



The Teachings of Don Carlos: Practical Applications of the Works of Carlos Castañeda

Víctor Sánchez , Robert Nelson (Translator)

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Millions of readers of Carlos Castañeda books have long enjoyed the fantastic teachings of don Juan Matus, the Yaqui shaman from northern México. Now, thanks to the practical techniques based on Castañeda's writings offered here by author Víctor Sánchez--the body as a field of energy, the not-doings of the personal self, stopping the internal dialogue, the magic of attention, setting up dreaming, the warrior's greatest love, and more--you can apply these teachings to your everyday life.

The Teachings of Don Carlos: Practical Applications of the Works of Carlos Castañeda Details

Date : Published May 1st 1995 by Bear Company

ISBN : 9781879181236

Author : Víctor Sánchez , Robert Nelson (Translator)

Format : Paperback 276 pages

Genre : Philosophy, Metaphysics, Nonfiction, Spirituality

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From Reader Review The Teachings of Don Carlos: Practical Applications of the Works of Carlos Castañeda for online ebook

Justin says

Good techniques, but overly verbose

Martin Hassman says

Přišlo mi, že je srozumitelnější a přístupnější než všechny knihy od Castanedy.

Micmoc says

Essentially a practical tool to test the teaching of Don Juan.

Sara says

Having never read anything written by Carlos Castaneda, I didn't quite know what to expect of this book when a friend suggested that we read it together. And after browsing through it and reading some of the techniques, I was a bit skeptical. I'm so glad I set skepticism aside and read this book with my friend. We worked through the book chapter by chapter, participating in some of the techniques and not others, as each of us saw fit. What appealed was different for each of us.

This book gave me an excellent insight into what Carlos Castaneda's works are all about, and how they could be of use to me. Victor Sanchez is an excellent guide. Without giving details, I can say that this book has shaped parts of my present life. The technique of strongest impact for me was something called "Death as an Advisor". I got so much out of this. It helped me put my own near-death experiences in perspective and helped me see ways in which I sabotage myself in trying to live in the present moment.

I recommend this book.

Addendum 1/3/2013 - The further away from completing this book I get, the more I am aware of the knowledge and value it has imparted to me. It's a difficult and rewarding read.
