

# *The Baja Sun*

## *Stories of Awakening*

*Edition 11, Volume 1*

*www.TheBajaSun.com*

*November 2010*



Photo taken from *Fierce Light, When Action Meets Spirit*

### *We are gathering*

We are gathering. We are dancing in the mountains of Tecate, and on the playas of both shores. We are inviting spiritual masters to the Baja, and gathering at the foot of sacred icons in community restoration. We are meditating in Ensenada, creating art festivals in La Paz, and we are building sustainable habitats in Pescadero. We are saving the turtles and protecting whale birthing lagoons. We are a writer in Tijuana and a seafarer on the Gulf of California having a love affair with freedom. These are not separate random acts, but the greatest social spiritual movement in human history.

We may be clear about our response to a higher calling in consciousness. Or we might just be noticing a deep yearning for something more authentic than our own personal desires. We may be clear we want to serve, yet, have not found what is uniquely ours to share in planetary service.

At the same time when the human mind is being seen at its most absurd in the political arena, we are experiencing an unfolding awareness; an evolutionary leap at the eleventh hour. It is clear we are not a lonely group here on the Baja peninsula. We are part of the planetary movement, we are joining one another, serving one another, and the elders are returning to help us every step of the way.

*Martina*

Editor,

New! [www.thebajasun.com](http://www.thebajasun.com) Now read all issues on line.

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## Letters to the Editor



Dear Martina, I am so impressed, I love this, there is such substance here, such healing power...upon reading and viewing (just getting started) a fragment of the excellent pieces and photography my heart is so happy to know there is this connection happening in the Baja, thank you so very much for this gift, Susan

I was very impressed with the October Sun's cover and Martina's opening column. I can't help but think that some of what she wrote about is what the Indians are seeking in their legal medicinal use of Peyote as a sacrament in their religion. I have never tried it but I wish I could at least once have the opportunity to discover its effects without legal consequences. The following was written down and made known to me after my friend had a "consciousness expanding" event one night in 1968:

***"Death is the release of a spirit of pure thought energy, drifting aimlessly in an endless sea of infinite space, experiencing absolute contentment."***

I can only hope I will experience this when my time ends.

B.J. Aptos, Alta California

Martina, I've enjoyed The Return of the Ancestors preview and I feel the heartfelt energy that this all portrays. Yellowbird I heard and saw Zitacame TaTa. This is all extraordinary and very good and helpful toward this world shift and movement into oneness. It is wonderful to know there are many, many, many now aligned with these times we have all been engaged in for sooooo very long. I am sensing there is movement among all cultures and heritages as the ancient memories are returned to us all and can no longer be denied or distorted. Finally, all peoples of the world can end their suffering through knowing "why we are here, and what we are here for". Thank GOD the indigenous ones have never completely forgotten and hold the truth of ushering in the knowledge of this full way of being "human". Yes, it remains to be seen how this all plays out across humanity given there are those who it seems have created "disconnect" in their own physical technology. I am concerned for them, yet who knows, I feel great surprises ahead that will astound us all. I sense it is a time of complete clearing from all that has been recorded in the history of this planet and every being involved - no judgment given to what has been, just freedom for what can now be.

Hallelujah!

I love ya and will be holding a knowing of you.

Carlene, Mariposa, Alta California

## The Mother Earth Dance

All Is as It Should Be



Photograph was first seen on the cover of *The Baja Sun*, October 2010.

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By Mary Iza

I've always been interested in spirituality and learning about the native ways. So when a friend invited me to a native ritual dance that would be held at the Tijuana beach a few years ago, I immediately said yes! The intention was to radiate healing energy to Earth on the first day of the Summer Solstice. Of course I had to participate and radiate my own energy to help heal Earth.

When I arrived at the beach I saw this beautiful girl dressed like a native performing a ritualistic salute and then I saw her dance with her group and she seemed so connected to the native ways. I didn't know who she was or even her name, but I wanted to meet her, befriend her and learn from her. Well that did not happen, but my desire to learn about the native ways never left me and so I've been to every native dance I get invited to; which brought me to Tecate on Friday October 22, 2010.

About 4 months ago my friend Vicky invited me to an Earth Dance that was supposed to be led by Adam Yellowbird. This dance takes place every year in May; however, given the extraordinary circumstances of the current state of the earth (earthquakes, floods and other natural disasters), an additional Earth Dance was scheduled in October.

We arrived to the Earth Dance around 6 p.m. on October 22<sup>nd</sup>, we were delayed due to the fact that we waited for Vicky's friend Lorena to call us and have us pick her up because she was supposed to join us. Vicky had given Lorena my home number and so we waited at home for her call but she never called because she left a day earlier. So upon arrival we saw this beautiful girl smiling at us. Vicky said, "There is Lorena." She walked up to me and gave me a hug, and said "I am Lorena and you must be Mary, I am sorry I didn't call, but I forgot your number." To my surprise it was the same girl I had seen at

the beach years ago and whom I wanted to be friends with! Lorena was very nice and sweet and again I saw her greet everyone that entered the sacred circle and she danced and performed the ritual salute to the 4 directions, the sun, the moon and earth. The difference this time was that I knew who she was now and that she agreed to teach me about the native ways. It warms my heart to know that I now have the friend that I had asked for years before!



