

## 20 Count Reflection

An Introduction:

Every moment of every day we have the opportunity to examine the present state of our lives and look for ways in which we may change and grow. The Shamanic Training Centre would like to share in these infinite possibilities and offer some inspiration in your endeavours.

The constant ebb and flow of life is truly a gift, warranting celebration as we enjoy these new experiences. By working with these teachings and insights we intend to keep the energy flowing and provide a platform for growth towards a more enlightened reality! We would like to begin working with the teaching of the 20 Count.



The 20 Count finds its roots in the ancient cultures of Mesoamerica. It is one of the oldest forms of numerology and mathematics. Within it, can be described all that exists, including all unseen powers and energies, as well as the relationships of all life forms and all aspects of being human. It is a description of how the universe came to exist and its infinite ways of expressing itself.

The numbers from 1 - 10 are concerned with the vibrations of our earthly reality and everyday life. The numbers 11 - 20 are related to the vibrations of spiritual reality and spiritual life. Connecting to each power in the 20 count allows you to align to its frequency enabling you to receive information beyond the everyday process of studying and researching. The more you work with the 20 Count the more you will awaken new truths and understandings of yourself and the world around you. You will be led into the consciousness of your soul and discover clarity about your true nature and your purpose.

### Enjoy the Wisdom of the Ancients

The number 7 represents "Symbols of the Dream"

We all dream of something that we desire, even if it's not always at a conscious level. What differs in each of us is how much awareness we have of our dreams. It has been said that when we dream, we are in the true reality and when we are awake we are in a dreamscape living out what we have dreamt. Therefore life can be summarized by Shakespeare's quote "All the world's a stage, and all the men and women merely players: they all have their exits and their entrances; and one man in his time plays many parts." Our life experience is our dream incarnating itself, here in this physical reality. We play many roles throughout our lives. Some are enjoyable and some distasteful. Our dissatisfaction and disillusionment about our lives stems from not being fully awake, aware and alert with what is happening in each and every moment in our lives. This means being consciously present to the moment without re-acting to it and learning instead to respond to it with a more clear assessment to what has just happened. In other words - quit making those knee jerk reactions and learn to pause, feel, clear your thoughts and then respond.

It is important to remember that regardless of the experience we are having, we have dreamt it in. It is an essential part of our soul's desire for us to learn and grow from our physical life experiences. Repeating the same thing over and over again is like a record skipping over the same track repeatedly. Eventually this becomes either too painful or too boring to continue and we make a change. By increasing awareness to what is happening moment by moment we can learn to change more quickly and easily, wasting less of our precious energy on repeating the same old thing.

As you connect with the dream this week, spend time reflecting on the dreams you have alive inside of you and the ones you have suppressed. Observe what life is presenting to you in every moment and learn to assess if it feeds your dream. If not, reflect on why this isn't so.

What lesson are you not learning that the universe keeps presenting you with?

What needs to change or what do you need to let go of?

This is your dream and what you are experiencing is what you have dreamt in. So if it's not what you desire, what must change so that you can manifest your heart's desire?

If you don't feel you have a dream, ask yourself this "what don't I feel I believe I deserve?" and "what is blocking me from seeing my dream?"

Please remember not to make this hard work and if you do, just remember to smile as you sing this profound shamanic song to yourself.

Row, row, row your boat; Gently down the stream

Merrily, merrily, merrily, merrily; Life is but a dream.

For those of you who wish to deepen your experience of this teaching, you may want to make your own pouch of disks and to this end we have attached the Mayan numbering system for you to use! We encourage you to work on your own as was discussed in the Five Faces Workshop, pulling your own disks and connecting with them at your own pace in conjunction with these reflection teachings.

#### The Mayan Numbering System

0	1	2	3	4
	•	••	•••	••••
5	6	7	8	9
	• 	•• 	••• 	•••• 
10	11	12	13	14
	• 	•• 	••• 	•••• 
15	16	17	18	19
	• 	•• 	••• 	•••• 

[Information on reflections page for the website:](#)

The 20 Count is the shamanic description of how the universe came to exist and its infinite ways of expressing itself. It is one of the most ancient forms of numerology. Within it, can be described all that exists, including all unseen powers and energies, as well as the relationships of all life forms and all aspects of being human. The numbers from 1 – 10 are concerned with the vibrations of our earthly reality and everyday life. The numbers 11 – 20 are related to the vibrations of spiritual reality and spiritual life. Connecting to each power in the 20 count allows you to align to its frequency enabling you to receive information beyond the everyday process of studying and researching. The more you work with the 20 Count the more you will awaken new truths and understandings of yourself and the world around you. You will be led into the consciousness of your soul and discover clarity about your true nature and your purpose.

When I first received the teaching of the 20 Count, I made 20 wooden discs from a tree branch and numbered them from 1 – 20 using the ancient Mayan numbering system known as the dot bar method. I then did my ceremony of pulling a disc from my pouch, carrying it with me and connecting with that energy. This simple ceremony allowed me to heal feelings of isolation and separation from life and gave me insight into overcoming any blocks or issues I was facing at the time. It awakened within me the memory and awareness of knowing that there is no separation from creation and that I can always trust that spirit is there with me even in my darker moments. I learned that I can create the life that I believe I deserve.

Every two weeks we will post an insight around this teaching as I draw a disc from my pouch. You then have the opportunity to reflect on that energy and deepen your connection with it. Please feel free to contact us should you wish to be added to our mailing list and keep updated on our workshops, teachings and sweat lodges that are held regularly.

Enjoy the Wisdom of the Ancients

20 Count Reflection for Week 1 Dec 21 to 27 – the number 7 represents “Symbols of the Dream” We all dream of something that we desire, even if its not always at a conscious level. What differs in each person is how much awareness they have of their dreams. It has been said that when we dream, we are in the true reality and when we are awake we are in a dreamscape living out what we have dreamt. Therefore life can be summarized by Shakespeare’s quote “ All the world’s a stage, and all the men and women merely players: they all have their exits and their entrances; and one man in his time plays many parts.” What we are living is our life experience. It is our dream incarnating itself, here in this physical reality. We play many roles throughout our lives. Some are enjoyable and some distasteful. Our dissatisfaction and disillusionment about our lives stems from not being fully awake, aware and alert with what is happening in each and every moment in our lives. This means stepping out of reaction to what has just happened, and learning to respond to it with as clear an assessment as possible to what has just happened. In other words - quit making those knee jerk reactions and learn to pause, feel, clear your thoughts and then respond. It is important to remember that regardless of the experience we are having, we have dreamt it in. It is an essential part of our soul’s desire for us to learn and grow from our physical life experiences. Repeating the same thing over and over again is like a record skipping over the same track repeatedly. Eventually this becomes either too painful or too boring to continue and we make a change. By increasing awareness to what is happening moment by moment we can learn more quickly and easily, wasting less of our precious energy on repeating the same old thing.

As you connect with the dream this week, spend time reflecting on the dreams you have alive inside of you and the ones you have suppressed. Observe what life is presenting to you moment by moment and learn to assess if it feeds your dream. If not, reflect on why this isn't so.

What lesson are you not learning that the universe keeps presenting you with?

What needs to change or what do you need to let go of?

This is your dream and what you are experiencing is what you have dreamt in. So if it's not what you desire, what must change so that you can manifest your heart's desire?

If you don't feel you have a dream, ask yourself what don't I feel I believe I deserve or what is blocking me from seeing my dream?

Please remember not to make this hard work and if you do, just remember to smile as you sing this amazingly powerful shamanic song to yourself

Row, row, row your boat; Gently down the stream

Merrily, merrily, merrily, merrily; Life is but a dream.