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Palenque, Equinox and Solar Wave Report March 2008 ~ Aluna Joy Yaxkin

Our group experienced much more than I could ever write about in this article, and I'm fully aware that this article falls very short of the beauty and the depth of the experience that we all were blessed with. Having returned home, we now struggle with discovering ways in which to express to others what we experienced in our days together. Many times no words will do. It is something we must experience for ourselves.



*** A lifetime ago in my wilder years, I spent the night inside Temple of the Sun, in Palenque, Mexico in 1990. In the course of that evening, I experienced what I would call a massive download, or in other words, a really cool vision. In this vision, I was shown an energy field that was coming to the Earth. This energy offers us the ability to manifest instantly anything and everything our collective consciousness desires. This is the very same energy that will create the shift of

the ages . . . the beginning of a golden age . . . a new Earth. [Read the whole story here](#)

I had this vision 18 years ago. After 18 years, I have been waiting for this energy to begin to return to Earth. This was an energy the Masters used in ages past. It will also be the energy that the Masters will use in our future. Those Masters, by the way, are you! But after 18 years, and multiple trips to Palenque, I was beginning to wonder if the vision was a figment of my imagination. Maybe I just fell asleep that night and had a wild dream. But we all know when the dreams we have are important. They are the ones we never forget. They are the ones that mold and shape who we are and why we are here.

So during this past equinox, when I returned to Palenque with a group of equinox and sacred site junkies, in my mechanicity I assumed Palenque would feel about the same. Palenque has always been a place that feels like Heaven on Earth to me. It always exudes peace, love, harmony, and a particular quality of heart that I always look for in my pilgrimages. But as soon as we entered the site this year, it was quite apparent that Palenque had taken a major leap in manifesting the energy that I was shown in 1990.

Our first day in the site was with archaeologist Ed Barnhart and director of The Maya Exploration Center. He and other colleagues of the Center have been studying the sacred geometry of the temples of Palenque. They discovered that most of the temples in this sacred site were created with the geometry of the Golden Mean Spiral. Local Maya today still build their humble homes with this sacred geometry. The team at The Maya Exploration Center have also been researching the archaeo-astronomy of this site. They have discovered that the seemingly random placed temples in this site are also aligned to Zenith passages of the Sun in other locations, and are also linked to solstices, equinoxes, etc....



So March 20 was the day that we entered Palenque with our minds. Ed gave us a personal tour of Palenque this day. The weather was wonderful. This site is known for being a sweat lodge on any given day. Intense heat and humid air could melt any hardy traveler. But on the day that we arrived, an unusual cold front moved in. The air temperature was absolutely perfect. Not too hot; not too cold. Just perfect. I knew this was a message from the Palenque Lords and Masters that not only had we been invited in, but that our visit was within an energy field that made it quite comfortable for us to enjoy.

But it wasn't just the weather that had changed. I also noticed that our group had unlimited energy. Now I want to say this gently . . . let us say that most of our group were not what my grandmother would call "spring chickens". Yet we toured every

single temple and climbed every step. Once we had seen the entire site through Ed's eyes, we asked him about his favorite temple, and we discovered that it was deep in the jungle. We asked if he would show it to us. So the rest of the day, we did a considerable amount of jungle tramping. This is not an easy hike, and the trail is vague to say the least. Yet one and all seemed to have enough energy to visit the hidden temples deep in the jungle. Ed was aware of every temple and mound, as he had mapped every single one of them in his Palenque mapping project. Don't you just love a group that is not afraid to get dirty :-)

Having taken groups to Palenque over the last 20 years, I was surprised by our energy. I began to realize that at this time in the day the Solar Wave had already started . . . in which thousands, maybe even hundreds of thousands of people were beginning to work with their personal 13:30 local sidereal time in which their healing abilities were 400% more effective.

We have been hosting the Solar Wave for 14 years, yet I have never felt the energy of the planet take such a huge leap as it did this year. Our group was certainly surfing the wave! We turned into young adventurers, and the inner child was coming out to play.

The downside to having all this energy washing across the planet was the fact that that evening none of us could sleep. Our group got up anyway at 1:30 a.m. and met outside under the jungle canopy. It was our turn to offer our light, prayers, and love to the planet at the time when we were 400% more effective in our geographical location. We could see the energy of our hearts going across the planet to bless all life. By the time we were finished, the trees overhead were filled with the family of very reclusive howler monkeys. It was beautiful.



The next morning, oddly enough, none of us were stiff, sore, or tired from the intense jungle jaunt that we did the day before. This was great because I wanted to take the group into the site in a very sacred way. This was the day we would enter the site with our hearts. There is a back trail going into the site of Palenque. The waters that flow through this area are sacred and healing. When Christ walked the Americas, he did baptisms in this very water. Our wonderful guide Enrique performed a heartfelt welcoming ceremony. Then we entered the site from the place that I feel is the most visually and energetically spectacular.

