

Native American
Spirituality:
Path of Heart
Don Juan Matus, Eagle,
and Others

Edition by **Vladimir Antonov**,
Ph.D. (in biology)

Translated from Russian
by Mikhail Nikolenko

Corrector of the English translation –
Keenan Murphy

New Atlanteans
2008

ISBN 9781897510773

This book is dedicated to the true spiritual culture of Native Americans.

On its pages, Divine Native American Chiefs tell about the Path leading to Perfection – the Path to Freedom.

© Vladimir Antonov, 2008.

Content

CONTENT	3
THE TEACHINGS OF DON JUAN MATUS	4
FROM CONVERSATIONS WITH DIVINE NATIVE AMERICANS	20
Eaglestform	20
Juan Matus (don Juan)	26
Genaro.....	30
Silvio Manuel.....	35
Juanito	37
Eagle	41
BIBLIOGRAPHY	51

The Teachings of Don Juan Matus

The Teachings of Juan Matus were described in detail by Carlos Castaneda – our contemporary from Los Angeles. His books known to us were published in the period from 1966 to 1987 [1-8]. We also know the book by D.C.Noel *Seeing Castaneda*, which contains interviews with him [9].

It must be noted right away that in his books Castaneda describes the period of his relationship with don Juan that lasted for about three decades. Over this period, it was not only Castaneda who advanced in his development but also don Juan himself. Reading Castaneda's books, one can see both the early and the later personal spiritual quest of don Juan, which was not free from mistakes. This is why the spiritual concept of this School must be evaluated not based on what don Juan spoke and did over these decades, but on what he attained by the end of his earthly life.

So, the future author of bestsellers about the School of Juan Matus, Carlos Castaneda was an undergraduate student in a university in the USA, majoring in anthropology. He had to collect material for his thesis, so he went to Mexico to study the experience of Native Americans in using medicinal and psychotropic plants. Upon arrival to Mexico, he started searching for people competent in this issue. He was introduced to a Native American, whose name was Juan Matus and who agreed to provide Castaneda with the data he needed free of charge.

They got acquainted, and their joint work began. In due course, Castaneda discovered that don Juan possessed the knowledge not only about the qualities of plants but also about the ancient art of Toltecs' sor-

cery. Moreover, don Juan turned out to be a sorcerer himself. For the first time in his life, Castaneda came across phenomena that were beyond his secular and religious beliefs. For example, it turned out that lizards could talk, people could fly with their bodies, extract various things “out of nowhere”, and so on. Castaneda found himself captivated by all these different phenomena and interested as a scientist in this area of knowledge, which was new for him.

Once don Juan invited Castaneda to a meeting where his associates were taking self-made psychedelics. Castaneda tried them as well. And what happened then made don Juan, for the first time, view Castaneda as a promising disciple.

Don Juan was a mystic and perceived the whole world in a mystical way. For example, he attached great importance to so-called *signs* coming to him from the *separate reality*.

It happened that Castaneda, upon swallowing a few pills of peyote, started playing a strange game with a dog. They began to urinate on each other... It was the dog’s behavior, absolutely unusual for a dog, that was of significance there. It was interpreted by don Juan as a sign from God (Who was called the Power in this tradition) indicating the significance of non- Native American Castaneda for the School. Since that moment, Castaneda became a member of the party (that is, the group) of don Juan’s disciples. And don Juan started to initiate him gradually into the secret knowledge of his School.

What was the worldview concept of the School?

The universe consists of two “parallel” worlds: the first of them is called the *tonal* (that is, the world of material things), and the second – the *nagual* (the non-material world).

We communicate with the world of matter through the so-called *first attention*, i.e. the attention relying on the organs of sense of the material body.

To become capable of cognizing the nagual, one has to develop the *second attention*, that is, clairvoyance.

There is also the *third attention*, by means of which one perceives the Creator and His Manifestation, which don Juan referred to as the *Fire*.

According to the mythology shared by don Juan's predecessors, the world is governed by the universal divine Eagle. This was their concept of God. However fantastic it seems, it is monotheistic.

This Eagle feeds on souls that leave human bodies. But the Eagle also confers the chance on some people to "skip" past His beak after death and to achieve immortality, provided that during their life in the body they acquired skills necessary for this, developed themselves as consciousnesses to the required degree, and gained the required power.

This concept contained a frightening element, which was supposed to force a person to make efforts on self-perfection. But, like Jesus Christ, don Juan strongly opposed this attitude towards God, which was based on fear. He said that in order to approach God, one has to take the *path of heart* – that is the path of Love. It is interesting that don Juan came to this understanding independently of the influence of other spiritual traditions. He was not familiar with the Teachings of either Krishna or Jesus Christ, nor has he ever read Sufi or Taoist books. It is obvious that he did not read the New Testament, otherwise he would quote it for sure.

A person resolved to achieve immortality, first has to become a "hunter". Not a hunter who kills game, but that for knowledge, who walks the *path of heart* – caring, loving both the Earth and the beings that live on it.

Having mastered the stage of spiritual “hunter”, one can become a spiritual “warrior” – that is the one who “traces” Power (God), striving to “stalk” It and to cognize It.

Don Juan often taught Castaneda and his other disciples when they walked in the desert and in the mountains – in the most natural conditions of direct contact with the world that surrounds us.

For instance, once they caught a wild rabbit. Don Juan knew that the life of this rabbit on the Earth was coming to an end, according to its destiny. And he suggested that Castaneda kill this rabbit with his own hands. Castaneda exclaimed, “I cannot do this!” Don Juan objected, “But you have killed animals before!” Castaneda replied, “Yes, but I killed them with my rifle, from a distance, without having to see them die...”

Castaneda refused to commit killing; for the first time he thought about his ethic right to do this, about the suffering of the creatures being killed.

However, the rabbit died by itself before Castaneda’s eyes, because the time of its stay on the Earth had really run out.

Once don Juan and Castaneda were walking down the street and saw a snail crossing the road. And don Juan used this example to explain the philosophy of the role of a person in the destinies of other creatures.

In such a way Castaneda, who at the beginning was very proud of his being a learned and civilized person, became increasingly convinced that true wisdom belonged not to him but to this old Native American, a great spiritual Seeker and Teacher, who lived the life of a hunter and a warrior in harmony with the world around him.

... After his disciples had mastered the basics of ethics and wisdom, don Juan would proceed to teaching them psychoenergetical methods.

It should be noted here that only a very limited number of students were accepted into don Juan's School. The criterion of selection was the level of the development of the energy structures of the organism – the chakras. Of course, Native Americans did not use such words as chakras and dantians. But they spoke of segments in the energy *cocoon* of man. And only disciples with the developed chakras were considered to be promising and able to withstand on the path of a hunter and warrior.

Therefore, those enrolled in the School had a big experience in psychoenergetical work acquired in their previous lives on the Earth. That is, they were ready for serious work from the psychoenergetical standpoint.

This allowed them to start psychoenergetical training not with cleansing and development of the meridians and chakras, but immediately with development of the main power structure of the organism – hara (the lower dantian).

When the work with hara was completed, the next stage followed: the division of the *cocoon* into two parts: the upper and the lower *bubbles of perception*. It is from these *bubbles* that one perceives the tonal and the nagual, respectively.

Division of the *cocoon* into two *bubbles of perception* was regarded as an important intermediate step towards further stages of psychoenergetical self-perfection. One had to master concentration of the consciousness in both “poles” of the *cocoon* divided in such a way.

Then, further work was performed in order to develop the lower *bubble of perception*. But it was started only after the consciousness had been properly refined, or, as it was called in the don Juan's School, after cleansing the luminosity of the *cocoon*.

That is, as in all other advanced spiritual Schools, the techniques aimed at the refinement of the consciousness preceded the large-scale process of its *crystallization*.

However, Castaneda does not describe the methods of “cleansing the luminosity” except the one, which can be viewed only as a joke, namely – inhaling the smoke of a fire.

Thanks to the refinement of the consciousness and the work with the lower *bubble of perception*, including mastering the state of Nirodhi, the disciples attained the state of Nirvana (though, they did not know this Sanskrit term). First, they mastered the static variation of Nirvana in Brahman, and after this – the dynamic one, when the *crystallized* consciousness acts in subtle eons. In this state, one can easily touch with the consciousness any being within the Earth or near it, provided one has information about this being.

