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Recapitulation is an
ancient Toltec ritual
that helps people resolve

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Recapitulation
traumatic events by
reliving them. Unlike
modern regressive
therapy that focuses on
healing psychological
wounds, The Toltec
Path of Recapitulation is
geared toward healing
the energetic body,
explains author Victor
Sanchez. "When we talk
about our energetic
body, we are talking
about something that is

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different from the ego,"
Sanchez writes.
Healing Your
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The Toltec Path of
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In this clear and
straightforward
workbook, the author
guides readers through
the ten steps of
Recapitulation and
invites them to

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experience the powerful
and positive new energy
that results from healing
the wounds of the past.

The Toltec Path of
Recapitulation offers an
ancient ritual of renewal
for the contemporary
world.

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Toltec Path Of

By Victor Sanchez,

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The Toltec Path of
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- Introduces the
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Respiration
method used by the
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Mexico to restore
balance to the psyche.

- Ideal for people suffering the effects of childhood trauma, broken relationships, a
 - A ten-step technique, based on the teachings of the Toltecs, that allows the reader to heal from traumatic life events and emerge with

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- Introduces the practice of Recapitulation, a method used by the indigenous people of Mexico to restore balance to the... • Ideal for people ...

The Toltec Path of
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Traditions

It is a method for

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freeing yourself from the emotional baggage you collected in your past. In the recapitulation process you visit emotional memories stored in your mind, discharge their energy, and build new neural pathways so your mind works in a healthier way. Through Recapitulation practices you will reduce and

Read Free Toltec Path Of Recapitulation possibly eliminate negative self talk and emotional reactions. Healing Your Past To Free Your Soul

Recapitulation | Toltec
Spirit

The Toltec Nagual -
The Recapitulation

Recapitulation is a core
Toltec technique used to
heal emotional charges.

On a deeper level, it is
used to reclaim energy

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Recapitulation
and return it to self.

Recapitulation was first introduced into mass consciousness by Carlos Castaneda in his book, *The Eagles Gift*, published in 1982.

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The Toltec Nagual –
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and return it to self.

Recapitulation was first
introduced into mass
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Castaneda in his book,
The Eagles Gift,
published in 1982.

The Recapitulation -

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(1) When you are in position begin breathing as follows: Look straight ahead and exhale fully Turn your head fully right While turning your head fully left, inhale fully Hold your breath while you turn your head straight forward Exhale while looking straight forward

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Warrior Fights for the
Freedom the Soul
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Toltecs offer many
powerful tools for this
transformation: Stalking
and dreaming, the
inventory and
recapitulation, The Four
Agreements, the petty

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tyrant, crushing
personal importance,
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work and more. ...

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book introduces a
complete and profound

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technique for self-
healing of emotional
wounds and negative
patterns from our
personal past, which
affect and diminish the
expression of our full life
potential.

Castaneda, Personal
Growth, Toltecs,
Shamanism -
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In this clear and straightforward workbook, the author guides readers through the ten steps of Recapitulation and invites them to experience the powerful and positive new energy that results from healing the wounds of the past. The Toltec Path of Recapitulation offers an ancient ritual of renewal

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Read Free Toltec Path Of Recapitulation

V í ctor S á nchez
(writer) - Wikipedia

The recapitulation is an ancient technique for retrieving and healing your energy. It also teaches you how to prevent current energetic loss. Those who pursue it shamanically consider the recapitulation to be

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Recapitulation
a never-ending process.

The technique has steps,
phases and ramifications
as the process unfolds
for the individual
practicing it.

The Recapitulation
Exercise |
Recapitulation | Self
Healing
Victor Sanchez
([Wikipedia Link](#)) is

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Your Soul

another author who has studied this technique from its original sources. Sanchez ' s refinements, techniques, experiences and perspectives are described in his book, *The Toltec Path of Recapitulation: Healing Your Past to Free Your Soul* ([Amazon Link](#)). Here I share what I learned from Castaneda on the subject.

Read Free Toltec Path Of Recapitulation Healing Your Past To Free Your Soul

- A ten-step technique, based on the teachings of the Toltecs, that allows the reader to heal from traumatic life events and emerge with new energy and direction.
- Introduces the practice of Recapitulation, a method used by the

Read Free Toltec Path Of indigenous people of Mexico to restore balance to the psyche.

- Ideal for people suffering the effects of childhood trauma, broken relationships, abuse, depression, anxiety, and other psychological stresses
- What if it were possible to revisit the traumatic or difficult events of our past and emerge

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renewed, re-energized,
and healed from the
damage left within us by
these events? The
practice of

Recapitulation can do
just this through a series
of energetic exercises
that can ultimately free
us from the repetitive
emotional conflicts and
persistent negative
patterns that often result
from trauma. Victor

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Sanchez shares with the reader both the philosophy and practical applications of this ancient Toltec

technique. Anyone who has lived through a long, difficult

experience--perhaps a serious illness, broken relationship, sexual abuse, or a childhood spent in a divisive family environment--can

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Recapitulation
benefit from this
process. Recapitulation
makes it possible to
actually relive and
resolve the events that
have caused emotional
distress. In this clear and
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experience the powerful

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that results from healing
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A step-by-step guide to
the development of the
skills of energy
perception and
reception, tools vital for

Read Free Toltec Path Of making one's way through various challenges.

