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In Lak'ech Ala K'in - the Living Code of the Heart

~ Aluna Joy Yaxkin - www.AlunaJoy.com - 11/2007



In Mayan tradition, there is a greeting that many people working with Mayan wisdom know of. It is the law of In Lak'ech Ala K'in, which means I am another yourself (A modern day interpretation). It also means I am you, and you are me (A traditional Mayan interpretation). We have come to understand that this Mayan greeting is an honoring for each other. It is a statement of unity and oneness. In Lak'ech Ala K'in mirrors the same sentiment of other beautiful greetings such as Namaste for East India, Wiracocha for the Inca, and Mitakuye Oyasin for the Lakota. It doesn't matter which culture you come from. But when one of these sacred greetings is given, there is always an action of placing the hands over the heart.

The more I walk the Mayan path, the more I understand the depth that In Lak'ech Ala K'in teaches. This greeting has become more than a simple, honorable Maya greeting. It has evolved into a moral code, and a way to create a positive reality for all life. As we near 2012 with all its doom and gloom prophecies, we have a moral obligation to Spirit to live the code of In Lak'ech Ala K'in.

It is common knowledge these days that every action we take in our lives affects all living things. We understand that if we act negatively, our actions impact all life negatively. When we act positively, we affect all life in a positive manner. When we live the Mayan code of In Lak'ech Ala K'in, we know that every action we take is out of respect for all life, and we are living and giving from our hearts.

We can give our hearts in a positive manner every day by saying In Lak'ech Ala K'in to each other, to the trees, to the sky, to the birds, and to the stars. You can greet each

sunrise by saying In Lak'ech Ala K'in. Each and every day we have together is sacred, so acknowledge this day by giving it your heart. Remember when you give in this way, you are also giving to yourself! You are not giving your energy away to something separate from yourself. You are giving to another part of yourself!

I understand the challenges in staying positive in these days where the energy is so compressed that we can hardly breathe, but there is one simple exercise that can turn it all around for us. Each day, simply walk in gratefulness. We can say In Lak'ech Ala K'in to that which gives us life everyday, and that is the heart of the Great Spirit. Instead of solely taking from the Great Spirit by asking for insight and direction, give back your heart, love, and appreciation. You will be amazed at the results. If we open our hearts and send gratitude, it opens all doors that were previously closed to us. Remember you are a part of Great Spirit! When you give to Great Spirit you are giving to yourself.

We can practice In Lak'ech Ala K'in tirelessly, because when and what we give to others is giving energy to ourselves. When we give, we receive. So how do we know if we giving right? It is really simple. When we are energized by our giving, we know we are giving from our hearts and from the code of In Lak'ech Ala K'in. If we feel drained or exhausted, it is possible that we gave out of fear, lack, obligation, ego, or a need to be accepted or liked. The more one practices In Lak'ech Ala K'in, the clearer we will become about our motivations regarding our actions, and the more we will receive. Remember . . . what goes around comes around exactly the way it was sent out. If you don't like what life is sending to you, look at what you are sending out to life.



When we begin to live and practice In Lak'ech Ala K'in, a lot of our old ways of doing things will no longer work for us. For instance, we cannot act like victims anymore, and we cannot live out of fear either. We find ourselves no longer preparing for disaster; instead we anticipate a glorious future. It is time for us to rewrite the prophecies. They have become obsolete. The past will become just a bad dream, and the future will become a beautiful vision of which we will create right now.

When we practice In Lak'ech Ala K'in, we quit being neutral in our world, because we understand that Spirit works with those that take action. We begin to take action by adding to the positive experience of this dimension. So what kind of world do you want? Don't just stand there waiting for the world to appear in front of you. Spirit helps those who help themselves. It is up to us.



When we practice the moral code of In Lak'ech Ala K'in, we are producing and sending positive and vital energy that can literally transform our troubled world into Paradise. When we live from In Lak'ech Ala K'in, we are

putting to use our natural ability to create our reality. We are affecting the collective consciousness of humanity in a positive way. The Cosmic Maya, also known as the "Star Elders" or "Invisible Council", understood this natural power to create their reality. Their sacred calendars mapped the natural laws of the universe. Now it is our turn to come to this understanding. It is time for us to walk as the Star Elders did so many years ago. The time has come for us to change the world.

The more humanity begins to live In Lak'ech Ala K'in, the less we will think in terms of our separateness. There can be no competition, jealousy or envy between us, because we are pieces of each other. We can share and help each other with our connections, ideas and resources without fear that there will not be enough to go around. When we live the reality of unity, abundance and wholeness, there will be unity, abundance and wholeness! The more of us that participate in the creation of a better world, the quicker it will arrive. We will have peace, love, harmony and unity, and will finally have arrived home.

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