Once don Juan slapped Castaneda on the back with his hand (he often used this technique to shift the *assemblage point*, that is the zone of distribution of the disciple’s consciousness) – and Castaneda, prepared for this by preceding exercises, entered the static variation of Nirvana in one of the Brahmanic states. At that moment, he for the first time experienced the state of deep peace, for the first time he perceived God, he perceived that God is Love indeed...

But suddenly he heard the voice of don Juan saying that this state was, though fine, – not that to which he had to aspire now. You have to advance further! Do not think that this is the limit of your abilities... With these words don Juan suggested to Castaneda, who had cognized the supreme bliss of Nirvana, not to “get attached” to this bliss, but to keep on going further... At first, Castaneda felt offended and angry with don Juan, but the latter was unbending: one must advance further!...

And what is further? It is the dynamic aspect of Nirvana when the *crystallized* consciousness acts in the subtle eons. In this state, one can touch with the consciousness

any being within the Earth and around it; in order to do this, one needs just to have information about this being.

The state of Nirodhi, known in all developed Schools of Buddhi Yoga, don Juan described also in endemic terms specific to this School. The disciples were taught that there exist energy waves, which constantly roll on all living creatures and from which we are shielded by our *cocons*. And that one can use the power of these waves for transferring oneself with their help into unknown worlds. (These unknown worlds are other spatial dimensions). To make it happen, one has to allow the *rolling force* to flood the *cocoon*. Then one turns into “nothing”, one’s “I” dies.

It is only after attaining the state of disappearance in Brahman that it becomes possible to cognize Ishvara — and to disappear in Him forever, having conquered death. That is, as don Juan understood, one must not “skip past the Eagle’s beak” but to merge into universal God-Power.

It should be noted that with the help of the Fire one can master dematerialization of the material body. Juan Matus and his companions performed this.

... So, we have considered the principal stages of work in the Buddhi Yoga School of Juan Matus. They turn out to be common for all Schools of Buddhi Yoga, regardless of the location of these Schools on the Earth’s surface or whether they are connected with each other or not, and regardless of the languages spoken in these Schools and the terms used in them. It is so because God guides people, who devote their lives to Him, according to the same laws of spiritual development.

And now, let us consider in more detail the specific methods of work in the School of Juan Matus, which have been described by Castaneda and which we can apply to ourselves.

They can be divided into two groups: preliminary and

basic ones.

The first of the preliminary methods is *recapitulation*. In essence, this is the same as repentance, which is present in all major religions. The disciples had to recall – mainly in seclusion which lasted for several days – all the mistakes they had made in their lives, and to re-live those situations anew, this time correctly. To make the disciples more “interested” in this very hard work, they were told that during *recapitulation* they would regain the energy wasted as a result of their incorrect emotional reactions. The quality of the penitential work did not deteriorate because of this trick, since its major goal – to learn to react in the ethically correct way and to avoid sinning – was achieved, provided that the disciples made due efforts.

They also had to destroy the feeling of self-importance and self-pity – since these qualities result in a tremendous waste of one’s personal energy. Indeed, if one views oneself as being very important and someone else encroaches on this importance with his or her disrespectful attitude, one reacts with emotional outburst of resentment, anger, and so forth. In this process, the energy of the organism is intensively wasted.

Here is an interesting fact of Castaneda’s biography: when his study in don Juan’s School came to an end, he and his closest companion, la Gorda – though Castaneda became a millionaire thanks to his books and could live a life free from material concerns – in spite of this, he and la Gorda got hired under different names as servants to a rich man and suffered humiliations from rudeness and treachery of other servants. They resorted to this in order to destroy completely the feeling of self-importance, to erase from their memories their own *personal history* – so as to attain humility. Since everything that happens to a warrior on the physical plane, as Castaneda put it, *does not matter*, the only thing that matters is the state of the consciousness.

And it is of no importance indeed, compared to the Supreme Goal! That which is of principal importance is the ability to be naught, the ability not to *defend* yourself when someone is unjust to you, but to *be protected* – so taught don Juan. And the state of being protected comes only when “there is no myself”, when there is only God.

One of the most essential preparatory elements of the work in the School of Juan Matus was “sweeping of the tonal”, which is called observance of aparigraha in the ethics of Hindu Yoga.

We have already mentioned the wise don Juan’s ability to explain the most complicated philosophical matters in an easy-to-understand manner using natural examples from everyday life. He did it, for example, when explaining this principle to his disciples.

Once don Juan assembled the disciples, took a sack and put into it a radio, a tape recorder, and several other things found in the house of one of the disciples. Then he gave this sack to one disciple to carry, gave a table to another disciple to carry, and took them to the mountains. In the middle of a valley, he told them to put the table down and emptied the contents of the sack onto it. Then he took the disciples at some distance from the table and asked them what they saw.

They said that they saw a radio... and so on and so forth...

Then don Juan came to the table and whisked everything off it. “Take another look and tell me what do you see now?”, he said. Only then the disciples understood don Juan: he wanted them to see not only the things on the table, but the table itself and more – the space around the table. But the things on the table prevented the disciples from seeing the world around them by drawing their attention to themselves.

In this way don Juan demonstrated to his disciples

that in order to cognize the nagual, and then – God, one has to cleanse the tonal around oneself.

Perhaps, it is appropriate to recall the example of observance of the same principle in the history of Christianity: monks had in their cells, besides icons and a few books, a coffin in which they slept – so as to remember constantly about the inevitable death, which urges those who remember about it to intensify their spiritual efforts.

Additionally, don Juan taught the disciples to destroy stereotypes of material life, as for instance, strict observance of one's routines. For what purpose? In order to attain freedom. The destruction of unreasonable patterns of behavior, thinking, and reacting, instilled in us in the process of our upbringing, must result in the “loss of the human form”, that is, in attaining the state when we learn to act not according to our reflexes or because it is customary to act so, but in accordance with advisability.

The “loss of the human form” is not a short-term mechanic action, as some disciples of don Juan fantasized, but a prolonged process, accompanying a man's gradual approach to God. This process comes to an end when the seeker learns to look at all situations with the eyes of the Creator.

But attaining the “loss of the human form” does not mean that man starts to behave “unlike everyone else” in society, because, first, inevitable conflicts with other people would prevent him from fulfilling his main duty. Second, the conduct, which is “defiant” by form, in many cases turns out to be a breach of the basic law of objective ethics – making no harm to other living beings. This is why the disciples were suggested to observe conventional norms of behavior, sometimes secretly laughing at them and resorting to the so-called “controlled folly”.

To illustrate this, don Juan once astounded Castaneda by taking off his usual Native American garments and putting on an immaculate modern suit for his trip to town!

In connection with this, don Juan also taught his disciples to talk to people in the language that they could understand. For example, once he and Castaneda were sitting on a bench near a church and saw how two middle aged ladies came out from a church and hesitated about descending several steps. Then don Juan came and helped them to come down, and advised them that if they fell, they should not move until a doctor arrived. The ladies were sincerely grateful to him for this advice.

The next very important methodical technique is remembering about one's own death.

The majority of people today are accustomed to banishing the thought of their death. And even when we come across the facts of other people passing away, we never try to imagine ourselves in their place. We assure ourselves that even if this is going to happen to us, it is a very long time ahead.

If each of us asks oneself now: "When will I die?" — the dates will be very distant, though theoretically everyone knows that people die at any age.

So, don Juan suggested that we imagine that personified death is always with us. And if one quickly looks back over the left shoulder, then it is possible to catch a glimpse of death. "At this moment, death is sitting next to you on the same mat, waiting for your mistake", he said to Castaneda. And no one is aware of the moment when he or she is going to die; this is why we should not have any unfinished works.

Let me cite these remarkable words of don Juan, for it is one of his best theoretical developments:

"... How can anyone feel so important when we know that death is stalking us?

"... The thing to do when you are impatient is to turn to your left and ask advice from your death. An immense amount of pettiness is dropped if your death makes a ges-

ture to you, or if you catch a glimpse of it, or if you just have the feeling that your companion is there watching you.

“Death is a wise adviser that we have... One... has to ask death’s advice and drop the cursed pettiness that belongs to men that live their lives as if death will never tap them!

“If you do not think of your death, all your life will be just personal chaos!