Lorena on left with sacred Copal



Greeting Father Sun

We heard that a *temazcal* (sweat lodge) was in progress and we were welcome to enter during the second door. I'd been in a *temazcal* before and I knew that I had to remove all my jewelry before entering, but we were in such a hurry to get in that I forgot to remove my necklace which was a silver chain with a Pleiadian sign. The heat became so intense that my necklace was burning my skin so I removed it and held it in my hand. I remembered to pray for whatever needed to be resolved in my life and I offered my prayers to God, Mother Earth and I gave my fears to the sacred fire.

The whole experience was so intense that when the *temazcal* was over I felt so glad that the only way to exit is by crawling out. I was very dizzy and I did not know how I was going to stand up once I exited the *temazcal*. Fortunately, the Man of Fire ( the one in charge of the sacred fire that heats the stones for *the temazcal*) was standing in front of me and offered me his hand to help me stand up and when I did I thought I was going to fall down but he hugged me. I felt how his energy helped stabilize my balance and I was able to take a few steps away from the door and I simply slipped gently to the ground, hand still clutching my necklace and as soon as I closed my eyes I saw the cosmos. It was completely dark which made the stars sparkle brighter, then I saw a ring of light in the center of this cosmos which seemed to be opening up and then I remembered the necklace in my hand and I wondered if the Pleiadian symbol was connected to what was happening to me, so I opened my hand, released my necklace and the vision vanished.

The vision was so peaceful, beautiful and so vivid that I felt I really had traveled all the way out there and I was simply floating in the cosmos. I wondered about the meaning of that vision as I felt all of my chakras aligning and spinning so fast that I became a bit



concerned, but instead of questioning what was happening I simply surrendered to that amazing feeling.

The next day I met this wonderful woman, Martina, who turned out to be the editor of *The Baja Sun*. Martina told me about her work and when she showed me a few editions of *The Baja Sun* I saw a cover photo which resembled my vision very much. I realized it was all meant to be, and every thing in the universe was as it should be.



Creating a Temazcale



On left, Mary and abuela, Kathy, with women of power.



Youth and the Elder: Lornea with, abuela, Wanita

## **La Danza de la Madre Tierra**

### **Mi Experiencia Espiritual Personal**

Siempre me ha interesado la espiritualidad y el aprendizaje de las enseñanzas nativas. Por lo cual cuando una amiga me invitó a una danza ritual nativa que se celebraría en Playas de Tijuana hace algunos años, inmediatamente dije ¡sí! La intención era emitir energía de sanación a la Tierra en el primer día del solsticio de verano. Por supuesto que yo tenía que participar y emitir mi propia energía para ayudar a sanar a la Tierra.

Cuando llegué a la playa, miré a una hermosa muchacha vestida como una nativa y la vi realizar un saludo ritual y luego bailó con su grupo. Ella parecía muy conectada con las costumbres nativas y aún que yo no sabía quién era ella, ni cual era su nombre, yo quería conocerla, quería que fuera mi amiga y aprender de ella. Bueno, eso no sucedió, pero mi deseo de aprender acerca de las costumbres nativas nunca me abandonó, y por eso he asistido a todas las danzas nativas que me han invitado, también fue ese deseo lo que me llevó a Tecate, el viernes 22 de octubre 2010.

Hace aproximadamente 4 meses, mi amiga Vicky me invitó a una Danza de la Tierra que se suponía iba a ser dirigida por Adam Yellowbird. Esa danza se lleva a cabo cada año en el mes de mayo, sin embargo, dadas las circunstancias extraordinarias de la situación actual de la tierra (terremotos, inundaciones y otros desastres naturales), programaron otra Danza de la Tierra en octubre.

Llegamos a la Danza de la Tierra alrededor de las 6 p.m. del 22 de octubre, llegamos un poco tarde debido a que estuvimos esperando a que nos llamara Lorena (una amiga de Vicky a quien yo no conocía) porque iría con nosotras a la danza y ella llamaría a mi casa para que pasáramos por ella. Lorena nunca llamó porque se fue a la danza un día antes que nosotras. Así que al llegar a la danza vimos a una hermosa muchacha sonriéndonos y escuché a Vicky decir ahí viene Lorena, mientras tanto esta muchacha se me acercó, me dio un abrazo y me dijo “Yo soy Lorena, tú debes ser Mary, siento no haberte llamado, pero se me olvidó tu número.” Para mi sorpresa era la misma muchacha que yo había visto en la playa hace años y que yo quería que fuera ¡mi amiga! Lorena fue muy linda y la miré recibir a todos los que entraron en el círculo sagrado y nuevamente bailó y realizó el ritual de saludo a las 4 direcciones, al sol, la luna y la tierra. La diferencia era que ahora yo conocía a Lorena y ella había aceptado enseñarme acerca de la danza y las costumbres nativas. Mi corazón se alegró al saber que ahora tengo la amiga que yo había pedido hace ¡años!

Nos enteramos de que estaban corriendo un temazcal y que podíamos entrar en la segunda puerta. Yo había estado en un temazcal antes y sabía que tenía que quitarme todas mis joyas antes de entrar, pero teníamos tanta prisa por entrar que me olvidé de quitar mi collar que era una cadena de plata con un símbolo Pleyadiano. El calor se hizo tan intenso que mi collar me quemaba la piel, así que me lo quité y lo sostuve en mi mano. Recordé orar por todo lo que necesito resolver en mi vida y le ofrecí mis oraciones a Dios, a la Madre Tierra y le di mis miedos al fuego sagrado.

