



JOINING FORCES

with the *energy passes* of Carlos Castaneda

"This energetic current coming from a mass of practitioners practicing together, which a shaman could easily see, creates a sense of urgency in practitioners. It is like a vibratory wind that sweeps through them and gives them the primary elements of purpose. I have had the privilege of seeing what I considered to be a portentous spectacle: the awakening of purpose, the energetic base of man. Don Juan Matus used to call this unbending intent." - Carlos Castaneda

This initiative follows the above original intent of Carlos Castaneda, and offers an opportunity to all people in the world who have felt energized and inspired by the practice of these movements to meet a few times a year, connect with others who also feel the same, and **join forces**.

The purpose of these Regional Practice Groups is to forge an agreement based on energy, vitality, joy and fun, a desire to share, to learn and to accrue inner silence, and the pursuit of freedom as a guiding force.

A broader intent for these Regional Practice Groups ("Toltec Groups") is for each region/language to develop their own personal identity and community, and at the same time, that we create a network of connections and growing collaborations *between* regions until it becomes a worldwide vibrant web, in alignment with an interdependent planet.

- Note from Miles Reid

Regional Practice Groups

Mexico
USA
Europe English
Italy
Russia
Europe French
Argentina
Brazil
Bulgaria
Venezuela
Europe Spanish
Europe German

Guidelines for Practices

Groups

- The project kickstarts with these worldwide groups, Mexico Practice, USA Practice, Europe English Practice, Italy Practice, Russia Practice, Europe French Practice, Argentina Practice, Brazil Practice, Bulgaria Practice, Venezuela Practice, Europe Spanish Practice, and Europe German Practice. Additional Regions will form as the project unfolds.
- Each Regional Practice Group will have as many participants as possible, who either live in that region or speak the language of the group. Any individual practitioner may be part of more than one group that fits them.
- Each Group will have a dedicated WhatsApp Group through which all practitioners of that group communicate, support each other, and plan Practices.
- Each group will organize a Seasonal Practice, for a total of 4 practices per year (Summer Practice, Fall Practice, Winter Practice, Spring Practice). Additional practices can be set up by the group for special occasions, like the Solstices.

- Once Annually there will be a Global Practice, where all practitioners from all Regional Groups attend, and from where to build other activities and collaborations to take place around that event, as One World, such as the Practitioner's Arts Corner and the Recapitulation-stalking the Self Corner, and others to be developed in the future.

- The date and content of the Seasonal Practices will be set up by each group themselves, based on consensus. Same for the selection of the passes and practices. An efficient method, for example, is for each Group to assign 3 members from within the group who are in charge of guiding the next Practice. The trio may select what movements and practices are to be done by the group. There may be requests and exchanges within the group. There may be a proposed general theme for a Season Practice, and there may be themes that are shared across with other Regions.

- There is no fee to participate in a group or a practice. Individual groups may share any local costs, for example of renting a space if a group of members lives in the same area and want to get together live to follow the online Seasonal Practice in a group at a studio, or if they want to do any advertising to invite new members to their group. ELSI will facilitate the hosting of the practices through its Zoom platform and provide the admin of the WhatsApp chats.

- WhatsApp Groups code of **ethics**:

- Practitioners participating will be supportive to all others, respectful, and bring their best intent to the group, so that each group feels a mood of safety and camaraderie.
- Practitioners will strive to avoid syntactical commands that reflect judging others in the group, or the creation of hierarchies or trying to exercise control over others within the group.
- During Practices and in between them, in the WhatsApp chat, everyone is encouraged to enter into a language and a syntax committed to dreaming forward, and in the awareness that everyone in the group is a magical being.

Special Guidelines for the Recapitulation Corner

- Any level of experience is welcome. Any level of previous knowledge of the tradition of Carlos Castaneda is welcome.
- There are 3 ways to participate:

- 1- Share thoughtful findings from what you are exploring—it helps others while it makes you more aware

- 2- Ask meaningful, practitioner questions—it helps you clarify your intent while helping stir awareness within the group
 - 3- Post shorter comments, on the fly, when passing. Something that happened that has energy, a synchrony, a lift, an amazement. Something non-linear. You perceive it, you grab it and you share it.
- To help the flow of content, for short sharing type in the text box as usual but for longer stalking and recapitulation sharing, please send as an attachment.
 - Focus your postings on current explorations that the group is following, helping others grow their awareness of what they are also exploring.
 - Our position as warrior-travelers is that voicing our awareness and sharing within the group is a way of stating it to Infinity, and in doing so, our intent doubles.
 - Remember to use supportive and high awareness syntax, and from a position of *the view from the bridge*.
 - For more precise use of syntax, write in your mother tongue and then easily translate it before posting (Select all your text then scroll the menu till you see the Translate option). The shared languages in the platform are English and Spanish, as the two most spoken.
 - Have a dedicated notebook or journal "a navigator's log," to write about explorations and discoveries of the self.

Navigator's Log *bitácora de navegación*

- Part of the essential tool kit for recapitulation includes using a navigator's log, or a set of them.
- A navigator log is a place for self-exploration, for specificity, reflection and integration.
- It's a companion for navigation notes, ideas, beliefs and syntactic discovery.
- It allows a higher clarity in syntactic details which have direct impact in our perceptual states.

