

## HOME SERIES: 2ND (SACRAL) SVADHISTHANA CHAKRA

(Suggested to be followed only under the guidance of an experienced Yoga instructor)

**Mask work:** From the Toltec Tradition  
Sergio Magana Ocelocoyotl (I discovered this work via Charlie Morley and Lucid dreaming)



In the Toltec lineage (an ancient Mexican practice), masks are used to break the link between our face and our past.

**Quetzaltzin:** The venerable Quetzal is a practice whereby in changing the image in front of a mirror and narrating your life, your problems, your concerns exactly the way you would with a therapist. You are able to unite the conscious and unconscious, and effectively become your own therapist.

Because you are forced to look at yourself, you become your own 'leasing actor' in your play, and because you stop identifying your face with the stories and instead see the mask, a profound healing takes place as you detach from the story until the link is broken completely. Once that relationship is over, the story of your life will stop affecting you: you will become free: your mind (head voice) stops associating you with the problem.

**Masks:** there are two types of masks suggested in this work: Ones with a prominent nose: so we see the tip of the nose just as we do in life: (tonal) and masks with flat noses: eg animal masks (nahual). These are important because in our subconscious, if we can't see the tip of our nose, we are either dead or asleep!

Most of these exercises should be done for 30-45 minutes per day for 36 days.

**Innetlapololitliz:** Stand in front of a mirror, and narrate the story of your entire life: using both/ any masks

**Oquinnotz:** (Any mask) Narrate from emotions: what was the first emotion you felt? Experience it again and talk about everything you remember about it: the number of times you have lived it, until you have nothing left to say about this feeling: until it is disassociated from your face, until the only thing that remains is something experienced by a mask: the character you are playing.

**Huehuetzin:** (Usually you will only do this once in your life and not need to repeat it). (Any mask as long as it covers the whole face). (Either 12 hours: 6pm till 6am, or 36 minutes for 9 days: according to Charlie Morley). Stand in front of the mirror with a mask on and explore all the ideas you were given about sexuality. Cover everything: sin, pornography, homosexuality, virginity... Talk to the mirror about what you have seen or heard about it, and relate the story of your sex life: whether you have a story or not. Talk about

the good or the bad experiences: whether they were pleasurable or not, whether you feel guilt or shame and why. Talk about religious and scientific paradigms and how they have affected your sexuality. The mask will help you get rid of such feelings and release sexual energy. Do not take the mask off in front of the mirror: the exercise is to disassociate from yourself until they become something experienced by a mask.

