

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

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### Toltec Path Of Recapitulation Healing

Recapitulation is an ancient Toltec ritual that helps people resolve 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 different from the ego," Sanchez writes.

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The Toltec Path of Recapitulation: Healing Your Past to ...

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 for the contemporary world.

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The Toltec Path of Recapitulation (Healing Your Past to ...

- Introduces the practice of Recapitulation, a method used by the indigenous people of 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 new energy and direction.

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The Toltec Path of Recapitulation - Inner Traditions

It is a method for 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 possibly eliminate negative self talk and emotional reactions.

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Recapitulation | Toltec Spirit

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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 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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### Recapitulation - Toltec Nagual

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 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 Recapitulation - Toltec Nagual

(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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### Recapitulation

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 death...even inner child work and more. ...

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### The Path of Transformation | Toltec Online

The Toltec Path of Recapitulation This book introduces a complete and profound 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.

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### Castaneda, Personal Growth, Toltecs, Shamanism - Toltecas.com

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 for the contemporary world.

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Víctor Sánchez (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 a never-ending process. The technique has steps, phases and ramifications as the process unfolds for the individual practicing it.

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The Recapitulation Exercise | Recapitulation | Self Healing

Victor Sanchez (Wikipedia Link) is 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.

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