



# Don Juan and the Art of Sexual Energy: The Rainbow Serpent of the Toltecs

*Meryl Tunneshende*

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*Merilyn Tunneshende*

## **Don Juan and the Art of Sexual Energy: The Rainbow Serpent of the Toltecs** Merilyn Tunneshende

- The secret sexual energy practices of Toltec-Mayan shamans revealed at last.
- The author studied with don Juan Matus and the same circle of *Nagual* sorcerers who taught Carlos Castenada.
- Offers specific step-by-step instructions for mastering the ancient sexual techniques that lead to spiritual transformation.

Readers of Carlos Castenada have often complained that his work in ancient Meso-american shamanism never covered sexual practices beyond celibacy. With his death in 1998 it seemed that these practices might never be revealed, but fortunately Merilyn Tunneshende has stepped in. Set against the backdrop of the golden deserts of Sonora, Mexico, *Don Juan and the Art of Sexual Energy* recounts Tunneshende's initiation into the ancient sexual energy practices of the Toltec-Mayan tradition. Under the tutelage of don Juan Matus, Chon Yakil (whom Castenada referred to as Don Genaro), and dona Celestina de la Soledad, she learns to reclaim her feminine power and balance the masculine and feminine forces within herself.

At the heart of the book is the mythical Rainbow Serpent: the phallic energy within women, the creative power within men. Each chapter focuses on a particular technique for awakening the serpent and connecting with its energy. Twenty-two sequential practices are covered, providing a powerful program for serious spiritual transformation.

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