“(The warrior) knows that death is stalking him or her and won’t give time to cling to anything... And thus with an awareness of death,... and with the power of his or her own decisions, the warrior sets life in a strategic manner... and what the warrior chooses is always strategically the best; and thus the warrior performs everything with gusto and lusty efficiency!

“Life for the warrior is an exercise in strategy.

“Without the awareness of death everything is ordinary, trivial. It is only because death is stalking us that the world is an unfathomable mystery.

“You have little time and no time for crap. A wonderful state! The best of us always comes out when we are against the wall, when we feel the sword dangling overhead. ... I wouldn’t have it any other way.”.

Another important aspect of working with disciples was mastering the *mental pause* or, in other words, stoppage of “inner dialogue” (the first term is preferable because besides “inner dialogues” there are also “inner monologues”).

This is an absolutely necessary prerequisite for mastering the *nagual*, because the *nagual* is mastered by means of meditation, and meditation, as Rajneesh put it nicely, is the state of *non-mind*. That is, to learn to immerse the consciousness into the *nagual*, one has to learn to stop, to switch off the mind.

For the purpose of attaining the *mental pause*, don Juan used the following techniques:

1. Psychedelics. It should be noted, however, that don Juan used this method only in the very beginning of their joint work, and later on he gave it up. Second, Castaneda complained afterwards that though he was immensely grateful to don Juan for everything that he had done for him, but nonetheless his (Castaneda's) liver was still marked with scars. Hence, it is absolutely unadvisable to follow their example as to using psychedelics. All the more, there are other, far more effective and harmless means of mastering the *mental pause* at our disposal.

2. "Gazing". One had to look at some object for a long time and in fixed manner, for example, at a ravine, flowing water, and so on. As a result, the *first attention* got exhausted and switched off leaving room for the *second attention*.

3. Prolonged suspension of one's body on devices like a swing.

The training mentioned above resulted in attaining the state that in Chinese Yoga is called *wu-wei* — *non-doing*, that is non-doing on the physical plane, when the mind (manas) stops, and we get the opportunity for directed meditation, for the activity of the buddhi. Manas and buddhi are in reciprocal relations: they cannot act simultaneously, at any point in time only one of them operates. (That does not mean that a person without a body or in the state of meditation loses reason. No. A developed *crystallized* consciousness thinks. But it thinks in another way, not in the worldly manner).

Another unique technique developed in this School by don Juan's predecessors is intentional interaction with people-tyrants. The technique was employed for attainment of *impeccability of a warrior*, i.e. the ability to follow ethical principles and adhere to strategy of objectively valid behavior in situations of urgency. Some time

in the past don Juan himself was sent by his teacher to a fierce foreman-tyrant for such training. In Mexico such people were considered very rare, and to find one was regarded a big luck by warriors.

... Now let us list the methods of psychoenergetical work used in the don Juan's School:

1. Cleansing of the inner luminosity (i.e. the refinement of the consciousness).

2. Use of *places of power* – energetically significant zones favorable for mastering particular meditations.

3. *Dreaming*, which was given much attention in the work of the School. What is it? Many people, having read Castaneda's books, try to use their night sleep for this purpose without success. No, this is not the way it must be done. *Dreaming* is a synonym of the word *meditation*. Due to being unfamiliar with the terms commonly accepted in other countries, Central American Natives had to find their own words to denote techniques, phenomena, and objects of spiritual practice. This is how the term *dreaming* was born, since meditative images sometimes are really similar to the images one sees in dreams.

Special training in *dreaming* allowed the disciples, in the state of being detached from the body, to run on the walls, to climb along energy beams (the *lines of the world*), and so on.

4. Learning to act in extreme magical situations, intentionally created by the preceptor. For this purpose, ethical vices of the disciples were used. For example, if a disciple had an inclination to attack selfishly other people, he or she was suggested to take part in a magical fight that he or she would lose for sure. And it turned out beneficial for all the participants.

5. The technique of shifting the *assemblage point* as a result of energetic impact of the preceptor (this was called *Nagual's blow*; the term *Nagual* had another mean-

ing in this case: a leader who mastered the nagual and is capable of acting in it and from it).

6. Practice of meditative leveling-off of the energy *emanations* inside the *cocoon* in accordance with the outer *emanations* of the highest spatial dimensions.

7. Work with *hara* aimed at the development of the power aspect.

8. Use of *allies* (that is, spirits). It was done in two ways.

The first one – “taming” of spirits who had to, according to the plan, become assistants and protectors of the sorcerer. Both don Juan and his friend Genaro had such *allies* in the beginning of their spiritual quest.

But everyone must be warned that this is an erroneous and dangerous practice, which we in no way should try imitating. By the way, both don Juan and Genaro gave up this practice later on.

The other way of working with *allies* consisted in hunting them. No wonder such a tendency existed among Native Americans who lived in constant contact with wild-life. So, the disciples were told that at some moment they were sure to come across some *ally* in male human form who would challenge them to a fight. One can lose in this combat, giving way to fear, or one can win. In the latter case, one acquires the power of that spirit.

And the disciples prepared themselves for such a fight, which could take place any moment, by developing alertness (readiness) and other necessary qualities of warriors.

On the basis of this educational game, the disciples also performed the work on the development of the lower *bubble of perception*.

... To sum up the above said, let us consider the basic aspects of these Teachings, which are extremely rich in

valuable theoretical and practical elements.

Don Juan pointed out three directions in the Teachings: a) the art of stalking, b) the art of intent, and c) the art of consciousness.

In the history of this Native American spiritual tradition, the art of stalking initially consisted in the ability to sneak, to stalk unnoticed among people who do not understand you (that is, people of lower stages of psychogenesis) – and to achieve your Goal.

But later on, owing in particular to personal contribution of don Juan, this trend was significantly expanded and included also the stalking of one's own vices. We have discussed this already. Let me just quote one brilliant formula, given by don Juan: God (in his parlance, Power) provides according to our impeccability. That is, God gives us an opportunity to approach Him, to immerse into increasing happiness of Mergence with Him – as we perfect ourselves ethically.

The second direction is the art of intent. *Intent*, in this context, is the same as *aspiration* to the Supreme Goal. A true warrior, in don Juan's meaning of this word, is a person with the correctly developed *intent*.

The third direction is the art of consciousness – it is what Buddhi Yoga is.

So, we could see once again, that God leads all people, who have attained a certain level of maturity in their psychogenesis, irrespective of the country and religious culture they live in, using the common methodological pattern. We should study these principles and trends and apply them to ourselves and to the people who follow us.

From Conversations with Divine Native Americans

Eaglestform

“Tell us, Eaglestform, why is there no one in Russia who needs what we do?! It should not be so!”

“Tell Me, who needs mountains? Who needs oceans?”

“How many people on the Earth know that they need mountains from which rivers flow into the Ocean? Most people take water not from rivers, they just turn on a faucet in the kitchen... Nevertheless, they too drink water from My Mountains!

“Mountains are needed! Mountains are needed so that rivers may flow from them into Me!

“Be a mountain!”

* * *

“*Freedom* and *calm* reign on the expanses of My Beingness. Having not known them, a soul cannot flow into My *infinite* Life.

“I send growing souls to the world of earthly concerns and passions, where they acquire experience and strength. By going through many life situations, by getting involved into various earthly affairs, they have to grow and to mature.

“With time every soul has to develop a desire to stop being a part of all this worldly activity and to separate itself from it, by starting the search for Me.

“This aspiration of soul means that its *desire of Freedom* has ripened.

“Yet, striving to break away from the earthly, the soul does not know yet what the true *Freedom* is. The soul continues to live with earthly standards and concepts. Therefore, I guide the quest of such souls. I know the Path to the *Freedom!*”

“This Path leads from the state of limitedness – to My *boundlessness* and to the *infinity* of beingness in Me.

“So, the soul has a difficult task: to break away from its habitual limited earthly form and to become boundless and infinite.

“When this transition happens and the soul does not separate itself from the entire *infinity* any longer – then it becomes truly *free*.”

“Eaglestform, tell us please about Yourself, we know almost nothing about You.”

“A long time ago I was embodied in India. I grew in the traditions of Krishna. In that incarnation, I cognized Nirvanic states. Only one step separated Me from Mer-gence with the Creator...

“I became an Avatar in the next incarnation in the north of the South American continent.

