



Maya legacy in Yepomera

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Yellow Self-existing Warrior.

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What is the mission of every human being in life?
And even a more profound question, are we fulfilling
that mission? For Uuc Kan, it took more than 40
years to search for the answer.

The Sacred Mayan Calendar Tzolkin,
a tool of self-knowledge.

A Center for the Restitution, Investigation and
Education of the Natural Mind (CREST13) is located
in Yepomera, Madera, an ecologically responsible
community looking for self-sufficiency.



We are used to thinking about time in a linear way, a year of 12 months, a minute of 60 seconds, this perception of time is called the 12:60 frequency and dictates that *time is money*, so we live by the clock, waking up early to go to school or work. Looking out the window is a waste of time because what is urgent is to make money, any other activity that doesn't support that idea is a waste of life.

People dream today about having a great job in a big company, successful businesses, own one or two fancy cars, the big house, children in private schools, country clubs and big bank accounts. This contrasts completely with another frequency of time - another way to measure it - where hours don't matter or make money. Time is not gold, it becomes art: to eat, walk, grow plants, wash the dishes, and listen to the birds singing, the break of dawn become art, the creation expressing itself, this is called the 13:20 frequency of time.

There are people living in the 12:60, who follow every rule that materialism dictates, but they feel empty, they think life must be more than just to exist as work machines, that humankind has a more transcendent mission.

One way to shake off of the 12:60 world is by adopting the [13 Moon] calendar, formed by 13 moon cycles, a whole year divided in 13 months, taking for their names the 13 tones and 20 Solar Seals of the Tzolkin.

Around the world have been created Centers for the Restitution, Investigation and Education of the Natural Mind (CREST13) that are located in Cordoba, Patagonia and Capilla del Monte, Argentina; Santa Catalina, Brasil; Region del Biobio, Chile; las Brujas, Uruguay and even though it is completely unknown also in Yepomera, Chihuahua.

Yepomera is located in the North of the Mexican state of Chihuahua, 94

km of Chihuahua-La Junta Madera highway. It is a valley surrounded by mountains in the District of Temosachic, which holds the title of the coldest place in the whole State, where the temperatures easily range -18 C or even -35 C at times.

When I traveled to Yepomera and I was in the 94th km. where you can find a bridge with the same name "94th km. bridge" I was overwhelmed by the silence, but not the solitude kind of silence, a comforting kind.

Uuc Kan and his wife Oc greeted me with a big hug and took me to the cabin that you can distinguish from the distance by the drawings on it, at first sight they look prehispanic but you cannot completely figure them out.

Inside the Cabin was Ahau, washing the dishes over a small green bench because she is so short, also there was Etnab sweeping the kitchen floor, they hugged me too and gave me some water after such a long trip.

Then we sat in the cabin's living room that has great windows allowing good illumination of the room, there is also a big drum used during the ceremonies but most of the time it is used as a table. A telescope placed at the corner captured my attention immediately. A chimney, peace flags and walls full of every kind of book, from Dickens, Faulkner, Beckett, Cortazar, Poniatowska, catechism of the Catholic Church, so many about films, to the "El 2010 Cosmico" by Uuc Kan.

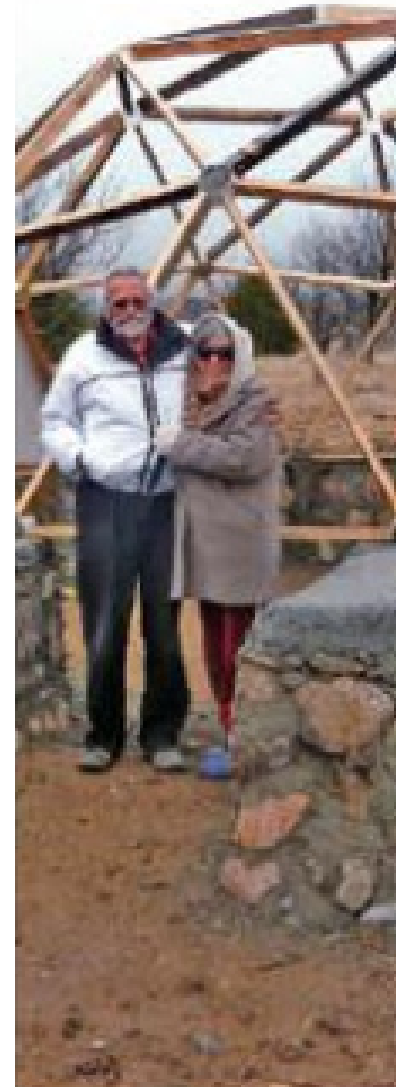
The Tzolkin

Siting in the living room, Uuk Kan looked at me and said: " Well, you first, let's discover who you are first" and he took me to the chimney where the Tzolkin was and asked me my birth date and just by that I knew that I am Bolon Ix, Solar Wizard.

Resonant Seed (Uuk Kan in mayan language) explained me that the

Tzolkin is a Sacred Synchronometer, and according to the birth date, each human being has incorporated an interpolation of frequencies which determines the life mission and shows qualities of the person in order to fulfill that mission.

