Additional Info on Recapitalution

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Chapter 5 is really about work, because that's what this is. The ideas and concepts where, not just my books, but any of these books or any of these older traditions take you, it's just possibility. I mean, you can't hold it as verifiably true just because it's in a book, or I said it, or someone else said it. It has to become a possibility that you're willing to explore on your own, that you are willing to go into a process to check to see could this crazy idea be true or not. And that should be the goal with everything, right? The goal with everything is, whatever it is I'm possibly taking in as an explanation of reality, or an explanation for the self, can I prove it? Can I prove it personally? Because that's the only way you can trust something. You are the absolute goal, or the absolute final end post of anything on your path, and just because it feels correct, or just because it sounds right, you can't accept that until you've said, "how do I prove it?" How do I prove it one way or another, so that there is no doubt. And that's kind of what chapters 5 and 6 were trying to get across.

You know, I started writing this book over 20 years ago. I think I started writing it in 2003. Even though I really like it, I really like how it came out, there's still, many years later, things I would alter and change about it, of course – but the idea is that you have to dig in.

So that chapter, at its core, is really talking about two things at the beginning. One: it's talking about the examination of the mind, the examination of thoughts, and the recapitulation. I thought I'd start with the recapitulation first, because it is a subject that can confuse people sometimes, or the recapitulation can sound more difficult than it

actually needs to be. And it doesn't mean you have to do a recapitulation the way I suggest it in a book, that's really important to understand.

Recapitulation is seeing your past. Some people who have only read Exit the Cave, because I talk about recapitulation in there, they think that the reason for doing it is to somehow avoid a life review when you're dead. No, the reason for doing it is to know who you are, to know who the thing that you see in the mirror every day is – and the only way you can really know that is to know your past, intimately. Not the past we think we've led, but the past as the experience really happened, and as we really felt those experiences.

A true recapitulation has no formula, there's no formula for doing it. The way to do it is the way you're supposed to do it. For example, Dan would do his recapitulation probably very different than Andrea would do hers, but the base similarity will always be uncovering what you don't normally know about yourself, what you haven't seen about yourself, what you haven't seen about your life. Now, the reason a suggestion like that is given in Falling for Truth or other places where I found it is because no one knows how to start. Yeah, sounds like a good idea, right? Review my life. "Well, how do I do that? I don't know." So you've got to give something to get going, and that's really all it is. It's a point to get somebody saying, "Yeah, I think this is a good idea. I'm going to give it a shot."

And it starts with the list. Literally, just making a recapitulation list – a list of all the people you've met in your life. That's like a 2 out of 10 recapitulation, if you do it well. If you just take a month and try to create that list of who have you met, and a few important events that happened with that person, you've done a 2 out of 10 recapitulation, so to speak. Because you've had to dig into your memory banks. And as you start making the list, you'll remember people you can't believe you remember, "Oh, yeah, them!"

Now let's talk about what you're really doing it for, because a there's a lot of layers to it, at least I found that out once I did it. It was when I was reading a Castaneda book 25 years ago that I bumped into the idea, and it sounded kind of interesting. Then I mentioned it to to one of the native medicine men that I was seeing, because I didn't want to do things necessarily particular that tried to have any sort of native potential background to them without checking with a real medicine man. And he gave me the green light, "Yeah, go ahead, give it a shot."

So I found there were a few key things that it was doing, once I learned how to do it, once I learned the process of what needed to happen. One was energy exchange, that was for sure. An incredible amount of energy came back to me from those that were holding up those experiences, particularly experiences that had some emotion in them – and not necessarily negative emotion, positive emotions too. The events that were really fun and happy, I was still infusing those. Because there's memories you have you don't want to remember, and you're trying to put energy into those, so that you don't remember them. And then there's the things you do want to remember, and you're putting energy in those to remember them. And once you go through a lot of these, you clean out this energy, so that energy that's trying to prop them up, comes back to you.

That's why I often didn't sleep when I would do recapitulation. I would start at midnight, because I wanted to do it when everyone else was asleep. And either I was done at 6 in the morning, and I felt great, I was just ready to go start the day (so I didn't need to sleep for like a week) or I might sleep for an hour. I might hit like five o'clock, and I would just doze off, and 40 minutes later I'd be up feeling great.