Toda la experiencia fue tan intensa que cuando el temazcal había terminado me dio gusto que la única forma de salir es gateando. Yo estaba muy mareado y no sabía cómo iba a levantarme al salir del temazcal. Afortunadamente, el Hombre de Fuego (el encargado del fuego sagrado que calienta las piedras para el temazcal) estaba de pie frente a mí y me ofreció su mano para ayudarme a ponerme de pie y cuando lo hice pensé que me iba a caer, pero él me abrazó. Sentí cómo su energía ayudaba a estabilizar mi equilibrio y pude dar unos pasos lejos de la puerta y simplemente me deslicé suavemente en el suelo, con mi mano sin soltar mi collar y tan pronto como cerré los ojos, miré el cosmos. Estaba completamente oscuro lo cual hizo que las estrellas brillaran aún más intensamente,

entonces miré un anillo de luz en el centro de ese cosmos que parecía estar abriéndose y entonces recordé el collar en mi mano y me pregunté si el símbolo Pleyadiano estaba conectado con lo que me estaba sucediendo, así que abrí mi mano soltando mi collar y la visión se desvaneció.

La visión fue tan apacible, hermosa y tan real que yo sentí que en verdad había viajado hasta allá y simplemente flotaba en el cosmos. Me pregunte sobre el significado de esa visión mientras sentía como todos mis chakras se alineaban y giraban tan rápidamente que me preocupe un poco, pero en vez de cuestionar lo que me estaba ocurriendo solamente me entregue a esa sensación increíble.

Al día siguiente conocí a una mujer maravillosa y alegre llamada Martina, quien resultó ser la editora de *The Baja Sun* (*El Sol de Baja*). Martina me habló de su trabajo y cuando ella me mostró algunas ediciones de *The Baja Sun*, miré una foto de la portada que se parecía mucho a mi visión del cosmos. Entendí que todo estaba destinado a suceder, y que cada cosa en el universo era como debería ser.



## We are not Alone Agents of Change

By Martina



**A “Fierce Light” is creating a “Blessed Unrest” in us and the “Return of the Elders” is a very real and heartfelt movement to support a planetary evolution of human consciousness. It is clearly evident that we are not alone here on the Baja, and that we are serving this new awareness**

Recently in the mountains east of Tecate we joined in the Dance for Mother Earth. All were welcomed. We danced in sacred circle and lifted our arms to Father Sun and the four sacred directions. We excluded no one. Abelua, Kathy, opened up her heart and the land of the Kumiai, and guided newcomers to a deeper sense of authentic life and joy of spiritual celebration. The prayers and dance were for Mother Earth, to assist her in balancing the present chaos.



Although Yellowbird and Huichol elder, Zitacame, could not attend the event in October. But Yellowbird will bring Native American elders and tribal people from the US to join us here in Baja Norte on May 2011. Together the wise ones come from all over Mexico to share what they know; Kumiai, Pai Pai, and Huichol elders, to name just a few. The elders say that it is time to prepare, even while they have known for



Abuela, Kathy Uribe, holding the earth



Sauleme and Huichol Grand Father, Zitacame

centuries this time was coming. Still they reach out to those who have not yet heard the call. The Mayans say that we are approaching “Year Zero.” This they call the “shifting of the ages.” To learn more go to Yellowbird’s website for a “sneak preview” of the “prophecies” of the Mayan elders and many other wise ones on a DVD called *Return of the Elders*. [www.oca8.org](http://www.oca8.org)

*Fierce Light; When Spirit Meets Action*, is a DVD released in 2009 and it reveals that Hollywood actors are continuing to join the movement. Here is Daryl Hannah hanging in a tree, to protect it from being cut down. October’s edition of *The Baja Sun* reported that the cast and director of *Avatar* have now taken up the fight against the proposal of a monstrous damn to be built on the Amazon River, and another 60 are proposed.



*Blessed Unrest* by author Paul Hawken reveals “How the largest movement in the world came into being and why no one saw it coming.” The author says there are over 200-million people in every country around the world getting up each morning and working toward changing the planetary suffering; spiritual, socially, ecologically. The Amazing difference in this huge social/spiritual movement is that there is no “charismatic leader.” We are all part of a huge grass roots movement with one goal in our collective consciousness that our personal lives matter, and that we are the new change agents we have been waiting for.

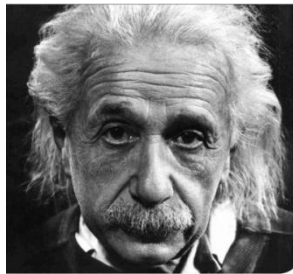
## Teacher Links

**Paul Hawken**



There are 200-million people that wake up every day and work for planetary change. This is the biggest social movement in the history of mankind. Author of *Blessed Unrest*.

**Einstein**



Look into nature, and then you will understand everything better.

**Ruben Saufkie, Hopi Elder**

Patience sucks, but it is worth it.

