

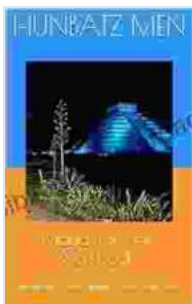
Maya Yok Hah Workbook: Awaken Your Potential and Create a Fulfilling Life

Embark on a Transformative Journey with the Maya Yok Hah Workbook

The Maya Yok Hah Workbook is a comprehensive guide to self-discovery and empowerment. Drawing from ancient Mayan wisdom and practical exercises, this workbook leads you on a transformative journey to awaken your potential and create a fulfilling life.

Immerse Yourself in Ancient Mayan Wisdom

The Maya Yok Hah Workbook is grounded in the profound wisdom of the ancient Maya. You will learn about:



Maya Yok'Hah Workbook : Awakening the Spirit of the

Americas by Mike Dooley

★★★★★ 5 out of 5

Language : English
File size : 10353 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 84 pages
Lending : Enabled



- The Maya calendar and its cycles of time

- The Mayan energy system and how to work with it
- The Mayan spiritual practices of meditation, ceremony, and prayer

Practical Exercises for Self-Discovery and Healing

The Maya Yok Hah Workbook is not just a book of theory. It includes a wealth of practical exercises to help you:

- Identify your strengths and weaknesses
- Release limiting beliefs and patterns
- Heal emotional wounds
- Connect with your inner wisdom
- Create a life that is aligned with your purpose

A Journey of Personal Transformation

The Maya Yok Hah Workbook is more than just a workbook. It is a journey of personal transformation. As you work through the exercises, you will:

- Gain a deeper understanding of yourself
- Develop greater self-awareness and self-compassion
- Empower yourself to create a life that is authentic and fulfilling

Free Download Your Copy Today

The Maya Yok Hah Workbook is available now in print and ebook formats. Free Download your copy today and begin your journey of self-discovery and empowerment.

Free Download Now

About the Author

Aj Q'ijab B'alam is a Maya elder, spiritual teacher, and author. He is the founder of Maya Yok Hah, a non-profit organization dedicated to preserving and sharing Mayan culture and wisdom.

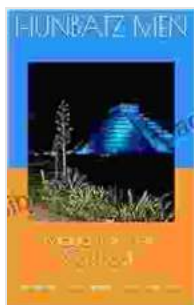
Aj Q'ijab B'alam has dedicated his life to helping others awaken their potential and live fulfilling lives. The Maya Yok Hah Workbook is a culmination of his many years of experience and wisdom.

Testimonials

"The Maya Yok Hah Workbook is a powerful tool for self-discovery and healing. I highly recommend it to anyone who is looking to create a more fulfilling life." - Maria R.

"This workbook is a treasure trove of ancient wisdom and practical exercises. I have found it to be an invaluable resource on my journey of personal transformation." - John D.

"The Maya Yok Hah Workbook is a must-read for anyone who is interested in Mayan culture and spirituality. Aj Q'ijab B'alam's insights are profound and his teachings are transformative." - Sarah K.

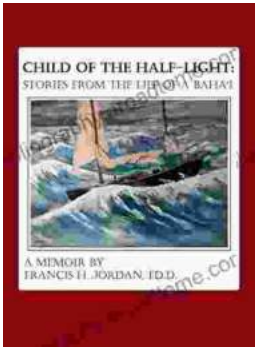


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