

The Hokkshideh Journal



AWAKENING WISDOM
DIGITAL DOWNLOAD BY JANNEKE KOOLE

Teachings on the Hokkshideh Journal

Introduction

The purpose for the Hokkshideh Journal is the sheer discovery of what the Hokkshideh is doing to assist us. Our Higher Self is never separate from Spirit – it is only the Shideh which chooses separation. The Journal shows us how to re-establish the connection! The intent of doing this Journal is to understand how your Higher Self is guiding you from your unconscious mind into your conscious mind.

Another name for this Journal is ***“A Nagual Book of Arrow Teachings”***. We study the arrows to see how we can accept the program from our Higher Self, the Directional Intent of our Hokkshideh. The Hokkshideh is sending its directional intent through the Nagual Arrow of Renewal: 6-10-16.

When we first received the Journal, the instructions were to fill out our Journal each year within the first moon cycle of receiving our Book of Life Reading.

- We were instructed to count it as a WTA by creating an assignment or refinement for each of our five aspects.
- We could/can use it to renew our Orendé Charting Statements.
- We were encouraged to take it into a personal ceremony and set out clear intending markers for the new year.

Working the Hokkshideh Journal helps us to maintain and sustain our connection in all five aspects in order to gain more potential and evolutionary awareness faster! It speaks the language of our Hokkshideh (our inner 15,18, and 19) and so is working with us in a different dimension, a different language, a different world (or parallel universe). **This is the language of your Dancers – and we need the process of this Journal to “interpret” this language.** Through the working of the Journal, we can link to our double, our inner 15, 18, 19, and enhance our everyday life decisions and choices.

Frequently, at this stage in our development, we learn about a thing by identifying its absence. So, what does disconnection look like?

- Sloppy inside ceremonial alchemy
- Becoming lazy in our spiritual practices, like not doing our Warrior Techniques of Discipline, meditation, and/or regular prayer
- Being negligent instead of diligent in validating knowledge and so going with opinions rather than factual knowledge that you have tested
- Lack of focus = lack of discipline
- Substituting and manipulating substances instead of going for Huaquas
- Our behavior, approach, physical actions fragment or become inconsistent and we revert back into karmic thinking and emoting

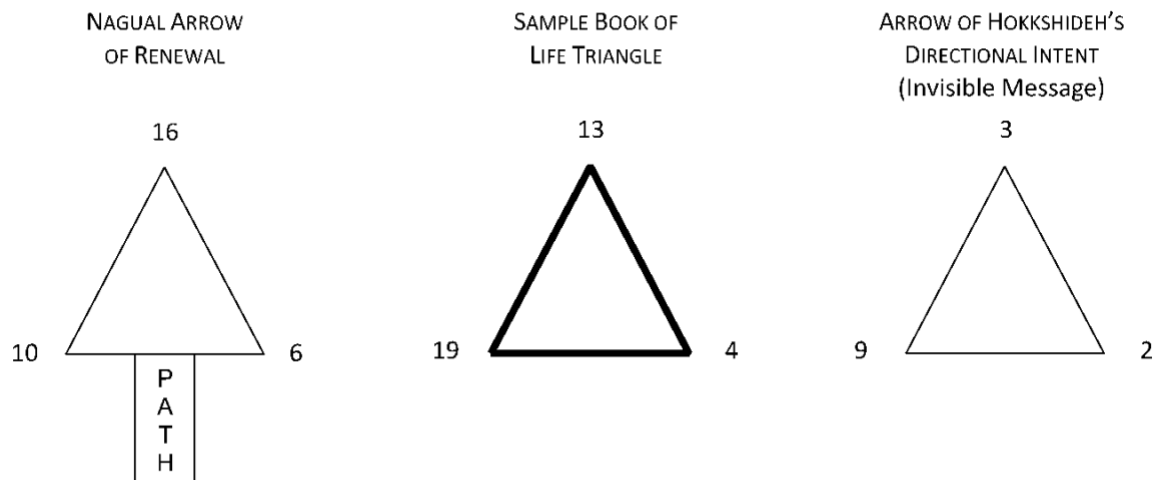
- We lack the Huaquas in our everyday

One of the most direct and important aspects of intending has to do with discerning the Five Huaquas present in the experience. This is also how we can recognize that we are in alignment with our Higher Self and therefore “connected”.

