

# Tools of Maya Spiritual Healing

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## LA PLATICA

**P***laticar* means “to discuss or chat.” Every person with a physical or spiritual problem is a puzzle to be solved piece by piece, word by word. To determine if a person is suffering from a spiritual ailment, allow the free flow of discussion to occur while guiding with specific questions:

“What is your major physical problem?”

“How long have you been feeling this way?”

“Was there an emotional event that occurred at the same time as the onset of your symptoms?”

During the intake you will inquire regarding pertinent questions related to lifestyle, diet, etc., but the questions cited above are the important ones we ask to determine if someone has a spiritual ailment. Continue to ask questions about what the effect of the trauma might have been on their sleep, eating habits, self-confidence, etc. If they tell you of family abuse, incest, or rape, then you know that they have *susto* and probably *pesar* as well. Those who have lived or been in war-torn areas of the world always have *susto* and *pesar*. Those who have *tristeza* will not know when their problems started because it might have been in utero or early infancy; that in itself is a clue.

In time you will become proficient at *La Platica*; be patient with your process. Once the “*platica*” begins, healing has already started. Ask questions like, “When did your symptoms begin? What was happening at that time? Was it jealousy at work after a promotion? Were you involved in a bad accident? Did someone die in that accident? Had someone you loved recently passed away? Was there a suicide in the family?”

*The only true power  
is love.*

– ROSITA ARVIGO

## LOVE

Love is the foundational tool for all Spiritual Healing. It is a force that creates a connection or conduit through which divine healing can flow. Love is oneness, and oneness is a connection to all things. You are held in the hand of the divine and totally loved. People who are disconnected from love feel isolated and lonely. Unnecessary suffering can be prevented if our hearts are open to the emotion of love and connection.



Forgiving is paradoxical because it demands the wronged to replace feelings of resentment with love and compassion, even when those negative emotions are justified. Forgiving transforms the forgiver rather than pardoning the offender.

- ROSITA ARVIGO

*Love is not soft like water. It is hard like rock, on which the waves of hatred beat in vain.*

- AUTHOR  
UNKNOWN

## FAITH

Faith is knowing deep down that everything is as it should be and everything will turn out for the best, no matter what. Faith is carrying on with your truth when all outer signs tell you that it couldn't possibly be true, but deep inside you know it is.

Keep aligned with your intent and follow through with the love as best as you can. Faith is believing in the unity of the universe and in the hand of the divine in all situations. Faith is knowing that we aren't the ones doing the healing but are a conduit for a higher power.

Positive beliefs and positive actions bring positive rewards. Even if challenged with downturns of luck, when things go wrong and your faith wavers, it results in a greater growth through testing.

Patience is a direct statement of faith in the Divine Plan.

## ATTUNEMENT; GROUNDING

Attunement as a spiritual practice is to experience communion and union or oneness with an indwelling Source. First, we channel universal love; the power of spiritual healing then flows naturally and easily through us. Love is the most important element here. Think of what it feels like to be loved and what it feels like to love another. Feel that emotion deeply within your being and hold it. You might feel a deep sense of peace, relaxation, or elation. At other times, it brings a vivid awareness of one's purpose for living.

Before initiating a spiritual healing session, always ground yourself in a way that is meaningful to you. It is exhausting and inefficient to use the energies of our own nervous system for spiritual healing.

Once you feel whatever you feel, there are many ways to ground yourself. Some methods:

- ▶ bring down light from above the crown chakra in colors that feel protective to you—cones or chalices of beaming, pulsing, shimmering rays of golden light that envelop you;
- ▶ send roots from the sacrum or tailbone into the earth to receive an electromagnetic charge from Gaia, and hold that image until you feel a pulsation;
- ▶ call down and channel light voltages from the cosmos, God, the angels, the Nine Maya Spirits . . . or give this a name and a form that has meaning to you;
- ▶ open each session by imagining a flowing blue river moving through a sluice or a levy;
- ▶ see yourself within a sphere of shimmering light surrounded by a blue circle or egg.

If you find attunement difficult, learn to meditate by sitting quietly, and make efforts to calm the mind. Don't get frustrated. One can almost never quiet the mind, but we have to keep trying. Concentrate on breathing and feeling inside your body.