“... I lived in a mountain region near the border between Venezuela and Brasilia, in the middle of the nineteenth century. My father was a Spaniard, a descendant of the conquistadors, My mother was an Native American. They loved each other...

“The life of a mestizo was not easy. I was not accepted by Native Americans: to them I was a despicable mestizo. I was not accepted by white people either: to them I was an ‘Indian bastard’, a ‘half-blood’...

“In childhood I could not understand this attitude. I could not understand why people hated Me...

“And I strove to win the respect of playmates with My qualities. I was not just brave or strong – I could risk My life for the sake of moments of glory and attention.

“Sometimes boys even made a bet that I could climb a steep cliff without ropes or cross a mountain river in a place where doing it was dangerous for life. They win money from each other, while I, in the situations of extreme risk, entered the state of deep *calm*. I felt every stone I could step on. I felt beforehand every movement I had to make. I felt a wonderful clarity! It was the state of clarity and *calm*, of special detachment. I called it *the feeling of the spirit of death* – *duende* in Spanish. It comes when you walk along an edge of a precipice without violating the *Laws of the Spirit*. I did not know, that in reality it was the *Spirit of Life*. In those moments I did not think about death or glory. I simply lived *in the time of the Spirit*.

“Despite being famous thanks to such ‘feats’, I remained alone... The loneliness among people depressed Me...

“Often I went to the mountains: there My loneliness did not depress Me. There I felt freedom. There I was not alone: there were the mountains, and they ‘understood’ Me. And I knew their harsh customs – and their great beauty! All who lived in the mountains knew the *rules of the Spirit* and respected Him. They also respected plants growing over precipices, birds hatching their young, animals hunting there. I too respected all of them, respected their freedom, their right of life, and even the right of a puma, for example, to try to take My life... And they also respected Me.

“I did not believe in the existence of ‘God of whites’: it was only painted statuettes, worshipping them did not help anyone. I also did not believe in the gods of Native Americans. Yet I believed in the *spirit of death* because *it* was real for everyone: neither whites nor Native Ameri-

cans could avoid meeting with it. It had power over Spaniards, Native Americans, birds, beasts. I did not know at that time that it was the *Spirit of Life*, but I could see how Its *Wing* touches souls sometimes and reveals their essence...

“I began to work as a guide in the mountains...

“A guide is the one who walks ahead of others and leads them, the one who finds a firm foothold and tries its security, who is responsible for the lives of people walking in the group...

“I knew all the trails. I could translate from Spanish or English into the local languages of Native Americans: My father was a well-educated person and taught Me many things. I guided both expeditions and single travelers in the mountains...

“From then on, when I guided people, new feelings came to My life. I had to feel not only Myself and the path but also every person in the group: an error of anyone of them could result in the death of all...

“... Living on the edge, at the limit – when there is no place for doubts and wavering, when thoughts and deeds have to be in absolute unity with each other and when only this unity makes possible the accuracy of actions and quickness of the reaction, when a wrong movement could result in death – thus I lived in My last earthly incarnation...

“I was a *Wayfarer* and was always alone, from childhood. First I learned to be one-to-one with Myself, then – with the mountains through which I guided people. I lived one-to-one with the death, which heightened to the utmost all the strengths of the soul. I could find satisfaction only in the moments of utmost tension.

“The mountains, people, and I – all became one whole to Me. I was well self-satisfied...

“... Yet the time came when My self-satisfaction based on the human ‘I’ as the center of everything had to be replaced with ‘God-satisfaction’ where the only ‘I’ is the ‘I’ of the Creator...

“... Have you ever watched a sunrise in the mountains?

“At the top of the highest mountain there was a plateau. Sometimes, I rose there. From it, there was a spectacular view – everywhere, up to the horizon, there were mountains with smooth tops, steep slopes, and bottomless precipices. And above them there was the boundless sky which as if lied on the shoulders of the mountains. When the Sun rose, then everything: the blue sky and the mountains became suffused with sunlight. Everywhere there was only light, majesty of calm, expanse, and – freedom! And in absolute quietness, one could understand the smallness of oneself in front of the infinity of the universe!

“... Once, when I was going back alone, intuition let Me down, or to put it correctly, it was time for Me to meet the *spirit of death*...

“I fell down a precipice... My body broke... I thought that I had died... Yet it was not death, it was... – Life!

“I fell into boundless Light... In it there was no body, there were freedom and joy of Beingness, the fullness of Life, the shining of joy in the infinity of Light!

“The death of the body did not come. For a long time I was between death and life... I came back to the body for a moment, then dived again in the Light... I glided between these states through a kind of passage similar to a tunnel in a mountain filled with water... On one end of this tunnel there was an entrance to the body, on the other end – an exit to the *Ocean of Light*. Yet these movements were done not by Me: He did them for Me...

“I did not want to come back to the body. And I embraced with Myself the entire Light striving to remain in It

forever...

“And then suddenly I rose above the *Ocean of Light* like a giant mountain. I felt Myself entirely: I was living, real! I had a face and arms, I could see, move, I was fully self-aware! I could also submerge into the *Depths of Light* from which I had risen as a *Mountain*...

“Great *Calm, Power, and Understanding* filled My new being. I was in *Unity with Everything*.

“... My body looked tiny. I tried to pull it into Myself but did not manage. Then I understood a suggestion of the *Great Primordial Light*, understood it without words, as I used to understand formerly Him Whom I knew as the *Great Spirit*. I submerged into the *Depth* where there was only the *Primordial Light*, dissolved in It, and began to fill with It from the *depth* the passage to the body and then the body from within. And then a miracle happened: the body was healed!

“... I spent a lot of time in this unbreakable *Unity*. I cognized Higher Truths in the *Primordial Source*, being submerged directly into the knowledge of answers: into the knowledge of the Laws of God, the Laws of Beingness!

“Now – the *Great Light* was looking with My eyes. It was looking at people, including those who never liked Me, – and Love of the *Great Light* was flowing to them. And I understood that it was My Love, that I could not live in any other way than becoming a *guide* for them – a guide leading people through the *precipice of death* to the *True Life*.

“... I returned to people and began to teach them that life does not end with the death of the body: that there is the *Higher Justice*, which we meet beyond the threshold of death. I learned to see states of souls and bodies, causes of diseases, and many other things. I saw that anger, aggression, hatred make the energies inside the body dark – and such people could not be healed. Only deep repentance and change of the very essence of the person

could help. I saw the shining of the states of love and tenderness – transforming, allowing one to submerge souls with such qualities into that *Light...*

“For a long time I taught this – the Laws of Love, the Laws of Life!

“I keep on doing this work of Mine!

“And now here – I am so glad to give you the last steps of the Path! It is a rare fortune!”

Juan Matus (don Juan)

“Many people on the Earth, who become involved in religion superficially, believe that their ‘religious duty’ is to weep.

“Yet, spiritual warriors neither weep, nor complain, nor pity themselves. They see their own defects and – without stopping to fight – get rid of them once and for all!

“When we are concerned *only* with seeking our defects and grieving about our imperfections – we miss the opportunity to perform a really serious work on helping people and developing ourselves.

“We have to be able to take our attention off the personal ‘I’ – and to look at the One Whom we love! We have to learn to live and to act by His example and follow His precepts!

“We have to ask Him to help us to understand our mistakes and to reform – yet, we should keep in mind that the success depends, first of all, on our own efforts.

“And the main thing – we have to change our attitude towards events which look unfavorable to us. We have to learn to regard them from His standpoint, i.e. from the standpoint of the Evolution of the Universal Con-

sciousness and spiritual growth of individual consciousnesses on the Path to Him.

“... Do you know, for example, how to master the art of perfect control over matter? It is very simple! One has to learn to laugh!

“I like to laugh! Do you want Me to tell you about the *laugh of Nagual*?

“Spiritual warriors from the very beginning must learn the *laugh of Nagual*: they laugh at their own vices and thus make them burst like soap-bubbles – vices burst together with the inflated *feeling of self-importance*!

“Many people believe that it is weapons that make man strong. This is wrong! It is *laugh* that makes man strong! The laugh of Nagual turns the envelope of the ‘I’ into nothing. The only thing one has to add is *calm* and *love* – and then... There is only *infinite, flowing, free consciousness*...

“Search for *personal power* is just a hook, a trick which the *One Power*¹ uses for ‘catching’ and teaching them who do not hear when they are told about Love... or Tenderness...

