



# **Toltec Dreaming: Don Juan's Teachings on the Energy Body**

*Ken Eagle Feather*

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# Toltec Dreaming: Don Juan's Teachings on the Energy Body

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A metaphysical instruction manual on the role of dreaming in the Toltec tradition

- Describes the energy body, its modes of perception, and how it produces dreaming
- Provides an outline of the dream gates showing how they correspond to the chakras
- Includes detailed instructions for awakening dreaming potential and for exercising and expanding the dreaming body--what to expect and how to respond

*Toltec Dreaming* explores the many aspects and levels of the dream-state, distinguishing ordinary dreaming from “dreaming awake,” a condition of heightened awareness through which the active dreamer ascends to the Dream of Transcendence. In this book, Ken Eagle Feather presents the history of dreaming’s place within the Toltec tradition and provides a practical how-to manual for achieving and maximizing dreaming potential.

The Toltec Way superimposes on the waking world the subtle physics of the dream world in order to create a conscious dreaming body, often referred to as an “out-of-body experience,” that can allow anyone to use dreaming as a vehicle to higher consciousness. Once the dreaming energies are fully awakened, unbounded conscious perception can come alive, whether one is in the world of dreams or in daily life. The author shows how to communicate while in the dreaming body and indicates what one may encounter in the dream. He also identifies barriers to dreaming and includes instructions for detaching the dream body from the waking ego. Filled with techniques that stimulate dreaming and the development of the dreaming body, this book will guide practitioners along the Toltec Way of the Dream.

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