At this point, I wanted to share with the group my very favorite spot in Palenque. It is one of the few places that I know the archaeologists have not altered the energy by digging out the power objects. The energy here is still very potent, powerful, and quite intact. You will forgive me here for not telling you exactly where it is . . . for protection sake. We meditated for



quite a while in the energy of this place. The energy was quite strong, and I could tell it was stretching us. When we leave the mechanicity of what we think we know . . . and stretch to hold the new energy arriving, it can cause awakenings, healings and clearings. And yes, to put it gently, a few in the group did get some very interesting clearings during the next 24 hours.

This year's Equinox/Mayan New Year fell on Easter week magnified with the full moon. On Easter week, Mexicans take vacations to be with their families. Palenque was full of playful children, parents, grandparents etc.... Fathers were playing with their children, and mothers were telling stories. We even saw a child guiding the entire family in a meditation, including using mudras, om-ing and making mandalas out of their bodies in the grass. There was a palatable quality of heart and love in Palenque. It was so beautiful that when we rounded the corner of a temple to view another portion of the site, it would almost take my breath away. It reminded me of the vision I had in 1990, and the energy that was going to return that would change the world. It is obvious that that energy has begun to return. It is obvious that the Golden City is returning. The messages in the stones were no longer silent. They were open and speaking loudly.



BONAMPAK AND ASCENSION.

On the next day after the global Solar Wave (March 22), we went to a site called Bonampak. This site is greatly misunderstood and has three chambers that protect the most intact Mayan murals that we know of in the Maya

world. Bonampak is a Spiritual University. It is a site that teaches us how to become aware of our ego, how to harness it, destroy it, and ascend to be living Masters. The three mural rooms that survived did so because they were sealed before they were abandoned. They were sealed so we would have the opportunity to see and learn from them now.

At the base of a powerful Stella, we were called by a spirit of Bonampak to commit to letting go of our ego, our spiritual growth, and allowing our mastery to emerge. One word that came up was "lost" . . . to get lost . . . to be lost. It was time for us to lose ourselves, so we could be found again, reborn. Then in groups of three, we entered the first, second and third rooms to do our work as the ancients have done before us (and hopefully those who will also work here after us).

The first mural room speaks about the ego. In this room, the mural depicts a social gathering. Everyone is marching around playing music, and having a great party. It appears that no one is looking at each other as they are completely self-absorbed with how they looked and what they were doing. They were all lined up in a row dancing

around the room . . . one simply following another. No one is connecting with each other. It is all about show and image. This is the room where you become aware of your ego.

In the second mural room, it speaks about sacrificing the ego. In this room, the mural depicts people being sacrificed. Many are bleeding from their fingers, and crying out in agony, yet it is not apparent who is doing the sacrificing. They are sacrificing themselves. There are images of others being beheaded. This is not literal, it is symbolic. It is telling us that it is time that we leave our heads and return to our hearts. In this room, many in our group felt really heavy energy. It is not an easy room to be in, because it makes you let go of all the illusions, and attachments to those illusions of who you are. In this room, we literally sacrifice everything we know about ourselves. We let the illusion go so the truth can be revealed.

In the third mural room, it speaks about full realization and personal mastery. In this room, the murals depict people communing with each other in a very peaceful and harmonious setting. This is the room where you remember the truth of who you really are. You awaken to the master within you . . . the master that is within us all.

At the base of this temple group is one powerful Stella that describes the whole death of the ego and ascension process. It describes a commitment to spiritual growth; the desire to die to the illusions, and commitment to fully awaken to mastership. It was here in the shadow of this amazing Stella that I was allowed to make a sacred site essence. It is the first Mayan essence we have formulated that is based on the frequency of



ascension.... [The Bonampak Ascension Essence](#). The Star Elders said I needed to make it in the shadow of the Stella because the ego is the shadow of ourselves. We can't become masters unless we sacrifice the shadow . . . the ego.

THE BUTTERFLY MAN

On our last day of our pilgrimage, we took some time to visit Palenque's museum. Usually I'm not a person who enjoys museums, but this one is different. In the center of the museum, standing completely by itself, is the only living stone I know of in Palenque. It is odd because Palenque isn't known for Stella. In fact, this is the only one. It doesn't look like anything else in Palenque either. I always knew it was a living stone, but up to this point, it never spoke to me. In year's past, I would stop to say hello and move on fully expecting to be ignored. However, just like everything else in Palenque which opened this year, this living stone was also ready to share.



As I stood near the Stella, I was very happy to hear his introduction. He said that he was the "Butterfly Man from Copan" (a Mayan site in the Honduras). For awhile, this is all I could hear. But he was quite clear. He said "I AM the Butterfly Man from Copan." This was confusing because Copan is a long ways from Palenque.

