

RECAPITULATION

“The only advantage sorcerers may have over average men is that they have stored their energy.”

Carlos Castaneda

Recapitulation is one of the most amazing tools I have come across to gather lost energy and untangle ourselves from people and events of the past. It is also a manner in which to really and truly see how you interact with the world (all the little tricks and patterns that unbeknownst to us, define who we are). It enables us to release the past in order to be fully available in the present.

When performed in the traditional way the person recapitulating must make a list of all the people he/she has known in his/her lifetime beginning with the most recent and ending with their parents. Then this list gets broken down into categories describing all the interactions had with each individual. Another way to recapitulate is to start with a list of all of your sexual encounters since they are very energetically and emotionally charged. Recapitulating these experiences can provide a jolt of energy, which can catapult you into the next level of recapitulation (relationships, parents, co-workers, friends, etc.)

The actual process of recapitulation entails recalling each interaction you have had with the people on your list in as much detail as possible, aiming to remember the mood as well as the conversations. Inhale as you sweep the head from the right to the left to recuperate energy that you have left behind and exhale sweeping the head back from left to the right to return the energy that was left within our energy field (energy that belongs to the other person). I accompany this breath by imagining a sort of tentacle that expands out from my womb and vacuums up the energy or returns it accordingly. This sweeping breath continues until you notice that there is no energy returning to you or being sent back to the other person. This indicates that the situation being recapitulated has been completed. Then turn your head from right to left, left to right and back to the center (facing forward) without breathing. This gesture seals the experience that you have just recapitulated. You may then move on to the next one.

Recapitulation is described in greater detail in Taisha Abelar's book *The Sorcerers Crossing*. Or you can investigate it further on the Cleargreen, Inc. website page. Recapitulation is probably one of the best techniques in existence to recuperate lost energy and clean up ties or dependencies connected with our relationships. It makes the energy from our past available to us again and restores a sense of lightness to our being.