

Wisdom Of The Maya An Oracle Of Ancient Knowledge For Today

Life sucks ... and then you get turned into a werelion ... Maya is looking for a little act and hotter-than-hot Alex, the alpha lion shifter, is just the man to fit the bill for a one night stand. Meanwhile, wererabbit Carly is trying to hide from her would-be mate, Neal. Will she be able to get over the fact that Neal had a life before he met her?

Pocket Maya Angelou Wisdom is a collection of some of her best and most empowering quotes. This is the ultimate keepsake for fans of Maya Angelou's beautiful poetry, as well as for anyone looking for a bit of in-the-moment inspiration to have in their back pocket. Some quotes from Maya Angelou: 'If you don't like something, change it. If you can't change it, change your attitude.' 'You may not control all the events that happen to you but you can decide not to be reduced by them.' 'Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope.' 'History, despite its wrenching pain, cannot be unlived, however, if faced with courage, need not be lived again.'

Wisdom of the MayaAn Oracle of Ancient Knowledge for TodayPocket Maya Angelou WisdomEmpowering Quotes and Wise Words from a Literary IconHardie Grant New York Times Bestseller A breakout teen author explores the true meaning of popularity and how to survive middle school in this hysterically funny, touchingly honest contemporary memoir. "I was inspired by [Maya's] journey and made a point of saving a copy of 'Popular' for my sister, who starts middle school this fall. Maybe if I had read it when I was her age, it could have saved me from a world of hurt, or at least put that in perspective." —Maude Apatow, New York Times Book Review Can curlers, girdles, Vaseline, and a strand of pearls help a shy girl become popular? Maya Van Wagenen is about to find out. Stuck near the bottom of the social ladder at "pretty much the lowest level of people at school who aren't paid to be here," Maya has never been popular. But before starting eighth grade, she decides to begin a unique social experiment: spend the school year following a 1950s popularity guide, written by former teen model Betty Cornell. The real-life results are hilarious, painful, and filled with unexpected surprises. Told with humor and grace, Maya's journey offers readers of all ages a thoroughly contemporary example of kindness and self-confidence, along with a better understanding of what it means to be popular.

The Maya Deck

The Heart of a Woman

The Living Maya

The 8 Calendars of the Maya

Understanding the Xultun Tarot

The Ceremonies and Symbolism of a Living Tradition

The Wit and Wisdom of Maya Angelou

Inspiration and spirituality Maya phrasebook. The Mayan civilization blooms with new expressions. It preserves an ancestral legacy as it unfolds, poetically and pragmatically, through the touch of everything that loves its existence. The Mayan spiritual guides, called Ajq'ij in the K'iche' language, are in charge of studying the calendar. These quotes have been collected from their knowledge. Each quote is a movement, a pulsation extracted from the universe's unfathomable beating.

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The author shares her experiences with and wisdom about aging, sensuality and sexuality, rage and violence, Oprah Winfrey, Africa, and the home Preservers of a wisdom more ancient than themselves, the Maya had an advanced mathematics, astronomy, and knowledge of the true nature of reality. This is an introduction to the beliefs, philosophy and mythology of the Maya and how this can be applied to everyday life in the 21st century.

*Author Robert Sitler's immersion in Mayan culture began with a transformative spiritual experience more than three decades ago in the ruins of Palenque, Mexico. Led by a local to a nearby Mayan village, Sitler discovered firsthand what traditional Mayan life was like—a community of people living in peace with each other and their physical surroundings. In *The Living Maya*, he shares this experience and many that followed. In the process, he immerses readers in a rich indigenous culture and offers a fresh view of the 2012 phenomenon, focusing on the valuable lessons Mayan culture can teach us in this time of transition. Personal anecdotes are interwoven with factual information about the roots of traditional Mayan customs and traditions, presenting a rare multifaceted view of their simple yet profound way of life. The book showcases Mayan infant care, community building, ties to nature, attitudes toward the elderly, and orientation to spirituality. In *The Living Maya*, Sitler shows how following "the Mayan way" can help us ground our lives in harmony with nature, broaden our perspectives on human existence, connect us with our capacity for compassion, and use the vaunted cataclysm of 2012 as a unique chance for growth.*

Teoxi, Mayan Prince

Lords of Time

Transcendent Wisdom of the Maya

SCIENCE AND ANCIENT WISDOM MAYA Inspiration and spirituality Maya phrasebook.

