

Dr. Omar Miranda-Novales
Social psychologist and body oriented
psychotherapist.

I was born and raised in the Mayan Nahual Tradition. In 1990 I left my homeland Mexico to pursue an academic career in Europe. Along my path I studied Clinical Psychology, Social Psychology, Body Oriented Psychotherapy.

In my work I integrate the academic and old traditional knowledge of the Mayan people, with Dance, Theater and performing Arts. My academic interests and curiosity for other cultures led me to study and work in countries such as USA, Russia, Spain, Italy and Germany.

In 2015 I created the therapeutic methods of dynamic integration.



The Mexican Nahual tradition offers a unique approach based on the ethnomethodology of the Mexican healing techniques which I learned since my childhood.

Currently I am conducting experiential workshops and training courses throughout Europe.

The Mexican Days of the Dead The beginning of life

**Intensive experiential
workshop in Mexico**



**Conducted by:
Dr. Omar Miranda-Novales**

**28.October- 7. November
2020**

Mexico

The Mexican Days of the Dead The Beginning of Life 2020

The Aztec, Mayan and other ancient Mexican cultures considered death as a living entity, a transition of life, not at ending.

Dying is seen as a positive, joyful and powerful event, even a funny one, because death is not only part of the existence, it is a natural progression of the circles of Nature in which everything changes.

According to the Nagual cosmogony, the cycles of death and life-life and death are intertwined in a single "destiny". In this sense, human beings embody the same astronomical and mathematical cycles as those of the universe and nature.

Modern Mexicans still celebrate death in the same way they cheer life. They flatter and woo it, joke about it, care about it and dance with it, by lifting their glass to it and laughing at it. Finally, they challenge it, and in the challenging, death loses its power to intimidate them. Once they know death intimately, death is no longer wrapped in a cloak of mystery or causes them to fear the darkness.

The next cycle which will start on March 2020 represents in the Nahuatl culture, the beginning of life. It is known as "Ahau", symbol of the flower and wholeness, it defines the great re-birthing, the beautiful awareness of the new personal Self.

2020 conduces the travelers through a journey to their own process of renewal as a whole individual, it leads you to the redefinition and reinvention of one's Self.

We see life as a consequence of death, and death as a happy, constant process of leaving old patterns

behind. Death is seen as the beginning of new structures, a chance for a new start in life.

The intensive journey in Mexico, **2020- the beginning of Life** encourage life in motion because everyone should experience the Days of the Dead : a party of love and change.



Some of the activities, which will take place in Mexico are:

- > Days of the Dead celebration at Tecomitl/ Miacatlan, Mixquic,
- > Mexican sweat lodge ritual at a sacred spot.
- > Ritual of the cycle of new beginnings in sacred ground.
- > Visit to the witch market in Mexico-City.
- > A variety of self centered experiences and some relaxing activities.

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

2020.- The beginning of life*:

Workshop taking place in:

**Different places and cities in Mexico
28- October -7 November 2020**

Fee: 1650€
(Flight not included)

PLEASE NOTE: Registrations are valid only through the full payment by money transfer till 15.6.2020 Deadline for last registrations is 31.7.2020 Bank account information will be provided on request.

Information and registration:

Dr. Omar Miranda-Novales
Mobile phone: +49 176 8308 3369

minosnl@yahoo.fr
www.yokhah.org
www.psychotherapie-novales.org

**Schedule changes may occur.*