Special Guidelines for TRIOS

- Each TRIO meets in Zoom breakout rooms for up to 90 minutes. The 3 roles are: SPEKER, FACILITATOR AND WITNESS. Each role lasts 30 minutes, and each person gets to do all roles.
- The structure of each role is: 15-10-5. The WITNESS serves as the timekeeper. After an initial 15 minutes for the SPEAKER and FACILITATOR to interact, the Witness announces "10 more minutes" and they continue going through the handout of questions for another 10 more minutes. In the end, there are 5 minutes of open feedback where all three can add in.

- The center focus is always on the active SPEAKER. The FACILITATOR supports by encouraging and praising , and is the one following the script of questions. The abstract WITNESS supports by holding the silence and attentive to the mind of the SPEAKER

Coordinators

- Each Group has between 3-6 participants from that group functioning as Coordinators.
- Coordinators help keep the energy vibrant in the WhatsApp, coordinate dates and content of practices with the members of their Region, and represent the region in the worldwide coordinators WhatsApp group that will function as a bridge between Regions, and facilitate communication and coordination between Regions, which will foster future collaborations and joint practices around the world.
- Coordinators may change over time. Each coordinator will be responsible for helping find a replacement from within the practitioners of their group.
- I (Miles Reid) will interface with coordinators and practitioners from the different Regional Groups, posting comments in the WhatsApp and participate guiding a segment of Seasonal Practices as availability permits, in addition to offering energetic support and purpose.
- Coordinators will welcome new practitioners to their groups and provide them with the Joining Forces Welcome (Welcome Note, Intro Letter, Audio and Guidelines), either by reposting them or sending them individually.

Practitioners

- Any level of experience is welcome. Any level of previous knowledge of the tradition of Carlos Castaneda's passes is welcome. Those who used to practice during the first wave of practice groups that functioned locally are welcome, as are those who began practicing more recently and those who have never practiced the energy passes.
- Wear comfortable clothing for movements. Have available a mat and a chair for movements in those positions. Have water and a towel that can be rolled as a pillow for the mat movements and to cover if the space is not warm. If the floor is cold or damp it is recommended to wear shoes.
- It is recommended to start slow and warm up the tendons and ligaments. Regulate the intensity and speed not by how others look in the camera but by how the body feels its best. It is also recommended during Practices to allocate time for the practice of

becoming aware, that is, pausing for a moment while standing, sitting or lying down, to notice the inner state of the body and the mind, brought about by the practice that preceded it.

- Every practitioner is invited to share something about the practice with the group after each Seasonal Practice to reinforce the energies engendered by the practice. Positive language and supportive responses have the effect of elevating the energy in the chat for everyone.

- Coordinators from each Regional Group will bring to the global meetings the news, questions and ideas from their group, so everyone navigates with a sense of being connected with all groups around the world.

- The motto is *the strength of the individuals within each group makes the groups strong and that makes the whole world project strong*. Each practitioner in a group is invited to reach out into their community to invite people to join their group, especially those who have had experience with the passes in the past and might resonate with the benefits of these Practices.

- For every practitioner, in every group, and under the auspices of Infinity:

*“May the energies and opportunities engendered by these Practices and relationships, and the magical feeling of practicing the passes together make a bridge for all those **joining forces** in this regional and global cooperation, beyond any differences in cultural traits or language, as sentient luminous beings on a journey of awareness.”*



Timetable of Practices

JOINING FORCES



Year Calendar of Practices

*Each group chooses the day of their practice anywhere within the 3 months of that season (if a group chooses to match their Season Practice to either the Solstice or Equinox that is OK, too)

** Special Practices can be coordinated for days like the New Year, etc.)

**groups can additionally organize smaller weekly practices in between their Seasonal Practice, for those practitioners who also want to meet regularly.

Southern Hemisphere:

Summer January- March

Fall April-June

Winter July-September

Spring October-December

Northern Hemisphere:

Winter January- March

Spring April-June

Summer July-September

Fall October-December

Annual Global Practice

Yearly between August and October



Instagram Live Guidelines

Dear all!

After a productive tech training meeting on how to run IG Live, we are ready for our next **Community Gathering this coming Saturday at Noon, PST.**

We wrote some simple tips on how Instagram works since we are most used to Zoom.

Please post it in your respective groups!

Here are some simple steps to enjoy the features of Instagram Live:

- Follow me on IG [@drmilesreid](#) so you get an easy reminder that takes you directly into the meetings, or simply go to my IG page & find the LIVE meeting there.
- In Instagram Live, unlike Zoom, you don't need to be accepted or admitted into the meeting; when you click to Join it automatically brings you into the Live meeting, in a viewer-only mode. (*Note: any button that asks you if you want to request to join is ONLY for when you want to share on camera, so only click it in that circumstance.*)
- Once you are in the Live meeting, enjoy simply listening and watching, and at any time, you can:

1. Ask a question about your experiences and interests in the Warriors' Way.

*Click the ? icon below the screen and write your Question there. The presenter will try to answer it Live on camera.

2. Share Live on camera a personal experience or a question with more personal context.

*Click on Ask to Join or on the + icon below the screen and request to join. The presenter will then put you on camera. At the end of your sharing, the presenter will put you back in viewer-only mode.

3. Ask a short question about workshops, Joining Forces, or Miles Reid.

*Click the ? the icon below the screen and write your Question there. One of our helpers will try to answer them in the Comments Bar below the screen.

- You can also write in the Comments Bar below the screen at any time during the meeting.

After the meeting, we anticipate that a copy of the Live meeting video and its Comments section will be posted in the IG page for your future reference!