Within the Nahual tradition, what are the origins of the dreaming practices?
Our oral tradition states that the first masters of dreaming were trained 50,000 years ago. They were called people of the "halo (aura) of the moon." In the more recent interpretation of the tradition, we can say that the 'art of dreaming' started around 4,000 years ago with the Chichimecas - the lineage of the double power. They were so called because they had conscious access to two states of consciousness known as 'awake', the tonal and 'asleep', the nahual.

The secret lineages that have survived with their oral tradition until now are 1500-2000 years old. They became hidden after the Spanish conquest because it was forbidden to engage in these practices. Before the conquest these practices were in the hands of the elite, such as rulers, warriors and of ancient Mexico and the men and women of knowledge.

What are the fundamental practices of your dreaming tradition?
To be able to enter into lucid dreaming - 'ensonacion', which is sleeping while awake, you must have access to sufficient energy to do this. To obtain this energy, you must heal the tonal: your conscious, awake state, your duality and your shadow aspect. Why? - Because we loose energy through our unresolved issues, negative thoughts and problems. Healing the tonal is done through freeing the energy by way of many healing techniques available in the tradition. To enter into a lucid dreaming - 'ensonacion' we must have the knowledge of how to fall asleep correctly, access to the lucid dreaming 'map' and the ability to command the dream and access the six places in the domain of dreams: 1) the 'land of death', where common dreams take place, 2) the land of no dreams, 3) the 'place of the old nahual', where the wisdom dwells, 4) the 'place of the young nahual, where you can rejuvenate your body, 5) the place of the red dream, where you can get healing and 6) the 'place where you can plant dreams to create your reality.

You mention in your book the practice of dreaming while awake, would you explain what that is?
The name of this state in Spanish is 'ensonacion', sleeping while awake. There are specific systems of breathing that are based on our understanding of sacred numbers that are reflecting the cosmic order and that were
performed as a sacred discipline that in this lineage is named 'Mexicatzin',
the venerable Mexican.

We use these practices to enter into an altered state of perception, 'like a
dream' which is very similar to a dream. This is the state of perception that
we use for healing or to manifest that which we want to happen in our
awake state.

**Why are you now bringing these practices to the West?**
I did not look for it, but it is in the prophecy of Cuauhtemoc, the last ruler of
the Aztec Empire. As a result of the Spanish Conquest, he commanded the
people to hide in their houses, to hide the treasure of this knowledge, to
teach it from father to son and from master to a student because it will be
needed in the Dawn of the Sixth Sun, and this time is now.
My Teacher Hugo Garcia told me that the wisdom of the Mexicas was going
to be spread in the world after the eclipse of July 11, 2010, that I will be one
of the carriers. After the eclipse I began to be invited to different places
around the world to teach this wisdom.

**What are the benefits of your particular dream practices?**
First, the dreaming practice is essential in the designing and programming of
your own life. It teaches how to realise and manifest your intentions and your
desires into your dreams and then into a collective dream, in order for them
to manifest. From there you can then learn how to become a healer or
become a wise man or a woman through your dreams. In our tradition the
glorious death of the enlightened being can only be achieved through
training in a dream: 'learn to sleep to know how to die.'

**Do you see any similarities between your dreaming tradition and other
ancient practices in the world?**
I am not an expert on other traditions, but I do know of some Meso-
american traditions that teach of how to stop dreaming and enter into a
kind of meditation that leads to a different dreaming state. Dreaming is also
used as a diagnosing tool in indigenous medicine, offering insight into
healing various kinds of trauma.

We also have our own training to have prophetic dreams, like other
traditions, and in this particular practice of dreaming, the Tonal and Nahual
separate and you can see your body sleeping.

**Is the place where there are no dreams brought about intentionally or is it a
state of being that is initiated with psychedelic plants or some kind of
hypnosis?**
We do have a particular practice to enter into the place that there are no dreams, but we do not work here specifically, we look for the place where we are creators.

In the world of the dreams there are many rooms or places of dreaming, one is named in Nahuatl 'Cochitzinco,' literally the action of sleeping, this for us is a place of complete darkness, like the first energy of creation - Centeotl, and is a place where there aren’t any dreams and time.

By using psychedelic plants, it is impossible to get there, the access to 'Cotchitzinco' is through breathing and control of the body and especially by slowing the heart rhythm.

You mention about prophetic dreams - please elaborate. It sounds very similar to the practice of dream yoga in Tibetan Buddhism and Bon traditions. They also have many recorded examples of the clairvoyance / siddhi abilities of the high Lamas. These are considered by-products of extended periods of meditation - is there something similar recorded or recognised in the Mexica traditions?

For us there are 4 directions or paths that your Nahual can take to enter the dreaming world; West - where we can observe the repetition of behavioral patterns of ourselves and others, East - where we can induce regeneration and positive creations, North - where we have power to generate wisdom or fortune or misfortune, and to the South where it is possible to see the future. We don't frequently work with the South direction because we don't necessarily want to see, we prefer to create new reality. But sometimes it is useful to be warned or to see events that cannot be changed in the collective.

Please express your reasons for taking part in the Gateways Of The Mind conference?

In this tradition we see that we are entering a new period, The Sixth Sun, The Sun Of Darkness, for us darkness means what is hidden, including the dreams so now it is time to share the knowledge about the dreaming because people will be looking for new order and understanding of their consciousness.

How do you think GotM will be able to do this? Do you think it is important that people can listen to experienced teachers from different traditions who show that humans have the capabilities the world over to take responsibility for their own lives in both the waking and dreaming states and elevate themselves to a new level of consciousness and responsibility?

Yes, I think it is important to hear different traditions because if you don't know that there are other options, you will never explore and discover what is right for you. The information may open a new door of perception and a
new way of looking at the dream world and the waking state, which can change our collective reality for the better.

**The cultural practices might be different in Europe, Central America and Tibet but could it be that the essence and goal are the same?**

I do believe that there was originally a common origin from where this knowledge arose and then it was spread worldwide and as people travelled the different cultures were built. However, I am not sure that we now have the situation where the collective goals are the same for most traditions. I don't think either that there is necessarily some kind of unconscious collective goal, it is up to the individual to decide what each will do with what they learn. In nahualism the main goal is personal, not collective, although if you want you can decide to help the collective but this is also a personal decision.