

Being Energy® Four-Day Retreat

The Gates to Dreaming

Dream+ Practice + Manifest

October 26 -29, 2017



The Wisdom and Arts of Shamans from Ancient Mexico



- *Seeing energy as it flows in the universe* - to perceive energy in a freer view of a different cognitive system, energy free from the bindings of socialization and syntax, pure vibratory energy
- *Luminous Eggs or luminous Balls* –the human body when seen from the shaman's cognitive system
- *The Assemblage Point* - where perception is assembled, located an arm's distance apart from the physical body at the level of the chest, where our cognition of the world is manufactured
- *Shifting of the Assemblage Point* – to access new states of perception, it happens naturally when we are sleeping and dreaming
- *Recapitulation* – a systematic examination of one's behaviors made not in the light of criticism or finding a flaw, but in the light of an effort to understand one's life, and to change its course



The Wisdom and Arts of Shamans from Ancient Mexico



- *Energetic facts* - conclusions that were final and irreducible
- The world around us is defined by the processes of cognition, and those processes are a matter of training, a matter of practicality and usage. This thought was extended further, to another “energetic fact”: the processes of standard cognition are the product of our upbringing, no more than that.
- *Intent* – an all-pervasive force that intervenes in every aspect of time and space, the impetus behind everything, intimately attached to man. Man can always manipulate it through impeccable behavior.
- *The Art of Dreaming* - is the capacity to utilize one’s ordinary dreams and transform them into controlled awareness by virtue of a specialized form of attention called the “dreaming attention.”



The Wisdom and Arts of Shamans from Ancient Mexico

- The *Dreaming Attention* is a specialized form of attention where objects are not so solid and their a a flow and fluidity and our ways of perceiving and being
- The *Dreaming Attention* is what moves the assemblage point in dreaming and must be exercised and developed through practice
- We are using awareness as a medium for journeying
- *Dreaming* is navigating through the sea of awareness
- *Perceiving* is the art of interpreting sensory data
- THERE IS NO PROCEDURE TO LEARN DREAMING. IT COMES BY ITSELF WHEN THE PRACTITIONER PUTS HIMSELF IN CONTACT WITH INTENT

The Gates to Dreaming

The Encounter with the Energy Body



Purpose

- To revitalize your mind-body
- To experience a calm clarity of mind-body needed in your life to identify your purpose/s
- To access, reach and cross the gates of dreaming as taught by Carlos Castaneda
- To access and merge with Your Energy Body
- To set specific steps of action towards the manifestation of your purposes and dreams



The Gates to Dreaming

The Encounter with the Energy Body



How we will do that?

- By setting clear intentions for the four-day retreat and beyond
- By suspending judgments and opening ourselves to new experiences, ideas and beliefs
- By practicing ‘*energy passes*’ that stimulate and awaken the gates of dreaming the physical body releasing the “human form” held in place by the ‘fascia’, connective tissue
- By shifting the assemblage point and accessing your Energy Body
- By experiencing neurological harmony and balance via the awareness of spirit and essence
- By dreaming and experiencing Lucid Dreams
- By joining morning walks and hiking to the lake
- By eating delicious organic balanced foods
- By, while experiencing *dreaming states*, identifying your purposes and dreams and setting specific steps to accomplish them in the first and second attention



Glistening in Dreaming



The purpose of this form is to open certain pockets or vortexes of energy that function like gates, once open they have a natural shine: they glisten.

- Gate 1: sole of foot/base of big toe
- Gate 2: legs, groins, inner knee and calf
- Gate 3: sexual organs, tail bone and sacrum
- Gate 4: area of kidneys, lower back and belly
- Gate 5: shoulder blades, solar plexus and chest
- Gate 6: base of skull and throat
- Gate 7: crown of the head



Glistening in Dreaming

Gate 1

Survival, stability, community safety, security, loyalty, connection to nature, self-honoring choices, the ability to relax
And be still, social and family law and order

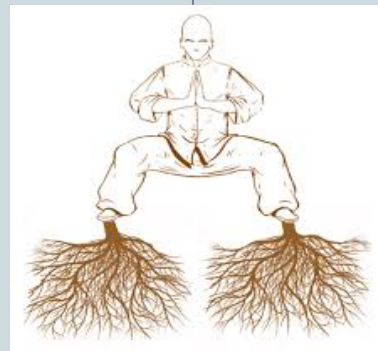
Physical body: sole of feet, big toe, heels



Gate 2

Survival, stability, ability to move, belonging, prosperity, ability to pump the blood back to the heart, “I can do it,” strength, ‘legs rule vitality,’ standing up for oneself, first attention issues

Physical Body: legs, inner knees, calves, groin



Glistening in Dreaming: Gates 1 and 2



Dreaming Day Exercise 1 – Identifying and acknowledging

1-What unresolved issues related to the first and second gates can you identify?