When you enter a space, which Huaquas are present?

Overview of the Journal

You will see that the Hokkshideh Journal consists of thirty sets of three arrows. These three arrows work together to enhance and accelerate our conscious contractual assembly. **They motivate, inspire and guide us into our aspiring station, give us a good understanding of the work we still need to do in our working station, and thus enable our regular contractual assembly to help us hold our holding station.**



I will

and then I will

So that I am at cause, I can and I will

There are **30 Arrows** – with the Master Contract being both the first and the last Arrow. The Elders consider these arrows to be the key to creating the 5th world of humans. There are 30 Arrows and 30 Sacred Laws. This opens a space within us to access the 10-10-10, the form of increased awareness and all states of consciousness.

Our Higher Self sends its directional intent using the Nagual Arrow of Renewal (16-10-6). We can decode this intent through the impact intender statements that correspond to the three points of the “invisible arrow”, the Arrow of the Hokkshideh’s Directional Intent.

a) **I will** [related to 16 on the Nagual Arrow of Renewal]

I will make positive Transitions by Re-Sculpting, Re-Birthing, Re-Integrating & Re-Engaging as I continue to De-armor (Continue my stream of Livingness) see Recapitulation Wheel

b) **And then I will** [related to 10 on the Nagual Arrow of Renewal]

I will hold the Highest Value Assessment of my Measure possible

c) **So that I am at cause I ...** [related to 6 on the Nagual Arrow of Renewal]

I will have a positive attitude and approach with perfect male/female balance inside all of my concepts, factually based validated knowledge, self-concepts, respect for life and others.

This third statement (right side of the Hokkshideh’s Directional Intent Arrow) holds the power of your Hokkshideh’s message and is thus used frequently in the calculations at the completion of your journaling.

We are strongly advised to write out the impact intender statements as they were given to us. They unlock the subconscious mind far more specifically than any personal conscious mind variations we may have come up with or which we think are “better written”.

When we first begin using the Hokkshideh Journal, the calculations at the end are often puzzling to say the least. However, they reveal 5 keys that only become clear through this process:

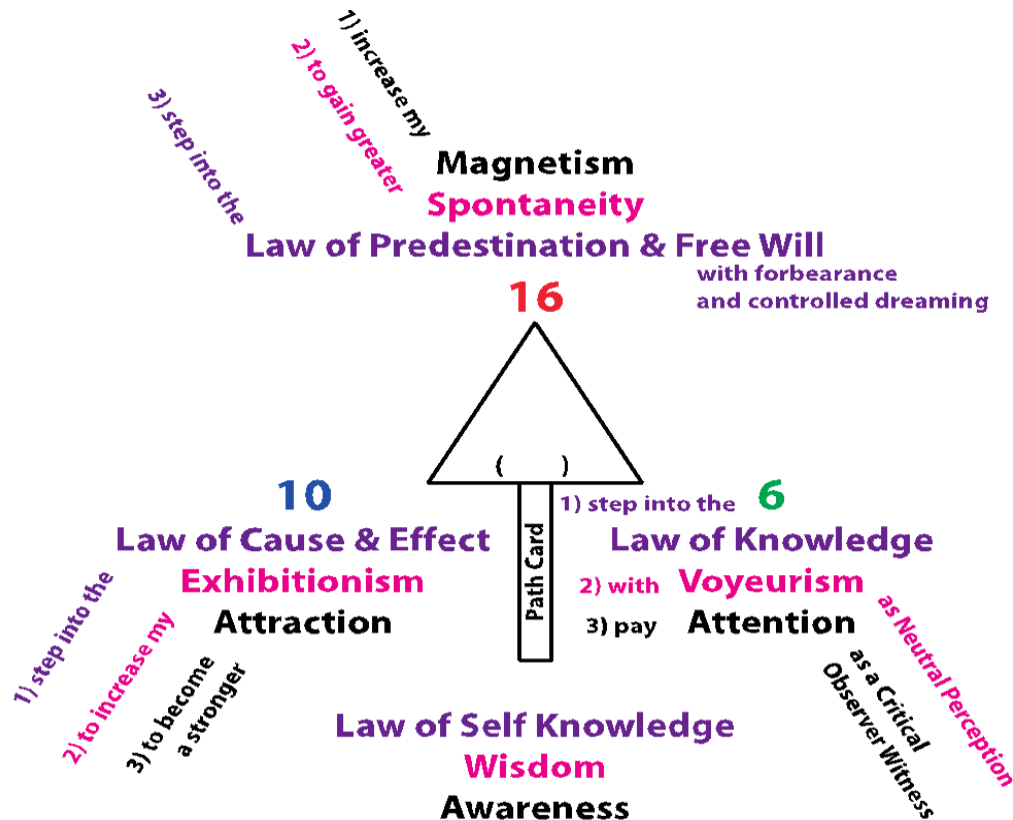
1. Where to hold your unbending intent (unbendable intent with impeccability)
2. Where to focus on your intending
3. How to maintain your discipline, commitment and follow through in the art of stalking parallel perception
4. How to maintain your discipline, commitment and follow through in the art of controlled dreaming
5. Where and how to work on your double 😊