“If they do not learn this from the *Power*, they are not going to progress...

“There is the following law: the *Power* does not belong to anyone, only you can belong to the *Power*.

“The *Power* just is, and It is the *Power of Love*.

“When you gain *Freedom*, you just merge with It into *One*... Your desires and the desire of the *Power* become the same, your choice and the choice of the *Power* become identical...

¹ God.

“They who try... to ‘command’ the *Power* fall into Its trap. The *Power* catches them by this desire, and they become Its tool, even without knowing about this. They live as the blind, stricken by the *feeling of self-importance*, and may never become sighted.

“And the process of growing coarse power can become irreversible like a cancer process...

“... On the other hand, the ability of laughing at one’s own vices, making fun of them is the first step to the real merger with the *Power*!

“They who have learned to laugh so that their vices, which they laugh at, cease to exist – they are about to perform great deeds!

“The spiritual warrior can laugh only at oneself and never makes fun of other people!

“From the state of union with the *Truth*, the warrior looks at his or her own imperfections and laughs at them! And when there remains nothing of them – the warrior becomes *Everything*, becomes a true Nagual, the warrior’s laugh unites with the joy of Beingness, with the *Freedom* and *Power*!

“Then the warrior gains the ability to affect the particles of the *Great Whole*, removing everything that prevents the joy of beingness, prevents the *Radiant Light of the Power* from becoming manifested in others – in those who entrusted this warrior to be their leader, their Nagual on the Path to the *Freedom*.

“See how beautiful the *laugh of Nagual* is: it heals souls, ridding them of burden and pain, it makes them capable of *flying* into the *unknown*...

“Do you understand now the basics of the art of perfect control over matter?

“When you have mastered this, I will tell you further... And do not forget to put on *My hat*²: this can help.

“... Impeccable acting of the spiritual warrior in interaction with the *Power* fills the warrior’s life with special acuteness and silent passion.

“And the life of Nagual becomes a *manifestation* of the action of the *Power*.

“One can learn wisdom in universities – and this is good. Yet, one can and should learn the higher Wisdom interacting with the *Power*. When you seek solutions for the *Nagual’s party*, when you find methods for teaching the students – you gain Wisdom.

“Genaro and I are Those Who live and act, and not just speak about this. We have always lived and live now a life filled to the brim with the state of impeccable Love and Power.

“Feel this state of Nagual’s life in the moment of ‘now’, feel that the Power of God fills every moment, everything:

“... This burning campfire...

“... The quietness of the forest...

“... Earth under your body...

“... This *place of power*, which allows one to cognize the living consciousness of the Earth... and further, deeper... even deeper..., where there is only Great Love and Power of the Creator!

“... This cannot be conveyed to others by means of words. This has to be ‘tasted’: as one bites off, chews, and swallows a piece of bread – only then you can *know* it.

² “To put on the hat of don Juan” is one of the powerful meditations given to us by Juan Matus.

“Such is the spiritual Path: if you have chosen it — walk it! Then every moment of life in interaction with the *Power* becomes an invaluable experience for the soul.

“In the life of true spiritual warriors there are no holes, they never feel bored, cannot be depressed by past failures or worries about the future. The spiritual warrior has only life to live and lives it to the end with maximal efficiency, with full awareness of the Goal, with full responsibility for his or her own decisions! And then the *Power* fills this life to the brim...

“You can be the *Hands of God* if you do not separate yourselves from the Ocean of the Creator. It is the Ocean of Love-Power that pervades your bodies and cocoons and manifests Itself through them. We called it — kindling of all emanations of the cocoon, aligning their energies to the subtlety of the Primordial Plane.”

Genaro

We walk a forest trail for a long time, then cross a small swift river by an almost decayed wooden bridge. After the river, there is a pine forest — a favorite place of don Juan and Genaro. Here don Juan taught us to *wear His hat*.

After walking several tens of meters, we enter a space which is filled with laugh sparkling with joy — it is Juan and Genaro greeting us.

... What is the *laugh of Divine Teachers*? It is soft waves of goldish sparkling *Light* that rise from the universal Depths and spread like rings on the water. They enter into you and fill the consciousness and the body with Their joy and bliss!

This is how They both laugh.

“Do you see how it is easy when one is joyful and does not lose heart?!” jokes Genaro. “And the *Divine laugh* makes man also kind! Once you merge with Me and dissolve in Me – there is no you, there is only *My laugh*, there is only I!

“You love Me – and merge with Me. But I also love you – and merge with you! Mergence can be only mutual and voluntary. Any deviation from this rule is violence!

“In order to achieve absolute fullness of Mergence you have to become *like-minded to Me...*

“It is very hard to cleanse and enlighten the mind. In order to become *like-minded to Me*, one has to begin with throwing out from the head all habitual, old stereotypes, which are easy to use, – the stereotypes of thinking and behaving. The spiritual warrior has to make the mind open for receiving *new*.

“One needs also courage, power, and knowledge.

“You begin to live *really* only when you stop interacting with the outer world through your ‘masks’ and stereotypes. They are offered to you by your mind – the creator of your lower self...

“One has to learn to perceive the outer world with the ‘naked consciousness’, cleansed from the traces of the lower self – to accept the world as it is in reality and not in the mind!

“... There is a trick of awareness which gives you a key to the *Freedom!* It is the ability of being aware of oneself not as a body. This ability brings one to the freedom from the body – from this dense material container of the soul.

“First, one has to know that he or she is not the material body. Gaining practical experience of this kind means the first encounter with the world of *nagual*³.

³ With the non-material world.

“For many people, however, this stage becomes the last one: one needs courage to choose to go further on the Path of Freedom and Knowledge, of Love and Power! There is no place for vain curiosity on this Path. Cowards and ditherers, sluggards and egotists cannot withstand the *Freedom*: the *Freedom* destroys them, wipes them out, rips them! It is like a rocket engine, which should not be attached to a child’s bicycle.

“The *Freedom* sets down its condition which don Juan called *impeccability of a warrior*. Every non-impeccable step on this Path can become a complete failure, one has to keep this in mind.

“One has to know an important point: after a certain stage, spiritual warriors cannot return to the ordinary life. They can live only as warriors. After a certain moment, there is no way back for them, there is only the way forward!

“But the freedom from the body is only a fragment, it is only a part of the *Freedom of Spirit*.

“... The freedom from the body cannot be achieved at once.

“There are methods – and you know many of them – for moving the self-awareness within the body and then outside it...

“One has to become absolutely free from the material body! This freedom cannot be taken away in prison, it does not disappear when death comes...

“The *Freedom* is a possibility to move – at your will – to the world which you choose. It is also the freedom to stay there if you want it!

“Let the world which you choose become ‘assembled completely’! Let the *Primordial One* become more real than the world of material bodies! In the same way as you had to master the strata of the Absolute, to learn to assemble in each one of them the entire world of that

particular eon – in the same way this deep stratum of the universal Beingness – the Beingness of the Creator! – has to become not just a reality which you know, but you have to *learn to live* in it!

“The farther from the body you move – the easier it is for you to perform.

“And then – *there* – you have to grow!

“You have to become so large in the Abode of the Creator that you *cannot be contained* in the body and in the other strata of the Absolute!

“For example, you cannot now put onto yourself a baby suit which you wore in childhood. Even if you try – you cannot do this! The same happens if you have grown yourself *there* and habituated yourself to living in the Primordial Consciousness! Then comes the moment when the old perception of the world does not fit you, however hard you try to ‘put it on’!

“And then you have to do a little: just to treat the energies of the material body... The body has to become completely identical – by the quality of the energies – to the world where you want to go. This allows you to disappear entirely from this world and to ‘assemble’ completely the other one!

“A perfect Nagual has the freedom to move to any world which He chooses. This is omnipresence, the freedom to be where you want. This is the freedom to be *Everything* and to move the concentration of Yourself inside Yourself – Universal, Boundless! At that, the center of Yourself has to remain in the *Home*: in the *Home of the Primordial One*. One should never forget about this rule!”

“Genaro, what can You advise our readers concerning how to rid oneself of the *feeling of self-importance*? Please, tell us how it was in Your case?”

“The *feeling of self-importance* disappears when the *mystical death* happens: when you die completely to eve-

rything worldly. How can it be achieved? Only through self-control, unceasing control over one's own indriyas. It is the indriyas that bind one to worldly things.

