

Toltec Shamanism



A Study of Nagualism

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Toltec Shamanism – A Study of Nagualism
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Prayer to Votan

Tin Nauali pe ri puvok
Ru poxlon, ru puz, ru Naual
Pedro loa cot, balam
Gazlich cheh, gazlig aba, huyu k'o ru Naual
Pedro ru g'alache rohobachi ti ru gaah
Ru poebo, ru g'amay a ghai ti be che Nauali
Cuix amo nechitla in toteotzin

Can I perform Miracles?
His healing, his magic, his Naual, Peter is the Lion, the Tiger
The life of the tree, the life of the stone, the Hill is its Naual
Peter is the Captain
He works his magic with his shield, his lance and his sword
By the Naual DOES OUR GREAT GOD NOT SEE ME?

Introduction

This is an introduction to the work of Carlos Castaneda.

The philosophy researched by Carlos Castaneda is called "Nagualism". He learned Nagualism from an old Mexican Indian, whom he met at a bus stop while doing field work in Anthropology researching the Use of Medicinal Plants among the Native People of the Southwest. Castaneda apprentices himself to don Juan and is taught a kind of "**Sorcery that is the Return to Paradise**" - Nagualism.

The Philosophy of the Ancient Toltec is called Nagualism. It is a spiritual way of life. **It is based on the premise that every act should have power.** Don Juan Matus, the Old Indian who teaches Castaneda about peyote and the mushroom, comes to realize that Castaneda could be trained as a Nagual and endeavors to teach Carlos the **Ways of the Hunter, Warrior, Man of Knowledge and Seer.** The Teachings consist of the **art of stalking**, or the control of behavior, **the art of dreaming**, the control of perception and **Mastery of Intent**, the control of Psychic Energy. Castaneda realizes that "we are beings on our way to dying" and that "Life is a tragi-comedy". He teaches that reality is a description and that transcending the physical reality there is the Nagual and the great indescribable force.

The word **Nagual** (pronounced Naw-Hal or Naul) refers to the Unknowable State of Existence that leads to **Total Freedom** (which in turn is equated to Total Awareness), to the **animal counterpart of each human being** and to a **Leader to a Party of Sorcerer Warriors.** The Toltec are known as tricksters and in Modern Mexican idiom the word Nagual refers to a liar, a trickster and Carlos Castaneda is not known as a great producer of Anthropological Literature, but as a drug dealer. However, there have been reports of the Naguali cult ever since white man set foot on the American continent. **Naguals have been feared and respected, because they had supernatural powers** and the whole cult seems to center around a short and old Indian who has allegedly been alive for the past 8000 years. The ProtoIndoEuropean root of the word Nagual is Nau, meaning "to know". In Egyptian culture the equivalent of the Nagual is the NHW or Nahwe, referring to a Deacon, an astrological deity and to the Polar Star. In Tibetan the word Namgyal means "Water Snake" or "All-Victorious". The Feathered Serpent, **Quetzalcoatl** is the patron of all Naguals, born of a virgin who swallowed a pearl from a soothsayer fish, he is the same archetype as Jesus of the Early Christians. In fact early missionaries remarked that "...the devil had taught them the exact same rites, except that they use a mushroom and drink teonacatl in a mockery of Mass and in a state of intoxication they speak with the devil...and when one is about to seize them they turned here into a chicken, there into a dog and made themselves as air..."

Sorcery, as presented by Castaneda, is the Manipulation of Awareness. Psychic Energy and Personal Power determine our worldview. **Castaneda's greatest insight is that by changing our worldview, we indeed change our reality.** How to change the worldview is the matter of Castaneda's books. **To be alive is to be aware.** We are born pure spirit, but are taught how to view the world around us and by the time we grow up, not a trace of spirit remains. But if we dream big, if we know how to deal with the world, and if we train our minds, **we can awaken to a new reality that is dreamlike.** The Toltec seek to control the content of that Surreality, wake up through it to a Greater Reality and learn about their own myth. **First there is the Myth and then the Myth becomes Reality.**

The reality one awakens to after making the bid for power is called "The Sorcerer's World" or "The Realm of the Inorganic Beings". Only by becoming a Warrior of the Spirit can you hope to survive in the Sorcerer's world. The inorganic beings are lifeforms from another dimension who project into our reality through dreams. **Their awareness is infinitely deeper and slower than ours and lasts infinitely longer, to them we are like little children with a lot of energy and they trade knowledge for that energy.** The consciousness of a human being enters into that reality in dreams and altered states of consciousness, such as a trance, fasting and the psychedelic experience. The average person lacks the energy to perceive the alternate reality and hence thinks it is not real, but who takes the time to practice the techniques of sorcery and saves enough energy will ultimately realize that **Life is a Big Dream.**

This is a work that deals with the philosophical propositions of the Shamans of Ancient Mexico, as presented in the work of Carlos Castaneda. It is the writer's hope, that this work will show a unique insight into the work of Carlos Castaneda and will encourage the reader to investigate further. Each chapter presents three concepts, the first one about stalking, the second about dreaming and the third about Intent. The conclusion I wish to arrive at is that **Reality is a Description** and that we can either think we know or know directly by not thinking, we can have without possessing and we can accomplish through not-doing.

