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# The Changing

BY ALMINE

The spiritual warrior has always known that the battle is one to dispel illusion and gain perception.

photo by RAEchel Running



'Nagual' (pronounced nah-wa'hl): is also a term used in the books by Carlos Castaneda to describe a person who is able to lead people to new areas of consciousness. (Definition from Wikipedia)

# World of Toltec Naguals

existence used to be unknown, now only one tenth is unknown.

Because this entire cycle is about studying the known, the unknown has taken on a new meaning. The unknown pertains to how we should apply and expand the known. The Toltec way therefore has to be re-written as we study that which is within and how to apply it, utilizing the new "feminine" warriorship.

## What is the Way of Encountering the Unknown? Before

To avoid the usual pitfalls when encountering the unknown of (a) either thinking we know, (b) ignoring, ridiculing or attacking that which doesn't confirm already held views, or (c) obsession about the questions and thereby losing energy, the warrior used a particular mindset or stance:

He stayed in emptiness of mind to avoid jumping to judgments or conclusions, or becoming baffled.

He reminded himself that nothing was as it seemed and anything could be true.

He then believed without believing, meaning that he acted as though it were true while moving cautiously forward with his heart feeling the way.

He stayed fluidly able to change direction at any moment if his heart should advocate another course of action.

## Now

Previously, as lightseekers were attracting opposite energies, a great deal of protectiveness and strategy was needed when encountering the unknown. But life's new laws of opposite energies repelling, provide a journey of discovery of that which is. When discovering that which is unknown, we no longer have to delve into it as before. We find either it produces a feeling of revulsion in our bodies or it intrigues us. A feeling of an unknown encounter producing a desire to discover why something inside is resonating with it, is a clear indication we should explore it.

In other words, before we tackled it with a mindset, watching our environment for indicators. Now we know that the core of everything has been re-formed into purity. Either we find the energy of it as inspirational and life-enhancing or we don't, and move away. Because we no longer view the opposite-energy events as our sources of power and perception, we are only interested in finding those things and people that inspire us to expand.

## Fluidity Before and Now

The average person sees the nature of reality as static or fixed. Life to him/her is like a maze through which he somehow has to find a way. The concept of truth to him/her is the guidebook that tells him how to find his way through that maze. It is for this reason that most are so dogmatic, or even fanatic, about their belief systems of what is true and what is not.

The spiritual Toltec warrior sees life as fluid. S/he knows that any belief system will put him/her in a cage while the fluid river of life flows by him. S/he strives to cultivate a life of no expectations and, instead of trying to understand the aspects of change that arise before him/her moment by moment, simply cooperates with them. This perfect fluidity keeps him from falling prey to the addiction most have of needing to know or understand which is born from fear of the unknown.

The warrior doesn't seek truth or understanding, but only the clarity to know the next step in his/her fluid cooperation with life. Truth is not absolute in that it describes a set of rules to follow. In its broadest sense, truth is that which reflects the nature of the Infinite. The warrior knows that, as a facet of the Infinite, s/he is created from the very fabric of Truth. Truth is what he brings forth from the authentic core of his being.

He searches not for meaning, because from his vantage point he cannot understand the vast moving forces grasped only by the Infinite. To attempt to do so would be to assign labels to the unknowable, trapping him into taking life at face value.

But by following his/her heart as it responds in the stillness of his mind to the ever-changing current of life, s/he watches only for his next step. S/he watches for clarity in how to respond and contribute to the fluid unfolding of the universe. S/he knows that he need not understand, but only cooperate; that understanding requires a fixed frame of reference not available in a cosmos where every thought changes the direction of the river.

## Social Conditioning Before and Now

The programming inflicted on beings from birth is the greatest bondage in existence. It dictates how life should be lived and tries to put life into labeled boxes, reducing the great adventure of the discovery of self to mediocrity and boredom.

