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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 ...

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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 for the contemporary world.

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- 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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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

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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

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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 |  
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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,  
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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 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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