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## Pueblo Wisdom & Beliefs



The ancient wisdom and beliefs of the Pueblo people are a holistic spirituality deeply woven into their daily lives, focused on maintaining balance and harmony between the physical and spiritual worlds.

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Pueblo mystical practices center on the Kachina religion, a complex spiritual system where masked dances and rituals are performed in subterranean kivas to honor divine beings who control the weather and aspects of life. These practices involve a deep reverence for nature, ancestors, and the sun, and aim to maintain harmony through ceremonies that express gratitude and supplication for agricultural success and well-being. The rituals blend older traditions with incorporated elements of Catholicism, including synchronized feast days and the veneration of saints alongside traditional deities.

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Kachina, or Katsina, are masked supernatural beings that connect the world of humans and gods. They are said to live in the lakes, mountains, and other natural features surrounding Pueblo villages in order to watch over the people. In earlier times the Kachinas consistently showed themselves to the Pueblo people, visiting the villages to pass messages and offer assistance (Schaafsma, 3). "The body is, as so many teachers have claimed throughout the ages, a temple of the living God. And, as with all temples [Hindu, Buddhist, Egyptian, Mayan, Hebrew, and so on], the body-mind temple is a sanctuary. This is where the real communion takes place." And the mind, the deeper mind, is the link: "Your body is the temple of the living God, your mind is the connecting and communicating link with the Divine, through which you may ever receive the answer, if you will but harken." (2174-2)

The Kachinas are responsible for guiding the Pueblos out of the underworld and helping them establish civilization in their ancestral homeland (Tyler, 115). It is not known exactly when or why the Kachinas stopped presenting themselves in the human world, but since the departure of their physical presence Pueblos have been instructed to carry on in their place (Tyler, 175). They do so by recreating the masks of the Kachinas and incorporating the masks in their offering ceremonies through dancing and theatrics.



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The Hopi are related to other Pueblo peoples as they are one of the westernmost Pueblo tribes, all sharing a common ancestry with the Ancestral Puebloan (Anasazi) culture. While the Hopi are distinct, especially with their Uto-Aztecan language, they are part of the broader Pueblo cultural group that migrated and merged into various tribes after the decline of the Ancestral Puebloan civilization. c. 200 BC and AD 1500

The American Southwest hosts an array of enigmatic petroglyphs known as "water glyphs," with over 300 discovered across the region.

One prevalent theory suggests that the Anasazi civilization created water glyphs as directional signs to indicate water sources in the arid region where communities were dispersed. Alternatively, some scholars argue that the petroglyphs may have served as astronomical markers, given the Anasazi's advanced understanding of astronomy and their use of solstice markers.