- In the area of the body?
- In the area of the mind?
- In the emotions?
- In the area of Spirit?

2-Trios processing

3-Feedback

4- Video Presentation *The Dreams we haven't dare to dream*

“Reliving the experiences through the recapitulation causes a redeployment of energy into the centers of vitality, which sorcerers call ‘gaining fluidity.’” –
Carlos Castaneda



Glistening in Dreaming



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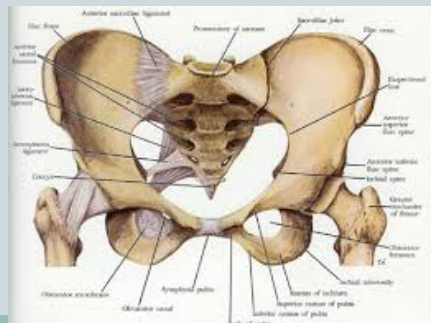
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Glistening in Dreaming

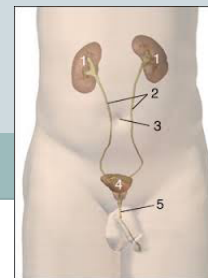
Gate 3

Center for direct perception and knowledge, relating to one another person, sexual intimacy, generating energy and power, allowing energy to flow upwards to the heart, trust, giving And receiving, instincts, letting another person in
Physical body: sexual organs, tail bone, sacrum, pelvis, pubic bone area, your immune system



Gate 4

Center for sustained action - purpose
Center for feeling – reciprocity, harmony with the world
Center for immediate action – detox
Backing up your ideas, taking action towards your dreams, don't giving up on yourself or others, emotional relationship with the world, vulnerability, letting go of what is not necessary,
Physical Body: area of kidneys, lumbar spine, lower back, spleen, pancreas, liver, gallbladder, belly



Glistening in Dreaming: Gates 3 and 4



Dreaming Day Exercise 2 – Identifying and acknowledging

1-What unresolved issues related to the third and fourth gates can you identify?

- In the area of the body?
- In the area of the mind?
- In the emotions?
- In the area of Spirit?

2-Trios processing

3- Feedback



Glistening in Dreaming



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Glistening in Dreaming

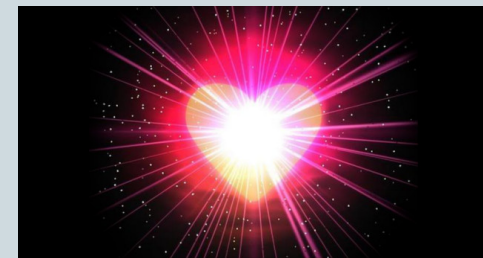
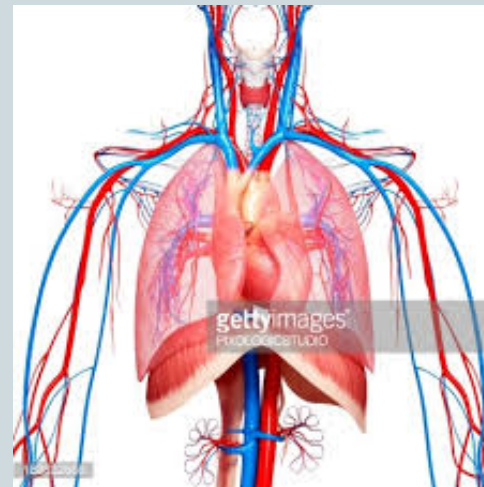
Gate 5

Center for Evolution

EVOLVE = LOVE

Home, arriving to who we are,
Unconditional Love, Enhanced
Perception, merging of first and second
attention, center for emotional
intelligence

Physical body: solar plexus, heart, lungs,
Psoas joined to diaphragm, chest bones,
thoracic spine, shoulder blades, chest,
shoulders



Glistening in Dreaming: Gate 5



Dreaming Day Exercise 3 – Identifying and acknowledging

1-What unresolved issues related to the fifth gate can you identify?

- In the area of the body?
- In the area of the mind?
- In the emotions?
- In the area of Spirit?