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The ancient Toltec traditions speak of the Toltec Way as having come from the Mother of Creation herself. Mother saw that corruption of the masculine grids would occur, which would in turn corrupt the feminine grids. She created the Toltec way to rectify the grids, the pathways along which information flows to form the ideal template of spiritual warriorship.

The spiritual warrior has always known that the battle is one to dispel illusion and gain perception. Wielding his or her shield of impeccability, the warrior traversed a path that embraced challenge as a source of power and perception. At the end of July 2006, the cosmic cycle of exploring the unknown changed to that of exploring the known. This caused the very fabric of the Toltec's existence to change, testing the essence of spiritual warriorship; fluidity, the ability to spin on a dime, at a moment's notice, and change direction if that is required.

## The New Role of Naguals

**Naguals exist to lead others to freedom from illusion.** In July 2006 all illusion within the sphere of existence encompassed by the previous cycle had been solved. This doesn't mean that everything in all existence is known, but rather the allotted portion assigned to that specific cycle of life was completed. To the mystic or seer traveling into other realms, they no longer seemed black, but purple. The previous cycle had fulfilled its destiny. It had solved all it undertook to solve.

The previous focus was on doing, on moving into the unknown and turning it into the known through experience. The new cycle's purpose is oriented in being - in getting to know that which is. By assisting others in seeing their highest, most noble qualities, the Nagual now walks a different path.

S/he does this not only by mirroring it to another, seeing and appreciating it in another (we empower that which we focus on), but also by using the great many techniques at his or her disposal to dispel any barriers preventing expression of a noble trait. Laughter, fun, beauty, inspiration become the new tools. To stimulate the process, the Nagual must embody these traits and more. Focused now entirely on the light, the Nagual dismisses all else as unreal - as that which no longer is. The primary purpose of the Toltec path no longer existed. Nine-tenths of its tenets and philosophy became obsolete as the unknown ceased to be.

The new form of warriorship is internal, since there is nothing external to protect against, nor are there exterior portions that are unknown. Whereas nine tenths of

Gnosis



**A life dedicated to revival is aligned with the fountainhead of creation where chaos gives birth to order.** BY DEEPAK CHOPRA AND DAVID SIMON

# SynchroDestiny

**R**evival and renewal are the essence of life. The raw matter of decomposing leaves dropped last autumn transform into the new shoots budding in the spring. The atoms comprising the lunch you ate yesterday find new purpose as the molecular components of your cells, tissues, and organs today. Everywhere, the inert molecules transformed into bodies of living entities, both botanical and sentient, undergo perpetual revival. Our senses may perceive the world as material, but underlying the disguise of matter lies a vast, mysterious realm of energy and information undergoing constant transformation. Each new living being is an expression of nature's unwavering commitment to revival.

Change is the essential feature of life, and harnessing the force of change is the challenge of all living systems. When channeled, this energy stream is the vital force that governs the flow of evolution and revival. Obstruction of this vital force leads to imbalance, illness, and ultimately death.

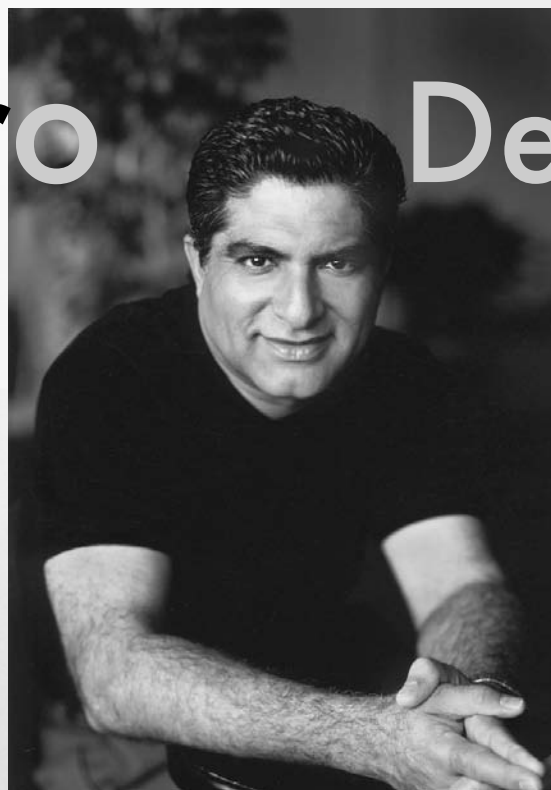
We often see people at the Chopra Center who are out of sync with the flow of vital energy and have lost their ability to tap into the wellspring of rejuvenation. As a by-product of our technological mastery we fall out of step with



