

Maya Calendar Wisdom: DayBook/Journal

A cosmic night sky filled with stars, a prominent spiral galaxy, a comet with a long tail, and various nebulae. In the foreground, two silhouetted figures stand on a dark rock, looking up at the stars. The sky transitions from a deep blue at the top to a lighter, hazy glow near the horizon.

10.03.2011 TO 12.21.2012

*This Day Book is meant as a
Personal Ceremony
for receiving Wisdom and Personal Reflections
during this Cycle of Expansion and Growth.*

*Maya Calendar Wisdom
Day Book/ Journal*

8th Edition

*Thank you for your interest in my interpretations
of the Maya Calendars.*

*Accept my gratitude for honoring these writings
by asking before duplicating.*

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TABLE OF CONTENTS

HOW TO USE THIS DAYBOOK/ JOURNAL	2
YOUR PERSONAL BIRTH ENERGY ANALYSIS	3
TRECENA - INFLUENCE IN DAILY MEDITATIONS	4
DIAGRAM OF TZOLK'IN AND HAAB CALENDARS	4
HOW IT WORKS - THE SACRED TZOLK'IN CALENDAR	5
THE THIRTEEN TONES OR SOUL NUMBERS	6
SACRED MAYA CALENDAR DAY/SUN SIGNS OR PERSONALITIES	7
MY VISION I AM CO-CREATING DURING THESE CYCLES	8 9
REFLECTIONS FOR THE NEXT TRECENA	18 19
MY REALITY I AM CREATING	44
REFLECTIONS UPON THE NEW ME	101 102
MY REALITY FOR THE DAYS AHEAD	132
HEALING WITH ENERGY	155
MAYA CALENDAR PRODUCTS	156
MAYA CALENDAR WISDOM—ABOUT KAREN	

How to Use This Day Book

The intention for creating this Day Book/Journal, above all else, is feeling *your personal* synchronization to the cycles of evolution. As I have studied the various Calendars, they have revealed their secrets - a framework for returning to our Divine, co-creational state.

Meditations for each day simply reflect the pulsations of growth energy from the combination of constant Tonal Energy and the reflective energy of the Sun Signs. To best benefit from these writings, I recommend the following:

- Create your meditation and read each day out loud at the beginning and end of your day.
- Reflect on how the Trecena energy "flavors" that particular day.
- Journal your personal insights in how your unique frequency interprets this flow of energy. Trust in your intuition.
- When scheduling or planning, look at the energies of that day; are they in harmony? Would it best serve to choose a more beneficial energetic combination reflected in another day? I carry my Day Book with me at all times; everything is based on attunement with the creational cycles.

As you use your DayBook/Journal, you will note days which have three stars by the Gregorian date. These are auspicious dates, offering an enhanced energy in both tone and sun sign.

"Maya Perpetual Calendar for Daily Meditation" is a perfect companion for creating your meditations. This flip chart offers additional, detailed explanations for energies of each segment of the daily energies.

*May you find the perfect purpose for these
reflections in your life.*

Blessings for Peace, Love, Beauty and Abundance.

Your Personal Birth Energy Analysis

My Tone is:

This translates to:

My Core, Soul Values are:

My Sun Sign (Tribe) is:

This translates to:

My Personality :

Strengths are:

Balancing my Shadow side brings:

My crystal/stone is:

My color is:

My Direction is:

All of these create My Sacred Path of:

Trecena

What is a Trecena?