So that was one thing I was noticing: this incredible energy exchange. Because another thing you're doing in the recapitulation consciously is giving back the energy you're holding from other people. And there'll be a lot of that, particularly in ex-relationships, intimate relationships you've had with people. That might be 20 years ago, but

you're in some way still holding on to them / the experiences / whatever. So part of the recapitulation is also giving that back, to realize as much as you want your energy back that somebody might be holding, you're giving back what's not yours. You can't use it, you're trying to hold the experience of the memory in place. Once you've recapped the experience and seen it clearly for what it is, you don't need that anymore.

Another thing I noticed was with certain people that I had, let's say, an emotional charge about, still – and I don't mean the big ones. We'll have 5 people on our list that will be the big emotional charges of our life; that takes a while, those don't just go away in 20 minutes of recapping them. But there's a few people in my life that, once they were recapped on that particular night, when I tried to think of them, it's like I know I met her in my life, I had this experience, but at the same time, it's like I didn't meet her. I didn't meet her because there's literally no energy anymore, there's no charge, there's nothing alive in it anymore. It's like the events are happening to somebody else. That's another really good way of describing what the recapitulation is doing for the energy structure for the thing here.

Another reason why you're doing it is you get to know the thing in the mirror, you gotta get to know yourself. And we like to look at our past in a very rosy way. We've been victimized by a whole lot of people, but boy, we've been great, we've been terrific. It's all those other jerks, not us. And if you're doing the recapitulation honestly, you'll see that there's people out there that were idiots – but then, oh, fuck, so was I. Here's all of these places where we're being subtly an idiot.

That's the stuff you see, but even harder. The hardest thing for me to see when I did it was the looping nature of my experience – that whole weeks and months would be the same. Certain things I would do exactly the same way, it was an unbelievable set of recurring patterns. That's one of the things that the recap really has to show you: your life has been a series of recurring patterns. And they're really subtle, age 20

to 21, and age 30 to 31 on the surface might not look like the same recurring pattern immediately, but as you uncover that, you'll start to notice it's the same thing. You will notice slight differences that make it look different, that make it seem like there have been two different years lived, but there hasn't been – just a pattern going over and over and over again.

And it was one of the things I had to think about, in the first round through of the pattern maybe I made those choices, but who was making the choices after that? Who was making the choices every time I repeated the pattern again and again? Where were those choices coming from? So the recapitulation forces you to start asking these kinds of questions about yourself. Why was I behaving in that particular way? Where were those ideas coming from? Why was I making those kind of choices? Really important stuff, because that's how you start to rip apart the layers of the character you've been playing all this time.

People like to say that they're doing self-observation, but what have they found out about themselves? And they'll give these brief answers. No, what have you found out about yourself? I mean, at the core of who you've been, since you're like one day old in this reality? "I don't know what you mean." Exactly, you don't know what I mean.

The recapitulation is just one of the ways that these chapters are talking about: ripping apart these layers to see what's underneath them, to see who's been running the show and how he's been running the show, and who's been benefiting from the show that's been running. Then there's an even deeper layer, because real recapitulation is not a practice. Real recapitulation is a practice that you've bashed your head against the wall for years, trying to uncover every minute second of your life. And then one day, when you're walking down the street, you'll have this moment, "Oh, crap. When I was 9 years old... Oh, wow."

I recapitulated what I thought was my complete life. When I started, I was about 36 or 37, and I went all the way back to age zero – took me four and a half years. I got everything, I thought, got it all, great.

Actually my life wasn't as exciting as I thought it was, but okay. 3 weeks later, "Oh, shit." The story I was writing about in that chapter. "Oh, shit. How did that get buried? How did I not know about that my whole life?" And once you get one of those, more and more start to appear. It's not just stuff that's, "Oh, wow, I can't believe I forgot that. Yeah, I remember." I mean, it's these ones that make you go, "How could I ever forget that?" That's a crucial moment of building the character that took place over the next 20, 30, 40 years. How could that have been forgotten?

When I've seen that for myself, I can totally understand, if I've got somebody sitting in front of me, and I'm talking to them, I can almost feel it. You can just feel like, "Oh, man, if this person's looking, they better look when they're 12 years old, because there's something just hanging there." And it's not that you kind of remember, but you're keeping it gone. I mean, literally, it's vanished – but it hasn't vanished. Something in the overall energy structure remembers everything, every second that's been lived. That's why the recapitulation will open the door, potentially, to every true moment of your life, if you're willing to be truly honest with yourself and see it.