First, we will look at the structure of the sets of three arrows.

Breakdown of the Arrows in the Journal

Nagual Arrow of Renewal

The Nagual Arrow of Renewal is the individual AND collective arrow of Evolutionary Awareness. We are the arrow being renewed ☺ Great Spirit is the archer, enlightenment and resurrection are the targets!



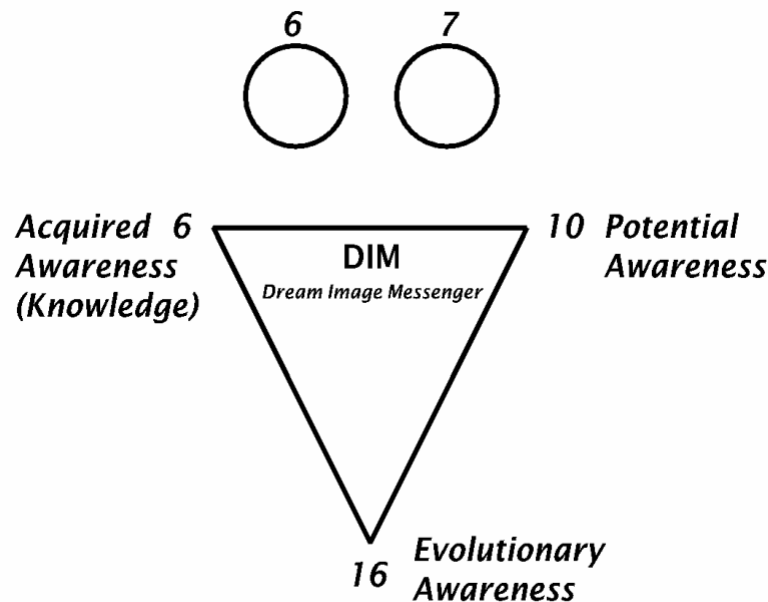
Let's take a look at the three numbers in this arrow:

16

- Our immortal soul, the one that is already on its path of destiny.
- Inner 15 (=6) + 18 (=9) + 19 (=10=1) = 16
- Evolutionary Awareness which opens us up to benevolent power (through our spirit shields) to be used in service of the Greater, our Maku
- "I increase my magnetism to gain greater spontaneity and step into the Law of Predestination and Free Will with forbearance and controlled dreaming."
 - The Law of Predestination and Free Will states: Events are predestined, each person chooses whether or to what extent to participate in them.

- 6

- This arrow is shot from our Dancers into our 5th eye/7th chakra (the soft spot on the top of a baby's head) into the dream worlds of the Womb of She Thoughts – tip (16) down.

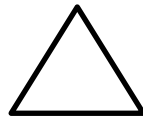


Prepared for Awakening Wisdom Series – April 2023.

Directional Intent Arrow

This is considered to be “The Invisible or Silent Arrow” that illuminates your Hokkshideh’s Directional Intent

*The difference between 16 and your
BoL # in this tip*
The “as above guidance”, the target
for our evolution



*The difference between 10 and your
BoL # in this tip*
The gain in measure you need in
order to accomplish the goal

*The difference between 6 and your BoL #
in this tip*
How to make the change so you hit the
target, your make a jump in your
forward movement.

