater whole that sings, swims, and dances to the rhythm of life itself!



**Law of “As Above, So Below”:** This law represents the essence of many ancient teachings: We are each a reflection of a greater reality, one that we are all part of. As we consider and contemplate the power of this universal truth, we can recognize it exists even now in you and me.



**Law of Correspondence:** This law states that everything is interdependent. Each thought, word, and action has an influence on life. Collective thoughts, words, and actions have a greater effect on the whole, for worse or for better. Balance is always striving to be established in-and-as the Law of Correspondence. “What goes around comes around” is a common phrase that relates to this: We have a choice to experience heaven on earth or the reality of an apocalyptic future. The choice is literally in our hands, as we decide with our intentions, emotions, actions, and/or inaction.



**Law of Joy:** Joy is a state accomplished through “blissipline.” Happiness is a quality that comes from joy. When cultivated, joy is visible and palpable! Joy becomes a state of mind and way of being that is contagious to those who are ready to receive and share in its sublime blessings. Joy also emanates a great equanimity and state of bliss, or Sat Chit Ananda, which is accomplished through a refinement of the mind.

## **Buddhist Practices for EarthHeart Spirit Circles**

Paradoxically, in order to live and relate to others coming from the heart, it is essential that we cultivate mindfulness. Please reflect on the following Buddhist principles and practices.

The first Buddhist principle asks us, “Who am I?”

The teaching goes on to answer, “You are single present-moment thinking only.”

We learn that life is precious.

We also understand everything is impermanent.

We are called to have compassion and a Bodhicitta (selfless service founded in loving kindness) practice. There are techniques we can employ to assist in bringing about mental purification, which in turn allows us to once again see, hear, know, and feel freely, without the constraints of negative thoughts on our clear view of relative and absolute reality.

His Holiness Khenpo Choga Rinpoche offers five basic teachings to increase positive thinking and decrease negative thinking:

### **Five Basic Teaching to Increase Positive Thinking**

#### **Renunciation**

To release ill-intended thoughts and abandon negative conduct as we let go of negativity.

#### **Compassion**

To genuinely care with the intent of decreasing causes of suffering for others.

#### **Faith**

Know and believe in positive thinking and to act on this knowing, resulting in an increase of grace.

*Loving Kindness*: to come back to the heart center in a moment-by-moment practice and to help others increase their happiness.

## **Wisdom**

Reflect on life experiences and to contemplate, comprehend, and integrate experiences into a positive context. To see and find the positive lesson or experience that may be hidden in a seemingly controversial experiences. To reduce one's thinking if it is negative.

### **Five Negative Thought Patterns to Decrease:**

**Greed:** The antidote to greed is renunciation.

**Anger:** The antidote to anger is compassion.

**Pride:** The antidote to pride is faith.

**Jealousy:** The antidote to jealousy is loving kindness.

**Ignorance:** The antidote to ignorance is wisdom.

With intention, goodwill, and positive practice, we increase our positive thoughts moment by moment, one thought at a time. It is a continuous choice. Eventually our positive thoughts increase until we become an enlightened Bodhisattva and ultimately Buddha, a source of true happiness for the benefit of all sentient beings on the planet.

The sacred Vajrayana Mantra can be used during these rapidly changing times of uncertainty or when in need. It is a call to Guru Padmasambhava that he may bestow his compassion, purity of mind, and beneficial energies as blessings on the individual and the world. Recite the following like the flow of a river at least one hundred and eight times:

**Om Ah Hung Badrza Guru Padma Siddhi Hung.**

~43~

## Earth Mother

### *Calling Her Children Home*

Earth Mother is brimming with life! All of life on earth is born from Original Source. Original Source is known by many names: Creator, God, Great Spirit, Buddha, Nature, Tao, Universal Life Force, and many more. Original Source has many qualities to it. In its unobtrusive state it is benevolent, beneficent, and always conspiring for the greatest good of all. In its pure state, Original Source is self-sufficient and self-regulating in a peaceful and joyous luminosity. Life is a conscious intelligence that animates itself as expression and form.

Hopi wisdom illuminates our minds when it says that “Land and Life are one-and-the-same.” For this reason it is of utmost importance for us to respect all land and life. Mother Earth in her pure expression provides a pristine and healthily balanced environment. Naturally abundant, she gives everything we need to live, grow, evolve, and flourish. Originally known as Sophia<sup>35</sup>, she imbues the realm of the physical with her essence of the Divine Feminine and a deeply abiding love for all of creation.

Oftentimes we forget or do not understand that there is a Source that connects all of life. Our ancestors recognized this presence as Divine in origin. The name Mother Earth represents the deep, sacred relationship that each of us share with her. She is our Earth Mother, and we are her children: This is an inextricable truth. The First People lived in alignment with this understanding. They held a deep reverence and respect toward Mother Earth and all her life forms.