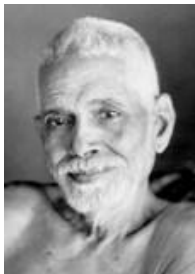
[www.ICA8.org](http://www.ICA8.org)

**David Swallow, Lakota Elder**

I see a new day. I see a land without illusion. I see only good in future generations.

[www.ICA8.org](http://www.ICA8.org)

**Ramana**



All spiritual teachings are only meant to make us retrace our steps to our Original Source.

Realization consists of getting rid of the false idea that one is not realized.

### His Holiness the Dali Lama



"The world will be saved by the western woman."

His Holiness stunned a sold-out audience at his Peace Summit in Vancouver

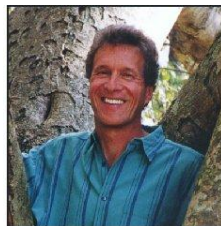
### Edward Abbey



Unlimited growth is the philosophy of the cancer cell. \_ *Paraphrased*  
"Sentiment without action is the ruin of the soul."

*A Voice Crying in the Wilderness*

### John Perkins



The shaman of the Amazon speaking to John, "You and I know that Mother Earth will survive. But if the people who call themselves civilized continue to dream their greedy dreams, Mother Earth will shake us all off like fleas... That dream of your people must change." *The World is as you Dream It*

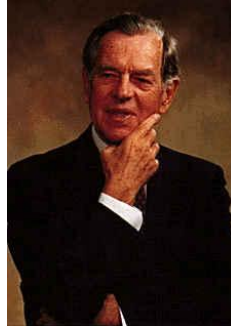


### **The Buddha**



“Inner freedom is not guided by our efforts; it comes from seeing what is true.”  
“Those who are awake live in a state of constant amazement.”

### **Joseph Campbell**



People say that what we're all seeking is a meaning for life. I don't think that's what we're really seeking. I think that what we're seeking is an experience of being alive, so that our life experiences on the purely physical plane will have resonances without our own innermost being and reality, so that we actually feel the rapture of being alive.

*The Power of Myth* with Bill Moyers

### **Marilyn Monroe**



"Imperfection is beauty, madness is genius and it's better to be absolutely ridiculous than absolutely boring."

**George Leonard**

*A Human Potential Pioneer and author of "Walking on the Edge of the World"*

"Your resistance to change is likely to reach its peak when significant change is imminent."

**Osho**



The only thing to lose is your head!

**Morgan Robbins**



Power is the ability to manifest intentions. Attaining power is relatively easy, but the side effects and consequences of using it are incredibly dangerous. Acquiring knowledge is usually a more beneficial endeavor for the individual.

*Morgan's Tarot*

**Braco**



Dr. Jan Ellison of Hawaii said, "Someone like Barco who can escort in the divine Love at the pure level that he does could change the future of the planet."

**The Talmud**

And if not now, when?  
(Text of mainstream Judaism)

**Eli Jaxon-Bear**



True desire for freedom is the last desire of the ego.  
*The Enneagram of Liberation: from fixation to freedom* by Eli Jaxon-Bear

**Chief Seattle**

“It does not require many words to speak the truth.”

**From the Movie Michael**

John Travolta delivers this line as Archangel Michael  
*You gotta learn to laugh; it is the way to True Love.*

**Gangaji**



“In the instant of simply opening you experience that whatever you were struggling with is no longer there. True openness reveals that the struggle, the problem, the bogeyman, the wound – is actually nonexistent. The story is not transformed by openness; it is revealed to be actually nonexistent. The only thing that holds the story in place is the resistance to opening. What remains, when what was feared or fought with disappears, is the openness of existence itself – the truth is in the center of your own heart.” [www.gangaji.org](http://www.gangaji.org)

**Eckhart Tolle**



Photo by Film.Eng ©2002 ©

“Surrender is the simple but profound wisdom of yielding to rather than opposing the flow of life. The only place where you can experience the flow of life is the Now.”  
[www.eckharttolle.com](http://www.eckharttolle.com)

**Jack Kornfield**

“...Spiritual opening is not a withdrawal to some imagined realm or safe cave. It is not a pulling away, but a touching of all the experience of life with wisdom and with a heart of kindness, without any separation.”

*Editor's note: There is all the help we need along the way to Self Awareness or as Joseph Campbell says, “so that we actually feel the rapture of being alive.” It is called by many names and there are infinite teachers living, or still living through their writings. This is an open forum and readers can send in a favorite quote by*

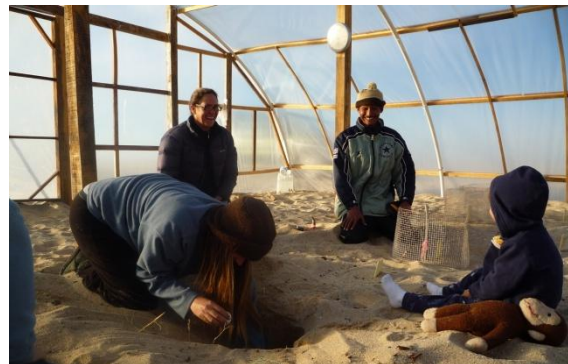
*their teacher so that all can benefit from the wisdom. Please list website if available. Each month the new submissions head the top of the list.*

