



Toltec Wisdom

Tonal & Nagual

One of the greatest contributions to creating a knowingness within us; is the Toltec teachings of the Tonal and Nagual (pronounced toh-nahl & na'wal). The knowingness of which I speak is not an intellectual knowing, it is experiential. One knows by familiarizing oneself with these two domains of human experience. Unfortunately, the western culture worships one while ridiculing the other. The task of the spiritual warrior is to bring forth harmony between the two.

The **Tonal** represents the known, the rational. It is all we can perceive and make sense of. It is all that we can name and all that we call matter. The Tonal is all we think we know. It is the rational mind's reasoning and explaining.

The **Nagual** is the unknowable, the irrational. It is all we will not know with the rational mind. It is nothing (No Thing) and it is everything. The Nagual has been called numerous names such as Spirit, the Infinite, the Divine, God and many more. Once we think we "know" it, the Nagual moves into the Tonal. It's very nature, *the unknowable*, prevents us from finding the "words" for it. The experience of love is an example of an experience of the Nagual. Poets for eons have sought to find "words" to express the experience. Love remains a rationally unexplainable mystery yet it is familiar to most of humanity.

Both of these domains commune with the life force which occupies the physical form we call a body. We communicate using both domains of experience. A warrior seeks to master intent which requires awareness of both the Tonal and Nagual.

The Toltecs use an island to visualize the relationships between these domains. Each human has his/her own island floating in an endless sea of Nagual. On our island we have created our body, our personality, our ego and all our ideas, notions and concepts we hold to be true. We are taught by others how to create our island of Tonal using rational, linear ways of thinking and explaining life experiences.

From the very beginning, we start to develop a feeling that something is missing in life. Something we can't define. This feeling is a desire to be whole, complete and at peace with who and what we are. The Toltec call this, finding the Totality of Oneself. It is a harmonious dance of love between our Tonal and the Nagual. It can also be described as the realization of spiritual oneness.

The path to Totality of Oneself requires pursuit of the desire to be whole. A tenacious passion to live a life in love, acceptance and peace fuels the actions required to develop awareness of the Tonal which is not in harmony with the Nagual. As one embraces the Tonal's disharmony with love, one dissolves discontent and begins to manifest thought and emotions which are in alignment with the true nature of humanity. The divinity which is our authentic oneness.

The true essence of our life force is pure love, pure energy, pure Nagual.

- Gordon Eagleheart