*Where your faith is,  
is where your power  
lies.*

- ROSITA ARVIGO



Identify areas of tension, especially the chest, shoulders, and heart, and then try to release them. Certain negative emotions we all harbor can decrease, even block, energy flow into the chakras, so it is imperative to do your own spiritual baths to clear the path to divine love and faith.

The chakras' natural state is to be open to draw in life force, divine love, guidance, and healing. Sometimes we need help in the form of spiritual healing for ourselves to overcome past hurts, resentment, anger, and other negative emotions. The Arvigo Techniques of Maya Abdominal Therapy® are effective in releasing tension in the second and third chakras and allowing Universal Love to flow in and out.

In order to be a spiritual healer, you must perform your own spiritual baths regularly or exchange sessions with a friend who has taken the course.

## INTUITION

When a question or doubt arises, the first impulse that comes to you is usually the most accurate. "First thought is best thought" is an old, eternally applicable Zen phrase. Intuition bubbles up seemingly out of nowhere in response to a question or situation. If you feel pushed in a direction you hadn't planned on going, the pushing may come from your higher self and the divine connection with your etheric body. Intuition can lie in many places of the body such as womb, belly, or gut. For example, it can be where your heart and your third eye come together and join forces. Intuition is where clarity is strong.

The key to tapping into your intuition is not to override it, but to learn to trust in it. Through grounding you can listen to your intuition more easily. Like learning to play an instrument, listening to your intuition takes practice. Don't think too much. Find a sense of trust deep within yourself so you can follow your intuition. Often a physical activity, such as walking, yoga, or meditation, will help to clear your mind and pave the way for your intuition to shine.

Everyone has intuition, but we all tap into it differently. We receive information in different ways rather than through the mind. It could be an inner voice, an inner knowing, or a gut feeling. You may hear, see, sense, or feel your intuition.

## ENSALMOS/ORACIONES: PRAYERS

When asked what his most important healing tool was, Don Elijo answered with great certainty, "Prayer." Prayer is the heart of the Maya medical-religious system and is used by all traditional healers who treat spiritual ailments. Prayer carries chu'lel, the sacred life force, into the pulse and blood.

Prayers addressed to a Higher Power, like Medicine Songs of Native North Americans, are intrinsically powerful verbal sounds. To recite that power is to know it and to feel it. The power of prayer is tapped through faith and repetition. Prayer unites the individual with the universal, the physical with the divine, and allows both to give and receive love. Prayers create harmonic induction and sympathetic resonance and attune our vibrations to divine resonance that brings healing, guidance, peace within, and acceptance of life's vicissitudes. Prayer gathers and channels universal energy, which is simply love, and excites brain waves that attune the receiver and giver to higher consciousness.

Maya healing prayers are repeated nine times. Three prayers are said in a whisper while holding the patient's right radial pulse at the wrist, then three at the left radial pulse, and finally three more while placing both hands over the forehead.

Prayers for infants and children are said differently. The healer makes a cross pattern over the child's body while repeating the prayers nine times. Two prayers are said

*Be prepared to give  
up the life you had  
planned, for the life  
that's in store for  
you.*

– AUTHOR  
UNKNOWN

*If I can stop one  
heart from breaking,  
I shall not live in  
vain;*

*If I can ease one life  
the aching,  
or cool one pain,  
or help one fainting  
robin*

*Unto his nest again  
I shall not live in  
vain.*

– EMILY DICKINSON



*I know not how such  
things can be, but I  
do know He speaks  
with me,  
not from the grass not  
from the sod, but in  
my heart the voice of  
God, speaking spirit  
unto spirit;  
Oh, if I listen I can  
hear it, voice of God  
that calls to me out of  
his infinity.*

– BISHOP RALPH  
CUSHMAN

*Nature always wears  
the color of the spirit.*

– RALPH WALDO  
EMERSON

holding the pulse of the right wrist; two over the left ankle; two over the pulse at the left wrist; two over the right ankle; and finally one last prayer is said over the forehead.

Prayers must be addressed with faith to a Higher Power. Our prayers are repeated with fervent focus. Those said with heart and mind elsewhere are void of spiritual power. It is difficult to be totally present for others if you are troubled in mind or spirit yourself. At times, it will be necessary to reach out and ask that another give you a spiritual healing with bath, prayers, incense, etc. You will know when that is necessary.