Note:

The terror and the awe of being alive is the driving force behind the Power of the Warrior of the Spirit. Only by being impeccable and fighting your weaknesses can you hope to escape the Anti Bliss Patrole. The Psychiatric community only slowly is starting to acknowledge the benefits of serene psychosis and to learn about psychosis as an adaptive trait. **You will go through a deep personal crisis if you take this path seriously and only by following your heart will you overcome the traps of the unknown.** "The Bid for Power is irreversible" and most people who search for meaning find themselves in the System. Castaneda learns the hard way that "there is no game without the spirit" and that "everything rests on personal power". While not every person who hears voices and sees spirits is crazy, acting upon the advice of a voice in your head is very dangerous. **Listen to your heart, not the voices in your head.**

The Hunter of Power

The Hunter of Power, or simply Hunter, is a man or woman who shows interest in the spiritual life. The enemy of the Hunter is fear, in that it prevents the seeker from taking the necessary steps in order to really become a Spiritual Adept. The Hunter engages in the disciplines of Recapitulation and learning the basics of Setting up Dreaming. A person can be called a Hunter of Power when s/he makes the decision to remember one's whole life and is capable of achieving total relaxation.

Recapitulation

The recapitulation is the process of reliving the whole life in the mind. We distinguish between Ordered Recapitulation, where the hunter makes a **list of all the people, places**

and perceptions experienced so far, starting with the most recent and going back through the past, and Spontaneous Recapitulation, which is the **sudden recollection of a situation**, while in waking or dreaming, and includes the memories of being a baby, the afterlife and previous lives. Recapitulation is both, a practical exercise in training the mind to **rid itself of negative influences**, as well as a tool that **enhances empathy** and ultimately compassion. The recapitulation never stops and you should always **examine your life**. Recapitulation is the ultimate meditative exercise. It can be performed in a sitting position. The hunter first establishes a scene from his life. Breathing in, while moving the head in a bow from left to right intend gathering your energy that otherwise would be lost in the interaction. Breathing out through the mouth while moving the head from right to left, one releases the foreign energy. This practice serves the purpose of establishing energetic purity and distinctness. **Recapitulation serves the purpose of recapturing luminosity**. Through the remembrance of one's life, the hunter generates Spirit. Recapitulation is the first exercise that is taught to an apprentice of Nagualism.

Setting up Dreaming

"Setting up Dreaming" is the second lesson of Nagualism. It consists of **relaxation, meditation and preliminary dreaming exercises**. Relaxation is proven to reduce stress, meditation increases well-being and lucid dreams are considered a favorite spiritual experience by most human beings. Combined, these three Jewels of Awareness are of enormous benefit to the Hunter of Power.

To achieve relaxation, it is necessary to breathe properly, to adopt the proper position and to flex and relax the muscles of the body, starting with the toes ending with the head. **Breathe in for 3 seconds, and breathe out for two seconds, by pushing the diaphragm down and up.** The position that should be adopted is in Yoga called "The Corpse Pose", lying on the back. Spend the first five minutes just breathing, while focusing on imbuing the body with energy. The trick is to keep the rhythm steady, focusing on breathing in light and increasing relaxation on the out-breath. On the in-breath, guide energy up the body and on the out-breath down into the belly. After five minutes of relaxed but deep breathing, take ten slow deep breaths and flex and relax the muscles, starting with the feet. Flex and relax the muscles slightly five times, one second each and then flex them more vigorously, holding them flexed for 5 seconds. Take 10 deep breaths. Repeat the whole procedure two more times. It takes some practice to fully appreciate **Progressive Muscular Relaxation**, but who practices it will soon enough realize its benefits.

When a person is relaxed enough, s/he enters a meditative state of mind. It is marked by a sense of depth of consciousness and euphoria, although in the beginning you might have to deal with anxiety and restlessness. The Hunter of Power meditates the following way: first s/he tries to imagine the self as Nothingness, then s/he keeps the image of an animal and finally intends to become that animal. Project a feeling of well-being by breathing and smiling with the heart. The visualization of 48 different people is followed by the intent to stay awake in the mind while the body falls asleep. **Meditate with the intent of becoming heavier and more relaxed**, all the while paying attention to the breath. Finally you'll be able to focus on an object to the exclusion of everything else. As you drift off to sleep, try keeping in mind that **you have to find the object of contemplation in the dream**. This procedure increases the chance of a lucid dream.

Once in dreamland, the hunter must stabilize the dreaming body by looking at the hands and, in short glimpses, skip from the hands to a dream object and back to the hands. It is very important not to look at an object for too long, because it will absorb your attention. **Try to turn the objects in your dream into their opposites.** Thus, the energy body is recharged and that is felt as well-being and content. Once lucid, you should try to see light, to breathe light and to be light.

Setting up dreaming is a very important practice. It can prevent and remedy many psychological problems, besides being fun. When relaxing, it is important to extend the feeling of well-being to the whole universe, when meditating you should strive towards empathy and once lucid in a dream gather energy.

Psychedelic Sacrament

In the first three books of his work, Castaneda describes his experiences with **Peyote, Datura, and the Little Smoke**. In his later work, Castaneda says that there is a kind of **luminous energy that emanates from all living beings**, and that the power of a living organism can be *seen*. Certain plants, minerals and animals can offer guidance, protection and power.

Castaneda consumes a vast quantity of peyote the first time and plays with Mescalito (the deity within peyote) in the form of a dog. After vomiting ten times and suffering a serious psychotic episode, Castaneda falls asleep. **The active ingredient of Peyote is Mescaline, a powerful hallucinogenic.** Peyote is used in rites of the Native Americans and was almost hunted to extinction by hippies.