## Technology Exists to Save the Leatherback in Todos Santos



By Francesca Sarah Dvorak

Tortugeros Las Playitas is pleased to announce the start of their 2010-11 Conservation program. This season they will be patrolling nightly for Leatherback nests October through March, monitoring their incubation greenhouse, and will begin a new education program with school-aged children. They will also be participating in International Sea Turtle Conservation networks, and conferences. Leatherback hatchling releases will probably take place January through May 2011. Tortugeros Las Playitas conservation program is extremely unique because they operate an incubation greenhouse to produce Critically Endangered Leatherback hatchlings. Although Leatherbacks do nest in Todos Santos, the low sand temperature here does not allow hatchling development naturally. That is why each year a turtle greenhouse is constructed, very similar to a greenhouse for plants. The Leatherback nests are moved inside where temperatures are stabilized and monitored until hatchlings emerge. Without this technology, Leatherback nests would not develop on the beach in this region. The Females that are nesting in Todos Santos were either born here in record hot years, or are moving north from the warmer Los Cabos region due to loss of nesting habitat.



The Pacific Leatherback population has decreased by 90% in the last two decades mostly due to incidental by catch. The IUCN (International Union for Conservation of Nature) lists the Pacific Leatherback as Critically Endangered and is recommending intervention if any hope for the survival of the species is expected. Research shows that Leatherbacks are moving north from the densely



populated Los Cabos Resort to Todos Santos, to nest. This places additional strain on the already fragile species so critical to the food chain.

Why is the Leatherback a critical element of the food chain? The adult Leatherback feeds primarily on jellyfish. With so few Leatherbacks left in the Pacific, we are currently experiencing a "jellyfish explosion". Now, what do jellyfish eat?? Fish eggs!!! Yes, that's right, jellyfish eat fish eggs. So the next time a fishermen mentions how poor the fishing is, you can explain: The massive jellyfish population is consuming massive amounts of fish eggs.

Tortugueros Las Playitas has the technology to ensure the survival of Leatherback nests, but lacks the economic resources. The cost of gasoline for patrols alone will be approximately \$2,000. Their ATV's are both in need of new tires, new batteries, tune-ups. Without an ATV for patrolling, and one for monitoring the *invernadero*, this project cannot operate.





You can also help by following these simple guidelines:

- Never drive on Turtle Nesting beaches
- Minimize exterior lighting in Nesting regions (La Paz and southward)
- Buy fish caught with hooks and lines as opposed to nets
- Don't make bonfires on Turtle Nesting beaches
- Support local economies and reduce the need for poaching
- Never leave trash on the beach
- Minimize your use of plastics by reusing and recycling
- Never buy turtle meat, eggs, or jewelry made from turtle shells
- Don't build your Mexican dream home on the precious dunes
- Pick up trash someone else left behind on the beach
- Make sure your construction debris doesn't end up in the arroyo
- Spread the word!

An organization dedicated to Environmental Conservation with a special emphasis on Sea Turtle Protection and Restoration. Please visit [www.todostortugeros.org](http://www.todostortugeros.org) for more information, to volunteer, or to **Adopt a Hatchling** please contact Public Relations Coordinator Francesca Dvorak at [tortugeroslasplayitas@gmail.com](mailto:tortugeroslasplayitas@gmail.com) .



**Adopt a Hatchling!**

## WILDCOAST HOSTS 7TH ANNUAL PUNTA ABREOJOS OCEAN FESTIVAL AND SURF CONTEST



On Mexican Independence Day, September 15th, WILDCOAST hosted more than 100 surfers from around the Baja California Peninsula who participated in the 7th Annual Punta Abreojos Ocean Festival and Surf Contest.

WILDCOAST traveled to Abreojos to host the 7th Annual Punta Abreojos Ocean Festival and Surf Contest during Mexican Independence Day on September 15th. More than 60 local surfers (mostly kids) from around the Vizcaino Peninsula joined on the beach for the contest and later that night the entire town of 1,000 gathered in the plaza to celebrate Independence Day and see the distribution of the contest trophies.

More than a surf contest, our event in Abreojos was a celebration of all that has been achieved to protect the coast in this critical location just north of San Ignacio Lagoon. The fishermen in Abreojos don't allow outsiders to harvest their abalone and lobster. They have stopped all mega-project proposals that would have destroyed the coast. And now with our help they are looking to preserve the beautiful and biologically important mangrove-line and sea turtle-filled Coyote Estuary, which forms part of the San Ignacio Lagoon wetlands complex.

The work of WILDCOAST to save the imperiled coastline of Baja California would not be possible without our partnership with the fishing families of Punta Abreojos. And nor would it be possible without your help. So please continue to donate generously to WILDCOAST and help us to continue to conserve the wild coastline of Baja California.

Thanks to NRDC, SIMA Environmental Fund, and Patagonia for supporting the contest.



## *What the Bleep?!#@!!*



Apparently laid to rest more than 10,000 years ago in a fiery ritual, one of the oldest skeletons in the Americas has been retrieved from an undersea cave along Mexico's Yucatán Peninsula, researchers say. Dating to a time when the now lush region was a near desert, the "Young Man of Chan Hol" may help uncover how the first Americans arrived—and who they were. About 80 miles (130 kilometers) south of Cancún, the cave system of Chan Hol—"little hole" in a Maya language—is like a deep gouge into the Caribbean coast.