The Book of Mothers' Wisdom

Path Beyond Technology

"Maia Toll's *Wild Wisdom Companion* guides readers in developing a personalized earth-based spiritual practice using rituals, writing prompts, recipes, symbols, and reflections tied to each season"--

This book offers the best of Maya Angelou words of wisdom.

Maya Angelou has fascinated, moved, and inspired countless readers with the first three volumes of her autobiography, one of the most remarkable personal narratives of our age. Now, in her fourth volume, *The Heart of a Woman*, her turbulent life breaks wide open with joy as the singer-dancer enters the razzle-dazzle of fabulous New York City. There, at the Harlem Writers Guild, her love for writing blazes anew. Her compassion and commitment lead her to respond to the fiery times by becoming the northern coordinator of Martin Luther King's history-making quest. A tempestuous, earthy woman, she promises her heart to one man only to have it stolen, virtually on her wedding day, by a passionate African freedom fighter. Filled with unforgettable vignettes of famous characters, from Billie Holiday to Malcolm X, *The Heart of a Woman* sings with Maya Angelou's eloquent prose -- her fondest dreams, deepest disappointments, and her dramatically tender relationship with her rebellious teenage son. Vulnerable, humorous, tough, Maya speaks with an intimate awareness of the heart within all of us.

NEW YORK TIMES BESTSELLER • Maya Angelou shares her path to living well and with meaning in this absorbing book of personal essays. Dedicated to the daughter she never had but sees all around her, *Letter to My Daughter* transcends genres and categories:

guidebook, memoir, poetry, and pure delight. Here in short spellbinding essays are glimpses of the tumultuous life that led Angelou to an exalted place in American letters and taught her lessons in compassion and fortitude: how she was brought up by her indomitable grandmother in segregated Arkansas, taken in at thirteen by her more worldly and less religious mother, and grew to be an awkward, six-foot-tall teenager whose first experience of loveless sex paradoxically left her with her greatest gift, a son. Whether she is recalling such lost friends as Coretta Scott King and Ossie Davis, extolling honesty, decrying vulgarity, explaining why becoming a Christian is a "lifelong endeavor," or simply singing the praises of a meal of red rice—Maya Angelou writes from the heart to millions of women she considers her extended family. Like the rest of her remarkable work, *Letter to My Daughter* entertains and teaches; it is a book to cherish, savor, re-read, and share. "I gave birth to one child, a son, but I have thousands of daughters. You are Black and White, Jewish and Muslim, Asian, Spanish speaking, Native Americans and Aleut. You are fat and thin and pretty and plain, gay and straight, educated and unlettered, and I am speaking to you all. Here is my offering to you."—from *Letter to My Daughter*

Legendary African American Elders Speak

Maya Angelou's Little Book of Selected Quotes

Vintage Wisdom for a Modern Geek

Philosophy of the Ancient Maya

Wouldn't Take Nothing for My Journey Now

III. Drops of Wisdom

The Practice of Celtic Wisdom

There's something about a mother's hug and whispered words of wisdom that gives an indescribably warm feeling of comfort. In the tradition of *The Book of Fathers' Wisdom* comes *The Book of Mothers' Wisdom*. In this loving and memorable book, mothers throughout history give sage advice and encouragement to their children—and yours. From authors Jane Austen to Joyce Carol Oates, politicians Eleanor Roosevelt to Hillary Rodham Clinton, and socialites Jacqueline Kennedy Onassis to Princess Diana, this book is filled with mother wit on character, faith, happiness, and love -- messages that are timeless and meaningful. For example, Jane Austen gave these pearls of advice about marriage and motherhood: "Do not be in a hurry, depend upon it, the right man will come at last. You will meet somebody who will so completely attach to you that you will feel you never really loved before. And then, by not beginning the business of mothering quite so early in life, you will be young in constitution, spirits, figure and countenance". Gabriella Kerouac to her son Jack: "Whatever you do, I won't criticize your judgments; after all, your life's your own work". Here, through anecdotes and stories, mothers advise, instruct, admonish, and congratulate their children. They remind them -- in a way only a mother can -- that they have their unconditional love. *The Book of Mothers' Wisdom* contains advice from more than one hundred mothers, including Lucille Ball, Diana Ross, Abigail Adams, and the mothers of Thomas Edison, Margaret Thatcher, Indira Gandhi, and Mark Twain. *The Book of Mothers' Wisdom* offers a unique and cosy peek into the intimate and irreplaceable relationship between a mother and child. These maternal recommendations for successful living will surprise and delight all rea