For in the final fine-tuning of the Earth, even now creating changes in the vibratory fields of its electromagnetic force fields, it is love that is the healing tone which draws us all together to make the song of life possible and enjoyable. We do have the equipment to sing that song harmoniously together and to move through creative changes with the living, breathing Earth.

– ANTHONY J. PALOMBO, *SACRED ANATOMY* (2010)

## PULSES

The Maya go beyond the modern medical system's method of reading the radial pulse for only speed and regularity. Healers as advanced as Don Elijo could sense twenty-seven pulses, each with different strength, depth, rapidity, rhythm, locations, and bounce. Pulses may be described as fat, rapid, bouncing, stringy, deep, superficial, strong, or weak. A normal pulse would be felt as thin, stringy, and slow. The pulse of a person with a spiritual ailment would be fast, fat, and jumping.

Traditional Maya healers are known as “pulse doctors” since the first step of their treatment after La Platica is to feel the radial pulse at the wrist, which is known as asking the blood. The blood speaks to the healer through the pulse to reveal the nature of the illness as physical or spiritual.

When you feel a pulse, ask your intuition which ailment the person has. You may feel it jump or increase in response which may be an indication that the ailment you thought of is the one the person has. For adults, one treatment involves prayers said directly into the pulse at the wrist. For babies and children, the prayers are said in a cross pattern as explained above. Only with years of practice can a healer learn the skill of understanding the Maya pulse-diagnosis system. After twenty-five years of integrating Maya medicine into her practice, Rosita is still learning to differentiate the pulses.

## INCENSE

Resins, oils, and dried parts of sacred plants release *chu'lel* when burned. Known as smudging to Amerindians, the use of incense in Mayan is known as *disafumado* (sometimes *saumerio*), which in Spanish means “to dispel with smoke.”

Copal is the resin most used by Maya healers. The resin of this sacred tree is collected with ritual and ceremony on full-moon nights. To burn, bits of copal are dropped on a bed of coals. The copal can be fresh and sticky or dry and brittle, golden or brown, white or black, powdery or like a resinous stone. Copal may be combined with dried rosemary leaves and powdered balsam bark. Pine, cedar, palo santo, sweet grass, and sage are other plants used for incense. The aroma unto itself provides a sacred experience.

Incense is burned for the treatment of all spiritual diseases and is helpful for many physical ailments. Copal incense can rid a person of harmful or improper thought



processes, cleanse a home of fear and envy, and act as an offering to the gods and goddesses. Market vendors and shopkeepers burn copal at the beginning of each day to ensure good fortune and to dispel envy. Midwives burn copal to give their patients courage during delivery and to prevent attachments.

It has been found that negative ions create a positive buoyant feeling, much like the cleansing feeling we have around waterfalls or the ocean mist. The same feeling occurs after smudging a space or a person's auric field. Incense smoke essentially attaches to positive ions and seizes them from the air molecules. It is the positive ions that attract and hold heavy, dense energies, emotions, or thought forms. Incense smoke allows them to be removed, or released, invoking positive vibrations that resonate with divine love. Incense smoke carries your prayers to the gods, and is an offering to the spirits of the land and spirit guides.

## SPACE CLEARING

From time to time homes and offices need to be cleansed to rid them of negative energy that can cling to walls, furniture, and especially dark, damp places. When there has been a trauma in a household such as a sudden death, suicide, robbery, fire, even arguments or fights, it is wise to cleanse the home by using plants, prayers, water, and copal. Invariably people say, "Oh, it feels so much lighter in here. That heavy, dark energy is gone now." New homes, apartments, cars, and even hotel rooms should be cleansed as often as possible. At Villa Rosa, our tradition is to burn copal and give the entire house and grounds a lustral bath once each month. Space clearing works to rid a space of negative energy and to attract good energy.

### Prayers for Space Clearing

"In the name of the Holy Spirit, I call upon the Angels of Mercy to bring love, light, and abundance to this home and to release into the light all that does not serve them."

"In the name of the Nine Maya Spirits (or \_\_\_\_\_), may blessings, protection, and assistance be in this home."