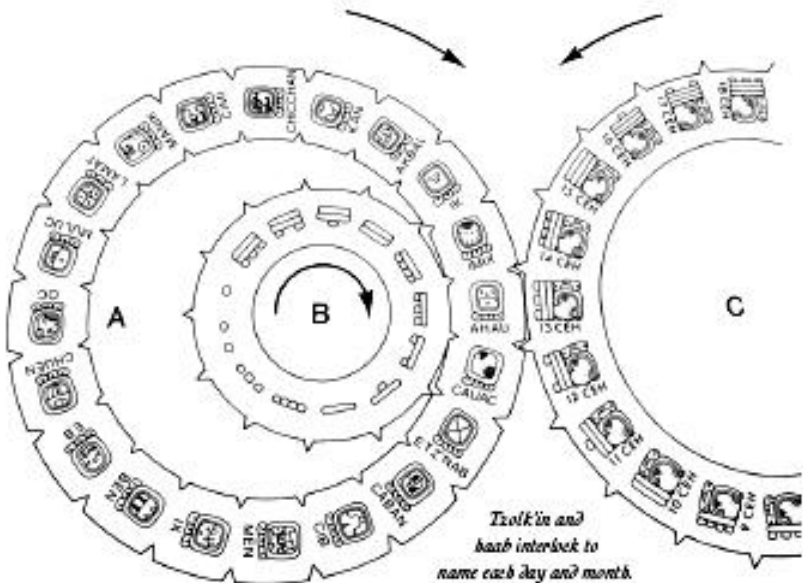
A Trecena is a thirteen day period (similar to a Gregorian week) consisting of 13 Tones and Sun Sign combinations. This period begins with Tone of Hun (One) and reaches completion with Ox Lahun (Thirteen).

As illustrated on pages 8 and 9, Tones are represented by numbers, Day/Sun Signs by Symbols.

A Trecena is one of the cycles of sacred energy, used by Shamans as a Source for Divination.

How does it influence the energies of each day?

The energy of the Trecena acts like an overall theme throughout the combinations of Tones and Day/Sun Signs. For example, when you begin the Trecena of Imix, the Alligator, you will notice the theme of intense energy combinations since the tones and signs are in synch. In the Trecena of Ix, the Shaman, the personality of the Shaman is felt in each day's energies. This thematic interpretation for each Trecena is included before the individual days, so as to explain the overall intention.



The Tzol'k'in Calendar and How It Works

In the diagram on page 4, the Day/Sun signs are represented by the larger circle A; Tones are represented by smaller circle B. These combinations are the basis of the 260 unique days of the Sacred Tzol'k'in Calendar.

Circle C represents the Haab (Civil) Calendar. When both the Haab and Tzol'k'in Calendars are used together, they complete a Calendar Round every 52 years. This was used in conjunction with the Long Count for designating official dates.














The following two pages include charts listing each Tone and Day/Sun Sign.

Since the energetic frequencies created by saying these out loud are relevant, the Maya words representing these are used throughout the Day Book.

For this reason, I recommend reading your daily meditational, or any other writings you wish to co-create with intention, aloud.

When spoken, these ideas are taken from pure thought into multi-dimensional reality.

The Thirteen Tones (Core Values)

Tone	Translation	Name	Pronunciation	Meaning
	1	Hun	<i>hun</i>	<i>Initiate</i>
	2	Ca	<i>ka'</i>	<i>Balance</i>
	3	Ox	<i>ox</i>	<i>Focus</i>
	4	Can	<i>chan</i>	<i>Stabilize</i>
	5	Ho	<i>h'o</i>	<i>Integrate</i>
	6	Uac	<i>wak</i>	<i>Receptive</i>
	7	Uc	<i>wuk</i>	<i>Harmonize</i>
	8	Vaxac	<i>waxak</i>	<i>Organize</i>
	9	Bolon	<i>b'olon</i>	<i>Patience</i>
	10	Lahun	<i>lahun</i>	<i>Manifest</i>
	11	Buluk	<i>b'uluk</i>	<i>Release</i>
	12	Lacha	<i>lacha'</i>	<i>Connect</i>
	13	Ox Lahun	<i>ox lahun</i>	<i>Complete</i>





















Tones, or Soul Numbers, are constants in your birth energies, and in the energies of each day. This forms the energetic cycles of death/rebirth/ life fundamental to the Maya Culture.

