

# Cycles of living time

## Intensive experiential workshop in Mexico



Conducted by:

**Dr. Omar Miranda-Novales**

**6-16 March 2019**

**Mexico**

**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 Mayan 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 trainings throughout Europe.

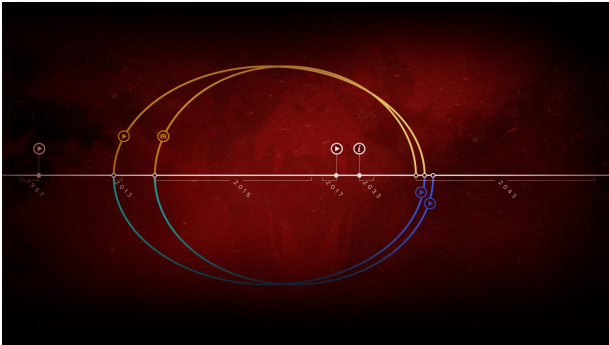


## *Cycles of living time*

The realm of nature and human beings are alike. The consciousness of nature mirrors the human consciousness and the other way around. Both produce a common system which creates a “temporal destiny”, because nature and the individual are made out of time.

This is the perspective of the Mexican Nahual Traditions (such as the Maya and Aztec). These cultures conceived the origins of human kind as a temporal event. They think that an essential component of the human Self is made out of time. Time itself flows in the veins of every person.

Time is considered as a living entity with its own consciousness. Time influences the cycles of nature and our different phases of life. We are part of a unique mechanism of cycles-, where Nature-Cosmos and Mankind tick in the same rhythm and with the same voice.



Time is relative and not linear. Time is not a continuum of regular events such as past-present-future but it is the result of the circularity of space-time, where present, past and future coexist simultaneously.

If we develop our consciousness of time, we would be capable to heal our wounds and by doing so, we will develop the ability to shape our life in the way we want to. We will be ready to let go and transform our fears in order to take our life in ones hands.

We are then ready to accept responsibility and the challenges of our own choices and to re-establish the flow of life in the present time.

In the **Cycles of living time intensive workshop in Mexico** participants will experience the non linearity of their being. They will also venture themselves in healing time processes according to their own particular necessities in a perspective of self growth and expansion of their Self.

During the journey **Cycles of living time** you will be able to:

- explore your existential time
- experience the healing of time
- develop practical strategies to integrate the timeless experiences in your every day life
- learn to shape your life in the way to want.
- create your own design of life.

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

- > Mexican new year's ceremony.
- > Mexican cleansing and sweet lodge ritual.
- > Healing your time ritual in sacred ground.
- > Visit to the witch market in Mexico City.
- > „Melting time“ ceremony.
- > A variety of self centered experiences and some relaxing activities.

Our journey will take place in the context of the Mexican New Year's celebration. We will start in the Nemontemi days, the ritual preparation for the next cycle of life, the days outside time, where time completes itself.

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

Come and live with us the continuum of here and now.

### ***Workshop\*:***

#### **Workshop taking place in:**

#### **Different places and cities in Mexico**

**6-16 March 2019**

**Fee: 1620€**  
(Flight not included)

**PLEASE NOTE:** Registrations are valid only through the full payment by money transfer till 10.12.2018 Deadline for last registrations is 14.1.2019 Bank account information will be provided on request.

### **Information and registration:**

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*\*Schedule changes may occur.*