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Toltec Path Of

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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

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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,"

# Read Book Toltec Path Of Recapitulation Healing Sanchez writes. Free Your Soul

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The Toltec Path of  
Recapitulation: Healing Your  
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In this clear and  
straightforward workbook,

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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



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

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The Toltec Path of

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

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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

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The Toltec Path of  
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The Toltec Path of  
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to restore balance to the...

- Ideal for people ...

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The Toltec Path of  
Recapitulation - Inner  
Traditions

It is a method for freeing

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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



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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  
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Recapitulation is a core  
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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

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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 Free Your

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Soul Demands ... The Toltecs  
offer many powerful tools  
for this transformation:  
Stalking and dreaming, the



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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

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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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Toltecs, Shamanism - Your  
Toltecas.com

In this clear and straightforward workbook, the author guides readers through the ten steps of Recapitulation and invites them to experience the

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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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El Camino Tolteca de la  
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Pasado Para Liberar Tu Alma:  
Victor Sanchez: Books – El

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Recapitulation: Healing Your  
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Víctor Sánchez (writer) -  
Wikipedia

The recapitulation is an  
ancient technique for

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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

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

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The Recapitulation Exercise  
| Recapitulation | Self

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Soul  
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

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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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