In this extensive collection of words to enlighten your mind and uplift your spirit, you will find something applicable to any problem, situation, or conundrum, as well as the inspiration for

living your everyday life to the fullest. From the classic wisdom of thinkers such as Aristotle, Francis Bacon, and Thoreau, to the brilliance of more modern luminaries such as Maya Angelou, Golda Meir, Franklin D. Roosevelt, and Winston Churchill, and even lighthearted guidance from Dave Barry and Oprah, every page of this book holds valuable insight and enlightenment. When caught up in the mundane tasks of our daily lives, it ' s easy to get stuck in a rut and not be able to see a way out. Seeing clearly the “ big picture ” of the world around us can be tough. At times like these, a pearl of wisdom from this all-encompassing selection can give you just the life-changing spark you need to rethink and recharge. Selected from the output of the greatest minds in literature, history, philosophy, philanthropy, and art—and divided into categories such as Life in the Universe, Truth, and Relationships—these 1,001 Pearls of Life-Changing Advice are sure to serve as the catalyst you need to start making the positive changes that you want in your life.

“ Words mean more than what is set down on paper, ” Maya Angelou wrote in her groundbreaking memoir *I Know Why the Caged Bird Sings*. Indeed, Angelou ' s words have traveled the world and transformed lives—inspiring, strengthening, healing. Through a long and prolific career in letters, she became one of the most celebrated voices of our time. Now, in this collection of sage advice, humorous quips, and pointed observations culled from the author ' s great works, including *The Heart of a Woman*, *On the Pulse of Morning*, *Gather Together in My Name*, and *Letter to My Daughter*, Maya Angelou ' s spirit endures. *Rainbow in the Cloud* offers resonant and rewarding quotes on such topics as creativity and culture, family and community, equality and race, values and spirituality, parenting and relationships. Perhaps most special, Maya Angelou ' s only son, Guy Johnson, has contributed some of his mother ' s most powerful sayings, shared directly with him and the members of their family. A treasured keepsake as well as a beautiful tribute to a woman who touched so many, *Rainbow in the Cloud* reminds us that “ If one has courage, nothing can dim the light which shines from within. ” Perhaps the most mystical, magical people ever known were the Druids. They were wizards, storytellers, teachers and spiritual leaders. They were attuned to the Earth and the Sun. And they were very powerful. ouldn't it be amazing if you could be a Druid? Now you can with the secrets revealed in *Druid Magick*. This book presents everything you need to know to become a Druid and even start your own Druid "Grove" (the name of a Druid group). You'll learn about the Druid's tools - the sickle, wand, cord and more - and how to make and use them. You'll discover all of the beliefs the Druids hold, including the emphasis on honor and ethics. You'll learn how a Druid sees the Divine in everything and how even sex can be sacred. And of course you'll learn the secrets of the magic of the Druids. You'll learn how to do protection spells and how to use magic to find missing items. You'll learn how you can visit other "worlds" or levels of reality. You'll even learn how to do shapeshifting and experience the world as an animal! Are you having a mental block? With this book you'll learn how to tap into the creativity that was a hallmark of the Druids. You'll be able to write, draw, write or perform music with much greater ease and depth than ever before. Become a Druid can bring you all this and more! Druidry is far more than historic Celtic leadership. It is a living, growing, spiritual tradition that can bring you more self-assurance and self-development than you've ever had before. Jump out of the ordinary! Try something new to bring that spark back into your life. Discover the secrets of *Druid Magic*. Winner of the 2001 Coalition of Visionary Resources (COVR) Award for best Magic Book

Healing Secrets of the Maya
Wisdom of the Maya

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The Wisdom and Spirit of Maya Angelou
Empowering Quotes and Wise Words from a Literary Icon
Book of Clarity
Popular

A Guided Journey Into the Mystical Rhythms of the Natural World, Season by Season
Since the publication of her first autobiography, I Know Why the Caged Bird Sings, Maya Angelou has been celebrated as one of America's most important writers and her words are indelibly imprinted on the hearts of millions. Inspired by the woman who has inspired us all, Rainbow in the Cloud offers nearly 300 of Dr Angelou's wonderful quotes, organised in themed sections (including art, love, spirituality, womanhood, and life in the American South) - from sage advice and beautiful stanzas to humorous quips and pointed observations - drawn from each of her published works and from her celebrated (and much shared) social media posts. This collection also features special words of wisdom she shared often with her family, chosen by her son, Guy Johnson. Documents a high school student's year-long attempt to change her social status from that of a misfit to a member of the "in" crowd by following advice in a 1950s popularity guide, an experiment that triggered embarrassment, humor and unexpected surprises. A first book.