An exploration of the teachings made popular by Carlos Castaneda • Offers accessible instructions for Toltec spiritual and mystical practices • Represents the conclusion of an 18-year learning task assigned by don Juan

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Matus • Includes a

new preface for this
10th anniversary edition

On the Toltec Path is an
overview of the theory,
discipline, and practice
of the Toltec Way, a
philosophy and
heightened way of
perceiving the world
taught by the Indian
seer don Juan Matus. As
a philosophy, it is a
method of inquiry using

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the Toltec three Rs: re-examination, re-interpretation, and re-formulation. As a way of perceiving the world, it offers sophisticated processes of managing perception through dreaming, visions, and learning to see the world as both ordinary and non-ordinary reality. By contrasting and balancing these two

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realities we are able to stand apart from both and pick and choose the best each has to offer.

Learning how to become a true seer enables us to realize the purpose and meaning of our life. The works of Carlos Castaneda have long been among the best-known introductions for those who wish to study the

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Toltec Way. However, many who want to learn the practical and technical aspects of this path have found it difficult to discern the details of the techniques buried in Castaneda ' s narrative. In this book Ken Eagle Feather provides a complete and accessible explanation of all the technical aspects of the Toltec spiritual

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and mystical practices.
He offers a thorough
exploration of
Castaneda ' s works
and a verification of don
Juan Matus ' s
teachings through his
own 30 years of
personal experiences
and observations of the
Toltec Way. On the
Toltec Path serves as a
practical guide to the
Toltec Way and offers a

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valuable complement to
the narrative works of
Castaneda and other
Toltec authors.

Your Soul

In this remarkable book,
the renowned Mexican
healer Sergio Magaña
reveals the fascinating
secrets of the ancient
Toltec tradition. Closed
to outsiders until now,
this rich spiritual
tradition is over 5,000

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years old. The original

holders of this secret
knowledge, the

Chichimeca, were

considered to be

masters, with a deep

understanding of the

dream state and a

working knowledge of

how our perceptions

form our reality, as well

as the capacity to

influence matter. The

Toltec Secret reveals the

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Reconciliation

incredibly powerful rituals and symbols that will enable you to:

-

become lucid in your

dreams • create your

life through your

dreams like the Toltecs

did • send healing to

others while in the

dreaming state •

communicate with your

ancestors • develop

your intuition and use

Toltec techniques to see

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the aura • heal and rejuvenate your body by connecting with the energy of the sun • use the mysterious obsidian mirror for healing yourself and others • practise the powerful dances of the Toltecs and Mexihcas.

Change is a constant, defining characteristic of life. Seasons change,

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weather changes, leaves

change, and so do

people. In HeatherAsh

Amara's The Toltec

Path of Transformation:

Embracing the Four

Elements of Change, we

are encouraged to

embrace the changes in

our lives and create the

kind of change that we

want to see in ourselves

and our world. The

Four Elements: air, fire,

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water and earth--all
carry specific properties
and functions that can
lead to a complete life
transformation along
the Toltec path. Air
represents our mental
body, and grants clear
perceptions once we
shift our focus from the
negativity surrounding
us to the love and
gratitude that lie just
below the surface. Fire,

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the energetic body, gives us the opportunity to clean out the agreements, behaviors and beliefs that no longer serve us, so that we can make room for new, beneficial connections. Water, the emotional body, encourages us to open to new things, people and experiences. By staying open, we can gracefully

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accept what life brings
while still working to
create our own changes.

Earth, the physical
body, acts to nourish us
from the inside out,
proving again that both
beauty and health start
from within. It is
through HeatherAsh's
carefully composed
instruction and
guidance that we can
use the Four Elements

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of Change to navigate
the Toltec Path into our
Divine center, where
comparison and
judgment drop away,
and we can meet
ourselves as the
beautiful beings that we
were meant to be.

"A woman's gripping
tale of self-discovery in
present-day Mexico."

OLIVER STONE

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"Donner's tale casts a spell; it is a magic theater of holy actors, a dancing world of fierce angels all sweating their prayers. She offers us a brilliant taste of

The Toltecs were an ancient society who lived in the central valley of Mexico. Their knowledge of science, art, and the spirit was

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amazingly advanced,
and it led them to create
a system of teaching that
required enormous
discipline and
willpower. Focusing on
the mind, the Toltecs
developed a spiritual
philosophy that
incorporated the beauty
of many esoteric
teachings, forming a
perfect model for
transcendence. They

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believed that humans

live in a world of
dreams, and the way
they dream places

limitations on their lives.