Next, don Juan shows Castaneda the ways of the Devil's Weed (Datura). He illustrates how the male and female plants differ from each other and says that only the root of the plant can be used and explains how to prepare it. The experience of red light, even in dreams, and the subsequent exhilaration Castaneda feels go on to illustrate the power of the yerba del diablo. Under no circumstance should you experiment with this plant, since it is extremely evil and toxic. **Even small amounts Datura can induce a manic psychosis**, where you will see the devil and his demons. Only the strongest warriors survive this plant.

Castaneda is introduced to the Little Smoke. The little smoke consists of unspecified plants and is the most terrifying of the plant allies. Don Juan notes that the mushrooms used in the smoking mixture are to be found only at certain times at certain places and that he has seen people "drop dead from the foul smoke", that is improperly prepared smoke. **Don Juan uses the little smoke to turn Castaneda's perception into that of the crow.**

Power Plants, Castaneda comments, were used in his case because he was dumb and his perception was too stiff. Don Juan used power plants on him in order to show him that the world can be viewed in alternate ways.

"The Hunter is the best of Men", according to don Juan. Furthermore, "the best Hunters are not those who have a gift for it, but those who had to learn the rules of the trade the hard way". A Hunter who survives the Battle with the Unknown is a Warrior of the Spirit.

The Warrior of the Spirit

Once sufficient energy is gathered the world appears in a new light. A sense of awe and power is the natural consequence of proper meditation and dreaming. It is in the application of the new-found freedom that the strategy of the warrior is shown. He has realized that there is nothing to be afraid of but fear itself and because he has found an ally in his Mind, he proceeds to utilize all his power towards burning with the Fire from Within. The warrior strives towards sobriety and control.

The Three Rings of Power

A Warrior recalls his battles and he rejoices. The difference between the warrior and an average man is that the warrior sees everything as a challenge, while the average man sees everything as either a blessing or a curse. Because the warrior is not preoccupied with the self, he sees the world as it truly is. He obtains the attribute of Power.

The Second Ring of Power refers to the Power of Extrasensory Perception. **Don Juan gives a qualitative analysis of perception, dividing it into the known, the unknown and the unknowable.** The known is perceived through the first ring of power, the unknown is perceived through the second ring of power and the unknowable is perceived through the third ring of power. The first ring is obtained at birth and it is taken away at death. It governs the perception of the daily world and is called the First Attention. The Second attention is not possible without the second ring of power, which is the Ring of Not-Doing. The ability to perceive in an alternate way is very important in learning the ways of the warrior. The Power of the Second Attention is stupendous, but it has no evolutionary advantage. Ultimately, the Warrior finds himself at a cross-roads where he has to choose either the **Path of High Adventures or the Path of Freedom.** If he chooses the Path of High Adventure, he does so in order to learn about the powers of the second attention, if he chooses the Path of Freedom, he must renounce the powers and temptations of the Second Attention and can then obtain the third ring of power. Once the third ring of power is obtained, the awakening of the third attention occurs. The Third Ring of Power allows us to be aware in ways that are yet unimaginable and always unique.

It takes bravery to face the unknown and it takes wisdom to profit from disillusion. **The fundamental power of living beings is perception.** Perception and Awareness are closely linked one is directed outward and the other inward. Intent produces effects, will sustains them and intuition guides them.

The Mood of the Warrior

Once the Mood of the Warrior is attained, anything becomes possible. The mood of the warrior can be achieved through enacting of certain principles. To attain it is to show control and abandon at the same time. The impeccable performance of well-calculated actions leads to the mood of the warrior. In order to temper his spirit the warrior must constantly stalk himself, he must reduce self-importance and he must be impeccable. There are five prerequisites to the attainment of the warrior's mood: **ruthlessness, cunning, patience, sweetness.** These are used in the interaction with **Petty Tyrants.** The first four are the attributes of the warrior, while the last is the factor by which the warrior attains sobriety.

Ruthlessness is seen as the **opposite of self-pity**. The warrior is exposed to great stress and he just cannot afford to waste his energy on self-importance, but must always strive towards simultaneous control and abandon. Thus nothing is important enough to upset the warrior. The warrior **minimizes the effect the world has on him** and at the same time **he maximizes the impact he has on his surroundings**. That is called cunning. Looking at a warrior and interacting with him/her, one would never get the impression that he doesn't care about what others think of him. A warrior of the spirit gives a 110% each moment of his life, he does not care whether he will achieve his dreams now, in ten years or never. For him "**there is only the traveling on Paths that have Heart**". Thus, he rejoices and is empowered to the status of Superman.

Nothing tempers our Spirit like interacting with a Petty Tyrant. In the Toltec tradition, a petty tyrant is someone who has power over oneself, the greater the Tyrants power, the greater the reward for the warrior. A Petty Tyrant is someone who is annoying, self-important and evil. **To show kindness to those who hate us** is the true sign of the Warrior of the Spirit.

The Fixation of the Assemblage Point

The Ancient Seer perceived that living beings are in reality luminous. **They saw that organic beings were enclosed by a luminous cocoon with a point of intense brilliance that aligned the luminous emanations within the cocoon with those outside it**. They gazed at people who were sleeping and noticed that their assemblage point moved. The greater the movement of the assemblage point, the greater is the consequent shift in awareness. They realized that the assemblage point in human beings is located one arms length behind the shoulder blades, but that when it moved into the chest the person became healthy and beautiful. The act of smacking somebody between the shoulder blades with intent can move the assemblage point and is called the Nagual's Blow. **Perfect health can be restored by a Nagual who knows how to perform the Nagual's blow**. The assemblage point is fixed on alternate positions using anything shiny and the shine of the eyes. A firelighter or a quartz crystal will do just fine. In the North are the Ancestors, in the South the Teachers, in the west the female friends and in the east the male friends, servants are below and masters above. Fixing the assemblage point on alternate positions does not necessarily have immediate effects, but it will change dreams for the better. Holding a shiny object at a 45 degree angle above the head can be used for hypnosis and autosuggestion.