“Disappearance of the feeling of self-importance brings one to the loss of the human form.”⁴

“Yet, it should be noted that the *feeling of self-importance* has positive aspects.

“In the beginning of the life path, this feeling is necessary, one cannot develop without it!

“It is due to ambitions that people try to become better, cleverer, stronger. And it is out of the desire to be loved and respected that they perfect themselves. This is the first positive point.

“The second point is that you cannot train a person who is devoid of the *feeling of self-importance*. An absence of this feeling gives one *psychological invulnerability*. How can you guide or correct such a person if in him or her there is nothing to ‘press on’, to ‘strike to’, to ‘filip on’?”

“Genaro, could You share with us Your own experience?”

“I was always of an ‘easy’ temper, others have an ‘ill’ temper. But the *feeling of self-importance* is present virtually in everyone, it is just its outer forms that are multifarious.

“Once My Teacher told Me that I would be a powerful sorcerer when I would rid Myself of the *feeling of self-importance*. I believed Him and devised a plan how to fool this quality in Myself and become free from its control. I tried – and did not allow it to act. Among other means, I

⁴ Explanation of the terms can be found in the chapter *The Teachings of Don Juan Matus*.

devised the following tactics: to not exult at My success and to not become despondent about failures.

“For example, when I succeeded in something and was about to inflate out of pride, I had to look at the situation from such a far distance that nothing could be seen.⁵

“In other words, when the *Power* ‘rolled over’ Me creating certain situations and I was about to inflate with pride or anger, I had to move immediately outside of the *cocoon*, outside of *Myself* and merge with the rolling *Power* into one.

“But do not think that ridding oneself of the *feeling of self-importance* is the acme of perfection. No: it is only the beginning of the next part of the Path...”

Silvio Manuel

“I, Silvio Manuel, tell you: only a daring person can walk confidently on the Path of knowledge! One has to have a venturesome heart to travel to the Unknown!

“I, too, followed such a Path. Having set out on a sorcerer’s journey to the unknown worlds, I never thought about returning to the worldly. I strove only towards new unexplored expanses awaiting Me on this Path. A life filled with sorcery and new worlds – drove Me forward!

“But as I advanced, I gained Wisdom. And I turned from a ‘restless’ sorcerer-traveler striving for the unknown worlds – into a *Calm*, which embraces everything.

⁵ It is about the meditative location of the *assemblage point* – the area of concentration of the consciousness. This can be fully accepted and realized in practice only by those spiritual practitioners who have a sufficiently large and strong consciousness, which can freely act far outside the body.

“Gradually I gained understanding of the true Goal of the Path, granted to Me by the *Power*.

“And one day I moved from the state of a separate self – into the state of the Higher Self and became the entire boundless *Light-Power*.”

“How did You manage to attain everything in one lifetime?”

“It was the only purpose of life for every one of Us. Seeing unbelievable prospects open to Us, We discarded from Our lives all the rest, let go of everything that We ‘clung to’ before.

“... In relation to this, let Me tell you about *detachment* – an essential attribute of a warrior’s life.

“*Detachment* implies two things: a system of values revealed to the warrior by the Spirit and resolute adherence to this system.

“To have detachment means to walk through your life not as if through a bazaar, idly looking here and there, but to move forward taking every step in accordance to this system.

“Don Juan said about the same when He explained to Castaneda that spiritual warriors have to plan their actions asking advice from death.

“And one more thing: sad is the future of those who do not seek companions, do not take others on the journey! Spiritual warriors weaken, faint if they have no one to fight for!

“First, the spiritual warrior fights for oneself, then – for others, and grows thanks to this. A warrior who has no one to fight for weakens and soon dies a natural physical and spiritual death.

“Therefore, one must fight!

“I invite you to *My Depths!*

“But do not try to entice people into Me!

“The Freedom which lives in My *Depth* is the highest reward only for those who truly strive for it and are ready to pull themselves out of the commonness and limitedness.

“Do not entice anyone into Me! I receive in Me only those who desire to live with Me, in Me – and not for a moment, but to unite their lives with Me!

“As a water current flows around all obstacles and runs to the *depths*, so you – pursue your course and do not turn back!”

Juanito

One calm sunny day, being on the seashore, we noticed a Mahadouble of a Divine Teacher over a glade. As always, we began the acquaintance by asking His name. He resisted for some time:

“Why do you need it? It is not important!”

But then He “gave up”:

“Juanito, a young Native American Chief in the last incarnation.”

“When was it? At the time of Spaniards?”

“No, it was before the Conquest. I was the Chief of a small tribe in Mexico.

“It was a tribe of explorers of the nagual. And it was the tribe’s way of life – to expel unworthy people and to invite worthy ones from everywhere, from all other tribes. This was the kind of ‘tribal’ spiritual School we had! In the history of this tribe, there were always about 100-200 students.

“Then the Conquest began, and we all were shot dead...

“And now – I remain alive and am with you!”

“Have You ever been with us before today?”

“Every time you met don Juan, I was nearby. I like this place especially!...”

“What about Mexico?”

“No, there remains no such person...

“And here – on every clear day, I admire the rising and setting of the sun!

“And I dream that every person from any corner of the planet could come here and develop spiritually!”

... We ask Juanito what, in His opinion, is most important for us now.

He shows the meditation the *Hat of Juanito* and says, laughing:

“Look at the Freedom! You have to look forward: at the Freedom!

“Realize also that I remain always That What I am, independent of the conditions occurring on the material plane. You, too, have to master this: to be Me independent of what happens around.

“One of the aspects of the *art of action* is that if spiritual warriors happen to be in adverse conditions, they never merge with them but always remain true to themselves. It is not *places of power* on the Earth’s surface that have to dictate you who you are, but rather you have to remain that which you decided to be – independent of the energies of the surroundings and other influences!”

“Juanito! Tell us please about Your Path to the Creator, about Your tribe, which imparted from generation to generation the knowledge about spiritual methods that

allowed one to cognize God! How did You learn, how did You help others?”

Juanito smiles with His whole Calm of the Consciousness, which gently envelops us from all sides... From this transparent Calm, images begin to appear and words flow softly...

... Warm calm night... A fire is burning. A young Native American Chief is sitting motionless and looking at the fire not with the eyes of the body but with the eyes of the consciousness. Nothing disturbs the calm except the quiet crackling of the fire and distant cries of birds...

“Every member of the tribe learned to be ‘invisible’,” Juanito began His narration. “It was accomplished through gradual mastering of the methods of *total reciprocity*. (Of course, we called it by a different term). In order to become ‘invisible’, one has to learn to merge with the surroundings in deep calm. Of course, one could not master this when ‘living in the head’: dissolving and merging is possible only from the lower *bubble of perception*.

“For hours the student could be mastering the ability of *becoming one* with stones and rocks – and then the steadfastness and stillness of cliffs became such an experience of the consciousness that to spot the body of such a person, looking at it from a distance, was almost impossible...

“Then – trees, forest... Embracing the space with the consciousness, the student would disappear, the student’s body would merge with the surroundings and not stand out against the background.

“Staying in calm-mergence taught students love. We had no special techniques for opening the spiritual heart, but we knew that man’s spirit abides in the center: where the source of breathing and the heart’s rhythm are.

“Then one had to learn *moving* in this calm. We chose animals whose movements were the most soft and grace-

ful. And the student learned the ability of looking like one or several animals: to move softly, to see and hear the surrounding space with the consciousness, to give with the consciousness signs to others and to receive signs from them... If one stays with the consciousness in the lower *bubble of perception* and tries to see something which only an eagle can see from such a distance, then gradually one gains the ability to see with the consciousness that which cannot be seen by the physical eyes.

“Then, worthy students were initiated into *young Chiefs*. Becoming tutors for beginners, *young Chiefs* could learn to feel the students as clear as themselves, could learn *love-care*. At the same time, they could gain the ability to perceive the *Higher Chiefs* and the *Supreme Chief* – the Great guiding Power, the Supreme Will.

“*Young chiefs* also mastered the ability to see and hear in the *space of the Spirit*. *Seeing*, i.e. perceiving with the consciousness, leads to knowledge, to understanding the essence of what you see and hear.