Day/Sun Signs, on facing page, form the variables in daily intentions. These create the spiral of evolutionary energy unique to the Maya Calendars and each individual's Sacred Path.

When creating meditations for each day, the Tone and Day/Sun combination create cyclical pattern of culmination - each day enhances and builds upon the energies of the previous days.

"Maya Perpetual Calendar for Daily Meditation" is a perfect companion for creating your meditationals. This flip chart offers additional, detailed explanations for tones and signs.

Sacred Maya Calendar Day or Sun Signs

Sign	Name	Pronunciation	Translation	Meaning
	Imix	<i>ee' mish</i>	<i>Alligator</i>	<i>Internal Power</i>
	Ik	<i>ick</i>	<i>Wind</i>	<i>Communication</i>
	Akbal	<i>ak bawl</i>	<i>Night</i>	<i>Clarity</i>
	Kan	<i>kahn</i>	<i>Seed</i>	<i>Abundance</i>
	Chicchan	<i>cheec chawn</i>	<i>Serpent</i>	<i>Passion</i>
	Cimi	<i>sih me</i>	<i>Transformer</i>	<i>Renewal</i>
	Manik	<i>maw nick</i>	<i>Deer</i>	<i>Gratitude</i>
	Lamat	<i>lah mott</i>	<i>Star</i>	<i>Unconditional Love</i>
	Muluc	<i>moo luke</i>	<i>Water</i>	<i>Rebalancing</i>
	Oc	<i>awk</i>	<i>Dog</i>	<i>Truthfulness</i>
	Chuen	<i>choo enn</i>	<i>Monkey</i>	<i>New Beginning</i>
	Eb	<i>ebb</i>	<i>Road</i>	<i>Openness</i>
	Ben	<i>ben</i>	<i>Reed</i>	<i>Spiritual Rebirth</i>
	Ix	<i>ish</i>	<i>Jaguar</i>	<i>Meditation/Sacred</i>
	Men	<i>men</i>	<i>Eagle</i>	<i>Intuition</i>
	Cib	<i>seeb</i>	<i>Spirit Warrior</i>	<i>Ethics</i>
	Caban	<i>kah bahn</i>	<i>Earth</i>	<i>Knowledge</i>
	Etzab	<i>edtz nab</i>	<i>Flint</i>	<i>Release Illusion</i>
	Cauac	<i>cow awk</i>	<i>Storm</i>	<i>Purification</i>
	Ahau	<i>awe how</i>	<i>Lord</i>	<i>Review/Completion</i>

10.03.2011 - 12.21.2012

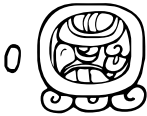
My Vision I am Co-Creating during these Cycles

10.03.2011 - 12.21.2012

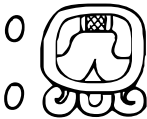
My Vision I am Co-Creating during these Cycles

MEN

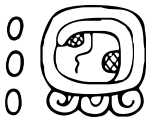
Through re-evaluation and purification, we are prepared to expand our sights to our Global Community. With a new sense of strength and personal power, we are ready to be of service.



Monday
10.03.2011

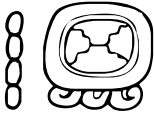


Tuesday
10.04.2011

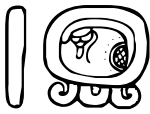


Wednesday
10.05.2011

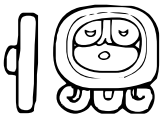
MEN



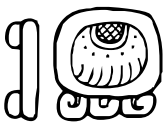
Thursday
10.06.2011



Friday
10.07.2011



Saturday
10.08.2011



Sunday
10.09.2011

HEALING WITH ENERGY

By blending the properties of how energy transmutes within the physical and non-physical worlds, I incorporate a variety of teachings when assisting others.