the ancient timeless pulse of the cosmos and pay the price in terms of distress and fatigue. Fortunately, we only have to listen for, and tune into, the timeless cosmic beat and we can recapture our vitality—revitalizing body, mind, and soul.

In the ancient Vedic wisdom tradition of India, spirit operates in

the world through beginnings, endings, and new beginnings. A rose bud dies as the flower blooms. The caterpillar surrenders its individuality as it rebirths as a butterfly. A life dedicated to revival is aligned with the fountainhead of creation where chaos gives birth to order. Chaos and birth are part of an eternal dance that gives rise to growth, creativity, and vitality. Witnessing all that begins and ends—whether in our environment or our bodies—leaves us with a sense of wonder, hope, and unending creativity and amazement. This connection to source is experienced as amazement and love.



Amazement dawns as your judging mind surrenders its need to control and recognizes the interconnectedness of all phenomena. Physicists identify interrelatedness as a core tenet of quantum reality. Your mind can tap into this fundamental principle of life through synchronicity—the recognition of meaningful coincidence. When you stay awake to everyday surprises, you get a glimpse into the interwoven nature

of life. For example, the name of a person you haven't thought of in a long time crosses your mind, and in the next moment you receive a call from him or her on your cell phone. Or, you are thinking about buying the latest novel of your favorite author as you stop off at a coffee shop, only to discover that someone discarded the book at a table. Paying attention to synchronicities creates opportunities to glimpse the mystery of the interrelatedness of life.

Your body is a perpetual expression of synchronicity as each cell performs its unique task in harmony with every other cell. Your body is capable of regulating blood pressure, maintaining body temperature, digesting your breakfast, fighting off an infection, eliminating toxins, making a baby, and tracking the rotation of the earth all at the same time. This amazing synchrony is choreographed at a non-local dimension of life that manifests in the objective world as form and phenomena and in the subjective world as thoughts, feelings, memories, and dreams. Spiritual traditions call this realm of life the universal soul.

When we learn to live from the level of the soul, many things happen. We become more aware of the patterns and rhythms that govern all life. We gain insight into the memories and experience that mold us into the people we are today. We gain access to the creative power that is at the heart of nature. Fearfulness and anxiety fall away as we stand in amazement of the world as it unfolds around us.

Chopra in Sedona

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Social conditioning is the attempt by man to hold onto what he thinks of as sanity. S/he fears he might lose all frame of reference to his own identity within the vastness of existence. To let go of all social conditioning will in fact eliminate identity. It is not the loss of identity that is madness, but having identity in the first place.

When we let go of our conditioned identity, we find the expansiveness of our awareness. Within the expanse that we are, we play many roles. Identifying with any of them is to attempt to put the ocean in a bucket. To avoid social conditioning, the warrior questions everything and observes the origin of his/her every decision and action. In this way s/he sees whether they originate from the authentic wellspring of his soul or from the fixation on a worldview imposed by others.



**Discover your life path at the upcoming seminar by Dr. Deepak Chopra and Dr. David Simon entitled SynchroDestiny on Jan. 18-21, 2006, at the Sedona Rouge. For more information, visit chopra.com or call 888.424.6772 ext.1639**



**For more info on Almine and her teachings, visit: [www.spiritualjourneys.com](http://www.spiritualjourneys.com)**