One of the reasons people don't do this is because there's trauma in their past. It was hard enough to live it the first time. It's worse to say, "I'm going to actively go into my trauma, consciously, with awareness, to actually see it again and relive it again." But now for my own totality, for my own healing, not to talk about it with a therapist to feel better about it – literally, to see it at an energetic level. Not many people want to do that. And if that's you, and you're serious enough to want to do that, first of all, I have great respect for you for being willing to go into the trauma and see it again, with the idea that this is it. The idea is I'm going to see it clearly and totally, and never have to see it again. Because I'm going to recapitulate it so well, I'm going to take the emotional charge out of it so completely (it's not that the event will vanish or disappear) I won't need to have to revisit it anymore. It's finally been seen like the way the energetic system demanded it to be seen.

For example, just like with this woman I was talking about. Once I saw the 2 weeks we were semi-dating together, and I went through that whole 2 weeks, I don't need to ever think about this again. And even now that I brought it up, I can't actually think of anything we did – at all, zero. Though for many years this was the kind of thing I could talk about with friends at parties, now I can't remember a thing. Not because I got rid of it, it's because I saw it and myself clearly. And in this case, I took ownership for me too, not just her, I took ownership for me, and the choices I made, and how I behaved in those 2 weeks myself. That's the power of the recap: you're taking out the energy.

Once you then get to the other side of it, once you've actually done one, a full one, completely, however that turns out for you, where you wind up starting to get no stone unturned, there's nothing left hidden – and it takes a while, you just have to plug away at it – then you can do a second one. The second recapitulation is really different than the first. I was prepared, I was gonna have 6 months ready to go. I did it just before I fell in the canyon. I had 6 months planned for it, because I thought there's all of these events again, and I know there's still energy charges left in this event, this person. But when I went through them the second time, it only showed me one second. The event now wasn't important, one second of the event was important. And you start literally realizing that the way we've gone through our whole life, and categorize the experiences of our life, is not at all the way things are happening here. Simplified, that's the reason I found why that recapitulation was so valid. You need to also do self-observation along with it, recapitulation alone won't let you figure out who you are. It will give you a head start, but there's other work that has to happen with it. It was truly a great tool in helping me to understand who I was.

There are a few people, and it's impossible to know who that is, I'd have to meet them and talk to them – but there's a few people that don't need to do one, actually. There's some people who, let's just say, pretty much live in the dream state. There's certain people that are kind of not really here. They're kind of in another reality, so to speak, and

they will learn about themselves in the other reality. They will do their recapitulation as they, in a sense, are dreaming, or the other things they're doing. That's rare, but there are a few people who would be recapitulating their time in another reality rather than here, as weird as that sounds, because that's how it works for them.

And that's another thing to remember if you're going to recapitulate, you have to make sure you recapitulate times when you are alone. Some of the most interesting events of your life happen when there's nobody there, or like in Oshana's case, the cat's there. You have to recapitulate those as well to make sure you don't leave out the events where the only person present was you. Some people will forget those, that sometimes those are the most important events of your life, nobody's even present. People say, "I'm recapitulating other people, because it's all about energy they've taken, or energy I've taken from them, and these traumas..." No, an important event to recapitulate might be that day you sat in the woods for an hour, and had some really interesting, important thoughts in your mind, and you should go over the thoughts you had one more time, and remember what was there.

So you also have to create time to remember the moments to recapitulate. For a lot of our life there's nobody around, there's nobody there, and those moments are easy to forget, they're easy not to recapitulate. It's easy not to recapitulate that afternoon you're home by yourself, you're feeling pretty good, have a cup of coffee, and you sit down, and just look at a tree or something – you gotta recapitulate that too, because that's a part of your experience, a part of your essence.

(question) I'm just curious about the idea of your memories not being as reliable. I've watched some videos about how memories are reconstructed as just sort of fragmentary memories, and the narrative generator engine in our brain sort of fills in the gaps. The reliability of it, how would you address that?

A really important point is just to test how poor our normal memory is. Say you did something 2 or 3 days ago with a couple of friends or family members, write down that event, what you think happened and what everybody said, and then call them up and see if they verify that you're correct. You'll probably be surprised that they'll be like, "What are you talking about? I never said that." And even just in 3 days a fight will start, right? Because, you see, your memory, like Dennis has kind of said, is not accurate. What we think of as our memory is an egoic package that takes the various events, and packages it in such a way that supports the egoic ideas of ourself and our identity. That's what it's doing. Again, going to therapy at times can be useful, but they want you to talk about yourself and your experiences, right? And what you're going to be giving them is the ego's memory of whatever you think happened, and because there'll be nobody there to verify it, you 100% think you're correct. "Yeah, that's what happened, this is what they said." And there's no back check to bring in the other person, let's call them up, and see if they verify your story. Because so often the story will have been altered in such a way that suits you.