In 2006, after entering the cave's opening, about 30 feet (10 meters) underwater, German cave divers swam more than 1,800 feet (550 meters) through dark tunnels spiked with rock formations. There they accidentally uncovered the Ice Age human's remains and notified archaeologists based in the surrounding state, Quintana Roo.

For the last three years researchers led by Arturo González, director of the Desert Museum in Saltillo, Mexico, have been studying and documenting the bones in place, so as not to lose any clues offered by context. In late August scuba-diving researchers finally raised the bones for lab study, after having placed them in plastic bags of cave water and sealing the remains in plastic bins. No fewer than 10,000 years ago, Chan Hol filled with seawater as Ice Age ice caps melted, the researchers say.

No human, they conclude, could have ended up so far back in the cave system after that point—which is why they believe the young man is at least 10,000 years old. The exact age of the bones should be determined by ongoing carbon-dating tests. The newly raised skeleton is the fourth to be found in underwater caves around the town of Tulum. One of the other skeletons—named the Woman of Naharon, or Eve of Naharon—is thought to be even more ancient, around 12,000 years old. At about 60 percent complete, the Young Man of Chan Hol skeleton is remarkably whole for a 10,000-year-old specimen, the researchers say. Especially revealing are his teeth—lack of wear tipped off the team to the individual's relatively young age at death.

For now, the bones have been sealed in a special chamber for the next six months to a year to dry out and to allow time for their minerals to harden, making the remains less fragile. Afterward, the bones will be scanned to create 3-D computer models that can be compared with the bones of other ancient Native American remains, project leader Gonzalez said.

The skeletons found in the Quintana Roo caves could force scientists to rethink their ideas about the initial population of the Americas, Gonzalez said. For example, the skulls of both the Young Man of Chan Hol and the Woman of Naharon have anatomical features that suggest their owners were descended from people of South Asia and Indonesia—not from northern Asia, like North America's other known early migrants.

The discovery supports the idea that multiple groups of migrants may have entered North America via the Bering Strait—using the now submerged land bridge that once connected what are now Siberia and Alaska—at different times in history, Gonzalez said.

Today, the Yucatán Peninsula is covered by rain forests. "The Yucatán surface was dry, and there were no rivers or lakes on the surface," Stinnesbeck said. Finding water and shade would have been a problem, and as a result humans may have found refuge and drinking water in subterranean caves. The caves may have also served a spiritual purpose, project leader Gonzales said.

The skeleton, he noted, was found in an unusual position—on its side, with legs bent and arms held straight along the sides of the body—suggesting the man had been purposely placed in the cave, perhaps as part of a funeral process. "At the moment we do not know the cause of death, but considering the articulated position in which we found him, we think he was placed at this location," Gonzalez said. The team also found evidence of bonfires inside the cavern

## 12-Steps for Planetary Recovery

by Anodea Judith  
Global Heart Network News

The 12 Steps of Alcoholics Anonymous have been used by millions of people for addressing a variety of harmful addictions, not only with alcohol and other drugs, but gambling, sex, food, and the enabling behavior of those who deal with addicts, called co-dependents. Addiction is using a substance or a process to the degree that it threatens the functionality and stability of your life. Oil IS as an addiction, we have now “hit bottom” and it has become unmanageable?



1. Admitted that we were powerless over the culture's addictive consumption and destruction of the planet, and that our environmental crises had become unmanageable.
2. Came to believe that the divine power of Gaia, as Nature, could run the biosphere correctly and heal the destruction over time, if we align with Her principles.
3. Made a decision to turn our will and the legislation of our behaviors over to the balance of Nature, as we understand Her through our sciences and spiritual practices.
4. Made a searching and fearless moral inventory of the extent of the damage we have done to the planet, and the beliefs and assumptions that cause that damage.
5. Globally admitted the exact nature of our wrongs.
6. Were entirely ready to let the needs of Gaia override these destructive policies and behaviors.
7. Humbly returned to simpler ways of life, allowing our connection to Gaia to guide our habits.
8. Made a list of all systems we had harmed, and realized the need to make amends to them all.
9. Created direct policies, legislation, practices, and green technologies to address such harm wherever possible.
10. Continued to monitor the way we live upon the Earth, and when wrong, promptly exposed it.
11. Sought, through appropriate activity and spiritual practice, our conscious connection with Gaia, seeking knowledge of Nature and the power to live collectively in harmony with Her.
12. Having experienced a global awakening as a result of these steps, celebrated and sought to help other people and nations find their way to a healthy relationship with the environment & fellow beings.



## SAGITTARIUS

*November 22 to December 21*

By Jonathan Tenney

Sagittarius is concerned with growth and development in terms of the group purpose. Sagittarius, the initiating fire sign of this group, is associated with qualities of aspiration, open-mindedness, quest for ultimate principles, generosity, faith and optimism. At the heart of this sign is an eager and purposeful reaching forward into a new cycle of experience. In this sign there is an ability to commit to collective values and purposes, an acceptance of social responsibility. Sagittarius is one who motivates and inspires others to join together to achieve some definite goal. It is predominantly a sign of guidance, offering help and direction. As such it rules over spiritual guidance in the form of gurus, teachers and spirit guides. In a psychological sense, it rules over the capacity to intuit or directly perceive what the next step is. It confers the power to make steady progress upon the path of consciousness and can be one of the most balanced of the signs.

