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Toltec Path Of
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Recapitulation is an
ancient Toltec ritual that
helps people resolve

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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.

Recapitulation Healing Your

The Toltec Path of
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Your Past to ...

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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By Victor Sanchez,
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The Toltec Path of
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It is a method for
freeing yourself from
the emotional baggage

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of 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 possibly eliminate negative self talk and

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of emotional reactions.

Recapitulation

Recapitulation | Toltec
Spirit To Free

The Toltec Nagual - The
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Recapitulation is a core
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heal emotional charges.
On a deeper level, it is
used to reclaim energy
and return it to self.

Recapitulation was first

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

Your Soul

Recapitulation - Toltec
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The Toltec Nagual □ The
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On a deeper level, it is used to reclaim energy and return it to self.

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

The Recapitulation -
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(1) When you are in

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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

Recapitulation

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The Toltec Path of Transformation The Warrior Fights for the Freedom the Soul Demands ... The Toltecs offer many powerful tools for this transformation: Stalking and dreaming, the inventory and recapitulation, The Four Agreements, the petty tyrant, crushing personal importance, the angel of

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work and more. ...

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The Path of
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Recapitulation This
book introduces a
complete and profound
technique for self-
healing of emotional
wounds and negative

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patterns from our personal past, which affect and diminish the expression of our full life potential.

Your Soul

Castaneda, Personal
Growth, Toltecs,
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In this clear and
straightforward
workbook, the author

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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 for the contemporary world.

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- Wikipedia

The recapitulation is an

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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 a never-ending process. The technique has steps, phases and ramifications as the process unfolds for the individual

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practicing it.

Recapitulation

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Victor Sanchez

([Wikipedia Link](#)) is another author who has studied this technique from its original sources. Sanchez's refinements, techniques,

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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.

The Toltec Path of
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