2-Trios processing

3- Feedback



Glistening in Dreaming



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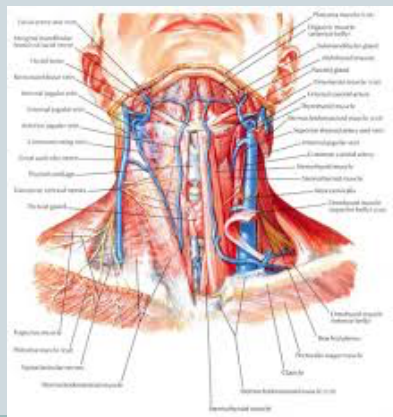


Glistening in Dreaming

Gate 6

Center for Decisions – speaking up your truth, expression of your heart desires, decisions, betrayal, inhaling, taking space for yourself, letting go, truth, impeccability

Physical body: collar bones, cervical vertebrae, neck, occipital bones, lower brain, base of skull, throat, lower jaw



Gate 7

Oneness with all, relationship with the unknown and the unknowable, relationship with the abstract/Spirit God, infinity, death, life, beyond

Physical Body: Crown of the head, upper brain pre-frontal cortex, limbic system, ears, eyes



Glistening in Dreaming: Gates 6 and 7



Dreaming Day Exercise 4 – Identifying and acknowledging

1-What unresolved issues related to the sixth and seventh gates can you identify?

- In the area of the body?
- In the area of the mind?
- In the emotions?
- In the area of Spirit?

2-Trios processing

3- Feedback



Carlos Castaneda's Gates of Dreaming



- The gates are lessons, subjects to develop the Energy Body
- **First Gate of Dreaming** (Forging the Energy Body)
 - You reach the first gate by becoming aware that you are falling asleep, or by having a gigantically real dream
 - You cross it by being able to sustain the sight of any item of our dreams. For example, your hands, and you are able to shift the focus from your hands to another dream object and return it to the hand

Dreaming Night Exercise 1

- Get ready to go to bed. Set up your folder and pen next to your bed.
- Standing next to your bed voice your intention of becoming aware that you are falling sleep or of reaching the first gate or of arriving to the energy body
- If you wake up in the middle of the night, re-state your intention several times until you fall sleep
- As soon as you wake up, write down everything you can remember in your folder



Carlos Castaneda's Gates of Dreaming



- **Second Gate of Dreaming** (Moving with the Energy Body)
 - You reach the second gate when you wake up from a dream into another dream. You can have as many dreams as you want, or as many as you are capable of, but you must exercise adequate control and not wake up in the world we know . . . you must dream that you wake up in another dream
 - To cross it - “Don Juan said that there are two ways of properly crossing the second gate of dreaming. One is to wake up in another dream, that is to say, to dream that one is having a dream, and then dream that one wakes up from it. The alternative is to use the items of a dream to trigger another dream.”

Dreaming Night Exercise 2

- Get ready to go to bed. Set up your folder and pen next to your bed.
- Standing next to your bed voice your intention of reaching the second gate and waking up on a dream
- If you wake up in the middle of the night, re-state your intention several times until you fall sleep
- As soon as you wake up, write down everything you can remember in your folder



Carlos Castaneda's Gates of Dreaming



- **Third Gate of Dreaming** (Traveling with your Energy Body)
 - You reach the third of dreaming when you find yourself in a dream, staring at someone else who is asleep. And that someone else turns out to be you! (This is what is often known as an "Out of body experience")
 - You cross it when you are able to control the dreaming body in the physical realm and move around at ease once you have seen yourself asleep
 - The third gate is the merging of the first and second attention, when the physical and the energy bodies become one

Dreaming Night Exercise 3

- Get ready to go to bed. Set up your folder and pen next to your bed.
- Standing next to your bed voice your intention of reaching the third gate and seeing yourself sleeping
- If you wake up in the middle of the night, re-state your intention several times until you fall sleep
- As soon as you wake up, write down everything you can remember in your folder



Carlos Castaneda's Gates of Dreaming



- 4th Gate of Dreaming (Joining Other Energy Bodies):
 - You reach the fourth gate when you are dreaming someone else's dream
 - This is the last gate explained in the book as such, and crossing it consists of being able to share the intended dream reality of other people. One has to have gathered enough strength into the dreaming body through the previous gates in order to travel to other people's dreams.
 - Consciousness of All is One



Retreat Gates to Dreaming - Recapitulation



- What did you learn about dreaming?
- What gates were easily to reach?
- What gates were more challenging?
- What dreams are you going to pursuing when you get back home?
- What action steps are you taking?
- What are you thankful for?
- What feedback would you like to offer?