Man of Knowledge

A person of knowledge, in the context of Nagualism, is a person who is able to tap into Silent Knowledge. A man of knowledge is faced with the enemy Power and his weapons are the **Art of Stalking, the Art of Dreaming and the Mastery of Intent**. Through the practice of the former two, the sorcerer observes the dynamics of the Spirit. The goal at this stage is the realization of the transcendent nature of existence. The man of knowledge sees the Spirit as being eminent and uses that fact to gain access to knowledge and Power.

Stalking

Stalking was first developed as a hunting skill. It refers to the concept of Atonement or empathy. Primitive man intended to appear to his game as its equal. Thus **when hunting the rabbit, you must act like a rabbit, you must be a rabbit**. By projecting the behavior of a certain animal or human we can share in their spirit.

While the word stalking has a negative connotation of creeping up on someone, in the Toltec tradition, it has far greater implications. **Stalking is applied every time you deal with the world**. Toltec Stalking, however is not without its ethical boundaries. Toltec stalking is practiced in order to benefit both, the stalker and the stalked. There occurs something exceptionally magical, once you are able to see yourself as someone else. The illusion of separateness is eliminated on the basic level. **"When two become One, then for some time the barriers are lifted"**.

Stalking is not possible without a thorough recapitulation. It is a sign of the awakening of the Second Attention. Stalking is composed of three distinct sorcerer abilities. These are: the ability to deceive, the ability to empathize and the ability to turn the energy body from its customary egg-shape into a stalk-like string that stretches into infinity.

Dreaming

Dreaming, in the Toltec context, is **the act of perceiving**. Dreaming is the act of displacing the assemblage point from its customary position and thus perceiving in alternate ways. "Dreaming is the way by which sorcerers say goodbye to the world" and is utilized as a means to Enlightenment. **There are seven gates**, or obstacles of awareness that must be overcome in order to fully appreciate the act of dreaming. When Toltec Dreaming has been mastered, **reality becomes dream-like and miracles happen**.

Four Gates of Dreaming are discussed by Castaneda in *The Art of Dreaming*. The **First Gate of Dreaming** is arrived at when you look at the hands while dreaming. It is crossed when the dreamer is able to shift the view between dream objects and the hands, back and forth a few times. That has the effect that one is able to induce a state of comfortable darkness, relaxation and increased weight just before falling asleep.

The Second Gate of Dreaming is arrived at when a dream object turns into something else and then into a blob of energy. This means that you have isolated a scout from the realm of inorganic beings. You must always keep an attitude of friendliness and empowerment and not get lost in detail and the little miracles of perception. The second gate is crossed when we follow the scout to its realm. **The Third Gate of Dreaming** is arrived at when you look at someone in bed and that person turns out to be you. Then you should breathe into your body and hit it between the shoulder blades, acting through your energy body. The third gate is crossed when the dreaming body is able to move and no longer glued to the body. By this stage, the inorganic beings and the dreaming emissary begin revealing themselves. It takes time to get used to the Dreaming Emissary, but if you do not give in to the Trickery of the Spirit you will become a Seer. **The Fourth Gate of Dreaming** is arrived at when you fall asleep within the dream in the same posture in which you fell asleep. It is crossed when you wake up in a dreaming position and thus fix your assemblage point in an unknown world.

Without significant effort, there is no hope to make progress on the Path of Dreaming. If the effort to obtain control over one's dreams is made, the rewards follow.

Three hour long dreams are normal for the Toltec Dreamer and in them **he lives a life so rich and full that waking pales in comparison.**

Intent

Intent is Psychic Energy. Like the electricity that powers the computer, so intent controls the personal and collective reality on a subconscious level. **Intent is a force that flows throughout the universe and resembles string-like emanations whose basic property is awareness.** In a way our consciousness is like that of the mushroom.

When two mycelia meet a mushroom is born. Similarly when two neuron-generated impulses meet a thought, feeling or perception is the result. The fact that mushrooms grow in circles bears tribute to the concept of Magic Circle, a symbol of protection and power. The cow is a sacred animal to the Hindus. Magic Mushrooms grow on cow dung. The myth of Santa Claus is closely associated with Reindeer, whose favorite food is the Amanita Muscaria mushroom, which is also a psychedelic mushroom. We must amplify awareness, we must intend goodness of heart and love of wisdom, unless we want to be defeated by the confused projections of our subconscious.

Most people are slaves of Intent. There are a few who are its friends and even fewer who have mastered it. Awareness has a magical property, which is called perception. By manipulating our perception, we set free our awareness, which becomes one with the Great Spirit of the Universe, and in a way we achieve immortality.

