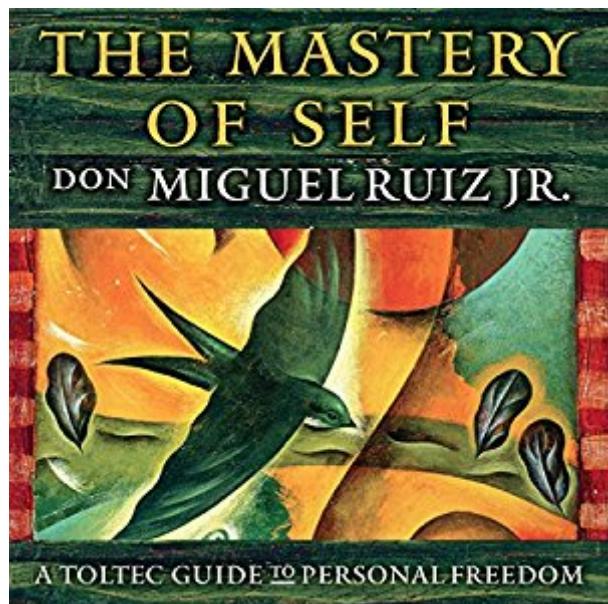


The book was found

The Mastery Of Self: A Toltec Guide To Personal Freedom



Synopsis

The ancient Toltecs believed that life, as we perceive it, is a dream. We each live in our own personal dream, and these come together to form the dream of the planet, or the world in which we live. Problems arise when our perception of the dream becomes clouded with negativity, drama, and judgment (of ourselves and others), because it's in these moments of suffering that we have forgotten that we are the architects of our own reality and we have the power to change our dream if we choose. In *The Mastery of Self*, best-selling author and teacher don Miguel Ruiz Jr. takes the Toltec philosophy of the dream of the planet and offers you a road map to reclaiming your authentic self. He reveals how the tools of awareness, understanding, and unconditional love can free you from any inhibiting beliefs, stories, or ideas that are keeping you from living the best life possible. This book can help you discover who you really are at the deepest level, which often lies just beyond any conditioning or domestication you have acquired throughout your life.

Book Information

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Customer Reviews

It is so easy to feel powerless in this world. It's easy to feel like a victim of the pressures that scream for my attention. The voices are many, loud, and urgent. Sometimes I wonder how to keep my sanity and create a life worth living when the demands of the world seem to drain my vital energy every day. As I read this new book from don Miguel Ruiz Jr, I was inspired to question those agreements I unconsciously made and take back my power. He explains in *The Mastery of Self*, "Toltec means artist of life." Ruiz weaves a fascinating tapestry from threads of his ancestral tradition

and stories from his own journey of self discovery. I love that he doesn't teach from an elevated position. Instead, he illustrates how it is possible to see my life as one of the many "dreams of the planet" that is creating the world at this very moment. He leads as a sort of fellow dreamer or fellow traveler with us all. After I read the last few lines of this book, I walked outside my house and saw the world around me with new eyes. I saw the possibilities to paint on the canvas of my life and create from the deep river of my own passion. As Ruiz teaches it, mastery is not some esoteric path reserved for mystics or renunciates in a monastery. Mastery is the practice of coming present every day, releasing outdated agreements about reality, and creating my own work-of-art life one creator's choice at a time. I feel more powerful and committed to my "life as art" after reading this beautiful book.

This is an excellent book. I have read many of the Ruiz family's books, and this book is one of the best. While Miguel covers a variety of topics on becoming a Master of Self, like unconditional love, forgiveness, awareness, and attachment, I especially like the way this book thoroughly explains the Toltec concept of Domestication. Miguel writes:

"Domestication is the primary system of control in the Dream of the Planet. Starting when we are very young, we are presented with either a reward or a punishment for adopting the beliefs and behaviors that others in the Dream of the Planet find acceptable." Miguel uses many wonderful examples to explain how domestication occurs in our lives (both in good and bad ways), and explains how when we aren't aware of our own domestication (all the little ways we have bought into the "system" without investigation) we end up making choices and decisions that really aren't our own, but rather the ones we have been programmed to make. Or as Miguel writes, "without awareness of our domestications and attachments then any notion that we have a choice is an illusion." This is something I struggled with for years, pursuing things that really weren't me, all because I thought I was "supposed" to. While I had already dealt with many of these issues, I appreciated how Miguel explained them, it felt like a vindication, and I also found a few new areas I need to look at too. Lastly I also really liked the variety of exercises that are included in this book, but especially the ones which are designed to help us spot our own domestication, because once we are aware of it we can decide if we want to keep it or not.

This book follows in the footsteps of the books written by the elder Don Miguel. This book gives insights and explanations to help in handling challenging emotions in a way which benefits the entire

world as well as us as individuals.

I was gifted a hard copy of this book after purchasing it (talk about synchronicity) . I love don Miguel Ruiz's book because the language and messages/lessons are easy to understand - practical processes for thinking and living. With so many books out there that make following the spiritual path some complicated obstacle course - it's nice to read a book that is short on fluffy language and stays on course.

I truly enjoyed this book. The author has put the perspective on this book in a way to make you think about yourself in a positive way and in turn you will have a positive attitude towards life and others.

Great book. Love Toltec knowledge

I really enjoyed the writing style of Don Miguel Ruiz jr. He provided a lot of useful information on how to get rid of negativity in one's life in order to have a peaceful existence. I enjoyed reading The Mastery of Self and would definitely purchase copies as gifts to others.

Easy to follow guidelines for self mastery!Highly recommend this book for everyone !A must read!Do it for yourself and your well being!

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