Buddhism and earth-based Shamanism are both rooted in a life practice designed to awaken one’s spiritual heart and encourage our evolution in alignment with our earthly experience. Today, we find ourselves living in a materialistic world. Technology is placed above the sustenance of life itself! This is where the danger lies: When humanity is disconnected from Mother Earth’s sacred meaning and power, we are like lost children. The resulting consequence is that we live a life out of balance. Creation itself is sacred, and our life

is a precious gift. The natural order of creation shows us that in order to grow and evolve we need look no further than our heart.

The essence of the Hopi way of life is this: Blend with all creation and celebrate life. We encourage you to get your hands and feet back in touch with the earth. Follow a one-hearted path and embrace single-moment awareness that we might see the birth of the Fifth World together. Through this simple, balanced approach, we can make our way on the Return Path and find our way back home.

This is the true one-heart awakening.

After all is said and done, truth can only be found and known in our hearts. Only then can it be lived and established on earth as it is in heaven. In the end, it behooves us to suspend and reverse negative thinking. We must begin living this way now! We must work together as a whole—not just for ourselves, but for each other.

### **Dedication For Future Generations**

I dedicate this book to the Traditional Hopi Elders and future generations of Hopi children: May their lives be filled with an overflowing love and joy that is each person's birthright. I dedicate this book to all people who dedicate their lives to respect and love for each other, with hearts wide open and a commitment to live in harmony with Mother Earth. Humbly I thank you.

I dedicate this book to Dzogchen Khenpo Choga Rinpoche, my root guru and precious teacher. There is a deep and ancient wisdom available to us through the ancient Buddhist lineage of Dzogchen. It is a complete teaching and practice. Living in accordance with the Wisdom of the Ages is what it will take in order for us to live in harmony on the Eternal Path of Everlasting Life.

My greatest wish is for each person reading this book to consider the words, contemplate their truth, and commit fully to begin living a life-affirming, sustainable existence with our thoughts, words, and actions. The inner and outer changes that are practiced and realized will make a considerable contribution to the world, positively influencing family, friends, and community at large from now through seven generations. I believe that the Hopi were among

one of the most successful, advanced, and longest-lived societies on our planet—and we can learn to live in peace from their teachings.

Remember:

“We Are The One’s We Are Waiting For.”

For a worldly and humanistic causes, I have created EarthHeart Living. EarthHeart Living is a global community made up of heart-centered individuals, groups, and communities. Our intention is to bring one-hearted people together who are committed to being a peaceful and beneficial presence on the planet. We are Rainbow Warriors! We practice positive thinking with life-sustaining thoughts, words, and actions. We realize the inherent good that is present within each and every one of us. Our goal is to be free from suffering, that we may live in a peaceful, sustainable, and just world.

Our intention for EarthHeart Living is to create universal communities for people living from the heart to join in a progressive and supportive environment. We are creating a living practice to come back into alignment with nature and re-focus our energies on creating action-based changes, beginning within the individual. The collective goal of EarthHeart Living and EarthHeart Spirit Circles is to help create a paradigm shift into the new Fifth World.

The Elder’s visions and wisdom serve as a guidepost to inspire meditation, contemplation, and activities. There are two primary conditions and four main principles seen as manifest in the Fifth World. If one chooses to join the Hopi vision, we can manifest an everlasting peace on earth.

**One Language, the Heart:** Together we speak from our heart centers. Resistance or judgment between people will be rare, as everyone is seen as equal and treated with respect and unconditional love.

**One Religion, the Earth:** We will have daily and cyclical ceremonial practices that remind us of our connection with Mother Earth. We will come to understand that we are truly one with our planet in a deep and meaningful way. We will connect with a greater life-force by spending quality time in nature. We will understand finally, without a doubt, that how we treat our sacred planet is exactly how we are treating ourselves. There is no difference.

**East and West, United:** There will be a marriage of wisdom between the hemispheres of Eastern and Western spirituality. This translates as harmonious balance between Divine Feminine—inner wisdom, reflection, and knowing—and the Divine Masculine—outer connection and creative manifestation on earth.

**The Rainbow Race, One Human Family:** When all races unite as one and share their highest aspirations with each other, we will become a Rainbow Race. We will live as indigenous children on the earth in peace and harmony once again.

This brings together the reunification of the four original races prophesied to take place in America. It is the completion of the Fourth World and the birthing of the Fifth World.

I dedicate this book to all beings whose passion is to embark upon a one-hearted path. May we join as one-hearted people and help usher in the new Fifth World.

**May Peace Prevail On Earth!**

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