For the Mayas, numbers had a different connotation, because their function was not only for counting





but also for establishing harmonic qualities.

So each person has its own Seal or Mayan Kin. And each one has different characteristics and mission: Imix (Dragon), Ik (Wind), Akbal (Night), Kan (Seed), Chicchan (Serpent). Cimi (Worldbridger), Manik (Hand), Lamat (Star), Maluk (Moon), Oc (Dog), Chuen (Monkey),

The Tones are 13 mayan numbers (one dot for number 1, line for number 5) that symbolizes 13 functions of nature: Magnetic (Unify), Lunar (Polarize), Electric (Activate), Self-existing (Define), Overtone (Empower), Rhythmic (Organize), Resonant (Channel), Galactic (Harmonize), Solar (Pulse), Planetary (Perfect), Spectral (Dissolve), Crystal (Dedicate), Cosmic (Endure).

oatmeal hamburgers, fresh salad, potatoes and “nopalitos” and mint lemonade. In the CREST13 Yepómera is followed a strict vegetarian diet.

One of the main objectives is to be self-sufficient, they cultivate corn, potatoes, peas, basil; in greenhouses they grow most of the vegetables and in large land extensions the corn.

We even had the chance to taste the bread that Oc just baked while I was told about all the stories of the first harvest of corn, about all of their attempts, because some plants just didn't survive the cold weather.

Food is always fresh because they cook the precise portion for the day, they don't have a fridge to preserve food and there's not one single television or radio.

Everyone cooperates with the daily cooking, they have a schedule for the family according to their Mayan Kin and also for other chores like cleaning the house, each resident must wash his dish after finishing eating, visitors must adjust to the same rules.

This is a community in absolute balance with nature, they use a dry bathroom. Etnab told me once that every time we flush we waste thousands of liters of water. They have solar panels to obtain energy for lighting and a solar water heater.

Every afternoon there takes place an irreplaceable activity: they take a road that in this time of the year is surrounded by yellow flowers, walk in line one behind the other, Oc explained me that they do that because they don't want to hurt the plants with their feet, so they go along for a narrow road.

The path is long, and there used to be train rails a long time ago and now it is just a road with blue rocks that seems like a time tunnel, everyone walking in silence, transporting themselves to a sacred place.



Eb (Human), Ben (Skywalker), Ix (Wizard), Men (Eagle), Cib (Warrior), Caban (Earth), Etnab (Mirror), Cauac (Storm), and Ahau (Sun).

In addition to the Seals there are the Tones: the first half represent the masculine side of the human being and the second half represents the feminine complement.

After telling me the virtues I possess in order to fulfill my life mission. Oc came to the living room to tell us that lunch was ready so we all went to the dining room.

Self-sufficient community

Oc was in charge of saying grace for the meal to the Great Pachamama. What we had for lunch this time was



When we get to a big door, the conches are blown and played, producing a sound that fills every inch of the quiet Yepomera, a particular sound that evokes the ancient Mayan ceremonies. Permission is asked of the guardians to enter, the guardians are extremely tall pear trees.

In sacred Mayan geometry, domes help to amplify whatever happens inside them, and that's why we arrived in a soil dome, because it is necessary to amplify positive thoughts, the prayers for Ciudad Juarez and Chihuahua.

Uuc Kan and his wife Oc have lived in both cities and they have friends and relatives there, but they don't just worry, they do something to help to restore peace, Uuc Kan says that anyone who decided to continue living in Juarez are extremely brave men and women, strong and truly committed to restore the peace.

So, every afternoon, with a prelude of silence, prayers of support are provided to every resident of Juarez, going through each street, house, public square, and shop, in order to ask God to give light to the city; they always include El Paso Texas. They have absolute faith that this will happen. There is no place for doubt. Hope is light for Uuc Kan, Oc, Etnab and Ahau and with their daily meditation they look to provide comfort to everyone who is having a difficult moment, and to heroes that fall.

The dome has a wooden floor and you can go inside bare footed because is a sacred place. CREST13 project is still under construction and there are plans to build 16 more domes, which is extremely delayed for lack of financial resources.

CREST13 Residents

Etnab is a Computer Systems Engineer who was born in Mexico City, his birth certificate says Adrian Carbajal, and he is 32 years old.

Before moving to CREST13 he used to run his own successful company, but he confessed he always thought that there was something in the city that was not correct, life must have another objective beside what he was taught back home: to make money.

“Three years ago I received my first signs that there are others ways of life, a different door to go through, a year ago I got tired of the situation and I thought: If this game is about making money, I had to try the other side of the coin first. If while experimenting that I realize that was the only important thing, then I would perfectly



play the money making game, but I deserve to try, back then I didn't know where I could do that.

He said that one day he was watching a movie at a friend's house and suddenly he said: “I'm leaving”. His friend thought he was leaving the house, but he meant the city, Etnab parents didn't like the idea especially during the December holidays. He arrived at Yepomera in winter, an extremely cold time, but for the first time he knew what it was to be alive.