Seer

It is possible to perceive the essence of everything directly. The act of perceiving energy as it flows throughout the universe is called *seeing*. All of don Juan's instructions to Carlos Castaneda are geared towards obtaining the ability to see things as they are. What the seer sees is hard to say, because it is not done with the eyes, but with the energy body. Seeing is the simplest thing to do, but it takes years of intense practice to see spirit. **The inability to see the spiritual dimension does not make it unreal, just as gravity is real but we do not perceive it.**

Gazing

Gazing consists of crossing the view of the eyes as to produce a double image. That is done by looking past the object and not by crossing the eyes. **Focus on the area between the two objects of view, silence your mind and feel the vibe of whatever it is you are gazing at.** Dry leaves, water, plants, clouds, the sky, at persons and animals can be used in the practice of gazing. The power to stop the rain can be obtained by psychically pulsating the clouds. Gazing at dry leaves is the first recommended step in the practice of gazing. Water is used for divination and it has a calming effect. Water responds to consciousness and fully trained Naguals are able to use water to teleport. Plants are dangerous to gaze at, because they shoot a light at the gazer. I actually observed my cat gazing at a bonsai tree and can verify this notion. The Toltec say that **The Sky is the Limit** and the Ancients spent thousands of years observing the Night Sky. When gazing at an animal or person you should never face them up front, but gaze at them when they are walking away from you. Gazing is practiced to awaken the second attention and leads to seeing.

The Realm of the Inorganic Beings

You can enter the Realm of Inorganic Beings by following a scout that will appear to you in your dreaming. A dream object turns into something else and then into a blob of energy and if you shout your intent to follow it you will find yourself in the realm of inorganic beings. **Inorganic beings have consciousness but no body.** When seen with the physical eyes their realm appears as yellow fog. In the Christian mystic tradition, this is called the Cloud of Unknowing, which is entered immediately prior to the communion with God. My glimpse of that realm is one of four mountainlike beings made of clear white light. The inorganic beings are stationary and their awareness is much like that of trees. They cannot move but they can send projections into both the dreaming and waking reality. Unless you see the sizzling energy of inorganic beings, you probably will mistake it to be just another person. We can make friends with inorganic beings and live a life not known to man.

Silent Knowledge

Silent Knowledge is intuition brought to a functioning level. The Ancients knew everything directly. They could find out the solution to any problem, just by clearing the mind and focusing on finding the answer. We all have that power to some extent, but few of us are aware of it and even fewer have pragmatic uses of that knowledge. There are two minds within each of us and the dominant one is a foreign installation. **The Fall of Man was the loss of Silent Knowledge.** To know things directly is the return to paradise. There are many ways of looking at a thing and therein lies the crux of sorcery. To light up unused perceptual emanations and thus learn new things is the very purpose of life. **The seers saw how God bestows life through his love and how death devours it.** They saw that death has a rolling effect upon healthy people, but that it stings sick people. The seer perceives death as a shadow that grows and sucks in the luminous cocoon through the assemblage point. They also saw that death is located one arm's length to the left of the body. They saw that each organ emitted a specific light frequency and applied that knowledge to heal people by restoring their energy flow.

The Sorcerer

To shield themselves from the numbing effects of everyday life, the ancient sorcerers developed the Path with Heart. **The notion is to find something that makes you happy and to pursue it with all heart.** The Toltec were the only one of the four Mexicas who did not practice human sacrifice. They were known as healers, story tellers, diviners, artists and scientists. They developed a superior understanding of consciousness and used that knowledge to sustain their life for thousands of years. **They are still alive in an alternate reality.** There are people who can use their minds to harm people. The difference between witchcraft and sorcery is that witchcraft manifests as a wasting disease, while sorcery more like a stroke or a heart attack. But those are not Toltec Sorcerers. In the Toltec tradition a sorcerer is someone who can move his assemblage point.

Self Importance

Toltec Sorcery is powerful, because it develops the spirit to perfection. Self-importance is the issue around which sorcerers are made or broken. The Sorcerer can use his powers to

manipulate people or he can focus on the abstract knowledge of the unknown. There are those of us who don't take anything personally and always do our best and then there are those who seek to fill the world with their darkness. To shield themselves from negativity, the Sorcerers of Ancient Mexico developed the Warriors Path. **They realized that living as impeccable warriors was the only way worth living.** The Spaniards destroyed the self-important sorcerers, those who could control their temper survived. In sight of this historic fact, **the New Sorcerers had to make every effort to eliminate self-importance.** At times when carrying even as much as a green stone animal could cost you your life, the sorcerers had to be very careful and humble. In fact many Naguals joined the Church, but in secret practiced Toltec Sorcery. It is always advisable to appear less than you truly are and not to be sparing with flattery. By appearing less than you are, you can unfold greatness and flattering people you can find out if they are self-important. If they are self important, they are fools who are in for a rough awakening.

Losing the Human Form

An effect of the magic mushrooms that are central to the Toltec cult are surges of energy. You feel a powerful surge of energy. If you have enough of those you lose the human form. **You enter a void and you are the void and out of the void bursts the clear light and you are the light.** If your heart is pure you float upwards into the higher world, if your heart is heavy you will sink into hell. That void is the Source of the Universe. It is called the Nagual by the Toltec, The Way by Taoists, Nirvana in Buddhism and the Kingdom of Heaven in Christianity. Each of us enters that void when we die, but only sorcerers can feel it while still alive. The state of void is in Buddhism called Sunyata and is equated to Ultimate Reality. The moment of the realization of the void as the ultimate reality is called the Usher. It is the moment in life to which the soul returns after the body dies in the future. Everything changes, but nothing has changed. While the sorcerer does not remember the future life, the lessons s/he is to learn are firmly established within the purified luminous cocoon. Losing the human form is known as rebirth in some traditions and a warrior who has lost the human form comes back in a new and more powerful body. The Spirit and Body parts of his self finally unite.

The Fire from Within

There exists an infinite reservoir of energy and well-being. It is the goal of the warrior's path to access that energy. For that purpose, the Nagual teaches the Secret of the Luminous Beings. That secret is that **"we are perceiving beings"**. Once perception is understood for what it is, a whole new universe of possibilities emerges.