This arrow targets our Potential Awareness, awakening within us the desire to stretch into who we are designed to become. The Hokkshideh Journal unveils this Invisible Arrow and **allows us to KNOW the directional intent of our Hokkshideh!**

Directional intent is very specific. When we do the calculation (by subtracting each triangle from the Nagual Arrow of Renewal) we get the Arrow of our Hokkshideh’s Directional Intent. **Reading those three statements takes us to the power of our Hokkshideh’s message: “so that I am at cause, I can and I will....”**

These are hidden, directional intent arrows prompting you to increase your awareness so that your Higher Self is able to guide you! They tell you what you must do to stay absolutely inter-connected, inter-reliable, and interdependent with the Great Spirit. They are prompts to take you into Earth Mind, the dream worlds of your archetypal mind.

These become motivational, inspirational guides to move you into the aspiring station. Read them in a meditative state. Listen! Be open to receive illuminations from your Higher Self.

The **top statement** will be the meaning and purpose, or the end result of that change. It is considered to be “as above guidance”.

The **statement to the left** is what you are doing it for. It is the awareness that is or will be gained, the increase in measure.

The **statement to the right** of the Directional Intent Arrow tells you how to make the change, how to gain or accomplish your intent.

The more present we are,
the greater our awareness,
the brighter our illuminations,
the more our antennae quiver,
the deeper the downloads,
and the stronger the appearance of our Dancers.

The Thirty Arrows

See Pyramid Layout on page 17

The Book of Life Arrows are the arrows of Acquired Awareness, it's what we have learned and are learning in our everyday intending.

These BoL arrows are targeting this incarnation's evolutionary movement towards enlightenment. Pay attention to them, dream with them so that they are integrated into your personal spiritual determination and conscious contractual assembly. Then you become more and more consciously competent (holding presence in the now without making your life situational experiences your life) with competitive consistency (winning the "war of the minds" all the time, every time and thus holding "the zone").

Let's examine each of these arrows BEFORE placing any of your Book of Life Reading's numbers inside. We are going to overlay the basics of all triangle teachings: the **TOP of the triangle is considered to be the target** as that tip will hit the target first. It becomes the end result, where the change needs to happen. The LEFT tip is what you need or are asking for and a bit of why you might be considering making the change. The RIGHT tip is how you can make it happen – "it" being the end result at the top of the triangle.

Trace them on the blank Pyramid Layout included on page 17

- 0 The **Master Contract** is the same for everyone so that we can be at cause with our own artistic originality and genius. It is our training contract for PRESENCE.
- 1 The Shideh – Intending – Dharma Sitting Place
- 2 Maku – Focus of Intent – Challenge
- 3 South Soul Bonding – Challenge – Intending
- 4 North Soul Bonding – Dharma Sitting Place – Tonal World
- 5 Catalyst – Tonal World – MMC Self-Growth (Self-Devotion)
- 6 Water Element – Omitakoyasin or Maku – South Soul Bonding
- 7 Wind Element – South Soul Bonding – Shideh
- 8 Earth Element – Shideh – North Soul Bonding
- 9 Fire Element – North Soul Bonding – Catalyst
- 10 TNSP – Water Element – Wind Element

- 11 Natural Self – Wind Element – Earth Element
- 12 Mirror of Self-Reflection – Earth Element – Fire Element
- 13 West Soul Bonding – TNSP – Natural Self
- 14 East Soul Bonding – natural Self – Mirror of Self Reflection
- 15 Dream Mind Body – West Soul Bonding – East Soul Bonding
- 16 Water Element – Focus of Intent – Intending
- 17 Wind Element – Challenge – Dharma Sitting Place
- 18 Earth Element – Intending – Tonal World
- 19 Fire Element – Dharma Sitting Place – MMC Self-Growth (Self-Devotion)
- 20 TNSP – Focus of Intent – Dharma Sitting Place
- 21 Natural Self – Challenge – Tonal World
- 22 Mirror of Self-Reflection – Intending – MMC Self-Growth (Self Devotion)
- 23 West Soul Bonding – Focus of Intent – Tonal World
- 24 East Soul Bonding – challenge – MMC Self-Growth (Self Devotion)
- 25 Dream Mind Body – Focus of Intent – MMC Self-Growth (Self-Devotion)
- 26 15 – 18 – 19 Trinity of Self**
- 27 Catalyst – 18 – 19 (Maturational Self-Growth)**
- 28 Catalyst – 2 – MOE (Male-Female Balance)**
- 29 Catalyst – 10 – 15 (Financial Well-Being)**
- 30 Master Contract

