



The Toltec Path of Recapitulation: Healing Your Past to Free Your Soul

Victor Sanchez

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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.
- 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, abuse, depression, anxiety, and other psychological stresses

What if it were possible to revisit the traumatic or difficult events of our past and emerge renewed, re-energized, and healed from the damage left within us by these events? The practice of Recapitulation can do just this through a series of energetic exercises that can ultimately free us from the repetitive emotional conflicts and persistent negative patterns that often result from trauma.

Victor Sanchez shares with the reader both the philosophy and practical applications of this ancient Toltec technique. Anyone who has lived through a long, difficult experience--perhaps a serious illness, broken relationship, sexual abuse, or a childhood spent in a divisive family environment--can benefit from this process. Recapitulation makes it possible to actually relive and resolve the events that have caused emotional distress. 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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