In Sagittarius the personality comes under strong pressure to recognize its greater self as well as the group reality. To what degree that the personality retains its separateness, problems of varying consequence will ensue. These problems often manifest as an overextension, thus dissipation of energy, and a demand for personal freedom at all costs.

Whatever the individual orientation, Sagittarius brings a strong devotional quality and an ability to focus on distant objectives. The personality is often charismatic and influential. The aspirational quality of this sign may bring a certain amount of internal struggle during the attempt to transcend one's own limits. Early in life, this desire to reach for distinct connections may be experienced as a rebellion from social structures. When this occurs, the internal struggle intensifies with age, because Sagittarius must experience a certain amount of social acceptance and significance in order to affirm identity. Sagittarius will generally take up a lot of space and will be a master at the handling of complex interpersonal issues. The central task of this sign is not to limit growth, but to be in touch with direction and purpose. When the purpose is clearly in mind, the intuition serves to give direction and wise management ensues.

The traditional Major tarot card associated with Sagittarius is the **Temperance XIV**

The Temperance card represents a victory taking place on the emotional or psychic plane. There is mastery here, a gaining of balance and equilibrium in the face of power and potential disturbance. Usually, you are integrating the opposites in your life, bringing them into harmony and union. Watch for times of fragmentation or times of chaos and remember that you have what it takes to bring the balance to any situation.

*Note: This is an excerpt from a longer article out of The Motherpeace Tarot Playbook by Noble and Tenney*

## Next Tara Work Party November 27<sup>th</sup> Ensenada

Before



And



Now

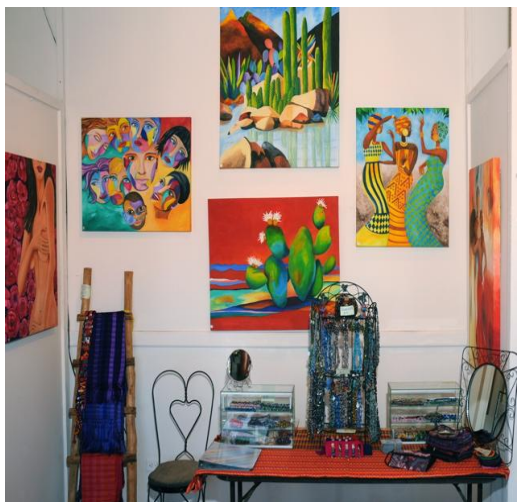
**A beautiful Example of what a community can do with love and action.**

The call to the community was well-received this month. October 23 Work Party was attended by members of Troop Lynx Group 6 of the Scouts of Ensenada, who picked up trash, helped paint the base of the statue, looked for fragments and moved logs from pruned trees that were pruned a few months ago. The Scouts' coordinator, Elisabeth Carrillo, worked for more than four hours weeding the area of access. Among those attending were Teresa and Roger (owners of the wonderful Hogaza bakery, 6<sup>th</sup> and Miramar, Ensenada), who picked up trash in the area of access to the Tara. Angelica and Antonia (Shisha House, 7<sup>th</sup> and Blancarte, Ensenada) also attended and will be coordinating the arrangement of the garden around the statue. The base of the statue now has three coats and looks wonderful at this time. We also appreciate financial donations from Lama Lhanang, Kathleen Pratt, Mark Schneider, Pancho Aranda and Maryann VanHoomissen. We now will be able to buy paint for the body. **Another way to help: Join the Facebook group Salvemos a Tara!!**

La convocatoria a la reunión de trabajo comunitario tuvo Buena aceptación, esta vez participaron Teresa y Roger (dueños de la maravillosa panadería Hogaza, en la 6<sup>a</sup> y Miramar en Ensenada), quienes recogieron basura en la zona de acceso al Jardín de Tara. También asistieron Angélica y Antonia (del Café Shisha en la 7<sup>a</sup> y Blancarte en Ensenada) quienes colaborarán con el arreglo de las jardineras al rededor de la estatua. La base de la escultura ahora tiene tres capas de pintura blanca y se ve genial, en esta ocasión, Martha Gómez se encargó de los detalles. Esta vez asistieron los miembros de la Tropa Lynx del Grupo 6 de los Scouts de Ensenada, quienes recogieron basura, ayudaron a pintar la base, buscaron fragmentos de la estatua y movieron troncos de un árbol podado hace algunos meses; su coordinadora, Elisabeth Carrillo trabajó por más de cuatro horas deshierbando la zona de acceso. También agradecemos los donativos económicos de Lama Lhanang, Kathleen Pratt, Mark Schneider, Pancho Aranda y Maryann VanHoomissen. ¡Nos vemos en la próxima reunión de trabajo voluntario el 27 de Noviembre! **Otra forma de ayudar: únete al grupo de Facebook Salvemos a Tara**



*La Casa de Arte  
Opens in La Bufadora, Baja Norte*



*A new idea in Cooperation and rich artistic talents of many local artists.*



*Pictures are Worth a Thousand Words*



Pangas and Boobies



Días de los Muertos

*By Scott Kennedy*

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Ej. Coronel Esteban Cantú  
Ensenada, B.C.  
CP 22897-CR-22831

**646-154-3064**

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**Open hours**  
**11 am to 5pm Wednesday to Sunday**

Casa de Arte: a gallery at the edge of civilization, on a peninsula on a greater peninsula; A showplace of the some of the better known and practicing artists, bringing to view and sale works inspired by this wondrous marine desert and Mexican culture.