Application for Self-Study

1. Take the following steps with each of the above listed arrows and free-think what this arrow might be offering you. Do the following on a BLANK sheet first.
 - Color it in on a blank pyramid layout.
 - Note the number of the arrow and relate all you know about this Step of Creation.
 - Identify the tip as what gives meaning and purpose, the goal or target.
 - Identify the left as what is needed, the input
 - Identify the right as how to make the change or accomplish your intent, the output
 - Create a synopsis, a succinct description of what the arrow is illuminating or calling to your attention.
2. Fill in the numbers from your Book of Life Reading and take a look again at what each arrow is offering you specifically.
3. Now it's time to fill in the worksheet for the Hokkshideh Journal. (Comes with these teachings as a separate document).
 - Place the numbers from your current Book of Life Reading into the middle triangle on the journal.

- Do the subtractions and identify the Arrow of Hokkshideh's Directional Intent for each Arrow.
- Then write in the Impact Intender Statement for the three numbers of the Directional Intent Arrow – first the tip, then left and then right statements.
 - Pay special attention to that final statement, the statement for the bottom right hand point of the Arrow of Hokkshideh's Directional Intent.
- LISTEN from within that deeper space of inner knowing – be still enough to hear, see, or sense the invitation from your Higher Self in that arena.

COMPLETE THE FINAL CALCULATIONS

When you have done this preparation, and are in the stream of the directional intent of your Higher Self, take a look at the final calculations. These become the lasered guidance, the targeted focus of intent as you go through your daily life.

Calculations and Gleaning for Meaning

This is the nitty-gritty of the Journal's offerings.

1. Add together all the numbers that appear in the **right side** of the Arrow of Hokkshideh's Directional Intent Triangle. You can use the table below to make the addition and subsequent calculations easier for yourself. Integer your total down to a single digit, except for 11. (e.g., Total = 206 becomes 8, or Total = 184 becomes 13 becomes 4).

NOTE: this right side # shows you **how to stay connected to your Higher Self at each step of the way.**

Triangle number	RHS HOK No.	Triangle number	RHS HOK No.
#0 MC	1	#16	
#1		#17	
#2		#18	
#3		#19	
#4		#20	
#5		#21	
#6		#22	
#7		#23	
#8		#24	
#9		#25	
#10		#26	13
#11		#27	13
#12		#28	
#13		#29	9
#14		#30 MC	1
#15		Total = Unbendable Intent	

- a) The number you calculate as your total is your **unbendable intent**. It is the directional intent that your Higher Self is using to make sure you are in unbendable intent in this world.
- b) Review **wherever this number occurs no matter where on any of the arrows** (any of the three points on #0 to #30 as well as any point on the Hokkshideh's Directional Intent Arrows). Look everywhere! Note that you need to make sure to hold **your unbendable intent with impeccability** in all those spaces.

Unbendable intent

Why is the right side of the triangle so important? Recall the explanation of the three points on the Hokkshideh's Directional Intent Arrow on page 3. It is related to the 6 of the Nagual Arrow of Renewal and so holds the essence of our soul force. It gives us the overall specific intent for the year and the focus of our major work on our soul's evolution.

When you add up the right side of the Directional Intent Arrows and reduce it to a single digit (unless this number is 11), take a look at where that is in the Twenty Count, on the wheel of life, and therefore where you need to focus your energy in your own preparations and planning.

2. Review all of the numbers described below to see which numbers re-occur for you.

- c) Look at the **right side of the Hokkshideh Directional Intent triangle** (alternatively look at the HOK column of the table above) and see which number occurs the most often. How many times does the most popular number occur on the right side of the HOK Intent triangle?

Note wherever it occurs, because wherever this number appears is where you need to **focus on your intending**, i.e. the major focus in your intending, the most important energy to pay attention to in order to accomplish your intending.

Focus of your intending

The Hokkshideh's primary intent and intending is for us to recognize and live in connection (no separation). Maintaining and sustaining connection in each of our five aspects is what will allow us to gain more potential and evolutionary awareness faster.

One of the most direct and important aspects of intending has to do with discerning the Five Huaquas that are dictated by the experience. When you enter a space, which Huaqua is present? Your Higher Self is trying to keep you within the Huaquas, for these energies are a key to your success. Overlay the Warrior's Attributes and Seven Values.

