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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,

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

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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

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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

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*,

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published in 1982.

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Recapitulation - Toltec Nagual

The Toltec Nagual - The Recapitulation  
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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

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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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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

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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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