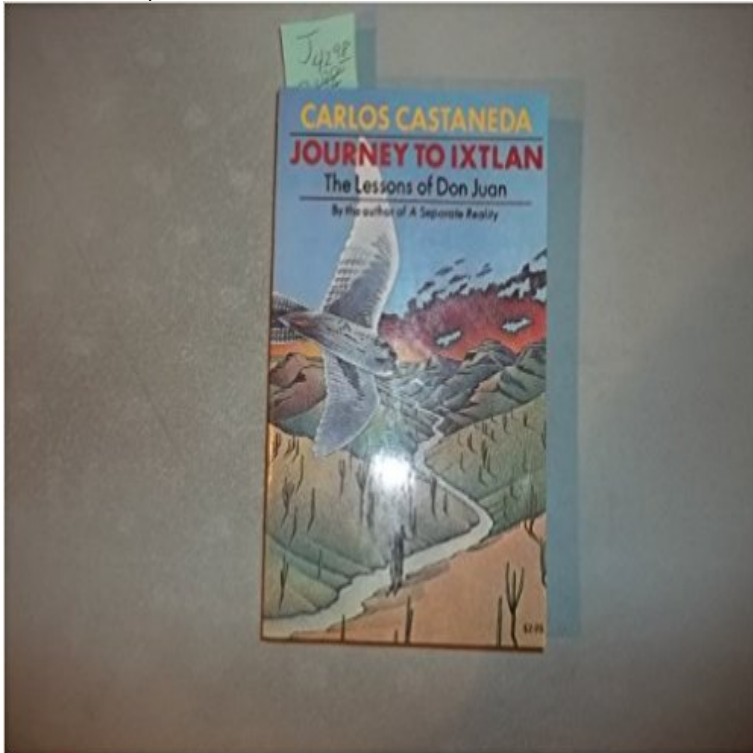


Journey to Ixtlan the Lessons of Don Juan



In 1960, Carlos Castaneda was an anthropology student at the University of California in Los Angeles. His chosen area of study was medicinal plants used by the Indian people in the deserts of southwest United States and Mexico. On one of his trips he found himself at a bus station near the border. A colleague introduced him to an old Yaqui Indian man who had extensive knowledge of these plants. The man, don Juan Matus, agreed to tell him what he knew. So began a ten-year apprenticeship into the way of a brujo (medicine man or sorcerer). Castaneda later admitted that what began as an objective study evolved more into an autobiography, as under don Juans direction the author himself became the subject. Castanedas first account of this experience, *The Teachings of Don Juan*, electrified readers on its release in 1968 because it offered an alternative reality to modern civilization. In the first pages of *Ixtlan*, don Juan explains that the world we take to be real is only a description of it, a consensually created reality, programmed into us from birth. The ultimate purpose of his training is to be able to stop the world, to suspend normal perception so that truth can be perceived. Castaneda does not at first understand such strange ideas. Don Juan tells Castaneda that personal history is crap. It is better just to leave ones past alone and concentrate on being a new person every day, to have the freedom of not being predictable. At the heart of don Juans wisdom is that people take themselves too seriously. *Journey to Ixtlan* brings surprising lessons for a spiritual book: to be tough with yourself, to be decisive, to be fully responsible for your actions. We have the bodies of adults but not the mind of a real man or woman. The great sin, don Juan teaches us, is ever to think that life itself is not good. Whether in failure or success, we must never take our eyes from the fact that it is an amazing world, and we must rise to its challenges

and love life.

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