The Huaqua of the space will always elevate the orende – they act as a delayed catalyst within the space. In other words, identify and align with the Huaqua and your intent will be catalyzed with greater effectiveness.

Another Invitation for Self-Study

Review the Wheel of Measure and the Wheel of Life on your Book of Life forms to refresh your Huaquas contracts.

Consider the non-cardinals also:

- When you have hope and happiness in the SE, you have faith, which is a positive attitude and approach, with Strength of Mind.
- When you have happiness and health in the SW, you have presence, which is a dedication to the refinement of character with space and distance.
- When you have health and humor in the NW, you have discernment, which is a wise, properly informed decision going forward, producing the condition of bodily appearance within a proper pattern and timing.
- When you have humor and hope in the NE, you have competence, which is being consciously competent with competitive consistency, expressing your artistic originality with relaxation and focus.

Overlay the Warriors Attributes and Values. Use the Grand Design Spinner to explore your personal curiosities!

- d) Note the next most frequently occurring number in the right side of the HDI triangles.

The card represented by this number is how you maintain your discipline, commitment and follow through in your **Art of Stalking Parallel Perception**.

Art of Stalking Parallel Perception

We exist in parallel dimensions at the same time. “What is my higher self doing, what is it that I am perceiving that I don’t know at this moment?”

What is the perception that you are holding? Generally speaking, your holding station offers you sobriety perception, present in the here and now, using your 1st and 2nd eyes with at least 16 bands of awareness. Parallel perception requires that your 3rd, 4th and 5th eyes as well as your 4th and 5th ears are activated. This puts you into 4th dimensional determination presence within Earth Mind and requires 24-36 bands of awareness in your holding station. It is in 4th dimensional determination that you will receive messages about how to change your behavior. This level of awareness and presence allows determinative integration. It also triggers your motivation to act on the messages to change.

When you reach a place where nothing is working, it’s “cattle prod time”. Shock moves us into stalking parallel perceptions to find our motivation for change. The act and art of stalking parallel perception prompts you to seek a clear motivation to change your sustainable patterns into procreative patterns – anytime, anywhere, and in any way!

Here’s a good challenge: Hold tonal presence in the 3rd dimension with full sobriety and awareness, then invoke the contract that is most applicable in the space (based on the Huaqua that is dominating that space) AND hold the directional intent of your Hokkshideh 😊

When you are in a testing situation, hope will be dominating the space.

When in a physical challenge, look for health.

When dealing within relationships, look for happiness.

When doing personal ceremony, harmony will dominate the space.

When engaged in dialogue, look for humor.

- e) Note down the third most frequently occurring number in the right side of the Hokkshideh Directional Intent triangles.

The card represented by this number is how you maintain your discipline, commitment and follow through in your **Art of Controlled Dreaming**.

Art of Controlled Dreaming

The movement of one who is motivated and inspired is the act and art of controlled dreaming. When you are motivated, you control what you are doing. So consider controlled dreaming to be controlled doing!

Each of us, individually and collectively, is part of the Greater Dream of the Gold Horse. The act of conscious, contractual assembly is one of the higher levels of controlled dreaming. In the art of controlled dreaming, we are seeking mastery with each of the dream worlds of the Dancers.

Now we are dealing with our working station – you have the inspiration and motivation, so don't stop! Start actively controlling the dream. This is what produces hope, the shideh svaha that encodes how you do what you do well.

Our Hokkshideh is doing magickal intending; its 'not doing' is our controlled doing 😊

3. When you get **two numbers the same at two points on the triangle** this is called **twinning or doubling**. Doubling is the highest level of controlled dreaming. Review your Hokkshideh Directional Intent Triangles to identify where you have the same number occurring in two, and rarely three, points of the same Hokkshideh Directional Intent Triangle.
 - f) How many doubles do you have? ____
 - g) Which numbers are doubling the most? _____
 - h) In which triangle/arena does the doubling occur? ____
 - i) The arrows that contain a doubled number identify the arena(s) for you to work on your doubling and the number that is doubled tells you *how* to do this work.

Twining or Doubling

When your Elder Shield voice is the commander ego, you will have access to your Dancers and this is how you will perceive the double.

Now we are dealing with our aspiring station which holds the key to our inspiration. It is our Dancers that give us hope.