“I left all my belongings. I gave away my stuff, transferred my company to a friend. My family still thinks I'm wasting my time, they don't understand how a successful person can get rid of everything and move to Yepomera, but they are learning to respect my decision and they came

to visit me and saw me happy” says Etnab.

He also said that while he was in the 12:60 world he had two cellphones so he was reachable 24/7, 4 lines at the shop, lived stressed and smoked since he was 15, he was also a social drinker but he left all this behind when he moved to Yepomera; he talks about reconnecting with the Earth and one example of that is to be able to listen the wind in the corn fields, he considers this the most beautiful symphony ever heard and also how trees seem dead during winter and then they blossom in spring.

Ahau is Carla Valdez, psychologist, she was born in Monterrey, Nuevo Leon, and before moving to Yepomera she had a Internet TV show and she met Uuc Kan and Oc when he launched his book “el 2010 Cosmico” in that city. She had the opportunity to interview them and met the project which she found so interesting.

“They invited me to visit them, I said that I'll go and stay for 5 days, but when I got here I found it magical, so I decided to stay longer. Then I came back to Monterrey, fixed my assets, closed the shop and moved permanently here”.

“The best experiences I have ever had happened here, I have learned so much about myself, to listen to nature, which in the city is impossible to do, here I have the chance to have real responsibilities”, said Ahau.

Her day is full of reading and daily activities like cooking and meditating, which provide such an amount of happiness that she never experienced in the 10 years she lived in Monterrey and she has only been for 2 months in CREST13.

She also says that human beings have all kind of capacities to be good but we don't see how big we are, what we can do for others, men, plants and animals.



Oc, Uuc Kan's wife has been his life partner in this search process, she was born in Mexico City and she moved to Mexicalli, Cd. Juarez, Chihuahua, and Hermosillo with him, she has been a teacher all of her life.

She always liked the country, the ecology and to cultivate plants. That's why when their children grew older they moved to The Peace Garden Community 13:20 in Durango but then when the river was about to burst its banks they had to leave and move to Yepomera.

The quiet of Yepomera makes me happy, the power of being able to help by meditating for Juarez and join all the groups in the planet doing the same. I live happily, I love the country, I am disconnected from the media not because I close my eyes to what is going on, but because I am focused on sending positive messages, says Oc.

She tells with great joy about when she was given her Seal and Tone; Rhythmic Dog, her first reaction was: Dog! Me? No, no! That sounds awful! But later she realized those the characteristics perfectly matched.

Uuc Kan was born in Mexico City on Oct. 14th 1945, in a middle class family; we can learn more about his story in his book "El 2010 Cosmico" which combines an autobiography with Mayan knowledge.

So while reading his Wavespell, he remembers important people in his life, his mother, father, great grandfather, wife, sons: in anecdotes he details, like his father's death in his arms, something that marked him for years.

He studied to be an engineer in UNAM (Autonomous National University of Mexico City). A time of his life defined as fascinating, but got interrupted by the events of 1968 and he tells proudly that he was in the Silent Manifestation, he participated

in the brochure delivery when this was strongly prohibited by the authorities.

When he was young he was a great tennis player, so when he left Mexico City he could work managing sports clubs in some cities. "I've been so happy with my family, in fact I am so thankful to life for giving me the opportunity to find beings like them who conspired for my happiness and helped me to achieve my mission" writes Uuc Kan in chapter 3 of his book.

"My life as a Resonant Seed (Uuc Kan in Mayan) has the mission of researching, to aid in the blossoming of people... I have been researching for a long time, almost 40 years, and during this process found the Mayan information".

"I used to be an entrepreneur in Ciudad Juarez in the transport industry, living with my family but I wasn't completely happy so when I received the Mayan information I realized that I was living something that wasn't making me happy".

"My sons had already gotten married, so when we left, my wife and I, it got easier to find the answer to the question: should we keep on living like this or make a change? So we took the second choice", said Uuc Kan.

In his book, he describes the episode when they decided to move to an ecological villa in Lerdo, Durango in the corner of the Nazas river, which they later had to leave because the river was about overflow and destroy the villa, after that came the possibility to start a CREST13 project in Yepomera.

"The time was not so bad when we lost the peace garden because a friend helped us and offered us this cabin for a new start. This is a project to help the Earth and we are happy to do what we are supposed to do. We have faced so many challenges like finding the financial resources which was

not easy. We supported ourselves by selling my stocks but those resources eventually finished", said Uuc Kan

So, CREST13 Yepomera's doors are always open to anyone who wants to reconstitute the natural mind. Oc says that people can visit and stay for a "heptad" (7 days) or for a "Wavespell" (13 days). If you like the experience, get rid of the 12:60, enter the 13:20 and start the self-knowledge path.

To live the Mayan philosophy In Lakesh means "I am another you"; we are one self and we are interconnected, there are no differences or borders among the creatures in the Universe.