Enjoy all of Maya's wisdom in one handy volume. This free ebook includes fun sketches, hilarious quotes, and a few special sneak peeks at Maya and Alex today. THE MAYA BOOK OF LIFE: UNDERSTANDING THE XULTUN TAROT is the companion book to the Xultun Tarot Classic Edition. It explores the archetypes and alchemy of the major arcana of the Xultun Tarot through indigenous teachings and the analytical psychology of C G Jung and casts new light on the meaning of 2012. The Xultun Tarot was created by Peter Balin in 1976 based on images from Maya history and culture. Taken from a single painting, it is the only tarot deck where the major arcana form a complete picture. This picture is a symbolic image of the alchemical marriage of spirit and matter and a map of what Jung called the individuation process. Only 500 copies of the original Xultun Tarot were ever printed. Now Kahurangi Press (xultun.com) has recreated this classic, long out-of-print deck true to its original large size and vibrant colours together with a book that explains the profound symbolism of the cards. Michael Owen is a clinical psychologist in private practice and author of Jung and the Native American Moon Cycles. He lives in New Zealand.

An Oracle of Ancient Knowledge for Today

Popular a Memoir

Ridgeville

I Know Why the Caged Bird Sings

Life-Changing Lessons to Inspire, Empower, and Encourage You!

Eight Millennia of Sustainable Cultivation of the Tropical Woodlands

Druid Magic

Dystopia, Utopia and the realm of gods intersect through the inter-dimensional seeings of one girl, Maya, The In-between. She is humanity's channel between life & death.

**"Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope." -- Maya Angelou Selected Quotes by Maya Angelou now at your fingertips
Perfect for casual reading, taking ideas, inspiration Makes for a great gift choice "Just do right. Right may not be expedient, it may not be**

profitable, but it will satisfy your soul. It brings you the kind of protection that bodyguards can't give you. So try to live your life in a way that you will not regret years of useless virtue and inertia and timidity. Take up the battle. Take it up. It's yours. This is your life. This is your world." maya angelou

The wisdom of our elders is our most valuable resource. In A Wealth of Wisdom, a collection of stories, experiences, and observations of more than fifty African Americans, ages seventy and over, extraordinary men and women explain how we as a nation got to where we are. With accounts by everyone from Maya Angelou and Ray Charles to Robert Guillaume and Coretta Scott King, these pivotal leaders -- representing every region in the nation and covering a wide range of professional and personal lifestyles -- take us behind their historic public moments to their underlying personal realities. The editors collected these stories as part of the National Visionary Leadership Project, an organization that preserves and recounts the lessons learned from our country's African American elders so that the young people of today can be great leaders of tomorrow. As Geoffrey Holder declares, "Find your great-aunt or your favorite godmother, and ask them questions. They'll give you all the answers -- their way. They are the writers of the book."

The Mayan people and their Sacred Calendar continue to be a subject of fascination. "Jaguar Wisdom" presents an accessible introduction to the spiritual teachings and practices of the ancient and contemporary Mayan people. Since the Sacred Calendar remains the foundation of the Mayan spiritual tradition, "Jaguar Wisdom" introduces its complete magical system including correspondences, ritual astrology, and divination. Illustrations, glossary, bibliography, & index.

Lessons, Inspiration, and Advice from Women over 50

Ancient Wisdom in the Era of 2012

Letter to My Daughter

1,001 Pearls of Life-Changing Wisdom

Health Wisdom from an Ancient Empire

Timeless Wisdom of the Maya

A Little Book of Maya Angelou's Nuggets of Wisdom (Uplifting Maya Angelou Quotes for Daily Inspiration)

Offers a tool for personal growth and development, based on the ancient Maya's understanding of our lives as a complex interweaving of many strands. The 45 cards, drawn from Maya divinatory processes, depict specially created stone carvings based on original Maya imagery, and allow several levels of interpretation.