Perception is the Alignment of Intent. Intent is a "force that flows throughout the universe" and is responsible for the destiny of living beings. "Intent is not intention" (Don Genaro), but it is Psychic Energy, resembling luminous strings of energy. The Old Sorcerers saw that each living being is made of countless billions of the strings, which formed a cocoon around the organism. They also saw that when someone dies, there is no luminosity left. They also saw that there is a point of luminosity, which aligns the emanations inside the cocoon with the emanations at large. They saw that when the assemblage point moves a new perceptual alignment is also achieved. They came up with various techniques in order to displace the assemblage point while awake. They noticed that **the greater displacement of the assemblage point, the greater shift in perception.**

Subsequently, they explored the positions of the assemblage point and found out marvels. If the assemblage point is placed on a certain position, one burns with the Fire from Within and consciousness evaporates from the face of the earth. **The Fire from within allows us to retain our consciousness after death and is the source of great power.** The act of burning with the Fire from Within is called "The Sorcerer's Explanation". This in fact is a documented occurrence known as Spontaneous Combustion.

The Warrior's Spirit is impeccable. His strategy is to maximize the benefit of the mood of empowerment. If he faces a Petty Tyrant and survives, the Warrior is greatly rewarded. He might cry, but inside he's laughing, because he knows that **Death is the only worthy opponent.**

The Shaman

The word shaman means "One Who Knows" and refers to a witch doctor who is capable of healing and bewitching. **"Shamans partake in the Nature of the Spirits"** and they are reputed to be immune to fire, being able to shapeshift, fly and see things at great distances. The Shaman is a man or a woman who can use his/her spirit to heal people. Shamans enter the trance state and use Out of Body Experiences to heal. The trick of the shaman is that he can transfer his consciousness into a spirit body. You can overcome the limitation of the physical body by acting in the astral. On the astral plane words are much more powerful intending to **heal someone through dreaming** might turn out more successful than imagined. In the world between the worlds our intent becomes the intent of God.

Trance

The shaman enters the trance state through drumming, consuming psychedelic plants, dancing, fasting, sleep deprivation and other means. **The trance state is the state between waking and sleep.** Energy can be developed in that state very easily, but to enter it you must be completely relaxed and energized. Beating the drum three times per second changes the brainwaves and facilitates trance. Psychedelic substances such as LSD, Mescaline, DMT, MDMA and psilocybin can trigger visions and even a genuine enlightenment. Carlos Castaneda introduced Magical Passes to the world as means for developing energy. Doing Tensegrity before the psychedelic experience will make the trip much better. The same effect can be achieved by not eating for a couple of days or not sleeping for two days. In both cases you will hallucinate. Other means range from keeping your left arm below the hip for a week to chanting Ancient Tibetan prayers. The trance state cannot be entered unless inner silence is developed. In the beginning of the path the spirit is very weak, undisciplined and deluded, but with practice it becomes clear and powerful.

Astral Projection

From the trance state it is possible to have an Out of Body Experience. In fact even as much as shaking hands with a Nagual can have that effect. The Nagual is a person with a special kind of energy and wisdom. **The energy and the wisdom go hand in hand.** That energy can be developed through Progressive Muscular Relaxation and energy increasing meditations. The practice of breathing and smiling with the heart is a very powerful way of developing the energy body. In the physical reality smiling and breathing with the

heart will not have much effect but when done with the energy body it makes all the difference. Don Juan says that dreaming energy comes from the area of the belly and he recommends putting stones on the belly when entering dreaming. A more practical way of doing the same thing is to channel energy up the body on the inbreath and down into the belly on the out breath. Practice and time make all the difference and perseverance and discipline pay off. You will become sensitive to people's energy if you practice this and your dreaming will take a better course. The most important thing is to keep relaxed and breathe slowly but deeply. **To astral project channel energy on the inbreath from the belly through the liver and lungs into the heart and on the out breath project the energy from the heart through the third eye.** You will eventually be able to hold things with your mind, by developing tactile awareness, or the ability to touch with the mind.

Energy Healing

Once Spirit and Body are united true healing is possible. **ATP molecules are the energy currency of the body and their functioning is improved through slow deep breathing.** So you should spend ten minutes before a healing session just breathing slowly. You should be able to take a deep breath where the inhalation and exhalation last 8 seconds each. To build lung capacity, take deep breaths through the mouth. Three short inhalation and exhalations will open the lungs and energize the body. Breathe like this whenever you need extra energy. You should also breathe from the belly and not with the upper chest to prevent hyperventilation. The technique of energy healing is known as reiki and consists of **gathering energy in the heart on the inhalation and sending it through the hands and eyes on the afflicted area of the body.** Holding the breath after prolonged deep breathing will amplify the energy even further. There are many people who can heal through touch and this technique is the best way of saving energy, although it is not found in Castaneda's teaching. But Carlos does say that when the inorganic beings took away his energy, the party of don Juan's warriors restored it by giving him theirs.

