



**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.

# One moment in the eternity

## Intensive experiential workshop in Mexico



**Conducted by:**

**Dr. Omar Miranda-Novales**

**23.-April- 4 May 2018**

**Mexico**

## *One moment in the eternity*

Time is an enigma. It seems that our perception of time depends of many variables, one of them is the age. When we are children, we have no sense of time, it feels almost as we could even play with eternity. In our adult life the sensation of time change radically, suddenly, we don't have time available, time runs away. When we get old, time returns to be inapprehensible, time flows very slowly, almost comes to a stand still.

Another variable is a situational one, when we expend a beautiful moment with someone or doing something we enjoy, time seems to stop, we experience one moment in the eternity. Why is that?

An explanation is given by the Mexican Nahual Traditions (Aztecs, Maya and other mesoamerican cultures). They think that an essential component of the human Self is made of time. Time itself flows in the veins of every human being.

According to this conception of time, the rules of quantum mechanics, including the very same phenomena we can observe in the stars, applies to humans. 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.

Time can also cause illness. When we are afflicted from emotional distress our time suffer as well because our existence is stocked in time, imprisoned in a loop without scape. Our organism can't find a solution because it seems like the end of an injury is the beginning and the beginning is the end. We then felt into a "time hole".

Time as a topic is fascinating and we can try to explain it by studying the modern theories of quantum physics. The antique Mexican cultures on the other hand, more than interpretate, developed a series of Ethno- technologies aimed to make feel, apprehend and master the existential time of the individual. Those civilizations included these knowledge in their healing practices in order to render the person a "present-being" in the every day life. To live in here and now was a criteria of balance.

In the **One moment in the eternity** 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 **One moment in the eternity** 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 the value of living in the present time

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

- > Mexican cleansing and sweet lodge ritual.
- > Healing your time ritual in sacred ground.
- > Visit to the witch market in Mexico City.
- > „Integration of time“ ceremony.
- > 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.

Come and live with us the continuum of here and now, one moment in the eternity of your Self.

***Workshop\*:***

**Workshop taking place in:**

**Different places and cities in Mexico  
23- April -4 May 2018**

**Fee: 1580€**  
(Flight not included)

**PLEASE NOTE:** Registrations are valid only through the full payment by money transfer till 26.2.2018 Deadline for last registrations is 26.3.2018 Bank account information will be provided on request.

**Information and registration:**

**Dr. Omar Miranda-Novales**

Mobile phone: +49157-75 52 77 91

[minosnl@yahoo.fr](mailto:minosnl@yahoo.fr)

[www.yokhah.org](http://www.yokhah.org)

[www.psychotherapie-novales.org](http://www.psychotherapie-novales.org)

*\*Schedule changes may occur.*