"May love, guidance, and abundance abide in this household."

## LAUGHTER AND HUMOR

Don't let healing sick people take all the fun out of you! Don Elijio was a great role model for this. He was a hilarious personality and a true Doctor-Clown character. Humbly he referred to himself as "the clown of San Antonio." He could turn sad hearts around with his long repertoire of jokes and stories. In fact, his stories were medicine. Humor is a powerful, proven healing tool.

## MAYA PRAYERS

### Don Elijio's Herb Collector's Prayer

In the name of God the Father, God the Son, and God the Holy Spirit, I give thanks to the spirit of this plant and I have faith with all my heart in its great power to heal the sickness of \_\_\_\_\_. Amen.

*I am to be so busy today that I must spend more time than usual in prayer.*

— AUTHOR  
UNKNOWN

*The door to the human heart can be opened only from the inside.*

— AUTHOR  
UNKNOWN

*Aspergillum +  
branches of leaves +  
dew + cleanse*

*She who laughs, lasts.*

— WOODY ALLEN



En el nombre de Dios Padre, Dios Hijo, y Dios Espíritu Santo, yo soy quien ando juntando las plantas para curar la enfermedad de \_\_\_\_\_. Yo soy gracias al espíritu de esta planta y tengo la fe con todo mi corazón en su gran poder para ayudar a \_\_\_\_\_. Dios Padre, Dios Madre, Dios Espíritu Santo. Amen.

### **Prayer for Susto**

**NOTE:** This prayer can be used for any spiritual illness by replacing susto with the appropriate prayer. Let your intuition guide you.

In the name of God the Father, God the Son, and God the Holy Spirit, I am the one who prays to heal susto. I throw it into the sea and where the sun sets. I have faith with all my heart in the great healing power of this prayer, the plants and the baths to heal the susto of \_\_\_\_\_. God the Father, God the Son, and God the Holy Spirit. Amen.

En el nombre de Dios Padre, Dios Hijo, y Dios Espíritu Santo. Yo soy quien ensalmo para curar el mentado susto. Lo boto en el mar y adonde va el sol. Tengo la fe con todo mi corazón en el gran poder de esta oración, las plantas y los baños para curar el Susto de \_\_\_\_\_. Amen.

### **Prayer to Ix Chel**

Hail Ix Chel, full of grace, blessed art thou amongst women and blessed is thy womb of all creation. Holy Ix Chel, Mother of all creation, pray for us now and at the hour of our trials. Amen.

### **Generic Prayer**

In the name of God the Mother, God the Father, and God the Holy Spirit, I am the one who prays to the nine Maya spirits and Ix Chel with my prayer to help \_\_\_\_\_. I ask God to help him/her and I ask a favor of the Maya spirits that they help him/her. I believe in them and nine times I say my prayer. I have faith with all my heart in the great healing power of this prayer [may add the healing power of these plants, the water, etc.]. In the name of God the Mother, God the Father, and God the Holy Spirit. Amen.

En el nombre de Dios Padre, Dios Madre, y Dios Espíritu Santo. Yo soy quien ensalmo a los Nueve Espíritus de los Maya con mi oración de ayudar a \_\_\_\_\_. Pido a Dios que le ayude. También pido un favor a Ix Chel que le ayude también. Creo en ellos y tengo la fe con todo mi corazón en el gran poder de esta oración, los baños, y el copal para curar la enfermedad de \_\_\_\_\_. Nueve veces rezo mi oración. En el nombre de Dios Padre, Dios Madre, Dios Espíritu Santo. Amen.

### **Additional Songs, Poems, and Prayers**

May the blessings of God rest upon you.  
May His peace abide with you.  
May his presence illuminate your heart  
Now and forever more.

May the long time sun shine upon you.  
All love surround you and  
The pure light within guide your way on.

I pray to be a channel for Divine Love, Truth, and Healing

I lay my hands upon you in the name of The Father and The Son and The Holy Spirit, beseeching our Lord Jesus Christ to sustain you with His presence, to drive away all sickness of body and spirit and to give you that victory of life and peace which will enable you to serve Him both now and forever more. Amen.