Who would have guessed that a handful of artists in La Paz could build a dream? One short year ago, the vision of the La Paz Six Art Group spotlighted for the first time the growing community of local artists in La Paz.

Painting together in the little studio next to THE ART SHOP, their conversations drifted to why La Paz lacked its own Art Festival, while Todos Santos, Los Barriles, and Cabo annually attracted the community to celebrate the burgeoning number of artists in Baja Sur. From that humble beginning grew the First La Paz Festival d'Arte. Students at the University Autonomia de BCS, regularly display their art at venues such as Teatro Juarez, and Teatro de la Ciudad, as well as in the galleries at the university. There are also plentiful 'one person' shows in galleries around town, but nowhere can you find a Fair where the entire community of La Paz is invited free of charge to meet and experience the work of 80 or more artists in one location.

Last year's inaugural event created such positive energy, that come November 28 at the Marina Palmira the Second Annual Festival will be even bigger and better. The timing this year will enable holiday shoppers an opportunity to purchase gifts as well as sample food from several local restaurants. An all day program of music and dance on the Marina Stage promises exciting entertainment adding to the celebration. Nearly 80 artists will be complimented by music and entertainment.



Like last year's Festival d'Arte, all proceeds will be divided between Fundacion Ayuda Ninos La Paz, AC and Baja Dogs 20/80%.

For more information contact, [Kathybezy@goldrush.com](mailto:Kathybezy@goldrush.com) or Maureen Ryan at [Morene4@yahoo.com](mailto:Morene4@yahoo.com)



## Ven. Lama Lhananang in Baja Norte



retiro de  
**Vajrasattva**  
noviembre 13, 14 & 15  
Impartido por **Lama Lhanang Rinpoche**  
enseñanza - iniciación ~ recitación  
La práctica de Vajrasattva (Dorje Sempa)  
y la recitación de su mantra nos ayudan a purificar las  
acciones negativas de nuestra mente, habla y cuerpo. En  
este retiro dedicamos 24 horas a la recitación del mantra  
de 100 sílabas de Vajrasattva.  
costo \$1900.00 CUPO LIMITADO  
más información Susy de Aranda  
646-175-4229 artesdeltibet@gmail.com



Visita lama lhanang rinpoche Paz interior para la Paz Mundial

martes 16	<b>Budismo Tibetano</b> Compasión y Sabiduría COOPERACIÓN \$100   7:30PM	lunes 22	<b>Tomar Refugio</b> Cómo ser un practicante COOPERACIÓN \$300   7:30PM
miércoles 17	<b>Zambhala</b> Cómo tener abundancia COOPERACIÓN \$150   7:30PM	martes a lunes 16 22	
jueves 18	<b>Padmasambhava</b> Maestro Precioso COOPERACIÓN \$100   7:30PM	Terapias de Sanación sanar tu mente, habla & cuerpo COOPERACIÓN DE \$400 SaShid Feng Shui Tibetano (Casa o Negocio) COOPERACIÓN DE \$1'500 PREVIA CITA 10AM a 1PM	
viernes 19	<b>Tara Verde</b> Amor Incondicional COOPERACIÓN \$100   7:30PM	INFO:  kharmalhamo@gmail.com Gabriel Mancera 2091 Esq. L. Montejano (frente a Soriana) 555.4278	

Ven. Lama Lhananang is a tibetan Vajrayana Buddhist practitioner and teacher who has been teaching at Baja since 1999. One year ago, he established the Jigme Lingpa Center Mexico at Tijuana, where he teaches twice to three times a year, both the path of loving kindness to the general audience, as well as buddhist practices in the Vajrayana Nyima tradition. Lama Lhanang teaches in english and translations to spanish are always available.

El Venerable Lama Lhanang es un practicante y maestro del Budismo Vajrayana. El ha compartido sus enseñanzas a la audiencia bajacaliforniana desde 1999. Hace un año, Lama Lhanang estableció en Tijuana el Centro Budista Jigme Lingpa México, en donde imparte sus enseñanzas de dos a tres veces al año, compartiendo el camino del amor y la compasión tanto a la audiencia general como a sus estudiantes de Budismo Vajrayana del Linaje Nyima. El Maestro imparte sus enseñanzas en inglés y siempre se dispone de traducción al español.

Atentamente,  
Sra. Susy Sánchez de Aranda  
Rainbow Body Studio  
Artes e Inciensos del Tibet  
Tel. (646) 175-4229. Ensenada, Baja California, México.



**Watch for Dates for 2011!!**



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**TECATE MEXICO MAY 21-28**

**SPAIN TO BE ANNOUNCED**

**ARIZONA OCTOBER 16-24**

**FOR MORE INFORMATION CONTACT 928-852 0112 OR YOU CAN EMAIL: [INFO@ICA8.ORG](mailto:INFO@ICA8.ORG)  
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