The Nagual

The Nagual is a being whose energy body appears as a ball having four compartments. **I once saw the energy body of Salvador Dali during a mushroom trip.** Dali appeared to me and transported me into the Realm of Inorganic Beings where I was faced with a Ball of Energy that was made of four rainbow colored eyes and I felt joy but gazing at the luminous cocoon, **which amplified my joy progressively ten fold.** Then I had a vision of a Jaguar and panicked and shouted "Not these guys" and found myself in my body looking at the scared face of my friends who informed me that I just had (my only so far) epileptic seizure. During it I saw the Nagual as it truly is. **A Nagual is a being who has extra energy and to whom the rule has been revealed.** The Rule is that each of us will die and that in sight of this fact we should overcome our ignorance, greed and hatred and develop wisdom, kindness and empathy. The Nagual is the Leader of a group of Warriors of the Spirit and reflects the Abstract. He is a source of unimaginable joy and love and even one handshake with a worthy Nagual will have lasting positive consequences. The Nagual in traditional culture is the animal counterpart of each human being and you cannot call yourself a Nagual unless you have shapeshifted into your Totem Animal. A

Nagual can be a plant and even a rock. **The Nagual is anything that awakens the Third Attention.**

Not Doing

Not Doing is the way by which the Nagual untangles the luminous fibers and attains omniscience, omnipotence and omnipresence. **Not Doing refers to doing things in the opposite manner than accustomed.** For example tying your belt the other way around, walking backwards and running in the night are all Castaneda's Not Doings. The meaning of Not Doing is both mundane and profound. On a mundane level it is simply getting rid of anything that is not essential to survival. For example practice Not Doing with regards to smoking, drinking, drugs, gambling, etc. Not Doing is a great source of power, but it comes with a challenge. **On a profound level Not Doing is the act of accomplishing without acting.** Examples include prayer, meditation, music, laughter, poetry, etc. The Second Ring of Power is also called the Ring of Not Doing. Not Doing is in the Taoist tradition known as wu wei. The expression **wei wu wei** is a spell to accomplish without acting. A Not Doing might also refer to a taboo, which when it is broken results in punishment. The Nagual is a Hero on the Definitive Journey and he rejoices because he feels the love of God and the power of Not Doing.

Shapeshifting

Ancient Mystery cults are in the possession of a drink that allows people to shapeshift if they combine it with cannabis. I drank a glass full of such a drink in the summer of 2002 through the grace of the High Priest of Ramses, Frater S.T.A. Because I had healed him from his retardation after he awoke from his 100 year sleep. He ordered one of his warriors to bring me the drink and a meal, after which I blazed a spliff and walking down a hall I turned into a tiger. Cloth, glasses and shoes gone into the rainbow light, for one moment **I was sucked into the form of a tiger** and returned to normal. The stories sorcerers tell seem like silly fantasies but they are very real. You should realize that the dreaming reality and the waking reality can and do merge and that the Nagual is fully capable of transforming. Much easier than to assemble the form of a Totem Animal is the ability to change into other people. You can impress your friend by sucking them in through the eyes or making their energy flow upward. You can even turn into them by uniting heart and brain. But this only work with people who share a selective affinity.

The Tonal and the Nagual

In Mayan Astrology the Tonal (Tonali) refers to the number of the day and Nagual to the animal. But within the context of Castaneda's work these two concepts are much broader. The Tonal is like an Island, the Nagual like the Sea. **The Tonal is everything we have a word for, the Nagual is everything we cannot put into words.** Feelings belong to the Tonal, Emotions to the Nagual. Tonal is rational, the Nagual is intuition. Even God belongs to the Island of the Tonal. The Goal is to sweep clean the island of the Tonal, as to let the Nagual flood it. In cultural terms this is seen in the practice among various Native American cultures to give up everything you own to the community. **In practical terms this means to silence the lower self and use intuition to perceive directly.** In spiritual terms it means to crack open the luminous cocoon and enter the afterlife. The Concept of the Nagual might seem like the Jungian collective unconscious, but that

would only be assigning a name to something that cannot be expressed. The Nagual is very similar to the Taoist Way, the Buddhist Sunyata, and the Hebrew Ruach. Yet the Nagual is the animal counterpart of each human soul, the guide in the life of people of the heart and he is the Incomprehensible Abstract Force that guides beings to freedom.

The Death Defier

The Death Defier is a Sorcerer of Ancient Times who used his power to prolong his existence indefinitely. The Tradition knows him as the Tenant and he is rumored to be 8000 years old. **All of these teachings originate with the Tenant.** The tenant is a being somewhere between the organic and inorganic level and does not eat material food, but feeds by sucking energy from a Nagual's navel (Tan Tien actually). The tenant said that he could give it all up but his love for life keeps him going. I shook hands with one of his priests, the Nagual Frank and received instructions in the Third Attention that I still have to remember. The death defier is free from space and time and he has met all the great sorcerers. In fact, the first thing President Obama did as President of the USA was to shake hands with the Tenant.

Erasing Personal History

Research has been done that confirms that we are able to send messages to ourselves up to four days into the past. Further, research has been done that confirms that people react to consciousness at long distances. **The practical use of this information is that we can send messages into our past and thus erase our personal history.** In fact we can avoid the mistakes of life by focusing our intent on the past and Not Do the things we regret. Thus we enter an alternate reality, we might not remember but cannot explain the hours, days and even weeks missing from memory and spent with the Nagual's Party. **By erasing personal history it is possible to overcome the effects of time.** Focusing on a scene and intending with the heart to change the circumstances and actions concerning certain events is to erase personal history. We do not notice the messages from the future consciously but they are intact within our unconscious and all we have to do is silence the mind in meditation. The definite moment a person becomes aware of the spirit is called the Usher and s/he can return to it if focus at the moment of death is kept.

