

# CULTURAL DIVERSITY

The Cultural Diversity series is for the preservation of traditional and indigenous cultures and the ageless wisdom held dear by their people.

## The Toltec Way

By Ed Fox

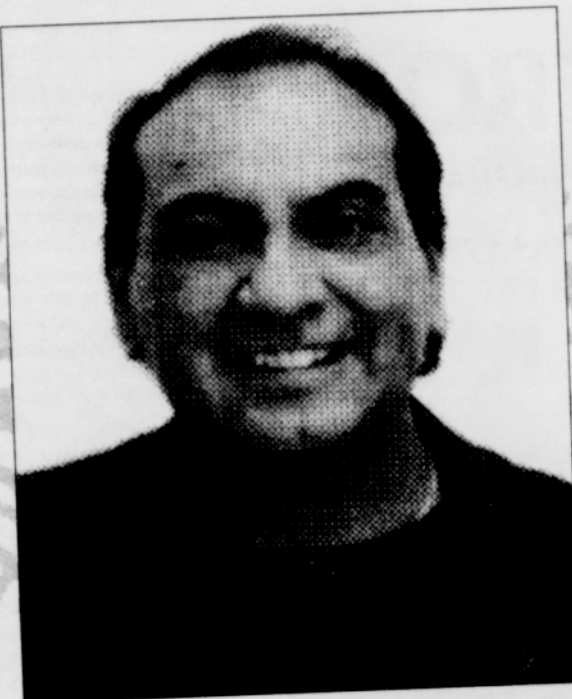
I come from a lineage of ancient Toltecs of Central Mexico that were not a race like the Aztecs, Mayans or Incas. They were actually a group of people that lived in all of these cultures. Toltecs were considered the Masters of Thought, the Socrates of Meso-America. Their societal aspiration was to reach enlightenment and personal freedom.

Toltecs had lived 45 miles east of Mexico City in an area called Teotichuan that was built about 2,500 years ago. It was a major learning center with over 250,000 inhabitants. The city was much like a university where they studied the human mind. To live in harmony with all life, they knew that it was related to having peace of mind.

Toltecs worked towards mastery of the Emotional Mind and undoing damaging belief systems. They understood that as human beings,

our minds were created to dream. This is what we are: *dreamers*. Our mind naturally, when confronted with a question, is like an artist confronted with a canvas: it wants to paint. Our mind wants to fill in those questions and blank spaces with realities, beliefs, answers – and these are what the Toltecs saw as dreams. We practice a special Dreaming ceremony called Mitote to strengthen the dream attention and experience the quiet mind that is free from chaos.

Toltecs knew that our "reason's" perception of reality was just a point of view which we learned as children. Shifting our personal power from mind to spirit allows us to access "silent wisdom" and create the energy necessary to remember who we are. When we know who we are then we can dream a new dream and live a life of freedom, happiness and love...it is simply a matter of choice.



Prominent thousands of years ago, the Toltecs were known in southern Mexico as women and men of knowledge. Ed Fox carries on the lineage of the Eagle Knights from the ancient Toltecs of Meso-America.

Toltecs also follow a code of behavior called "The Four Agreements" to counter our beliefs that are based in fear.

"The Four Agreements" that we follow are 1) Be impeccable with your word, 2) Don't take things personally, 3) Don't make assumptions, 4) Always do your best. The first three are tools that we use to free ourselves from our self judgements and wounds that we

all acquire as we grow up. We use them to uncover, clean and heal those wounds – places where we felt weren't good enough.

The fourth agreement supports the other three agreements. If we are not impeccable in our dealings with ourself or others, or take something personally, or if we make an assumption, but we did our best, we cannot be faulted. We don't have to be "perfect" because our images of perfection are just that – images.

Ed Fox conducts workshops and ceremonies in Portland on the Toltec Path. If you are interested, call 503/234-9946.

### Earth Beat

## Eric Bibb & Needed Time Release Good Stuff

EarthBeat! Records continues to bring music lovers everywhere the best the industry has to offer in World and Progressive music, with the release of acoustic blues musician Eric Bibb's Good Stuff. Blues, soul and a hint of gospel combined with sensitive lyrics written or co-authored by Bibb, make Good Stuff an enriching musical experience.

Bibb was the winner of the best Newcomer title in the British Blues Awards and is fast becoming a leader in the black acoustic blues revival. Songs on this superb collection include the ballads You're The One and Something Much Greater, as well as the unmistakably blues tune, I need A Vacation, Don't Ever Let Nobody Drag Your Spirit Down and New World Comin' Through. The unique blend of instruments adds to Bibb's passionate vocals and the overall colour of Good Stuff, which includes the mandolin, steel guitar, banjo, congo (bass Kalimba), pump organ, accordion and Zither.

This new acoustic bluesman has toured across Europe, playing at the Cambridge Folk Festival, the Dublin Festival and the London Blues Festival. With his roots deep in American blues and Folk tradition, this New York-born musician has spent many years in Sweden and is the son of singer Leon Bibb, who was on the scene in New York coffeehouses in the early 1960's. Although he has been compared to such greets as Ry Cooder, Robert Cray, Keb Mo and Taj Mahal; Bibb is an original in his own right. He recently joined together with Taj Mahal and award-winning independent producer Linda Tillery and the Cultural heritage Choir on the Grammy-nominated children's album Shakin' A Tailfeather, available on the acclaimed Music For Little People recording label. Eric Bibb is nothing short of "discreetly awesome."

To request a promotional copy of Good Stuff, or a catalog from EarthBeat! Records, you may call 1-800-346-4445.

# POPEYES

## Back To School

Your Assignment:

Try the *incredibly delicious* taste of Popeyes' world famous New Orleans *Spicy™* or Louisiana *Mild™* chicken. Now available for a limited time at an *incredibly low price* – do the math and take home **A+** flavor today!



15  
MIXED PCS  
CHICKEN

\$13.95

Offer good until September 26, 1999

Do Your Homework!