With a global client base, sessions are conducted both in person and remotely (by phone, email and Skype). I also travel extensively, empowering others to be at their

Optimum Health and Vitality.

Understand how Body, Mind and Spirit link intricately together. Co-create your optimum health and vitality with conscious clarity.

Services Offered:

HEALING WITH ENERGY - BIO ENERGETIC SCANS

Understanding Who You Are

Using the principles of Electronic Kinesiology, learn what your body has to say about the areas of stress which impact your daily life. Epigenetics and Memetics are exciting tools - showing how your genes are turned off and on - by your beliefs, feelings, attitudes and what you hold as Truth. These sciences explain how these factor in your brain, immune and hormonal systems - and throughout your body. We are what we think. Common Bio Energetic Scans are Lifestyle, Food Sensitivities, Overall Physical Body Systems, Meridian System and Endocrine System. Personalized custom scans also available.

MEDITATIONS

"REMAGNETIZE"

Release stress as you recharge your energies and create a personal field of vital, magnetic energy.

ENERGIES OF EVOLUTION

A variety of writings and recordings, created to inspire, rewrite and evolve.

INTUITIVE SESSIONS

Insight concerning Life Choices in the ever-changing world within and around us.

ENERGY BALANCING

Using the healing frequencies of color, sound and sacred geometry create cellular level response reprogramming.

ENERGIES OF EVOLUTION

For additional Writings, purchasing Maya Calendar Products,
scheduling readings, workshops, or any general information:

visit www.Karen-Rollins.com

Call (337) 794-0062

Email at Karen@Karen-Rollins.com

Inspired by Evolutionary Cycles of Sacred Energy

Maya Calendar Wisdom/Energies of Evolution

Workshops reflecting the Sacred Energies of the Evolution.
An exciting variety of topics explain the shifts of increasing
frequency and energies - moving you, and the world around you,
to Divine Co-Creation.

MEDITATIONAL

DAY BOOK/JOURNAL

8TH EDITION

Provides guidance for
Journaling your personal
messages related to
Personal and Global Evolution.
(10.03.2011 - 12.21.2012)

DAILY MEDITATIONS

"MAYA PERPETUAL CALENDAR FOR DAILY MEDITATION"

A perfect companion for creating
your daily meditationals. This flip
chart offers additional, detailed
explanations for attunement and
alignment with best activities for
each day.

Maya Astrology and Life Path Readings

- Explore the personal intentions and aspects related to your date of birth. This form of astrology illustrates the unique relationship between your Birth Energies, Global Evolution and the completion of the Maya Calendar cycles.
- Maya Life Path Reading focuses insight into your purpose in life.

Both Recorded on CD. In Lak'ech (*I am another you*)

Karen

I have a passion for understanding ancient civilizations. Years of study is supported by my intuitiveness, recognizing my abilities since childhood.

These teachings are meant to be guidelines for living in harmony with Universal Energies.

This have brought me to where I am today and the realization of my purpose - sharing knowledge and empowering others through:



Karen Rollins

- Healing with Energy (Wellness though Balance of Body, Mind and Spirit)
- Bio-Energetic Scans and Energy Balancing.
- Workshops on numerous topics including "The Age of Creation" - DNA Re-programming/De-programming, Personal Wellness, Living the Life You Dream Of, and the Energies of Evolution.
- Writing and Recording - related to Wellness, the Energies of Evolution and Personal Potentiality. In 2005, I authored and published a book about spiritual communication, leading to a deeper understanding of Universal Energy.
- Intuitive Readings and Life Coaching:
including Life Path and Maya Astrology (Birth Energy Analysis).

I have been blessed to share with thousands of beautiful beings, who have taught me as much as I have guided them.

Private sessions, lectures and writing allows me to share the knowledge people everywhere are searching for -

Enlightenment to their own Divine Potential.

Within the Universal Field,
I passionately create a safe environment
for all to reach their Divine Potential.

www.Karen-Rollins.com

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