“In this way, gradually, students came to the direct perception of God. And then it was simple – as in your case: the methods of the final stages are not much different between different spiritual Schools, only their names differ in different languages. And the ability to dissolve and be that which you merge with – provided remarkable results: the transfer of the *self-awareness* into the world of the *Spirit*, the world of the *Power* could be accomplished very easily.

“In this way, we helped consciousnesses to move to the worlds of the Holy Spirit and then – to the Abode of the Creator. And Every One Who achieved the *Freedom* became a *Guide* leading others to It...”

Eagle

“I like the name *Eagle*. Eagle means much to a Native American...

“The eagle knows the freedom! The eagle knows the flight! The eagle lives where there are only the wind, the sun, mountains, fathomless precipices, and – the freedom!...

“The eagle is born free and dies free! It is born to fly, to live its life soaring over mountains! Uniting the wings with the wind, the eagle gains the power which allows soaring!...

“And when death comes – the eagle knows beforehand the time of its coming. The eagle rises high to the sky, for the last time, – and casts off the flesh unneeded from that moment on. The eagle continues living in the spirit, soaring above the tops of mountains illuminated by the rising sun!

“... I like the name *Eagle*. The Warrior of Spirit can be likened to an eagle! The Warrior of Spirit is born to live free and to die free! The Warrior of Spirit unites the *Wings of Spirit* with the Power of the Creator – and learns to soar over the world of matter, being guided and supported by this Power. The Warrior of Spirit soars through the *current of Eternity*, and the Power of God manifests Itself through the Warrior’s body. The Warrior of Spirit glides in the Infinity and Eternity of life, bound by nothing but Love, and united with the Power by this Love!

“... The Warrior of Spirit knows the time of the death of the body and casts off the flesh, needed no longer, a moment before the body would die due to other reasons.

“But one can achieve even more: by uniting the *Power* with the material body and igniting the *Fire from within*,

the Warrior of Spirit can turn the matter of the body into Spirit!”

* * *

“Eagle, teach us please the language which could appeal not to ‘romantic women’ but to souls who are ready to receive great initiations!”

“Mountains speak the language of silence. Through their greatness they express their essence!

“With the flight of freedom speaks the wind to those who have spread their wings!

“With souls ready for Higher Initiations, God can communicate without words. It speaks to them with His *Touches!* And when such a soul partakes of the *Unity*, it begins to aspire to the permanent *Mergence*.

“The words are needed not more than the murmuring of streams, than the whisper of the surf or rustle of the wind through the leaves.

“When God speaks to a soul walking the Path, He speaks the language whose words are but a reflection of the *Great Love* between the soul and God!

“... One can submerge a mature soul into the Abode of the Creator with the help of your methods in one month or a little more...

“But to smelt, to remake, and to grow souls who are young, to teach them to be one with Me, shedding the clothes of egocentrism, overcoming the *human form* – this requires years of arduous efforts. It can be likened to carving a sculpture out of a block of marble: one has to chop off everything unnecessary – and then there remains only the clear Atmic Essence – the Higher Self.”

“Eagle, tell us please how did You perceive Yourself when You were incarnate among Native Americans.”

“My body was filled with the *Power*. To Me, there were no insuperable obstacles. I regarded all obstacles just as something to overcome!

“In My incarnations, I was never absorbed in the problems of earthly life. I never ‘reduced’ Myself, as many people do by getting bogged down completely, i.e. with the whole consciousness, in a situation of an earthly problem and thus ‘jailing’ themselves in this situation.

“The *expanse* was My ‘home’ – from the state of *expanse* and *totality* I performed My deeds.

“I never fell into the trap of illusion that the earthly plane was the only world where I lived. For Me, this world existed only on the surface of the boundless Ocean of Beingness. The Life of the *Ocean* was My true Life. From there I acted.”

“But how did You manage to live in a body and to retain, at that, the awareness of Divinity?”

“I never reduced Myself from being the *Ocean* – to the earthly life alone, never deluded Myself by making various earthly situations My only ‘space of existence’.

“You switch your awareness from Me to the earthly life when a particular situation or problem becomes to you more important than life in Me. Then this situation seizes your attention, and you get drawn into it with the consciousness.

“If you want to take the consciousness off the problem, just direct the look of the consciousness from your anahata backward – to My Infinity – and submerge into It.

“Interacting with the material plane, do not regard yourself as the person you were formerly: a small man involved in the worldly affairs! Strive to retain the awareness of *My Beingness!* I gave to you the expanses of nature not to make you feel small amidst it but to help you feel how large you are!

“When I perform My deeds on the Earth, they reflect My *Unlimitedness* rather than ‘floundering’ in the sea of worries.

“... Every anahata developed to the Divine level is a hole leading into the *Depths* of Me, i.e. to the ‘bottom’ of the depth of the multidimensional space. In principle, through every such a ‘hole’, one can enter My *Depths* and cognize Me. It is also important to know how to expand, having passed through such ‘holes’. This is the basis of everything, as every one of you knows.

“... Understand also that I am *not dependent* on any outer conditions, whatever they might be. *Everything* lives and develops *inside Me!*

“Behold My controlling Hand in every event and accept My Will, without leaving the state of Mergence with Me! This is the way to cognizing the *Oneness* of everything existing in the universe.⁶

“... And one more thing: you have to create new ‘nests’ where My nestlings can grow and then become Eagles! This is your task!”

* * *

... An early morning in autumn can be wonderfully calm and transparent! The morning freshness and purity around us is filled with tender light of the sun and gold leaves of autumn birches and aspens. We are going to visit Eagle on one of His favorite *working sites* in the forest...

... I enter it and... fall into infinite *Light!* There are no boundaries: Infinity! Expanse! Freedom! I do not perceive

⁶ Before this, Eagle spoke about cognition of the Primordial Consciousness; in the last two paragraphs – about cognition of the Absolute.

Both have to be mastered on the spiritual Path.

myself as a body anymore! I am a pure consciousness consisting of Light-Love! Immediately I get the feeling of *wings* – it is Eagle taking me into His giant strong Hands and helping me to spread my *arms-wings*. He supports me while I am trying to start to fly.

I alternate flying in the infinite Light – with dissolving myself in Him...

“Tell me, Eagle, why is this sensation of flying so familiar to me? In childhood, I flew in my dreams, but then – as if my body was fettered: I could not rise, could not fly! But now You give me this blissful joy again!”

“In the depth of every correctly developing soul, there is a memory about the Freedom. And the Freedom can be likened to flight – flight to the unknown. It depends on how deep this memory is and on the strength of a soul’s aspiration to the Light. After all, in order to rise, to take off the ground, the look of the soul has to be directed to the sky!

“Do you know from where the wings of birds grow? They grow from *anahatas*! To rise, to soar high, one has to have wings, and to have wings one has to have an *anahata*! The wings are an instrument by means of which one can rise and glide over the world of matter, but the carrying power is the power of love!

“One must also learn to merge with all the infinite Light of the Creator, abandoning one’s separateness and becoming Him – the Living Consciousness of God! And this can be done only with a consciousness consisting of Love.”

... I merge with Eagle, submerge into Him completely and dissolve: there is no me, there is only Him! Or I can fly with the help of the *arms-wings* of the consciousness! Love and power, united together, spread the wings! Infinite Bliss!

... Eagle begins His next lesson...

Behind my back, there are large wings made of subtlest light.

Eagle teaches:

“Feel yourself one with these wings! Unite with them! Feel their strength!

“When your wings strengthen and you are not afraid of winds, your flight will be the flight of Power and Freedom.

“This is My gift to you – the wings of light. Become aware of them, accept them, and fly!⁷

“You do not have to be afraid of anything: all the Infinity is Me!

“You cannot fall anywhere because all space is filled with Me!

“Become aware of My omnipresence! Submerge into Me!

“The only sacrifice that you have to make is your limitedness. Erase the boundaries of the individual ‘I’ and realize all the greatness and power of My Freedom and Love!”

“Eagle, will You please tell about Your past? How did You grow from an ordinary human to Divinity?”

“I did not attain Divinity on the planet Earth. I came to the Earth being already an Avatar – a Son of God. As other Sons of God, I came to the Earth in order to serve the Evolution on this planet, young at that time. My territory is North America, I embodied Myself there several times among Native Americans.”

⁷ Here, Eagle means flying not by the material body but by the developed consciousness.

“Eagle, how did You teach Native Americans cognition of God? I always respected Native Americans, considered them strong and noble.”