By changing those
dreams, and

reprogramming our
minds, the wisdom of

the Toltecs can lead us
to the self-love and

respect that are the keys
to personal freedom. In

The Complete Idiot's

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Guide to Toltec
Wisdom, readers can
travel through life with
the knowledge of the
Toltecs, taking charge of
their lives and becoming
fully aware for the first
time.

A step-by-step guide to
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shamanic practices •
Offers hands-on
instructions for more

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than 30 practices,

including sacred Fire

ceremonies, direct

shamanic viewing,

shamanic death and

rebirth, working with

healing stones, shamanic

lucid dreaming,

shamanic healing, and

advanced methods for

acquiring an animal

spirit guide • Allows

solitary shamanic

practitioners to advance

Read Free Toltec Path Of their practice •

Examines the biological foundations of spiritual experience, the many ways that Psi

phenomena and shamanism are linked, and their relationship to the scientific concept of quantum entanglement
In this step-by-step guide to more than three dozen advanced shamanic practices,

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James Endredy shares the wisdom and techniques he has learned through 30 years of working with shamanic teachers from all over the globe, including Huichol kawiteros, Tibetan lamas, Incan, Mayan, and Tukano shamans, Indian siddhas, the Kanaka Maoli of Hawai ' i, and elders

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Recapitulation
from many Native
American tribes, such as
the Seneca, Lenni
Lenape, Arapaho,
Sioux, Tuscarora,
Yurok, Navajo, and
Hopi. Endredy offers
hands-on instructions
for sacred Fire
ceremonies, direct
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death and rebirth,
working with and

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acquiring healing stones, shamanic lucid dreaming, shamanic healing, and advanced methods for acquiring an animal spirit guide, including how to properly retain its spirit in a sacred bundle or altar and how to use its power responsibly for healing. He provides a meticulous step-by-step approach to working

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with the five points of attention, a Huichol teaching on sacred awareness and shamanic levels of attention. He also examines the many ways that Psi phenomena and shamanism are linked and their relationship to the scientific concept of quantum entanglement. Showing how quantum physics is the scientific

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expression of

shamanism, the author

also explores the

biological foundations of

spiritual experiences,

including the roles of

serotonin, dopamine,

and opioid transmitters,

and the connections

between altered

consciousness and

shamanic states.

Integrating modern

research with ancient

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knowledge to provide an enlightened view of shamanism that marries science and spirit, this guide offers authentic shamanic wisdom and techniques to help the solitary practitioner move forward on their shamanic path.

A compilation of the teachings of
Quetzalcoatl, avatar of

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the Toltecs,

reconstructed from
original source texts and

the legends told at his
birthplace in Amatlan,

Morelos, Mexico. •

The first complete
historical account of the
life and teachings of
Quetzalcoatl, the most
important figure in
Mesoamerican

spirituality. • Includes
86 chronological

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teaching stories

accompanied by 27
codex illustrations.

Quetzalcoatl Ce Acatl
(born in A.D.

947)--whose stature has
been compared to that
of Christ, Buddha, and
Krishna--was the key
figure in the

development of the
spiritual culture of the
Toltecs. In The Gospel
of the Toltecs the author

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has gathered Nahua and

Maya codexes, Spanish

chronicles of conquest,

and native oral tradition

to recount the life of

Quetzalcoatl: his

temptation and fall; his

initiation with sacred

mushrooms; his long

journey in search of

spiritual enlightenment;

his triumphant return to

the Toltec land; and his

subsequent teaching, self-

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immolation, ascension,
and promise of return.

Quetzalcoatl's teachings
make up the

Toltecayotl, or

Toltequity--the art of
intentional doing--which
provides an initiatic
guide for the

transformation of
individuals and society,
while his personal
history is a guide for the
development of

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Nahualli, the magical side of human awareness. For all those who wish to deepen their knowledge of the roots of Toltec spirituality or who wish to grow from the teachings of one of the world's great spiritual leaders, The Gospel of the Toltecs offers a unique and authentic access to the life and

Read Free Toltec Path Of ministry of one of the most important figures in the ancient world. Past To Free

For generation after generation, Toltec shamans have passed down their wisdom through teaching stories. The purpose of these stories is to implant a seed of knowledge in the mind of the listener, where it can ultimately

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sprout and blossom into a new and better way of life. In *The Wisdom of the Shamans: What the Ancient Masters Can Teach Us About Love and Life*, Toltec shaman and master storyteller don Jose Ruiz shares some of the most popular stories from his family's oral tradition and offers corresponding lessons

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that illustrate the larger ideas within each story. Ruiz begins by explaining that contrary to the stereotypical image of "witch doctor," the ancient shamans were men and women who fulfilled several roles within their communities: philosopher, spiritual guide, medical doctor, psychologist, and friend.

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Recapitulation

According to Ruiz, their teachings are not primitive or reserved for a chosen few initiates

but are instead a powerful series of lessons on love and life that are available to us all. To

that aim, he has included exercises, meditations, and shamanic rituals to help you experience the personal transformation

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these stories offer. The shamans taught that the truth you seek is inside of you. Let these stories, lessons, and tools be your guide to finding the innate wisdom that lives within.

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