Alternate Way of Dying

The Near Death Experience has changed many lives as it has mine. It is one of the greatest gifts a person can get, if he remembers the afterlife experience. When I died the first time, I became very hot and very cold in three progressions. Then **I entered a darkness, which gave rise to infinite pressure and then I entered the void,** if there were anything I could call myself. In the void appeared a dot of white light and suddenly it dispersed in all directions so that there were an infinite number of distinct dots of light, dispersing and extending in all directions. Then the light became dense, hard like a diamond and I found myself in the midst of four Inorganic Beings lying on my back. I awakened in everyday reality. Through my studies of Tibetan Afterlife Doctrine (ie. *Bardo Thodol*) I realized that the part where I became very hot and very cold is the **Symptom of Death Fire sinking into Air.** Everything appeared luminous and conscious for a long time afterwards and I have still not awakened from the dream that is my life. I

know that the experience has made me more loving and kind. The reason why I came back is the infinite love for life.

Enlightenment

The most valuable lesson in Castaneda's work is a hidden one. I call it the Untangled Matrix technique. It is derived from the notion of shifting between the view of the hands and other objects in dreams as to stabilize the dreaming body. In mathematics a matrix is a set of numbers. **The Matrix technique is a way of combining each part of one set of numbers with its equal.** In the Hebrew Kabbalah this technique is used to create a Golum, an artificial life form. The rabbis created the golum out of air by reciting each letter of the Hebrew alphabet in combination with each other. They also inscribed these extended matrixes on clay figures which magically grew into golums. Whether we are to believe these supernatural stories or not, we should be aware of the effect of this Meditation. One of the basic techniques of acquiring better memory is exactly this technique. I meditate by combining the dream meaning of each body part with each other. So, the bones represent stability, the muscles flexibility, the skin emotions, the brain creativity, the lungs inspiration, the heart power, the liver initiation, the spleen sustainability, the stomach mindfulness, the intestines receptivity, the kidneys passion, the genitals joy and the spine connectedness. This technique is proven to bring your memory to its best functioning and will improve your dreaming. To attain enlightenment use the following Matrix: Mindfulness, Study, Energy, Joy, Relaxation, Focus, Tranquility. These are the requirements of Enlightenment. Again, **the trick is to combine each component with each other.**

Conclusion

We are beings that are going to die. In light of this fact we should be mindful of living life to the fullest. To make every act count as if it were the last is the source of great power. Awareness of death has a sobering effect and is the only thing that can change a person. Unless a person is aware that s/he will die and acts accordingly, whatever he or she says are mere words of a fool. The Powers that Be have given a secret option to each and every being to find an exit into the state of no-death. If we so choose each and every one of us can evolve into a luminous magical being. All we have to do is be mindful of the chances that pop up in our life and take them. Whether it is the Friendly Stranger you always wanted to seduce, or the wise old man with whom you could talk, unless you take action you will end up a mentally ill person. **Words are cheap action is what counts.** Overcoming your weaknesses, taking responsibility for your actions and erasing self-importance are the main prerequisites to the path with heart. The world is only a description and each and **everyone of us has infinite power at our fingertips**, but the knowledge to use it could never be put into words. With great power comes great responsibility and temptation. It is hard to give in to the dark side of the force and forget the love and the light. The higher you rise the lower you fall. The trick is to be in balance, **to not be offended by unpleasant things and not be attached to pleasant things** is a secret that allows us to live in peace. Who lives by the sword will die by the sword and who lives with power dies with power. There are people who take power from others by forcing them to submit to their will, those are the Petty Tyrants. You are truly fortunate if you have one in your life, because he reduces self-importance. There are also those of us

who empower ourselves by empowering others. I think that each of us has the choice between these two. Both paths lead nowhere but one does not have heart and makes for a miserable journey while the other is a path with heart and makes for a joyous journey. The Choice is Yours. The Sky is the Limit.

Further Reading

Anatomy of Criticism, by Northrup Frye
Mystical Theology – The Science of Love, by William Johnston
The Emerald Tablets of Thoth the Atlantean, by Doreal
Astral Dynamics – A NEW Approach to Out of Body Experience, Robert Bruce
Tibetan Astrology, by Philippe Cornu
How to: Meet and Work with Spirit Guides, by Ted Andrews
The Four Agreements, by Miguel Ruiz
The Way of the Shaman, by Michael Harner
Urban Shaman, by Serge Kahili King
Creative Dreaming, by Patricia Garfield
The Witch’s Dream, Florinda Donner
The Sorcerer’s Crossing, by Taisha Abelar
Tales of Power, by Carlos Castaneda
The Eagle’s Gift, by Carlos Castaneda
The Fire from Within, by Carlos Castaneda
The Power of Silence, by Carlos Castaneda
The Art of Dreaming, by Carlos Castaneda
21 Lessons of Merlin, by Michael Monroe
The Psychedelic Experience, by Timothy Leary, Metzner, Alpert
Psychedelic Prayers, by Timothy Leary
Way of the Peaceful Warrior, by Dan Millman
Tibetan Yoga and Secret Doctrines, edited by W. Y. Evans-Wentz
The Tibetan Book of the Dead, edited by W. Y. Evans-Wentz
The Art of Happiness, by HH the Dalai Lama and Howard C. Cutler
The Meaning of Life, by HH the Dalai Lama
Philosophy – 100 Essential Thinkers, by Philip Stokes
Varieties of Religious Experience, by William James
The Masks of God, by Joseph Campbell
Living Religions, by Mary, Pat, Fisher
The Greek Myths, by Robert Graves
Island, by Aldous Huxley
Brave New World, by Aldous Huxley
Steppenwolf, by Herman Hesse
The Glass Bead Game, by Herman Hesse
Thus Spoke Zarathustra, by Friedrich Nietzsche
Notes from the Underground, by Fyodore Dostoyevski