“Among them there are very different souls... But the quality which all Native Americans develop from childhood is living in accordance with the laws of nature.

“Native Americans are an ancient civilization, and their worldview in those old times was quite different from the modern one. I taught them to perceive the world as *One Whole Organism*. I taught people to respect every life, taught them to live and to act on the Earth impeccably, without disturbing the harmony, balance, and beauty of the environment. From childhood, a Native American learned to listen and understand the world around – the sun, the stars, the wind, the forest, the rivers, the lakes, the animals... Native Americans learned to follow the laws of nature in their life, they understood that by violating these laws one causes unnecessary pain to the living.

“Teaching Native Americans was easy! They, in contrast to the modern Europeans, did not ‘imprison’ themselves in stone houses, were not ‘shackled’ by dogmas about the structure of the world. Native Americans felt themselves an integral part of nature, their home was the boundless forest, rocky mountains, blue lakes, waterfalls. The state of *mergence with nature* was very natural for them!

“Crossing a river on a pirogue, walking forest trails, Native Americans felt themselves one with the wind, water, mountains, birds... Since their young age, they knew that the body is but a small fragment in the world of matter, that it is not more important than pines swaying in the wind, than clouds floating in the sky, than squirrels frolicking in trees or fishes swimming in waters.

“How did I teach them? In the way the same as I teach you. I taught them to fly! I also taught them not to follow only one’s own power, but first of all – love and wisdom.

“Gradually, as disciples matured, I showed them that the world of matter is not everything that exists, that the picture of One Whole World is much richer. And if there were those who walked steadfastly the Path of Love and learned to create beauty and harmony with every act, I took them with Me into the flight to the World of Spirit – by taking them out of their bodies.

“And they began to see that everything around is pervaded with Light, they learned to feel themselves as one with this Light. It took years to master this, and for some disciples – lives.

“Not everyone but only the brave ones who were ready to go further to the Unknown could come to the next step – ‘a jump into the abyss’. I did not have to seek *places of power* for this: I could create such a place with My power of the Consciousness.

“And at a certain moment, I opened wide the ground in front of those brave – and rose from the *Fiery abyss* as a shining *Fiery Divine Eagle*. In this way, I opened with Myself an entrance into the Abode of the Highest Spirit, into the world of the *Divine Fire!*

“Only those with a pure heart, who were not afraid of the *Fire of the Creator*, jumped *There*.

“And they who jumped never came back as they were before: they returned from this *Fire* renewed – returned to gather their strength – and to jump again.

“And some day, impeccable disciples made their last jump and became consumed completely by the Fiery Consciousness of the Creator. Thus, from age to age, new Sons of God were born in the Native American land.

“... I came to the Earth many times – because otherwise people would lose the Path to the *Freedom*, the Path to Me! I dressed My Spirit with a material body and came here. I explained by this that I am real, that I am cognizable!

“All the Infinite *Power* that I can manifest with Myself – is God! When you lose your confidence in Me, you lose the connectedness with this *Power*, but My *Power* is always ready to be merged with you!

“You must submit yourself fully to the Will of God and have absolute confidence in His *Power*, which is present in you as well. If you do not believe in My *Power*, which can be manifested through you, you cannot perform anything great, you cannot seriously help anyone!”

“Eagle, I would like very much to give people something from You!”

“Give them the sun! Give them the rising of the sun over the earth!

“Give them also the *Fire!*

“There is the fire of a home hearth, there is a camp-fire, their flame warms bodies...

“But you should give them the *Fire* brought by God to the Earth – the *Fire of God’s Love, the Fire of the Heart!*

“Give them the sky and Heaven! Give them the boundless blue of the sky and the clouds illuminated by the rising sun, resembling a trace of My *Wings!*

“Give them My *Depths!*

“Give them the *Mountains!* The *Mountains* whose tops reach for the sky and whose bases rest in the *Depths of the universal Divine Ocean!*

“Give them the *Freedom!* Give them, at least, the knowledge that there is the *Freedom*, that it is possible!

“Give them the *Wings* and the aspiration to *fly* with Me, to Me!

“Give them My *Love!*

“I can teach you an unbending will and unswerving intent of the Warrior of Spirit whose main goal is to attain the highest *Freedom*: the *Freedom* to cognize God, the

Freedom to stretch the *wings of Love*, the Freedom to dissolve oneself in the Ocean of My Beingness!

“I offer My help to you every day and every hour of your lives! Call Me when outer difficulties become too hard – and I will come to you with all the infinite power of My Love!

“Be aware of the *Flight of Freedom!* If you have become a *Heart* soaring in the Ocean of God, growing and living in interaction with Me – then the Path of growing into Me becomes open for you!

“... By the way, White Eagle⁸ is not a myth. It was God Who once again came to the Earth in order to bring the *Fire of the Heart* to people and to open for them the way to Heaven – the *Way of Freedom!* This is a Gift of the Heavenly Father to people!

“Everyone can accept this Great Gift! Everyone can possess it! – but... only if one gives it to others!

“... The *Freedom* is near! I open the Shining Path to it – the Path of impeccable Love!

“... I will rise over the earth together with the sun... Come to Me! I appoint the meeting at the dawn. I will teach you the kindling of the *Heavenly Fire* – the *Fire of Love!* I will rise with the sun as many times as necessary, I will do this always!

“I will wait for you on the way to *Home!*

“I will walk nearby showing you the Path!

“And when you arrive *There* where there is only I, the ‘Sun of God’ will obtain one more ray.

“Then *You*, too, will be able to rise together with the sun – *You* will become a *Young Divine Chief*, and I will add another feather to My headdress...

⁸ In one of His incarnations Eagle had this name.

“I am waiting for you!...”

Bibliography

1. Castaneda C. — The Teachings of Don Juan: A Yaqui Way of Knowledge. “Pocket Books”, N.Y., 1966.
2. Castaneda C. — A Separate Reality: Further Conversations with Don Juan. “Pocket Books”, N.Y., 1973.
3. Castaneda C. — Journey to Ixtlan: The Last Lessons of Don Juan. “Pocket Books”, N.Y., 1976.
4. Castaneda C. — Tales of Power. “Pocket Books”, N.Y., 1978.
5. Castaneda C. — The Second Ring of Power. “Pocket Books”, N.Y., 1980.
6. Castaneda C. — The Eagle’s Gift. “Pocket Books”, N.Y., 1982.
7. Castaneda C. — The Fire from Within. “Simon and Shuster”, N.Y., 1984.
8. Castaneda C. — The Power of Silence. “Pocket Books”, N.Y., 1987.
9. Noel D.C. — Seeing Castaneda; Reactions to the Don Juan Writings of Carlos Castaneda. “Putnam”, N.Y., 1976.

Our video films:

1. Immersion into Harmony of Nature. The Way to Paradise. (Slideshow), 90 minutes (on CD or DVD).
2. Spiritual Heart. 70 minutes (on DVD).
3. Sattva (Harmony, Purity). 60 minutes (on DVD).
4. Sattva of Mists. 75 minutes (on DVD).

5. Sattva of Spring. 90 minutes (on DVD).
6. Art of Being Happy. 42 minutes (on DVD).
7. Keys to the Secrets of Life. Achievement of Immortality. 38 minutes (on DVD).
8. Bhakti Yoga. 47 minutes (on DVD).
9. Kriya Yoga. 40 minutes (on DVD).
10. Practical Ecopsychology. 60 minutes (on DVD).
11. *Psychical Self-Regulation*. 112 minutes (on DVD).
12. Yoga of Krishna. 80 minutes (on DVD).
13. Yoga of Buddhism. 135 minutes (on DVD).
14. Taoist Yoga. 91 minutes (on DVD).
15. Ashtanga Yoga. 60 minutes (on DVD).
16. *Agni Yoga*. 76 minutes (on DVD).
17. *Yoga of Sathya Sai Baba*. 100 minutes (on DVD).
18. *Yoga of Pythagoras*. 75 minutes (on DVD).

You may order our books and films at Lulu e-store:

<http://stores.lulu.com/spiritualheart>

and at Amazon:

<http://astore.amazon.com/spiritual-art-20>

You can also download for free our video films, screensavers, printable calendars, etc from the site:

www.spiritual-art.info

See on the site www.swami-center.org our books, photo gallery, and other materials in different languages.