This is the first time that I had ever heard about the existence of a Butterfly Man. His energy was quite different than I am used to translating. So it took some time for Butterfly Man and myself to build a bridge between our frequency differences. As we began to exchange energy, I began to see a pulsing, fluttering-like energy around my heart. I began to realize that this was what he was talking about . . . the butterfly was around my heart. So I asked what the butterfly heart was. He said that one side of the butterfly was the Earth, the other was the stars. When the Star Elders came to the Earth, one of their biggest challenges was to not become earthbound. By having an activated butterfly heart, a butterfly merkabah, each could live in this world and the starry world at the same time. With the butterfly heart, they could have the courage to come to the Earth, and explore its beauty and study its nature without concern about being forever Earthbound. It was his job to teach others how to activate their butterfly merkabah. It was also his job to set earthbound star seeds free from their limitations, so they could once again return to the stars if they so chose to.

Each in our group stood by the Butterfly Man to receive this teaching. We all were intrigued and wanted to reactivate our butterfly heart. It was a beautiful moment for us. We did catch the attention of a guard at the museum, but oddly enough, he left us alone as we stood there and meditated next to our new friend, the Butterfly Man.

After our group returned home, a group member named Maria did a quick search on the internet on "Maya Butterfly Man". I was so excited when I read her email, because what she discovered was so similar to what I was receiving from Butterfly Man directly, that it was shocking. This is what she sent me:

Tzutujil Mayans in Guatemala speak of simultaneous Twin Realities: the world of dreams and the world of work. These worlds are likened to the opposing wings of a Butterfly: the dream world is one wing, and the awake world is the other. They believe the wings must connect at the Heart for the Butterfly to fly and live. Real life occurs because of the interaction of the wings. The Life is the Butterfly's Heart. Life, like the Butterfly's Heart, is kept alive by the two opposing, mirroring twinlike wings.

I feel like the dream world was what the Butterfly Man referred to as the stars, and the world of work is what the Butterfly Man referred to as the Earth. The living Mayas today are fully aware that written text, that was re-recorded by Maya people after the conquest, is not the complete truth. Much was lost during the dark times of the conquistadors. But yet it is exciting here to see how much has survived. If we can read these recorded texts with an open heart, knowing that it holds fragments of truth

throughout, these words might help us discover more knowledge regarding our awakening and our mastery.

Later that afternoon, while back in Palenque to say our goodbyes for another year, I was called to make an Illuminated Heart Essence. I was told to put the entire main palace into the essence. Now I thought that this was quite impossible, since my essence bowl was so small and the palace was so huge. But the night before, it had rained very hard. The entire palace was dripping in rain water. I captured rain water from the rooftops, and down in the inner ascension chambers underneath the palace. Then I charged the rain water in the Hall of Records that is anchored by huge carvings of Star Elders. Most of the tourists were gone on this day, so it offered me great private space to do this.

It is clear that over the Equinox/Solar Wave, the energy level has literally erased the illusionary boundaries between us and all life. It is erasing the separation. With this new energy, we can now feel extreme levels of peace, love, and harmony that will stretch us. At the same time, we may feel seriously vulnerable, anxious and depressed. Yes . . . the boundaries have been greatly thinned, and because of this we are feeling everything in the world. What I like to call the good, the bad and the ugly. The sensitive ones, light workers, and healers are being called to stretch and awaken themselves even further. The ones that have been holding the 3-D world together for us are now seeing the fog clear from their eyes and peace re-entering their hearts. It is an amazing time. It is a challenging time. It is a beautiful time. It is what we have been waiting for.

It is clear that Palenque's heart has been re-opened. It is illuminated. In watching these sites for over 20 years, it is quite apparent that a new world is now emerging. The magical world of the past that we remember is returning but now at a higher level with an impeccable frequency of love, compassion and truth. Maybe this has something to do with the hundreds of thousands of people that worked with the Solar Wave this year. Maybe it is because archaeologists finally had the nerve to return the remains of Pacal Votan to the Temple of Inscriptions in Palenque. Maybe it is because it is simply time, and the collective consciousness is ready to have peace and harmony once again. But does it really matter if we know what causes paradise to return? All that matters that it does. And we know that each step we take in this world in a sacred way furthers the manifestation of the paradise we are all dreaming of.

P.S. SOLARWAVERS!!! For everyone involved in the Solar Wave, the Star Elders request, that if you feel called to do so, to continue working with your 13:30 LST times on a daily basis. They want to do a global solar wave in September for equinox. They say the power we felt in March was just a warm-up for what we will feel in September. So let us use the next six months to really make all the light workers and healers on the planet aware of their 13:30 LST times, so we can bring about the return of paradise in 2008 just as the Star Elders suggested so many years ago. We plan to continue to gather volunteers, and also are open to any and all suggestions about how to make the next Solar Wave a very powerful shift for all life on the planet. If the energy shifts that we felt in Palenque are any indication of what is to come, the love and harmony that we will feel will be immeasurable.



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