An initiate's inside account of ancient Maya spiritual practices alive today • Includes a Foreword by José Luis Tigüilá NABÉ kaxbaltzij, spokesperson of the Maya municipality • Details the initiation process the author went through to become a Maya shaman-priestess, including rituals, prayers, and ceremonies • Explains the foundational spiritual wisdom of the

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Maya calendar as a living entity, its cycles of time, and the significance of "the counting of the days", which helps keep time itself alive • Examines the power of dance and Maya ceremonies, Maya future-telling, and communication with ancestors through the sacred fire Offering an insider's experiential account of ancient Maya spiritual wisdom and practices, initiated Maya shaman-priestess Gabriela Jurosz-Landa opens up the mysterious world of the Maya, dispelling the rampant misinformation about their beliefs and traditions, sharing the transcendent beauty of their ceremonies, and explaining the Maya understanding of time, foundational to their spiritual worldview and cosmology. The author, an anthropologist, details the initiation process she went through to become a Maya shaman-priestess in Guatemala, including rituals, prayers, the presence of numinous forces, and the transmission of sacred knowledge. She explains the spiritual wisdom of the Maya calendar as a living entity, its cycles of time, and the significance of "the counting of the days," which helps keep time itself alive. She examines Maya spiritual and cosmological concepts such as how the universe is shaped like a triangle over a square. She reveals the profound power of dance in Maya tradition, explaining how ritual dance halts the flow of time, reactivates primordial events, and captures vital energies that keep the Maya spiritual tradition vital and alive. Exploring other Maya secret knowledge, she also details Maya ritual attire, Maya future-telling with the calendar, the reading of the Tzi'te beans, and how the Maya communicate with ancestors through the sacred fire. Illustrating how contemporary Maya life is suffused with spiritual tradition and celebration, the author shares the teachings of the Maya from her initiate and anthropologist point of view in order to help us all learn from the ancient wisdom of their beliefs and worldview. Because, to truly understand the Maya, one must think like the Maya.

Do you like to inspire, empower, and encourage yourself? Then try this collection of timeless and beautiful words of wisdom from Maya Angelou! A true American national treasure, Maya Angelou overcame racism, sexual abuse, poverty, and violence, to become an award-winning author, a civil rights activist, an actress and filmmaker, an educator, and a recipient of the Presidential Medal of Freedom. Though Maya Angelou died in 2014 at the age of 86, her legacy still lives. She always forged her path with wisdom and grace and spent her life teaching people of all ages, races, and religions through her candid words, sage advice, and pointed observations. Here are what this book will offer you: The most intriguing words of wisdom from Maya Angelou's books, essays, interviews, and speeches An easy book that you just pick up anytime, start anywhere, and always enjoy! A perfect gift for the family, friends, and colleagues Wisdom and inspiration while being amused Your guide on how to live your life to the fullest Let yourself be inspired by the timeless insights from a treasured teacher!

In this, Book III of the Teoxi, Mayan Prince trilogy, Teoxi returns to his village after the death of Montezuma I and many of that Aztec emperor's most powerful priests. As in Book II, Teoxi remains a wise and determined commander committed to restoring the dying Mayan Empire, preventing the spread of the blood-thirsty Aztec Empire and challenging a prophecy that predicts the soon coming-end of the world he knows Teoxi fights a continuous battle against ignorance and superstition, walks with assurance into battle after battle against the Aztec and their minions, initiates overtures to the mountain-dwelling Incas as a bulwark against the Aztecs. He returns always victorious from battles and skirmishes that span the former empire from sea to sea, and learns much from his terrifying brush with the invisible tribe of Choco--wielders of the tiny arrows that deliver silent death to all who venture blindly into their dark and mysterious forest. His quest continues without pause even after one of his finest--the silent and discreet female warrior named Night Orchid--offers to provide any support that a busy commander needs. The family bears the burden of continuous challenges facing Teoxi as he continues the fight to save himself and his village from a death sentence issued by an enemy desperate to kill him. Teoxi will win, but, the price paid by the Mayan Nation will be huge. Teoxi sees tomorrow, when the prophesied hordes armed with fire and thunder reach his shores, and--as