That's why the recapitulation is so important, because in the recapitulation what you're first looking to do is to see the event as a bystander. You're wanting to see the event happen again, so you can watch yourself – like you're seeing it as a movie. That's the first step of the recapitulation. You're trying to get a new view of the scene, because you think you know how the scene works, and you want to see it from an outsider's point of view. How does the third source see that event? But in the next run through of the recap you want to bring it, so that you re-experience it through your own eyes again. Like actually re-experience, not see it again, experiencing it again – and more importantly, feeling it.

Because even if you're correct in your memories of what happened, you will probably not be correct in your memories of what you felt. The good news is, especially when it comes to feelings, the body has stored all of them, every single one. It has not forgot one of the

feelings and emotions you've had, ever. They are there and accessible, and they will almost always not necessarily match what you think the emotional interaction should have been. I found this a lot, whatever my mind was telling me, that's what I should have felt in that experience. When I actually re-felt it, it's like that wasn't it at all, not even close.

From doing the recap I learned to trust this deeper understanding that exists. And again, that's another part of what's going on, one of the many levels of learning how to trust something deeper in yourself – knowing there's something far deeper in me than a thing called a mind, a thing called a personality, and whatnot. It's still fictional, but at least it's a more true fictional me, that is actually much more honest than the normal me thing is. And the more you can learn to access that, the more you're going to get more complete understanding of who you really are.

(question) And then the other thing I wanted to ask is: entities possibly putting false memories, what's your take on that? Archon entities, literally putting false memories and all kinds of mind games they play when you're trying to remember?

Yes, absolutely. But not really generally, it's not the memory that gets lost. What they will hide is the reasons you did something in the first place. You can see those two, those are really weird, where you'll have done something, and when I get back to certain events, I'm like, "Oh, yeah, I really want to figure out why I did this." And when I first looked through it, it's how I kind of thought it was, and yeah, that was just a bad choice. As you recap it deeper and deeper you go, "Wait a minute, what's that thought? Where did that come from? That's not me. That thought that drove this action, that's not coming from me." I could learn in the recapitulation to hear the difference between what I might call my normal, crazy thought, because, you know, we all have normal, crazy thoughts, we just do a really good job of editing them out a lot. But then we have these crazy thoughts that are not from us, and they sound different. Even the language is structured differently from the normal

way the mind thinks.

That's actually the hardest part to see, not that they change the memory – they don't have to. All they need to do is change the interaction point to get you to forget that you didn't actually choose to do that or say that, or it was some other energetic infusion that was getting you to act. And yeah, you can find that too in the recapitulation.

(Q) Yeah, for sure. Like many possessions or something. I've literally told people later, that wasn't me, I didn't do that. It was me, I remember it, but like it wasn't.

Right, until you realize that you are possessed, right now. It's just a question of what's the level at. Is it 10 out of a 100, or is it 80 out of a 100? The only thing you're looking for is the level that the hooks have gotten into your energetic structure. There's a few people I've come across that have actually, one way or another, cleansed them out fully, and haven't gotten any back. They're rare to bump into, where there's like none, zero. The most we're hoping for in our interactions now is that somebody's got a really minor one – they've cleaned out big ones, the major ones, eventually. And, you know, you go to the mall or the airport, and these things, these little, I call them like little shit disturbers or whatever, are easy to pick up. So someone can have a few of those and not really notice it, and it takes a few days, if they're aware, to shake those off.

You're also looking in the recap to figure out who's been in control of my life. Who or what has been making all the decisions for me? Has it always been me? It takes a while in your recapitulation process to get deep enough, because you have to remember, the egoic mind does not want you to see the truth of your life. It has worked very, very hard to manufacture a story that it's made sure you believe for a long, long time. So a lot of the early recapitulation process, probably your first 6 months to a year, what you're really watching is your ego's

presentation of your life. With every once in a while, a few question marks of, "well, that's weird, that's odd, hmm, I'm not sure why I did that." You're just marking a few things down for future examination.

But after you've been through these 6 months, a year, all of a sudden the ego is going to start to get a little annoyed. Usually after about 6 months, that's when the ego starts to really dislike you doing this work. It's when it will start all the excuses: this is taking too much time, this is not doing anything, you've got a lot of other things you can do, there's a good movie on, you can watch that, we should listen to some music instead. It's gonna have every excuse in the book to get you to stop. Because as you start getting close to see some crack points, natural first step is "Let's distract them. Shiny things."