Self-Study Applications

A Simple Annual Meditation

Once you have your new Book of Life Reading, and preferably within one month, fill out your Hokkshideh Journal. Once completely filled out with all calculations done, spend 10-15 minutes each morning and work through the triangles in a contemplative state.

Take them one by one or in groupings so that you are able to hold your focused attention and enter Earth Mind rather than your thinking Water Mind.

Read the Book of Life Arrow – in fact, invoke the arrow and feel into it.

Then read the Arrow of your Hokkshideh's Directional Intent (the three statements) – again, read it contemplatively rather than from a place of rote disconnection. Allow the guidance of your Higher Self to be revealed to you.

Take some time to journal your reflections.

Revisit this Hokkshideh Journal, or the arrows and your own journal, whenever you recognize that you have let life's situations become your life.

Elemental Balance Assessment of the Five Aspects of Self

Place Triangles # 6-9 filled out with your current BoL numbers and laid out side by side with their corresponding Hokkshideh's Directional Intent Arrows (HDI). **You will be examining each of the tips of the triangles/arrows.**

These instructions are written for the first arrow, Triangle #6, with the Water Element on the top. Work through these steps and then apply the same steps to the other four arrows.

1. Examine the **top tips** of the Water Element (Triangle #6) and its corresponding Hokkshideh's Directional Intent Arrow.
 - a. What's in it for me to have elemental balance in my water, my emotional aspect and my water mind?
2. Examine the **left point** of this same triangle and arrow.
 - a. How do I*[fill in a statement corresponding to the number and space at this tip at this tip]*?
 - b. Look for the answer (or confrontation since we are subtracting 10) in the Hokkshideh Directional Intent Arrow's left point. The formulation of this phrase is a key to understanding the answer so don't be too glib – play with it till it grabs you in the gut and you know it is relevant to you at this time.

- c. For example, let's say you have 19 in your Omitakoyasin space. The question then could be: "How do I reduce stress in my maku?" The answer (confrontation) would be in your prioritization and the degree to which you do your maku with pleasure!
- 3. Examine the **right point** of this same triangle and arrow.
 - a. What has to change?
 - b. What is the old story that might be blocking this change – what is the truth that my Water Dancer is prodding the Child Substance Shield to consider?
 - c. Listen to the Hokkshideh's Directional Intent Arrow's guidance in the right point for your answer.
- 4. Where will this best be learned or actualized? Go back to the tip of the Hokkshideh's Directional Intent Arrow and see which number is there. Find it in your Book of Life and contemplate its message.
- 5. Journal your awareness.
 - a. Phrase it as an orendo charting statement or set up some tangible behavioral changes that will induce greater happiness or the joy of being alive!

Do the same with each of the other elemental arrows.

A Deeper Working For Those Who Have Been Working With Their Hokkshideh Journal Annually.

In order for you to engage this working, you will need to apply your integrated working knowledge of the Book of Life and have engaged with each of the Hokkshideh Directional Arrows of your own BoL – more than just once.

Choose an arena of your life OR a challenge in your maturational journey within the gateway process or within your dharma intending. Use the Triangles to create specific conscious contractual assembly contracts to address this challenge within full co-empowered relations.

1. Identify the challenge specifically and fully. Make sure you know what the essence or heart of the matter is before you go to the Arrows.
2. Next, ask where to look for an answer. Is this issue a
 - a. Foundational matter – if so, look to the first 5 arrows
 - b. An elemental balance issue – if so, look to arrows 6-9
 - c. A character refinement that has been veiled with projected pretense – if so, look to arrows 10-12
 - d. A matter of refusing or not hearing the guidance clearly being offered by the Knock of Spirit – if so, look to arrows 13-15.
3. Now look more closely at that row or "tier" and choose the best arrow for you to work with to seek solution.

4. Also examine the arrow that is a measure higher – for example, if this is a pattern within your health and you are looking at the 8th arrow, then also look at the 18th arrow for the increased measure needed and provided.
5. Whatever arrow is chosen, consult the corresponding Directional Intent Arrow to listen to the illuminations provided by the Higher Self. **The right tip of that arrow will show you what the evolutionary jump is all about and where to exercise the required changes.**

The goal is to come out with a Warrior Task Assignment, orende charting statements, personal transformational ceremonies, or at least an increased awareness of how to align with one's Higher Self's guidance!

Dharma Book of Life Reading – the Pyramid Layout