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his body bears the weight of a people and land that created a history the world will forever respect--he knows that wisdom, not power, will enable the spirit of his people to continue forever. That night, there was a party at the stronghold. We talked and laughed about the events of the day

The Mayan Factor

Pocket Maya Angelou Wisdom

Insight on Identity, Truth, and Success

Maternal Advice from Cleopatra to Maya Angelou

Maya of the In-between: Earth's New Children

The Ancient Ways Are Not Lost

Collective Wisdom

*In the much-anticipated follow-up to the bestselling *In the Company of Women*, Grace Bonney turns to older women in a celebration of intergenerational bonds between women, and the role those bonds play in sharing vital knowledge, stories, power, and history through generations.*

Visionary historian Arguelles unravels the harmonic code of the ancient Maya providing valuable keys to understanding the next twenty years of human evolution.

Maya Angelou, one of the best-loved authors of our time shares the wisdom of a remarkable life in this bestselling spiritual classic. This is Maya Angelou talking from the heart, down to earth and real, but also inspiring. This is a book to be treasured, a book about being in all ways a woman, about living well, about the power of the word, and about the power of spirituality to move and shape your life. Passionate, lively, and lyrical, Maya Angelou's latest unforgettable work offers a gem of truth on every page. Maya Angelou speaks out . . .

. On Faith: "I'm taken aback when people walk up to me and tell me they are Christians. My first response is the question 'Already?' It seems to me a lifelong endeavor to try to live the life of a Christian. It is in the search itself that one finds ecstasy." On Racism: "It is time for parents to teach young people early on that in diversity there is beauty and there is strength. We all should know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value no matter their color." On Taking Time for Ourselves: "Each person deserves a day away in which no problems are confronted, no solutions searched for. Each of us needs to withdraw from the cares which will not withdraw from us. A day away acts as a spring tonic. It can dispel rancor, transform indecision, and renew the spirit." On Death and Grieving: "When I sense myself filling with rage at the absence of a beloved, I try as soon as possible to remember that my concerns should be focused on what I can learn from my departed love. What legacy was left which can help me in the art of living a good life?" On Style: "Style is as unique and nontransferable and perfectly personal as a fingerprint. It is wise to take the time to develop one's own way of being, increasing those things one does well and eliminating the elements in one's character which can hinder and diminish the good personality." With beautiful quotes from a lovely soul, this cute little book of Maya Angelou quotes will surely warm your heart! ☺ A handy book of

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Maya Angelou quotes on love, life, happiness, struggles, music, poetry, etc. [?] TIP: You can also use these beautiful quotes as inspiration for your own writing [?] Cover Design: Still Life (Roses) by Vincent van Gogh (1890) [?] Makes for a great gift to loved ones. (a smart alternative to plain greeting cards) "Love life. Engage in it. Give it all you've got. Love it with a passion because life truly does give back, many times over, what you put into it." ~ Maya Angelou

Maya: Wisdom from the Queen (Paranormal Shapeshifter Romance)

The Pleiadian Cycle and the Key to Destiny

Contemporary Maya Spirituality

Mayan Calendar Magic

On Life, Love, and Poetry

The Maya Book of Life

Even the Stars Look Lonesome

Here is a book as joyous and painful, as mysterious and memorable, as childhood itself. *I Know Why the Caged Bird Sings* captures the longing of lonely children, the brute insult of bigotry, and the wonder of words that can make the world right. Maya Angelou's debut memoir is a modern American classic beloved worldwide. Sent by their mother to live with their devout, self-sufficient grandmother in a small Southern town, Maya and her brother, Bailey, endure the ache of abandonment and the prejudice of the local "powhitetrash." At eight years old and back at her mother's side in St. Louis, Maya is attacked by a man many times her age—and has to live with the consequences for a lifetime. Years later, in San Francisco, Maya learns that love for herself, the kindness of others, her own strong spirit, and the ideas of great authors ("I met and fell in love with William Shakespeare") will allow her to be free instead of imprisoned. Poetic and powerful, *I Know Why the Caged Bird Sings* will touch hearts and change minds for as long as people read. "*I Know Why the Caged Bird Sings* liberates the reader into life simply because Maya Angelou confronts her own life with such a moving wonder, such a luminous dignity." —James Baldwin From the Paperback edition.