Or it can be so good, this will happen to a lot of people, they do really well in their spiritual work for a while, they really start uncovering stuff. What will happen after about 6 months? They meet somebody. "Oh, wow, what a fantastic guy, what a fantastic girl. Oh, she's terrific. Oh, I've been looking for someone like this my whole life. Oh, no, I don't need to do too much work, I mean, look, I've got this great relationship." That goes on for about a month or two, they kind of forget their spiritual practice, and then that turns into "what the fuck am I doing? This is just crazy, this person is actually nuts, maybe I should go back to my spiritual work. Well, I don't even remember what that was anymore, how did I do that?" And they, literally, gotta go back and start from stage one. That's pretty standard, I've seen that happen a ton. I could almost set a clock to it, you know, "yeah, how long have you been working at this? How good? How long? How many? Oh, yeah. Okay, I'm gonna predict 4 weeks from now." It'll be almost to the schedule, it would be like, "Hey, by the way, I gotta tell you, I met somebody." Yeah, good luck with that.

These are all things that the recap will reveal to you – especially your previous, let's call them, romantic relationships. Those are really important to recapitulate, because, obviously, they ended for some

reason, one way or another, or you're not still with them. One way or another, it indicated that's not a good idea for you or them, or both. But when you started, you thought it was a good idea. So these are also really important things to look at, to really look at the first 2 or 3 days, and why did I think this was gonna be a good idea? Because the signs are there, almost always within a week, that this is not gonna work, this is just not gonna be a good idea.

So what is the mechanism that you used to overlook that information? Because you hear that one a lot, you'll meet somebody and, "Oh, no, I can't believe it's turned out like this. He was so great the first week I met him." No, he wasn't, absolutely guaranteed he was not – you just overlooked a lot of stuff. The hormones were at a high level, there were all this other stuff going on. You were manufacturing mental visions and stories in your head of what was gonna go on, as opposed to actual really detailed what's happening right now in the moment. "Wow, warning sign, warning sign, warning sign, maybe not a good idea."

And that's a really important part too, because we have to see how we got pulled into these things. But the flip side of it is, as you do your recap, you're going to see, "Oh, wait a minute. That guy, that girl, she would have been great for me. Why didn't I go out with them? What was the thought process that told me to say yes to this one, and say no to that one?" That's really important to look at, because that's where these entities really like to play with you. It's not so much moving you towards towards certain ones, it's moving you away – and that's friendships too. Never mind romantic friendship, just like really good friends.

If you start finding someone that you match really well with energetically, and you'd spend a lot of time together, you could become really deep friends, you will notice that if you did actually become friends with them, there were some things you probably had to overcome in the first like 2 or 3 months that were almost destroying that possibility of you being together. And you can realize, "Oh yeah,

that's coming from these other beings, they're screwing with me." Because they don't want us to have potentially useful human friendships. They want us to have all the people we call our friends to still be people that create problems for us. That gives us 50% of the time valued friendship, and 50% of the time we want to punch them in the face, right? The recapitulation shows you all of this stuff starkly and clearly.

So the flip side of it, if you do this really deeply, and you really see yourself and the manipulative games that the self and these other things play on yourself, you can begin operating in the world very, very differently. You can begin already catching the trick, "No, you're trying to trick me here. You're trying to play this game, I remember this game because I've already recapped '98, '95, '92, I've seen those games 3 times, we're not playing that again, so fuck off."

From that a different navigation principle can begin that is much more rooted in just simplicity, and reacting with what's actually going on in front of you; not from a story, not from the past, not from anything else – from just what's happening right now. What does that indicate I do, I say, I be. It's way easier to live that way, and I don't mean being in the now. I just don't have a lot of the rocks on my back from my past anymore, so I'm literally free to just evaluate the situation in the moment, and determine how I want to act, how I want to be, do I want to talk to this person anymore? Do I not want to talk to this person anymore? And you will get really comfortable saying no.

– Want to come to my party on Friday?

– No.

– Don't you want to hear about my party?

– No. I just don't want to come.

– Yeah, but there's gonna be...

– What part did you miss out? No. What else would you like to talk about?

You can start to become really honest, because you'll see that this is actually setting up something else, and you can already see the old pattern of some problem that's trying to play out, and you just jump in front of it right away. "No, I'm not interested, it's not interesting."