I lay my hands upon you in the name of Our Lord and Savior, Jesus Christ, beseeching Him to uphold you and fill you with His Grace, that you may know the healing power of His love. Amen.

I anoint you with oil in the name of The Father, The Son and The Holy Spirit.

Oh, God, the strength of the weak and comfort of sufferers, mercifully accept our Prayers, and grant your servant \_\_\_\_\_ the help of your power, that her sickness may be turned into joy, darkness into light, through Jesus Christ Our Lord. Amen.

### ***The Lord's Prayer (Catholic Version)***

Our Father, Who art in heaven, Hallowed be Thy Name.  
Thy Kingdom come.  
Thy Will be done, on earth as it is in Heaven.  
Give us this day our daily bread.  
And forgive us our trespasses, as we forgive those who trespass against us.  
And lead us not into temptation, but deliver us from evil. Amen.

### ***Hail Mary***

Hail Mary, full of grace.  
Our Lord is with thee.  
Blessed art thou among women,  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death [trials]. Amen.

### ***Jewish Prayers***

May God bless you and keep you. May God's light shine upon you, and may God be gracious to you. May you feel God's presence within you always, and may you find peace.

Creator of miracles, mercy and life, protect us from danger, keep us from harm.  
Creator of wonders, compassion, and hope, bless us with healing, surround us with love.

May God who is gracious, be gracious to you, protect you and bless you and care for you. For all you are, and all you hope to be, we give thanks for all that is good.

### ***Amazing Grace***

Amazing Grace, how sweet the sound,  
That saved a wretch [someone] like me.  
I once was lost but now am found



Was blind, but now I see.  
T'was Grace that taught my heart to fear.  
And Grace, my fears relieved.  
How precious did that Grace appear  
The hour I first believed.  
Through many dangers, toils and snares  
I have already come;  
'Tis Grace that brought me safe thus far  
and Grace will lead me home.  
The Lord has promised good to me.  
His word my hope secures.  
He will my shield and portion be,  
As long as life endures.  
Yea, when this flesh and heart shall fail,  
And mortal life shall cease,  
I shall possess within the veil,  
A life of joy and peace.  
When we've been here ten thousand years  
Bright shining as the sun.  
We've no less days to sing God's praise  
Than when we've first begun.  
*Amazing Grace, how sweet the sound,  
That saved a wretch like me.  
I once was lost but now am found,  
Was blind, but now I see.*

### ***Let It Be***

*(John Lennon, Paul McCartney)*

When I find myself in times of trouble, Mother Mary comes to me  
Speaking words of wisdom, let it be  
And in my hour of darkness she is standing right in front of me  
Speaking words of wisdom, let it be  
Let it be, let it be, let it be, let it be  
Whisper words of wisdom, let it be

And when the broken hearted people living in the world agree  
There will be an answer, let it be  
For though they may be parted, there is still a chance that they will see  
There will be an answer, let it be  
Let it be, let it be, let it be, let it be  
There will be an answer, let it be  
Let it be, let it be, let it be, let it be  
Whisper words of wisdom, let it be  
Let it be, let it be, let it be, let it be  
Whisper words of wisdom, let it be

And when the night is cloudy there is still a light that shines on me  
Shine until tomorrow, let it be  
I wake up to the sound of music, Mother Mary comes to me  
Speaking words of wisdom, let it be  
Let it be, let it be, let it be, yeah, let it be  
There will be an answer, let it be



Let it be, let it be, let it be, yeah, let it be  
Whisper words of wisdom, let it be

### ***Spirit Am I***

Spirit am I, Wisdom am I,  
I am the infinite within my soul.  
I have no beginning and I have no end,  
All this I am.

### ***Imagine***

*(John Lennon)*

Imagine there's no countries  
It isn't hard to do  
Nothing to kill or die for  
And no religion, too

Imagine all the people  
Living life in peace

You may say I'm a dreamer  
But I'm not the only one  
I hope someday you will join us  
And the world will be as one

Imagine no possessions  
I wonder if you can  
No need for greed or hunger  
A brotherhood of man

Imagine all the people  
Sharing all the world

You may say I'm a dreamer  
But I'm not the only one  
I hope someday you will join us  
And the world will live as one

## **COMPOSE YOUR OWN PRAYER**

In the name of \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Amen.