Since the mid-1980s, when Guatemala returned to civilian rule and achieved relative peace and stability, the Maya have begun openly expressing their spiritual beliefs and practices. Jean Molesky-Poz draws on in-depth dialogues with Maya Ajq'ijab' (keepers of the ritual calendar), her own participant observation, and inter-disciplinary resources to offer a comprehensive, innovative, and well-grounded understanding of contemporary Maya spirituality and its theological underpinnings. She reveals significant continuities between contemporary and ancient Maya worldviews and spiritual practices. Molesky-Poz opens with a discussion of how the public emergence of Maya spirituality is situated within the religious political history of the Guatemalan highlands, particularly the recent pan-Maya movement. She investigates Maya cosmology and its foundational principles, as expressed by Ajq'ijab'. At the heart of this work, Ajq'ijab' interpret their obligation, lives, and spiritual work. In subsequent chapters, Molesky-Poz explores aspects of Maya spirituality—sacred geography (the reciprocal relationship between the earth and humans, sacred places, and the significance of the cross or quatrefoil

map), sacred time (how the 260-day sacred calendar is “ the heart of the wisdom of the Maya, ” the matrix of Maya culture), and ritual practice (the distinct way and method of ancestral study, with special attention to fire ceremonialism). She confirms contemporary Maya spirituality as a faith tradition with elaborate historical roots that has significance for individual, collective, and historical lives, reaffirming its own public space and legal right to be practiced.

The conventional wisdom says that the devolution of Classic Maya civilization occurred because its population grew too large and dense to be supported by primitive neotropical farming methods, resulting in debilitating famines and internecine struggles. Using research on contemporary Maya farming techniques and important new archaeological research, Ford and Nigh refute this Malthusian explanation of events in ancient Central America and posit a radical alternative theory. The authors-show that ancient Maya farmers developed ingenious, sustainable woodland techniques to cultivate numerous food plants (including the staple maize);-examine both contemporary tropical farming techniques and the archaeological record (particularly regarding climate) to reach their conclusions;-make the argument that these ancient techniques, still in use today, can support significant populations over long periods of time.

This book investigates some of the central topics of metaphysics in the philosophical thought of the Maya people of Mesoamerica, particularly from the Preclassic through Postclassic periods. This book covers the topics of time, change, identity, and truth, through comparative investigation integrating Maya texts and practices—such as Classic Period stelae, Postclassic Codices, and Colonial-era texts such as the Popol Vuh and the books of Chilam Balam—and early Chinese philosophy.

Jaguar Wisdom

Live Life with Flair and Laughter

A Wealth of Wisdom

The Maya Forest Garden

Rainbow in the Cloud

Maia Toll's Wild Wisdom Companion

Maya Angelou Quotes of Wisdom and Hope

Mayan daykeeper Hunbatz Men reveals the multi-calendar system of the Maya that guided the lives of his ancestors and how it can guide us today • The first book to reveal the secrets of the Mayan Pleiades calendar: the Tzek'eb • Explains how the Maya used their astronomical knowledge to guide their lives on Earth The Mayan Calendar has taken on special prominence with the imminent arrival of 2012, a date that many claim is the end of that calendar. However, as Mayan elder and daykeeper Hunbatz Men shows, the cosmological understanding of his ancestors was so sophisticated that they had not one, but many calendars, each based on the cycles of different systems in the cosmos. In this book he reveals for the first time the Tzek'eb, or Pleiades, Calendar of 26,000 years, which charts the revolution of our solar system around Alcyone, the central star of the Pleiades system.

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He also discusses the K'uuk'ulcan Calendar of the 4 seasons of the solar year and the wheel of the K'altunes Calendar, which is composed of 13 cycles of 20 years each that form a calendar of 260 years. In traditional Mayan culture the computation of time was not determined by simple economic or social motives. The calendars served the higher purpose of synchronizing the lives of human beings and their societies to the great cosmic pulsation, to the rhythm of the annual seasons, and to the other cycles that dictate changes upon Earth. Mayan understanding of the cosmic cycles was so exact that this knowledge could be used to influence all stages of life--from planning when to conceive (parents could choose not only the sex of their child but its vocation and future destiny) to plotting out the course of the entire society. Pyramids played a crucial role in applying this wisdom because, as Hunbatz Men shows, they were able to produce and transform energy in accordance with the cosmic cycles charted by the calendars. This book reveals for the first time the wisdom of the multi-calendar Mayan system and how it can help guide our modern world.