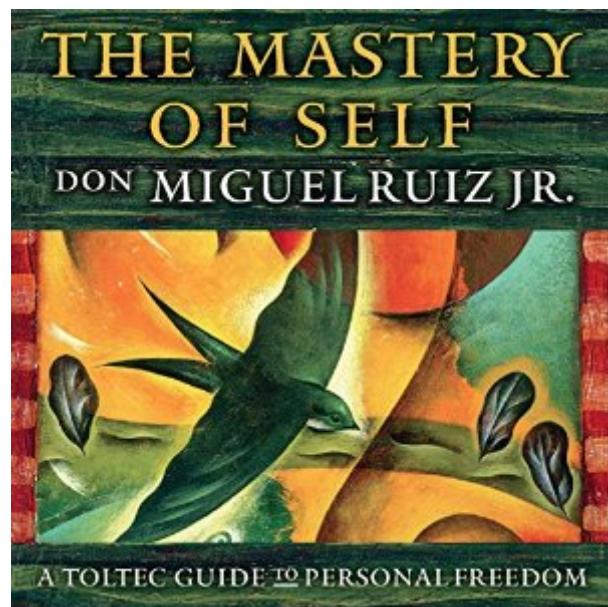


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# The Mastery Of Self: A Toltec Guide To Personal Freedom



## 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, as with the others, is amazing! I have had so much peace as I learn from these teachings. I am learning to not only be set free from the expectations of others but I'm learning to not put expectations on others. We are all artists, I must only learn to master myself.

Wisdom is one thing. Clarity in convening wisdom is another. Don Miguel Ruiz Jr. provides a clear roadmap to help anyone become his or her best self. His storytelling style makes his teaching very "sticky." You remember the stories and concepts together so they can impact how you stay focused every day. When I first read *The Four Agreements*, it changed both my personal and professional life. It did it because I could apply the learning easily. This is exactly the same kind of book. Thank you so much.

I've read many of the greats in self-help/spirituality. don Miguel Ruiz, Jr. brings something a little different to the table in his books, and his newest book is no different. What I truly appreciate about Miguel's writing style is that it's easy to understand, conversational, AND has actionable steps on implementing concepts. As a reader, you are left with a clear path to make changes if that is so desired. Recently I had the opportunity to attend a book signing for this book, and Miguel gave a one hour presentation of the Toltec way. It was compelling, heartfelt, and transformative. If you ever get the chance to hear him speak, don't miss it! Until then - enjoy his latest book!

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.

This book is understandable and relevant to today's reader who is searching for a more enlightened walk through this age of Spirit. I recommend it to any one who wants to get rid of the mind games that are so distracting in our daily life.

I looked forward to the day this book would be released!! I wasn't disappointed! We all know who we are and why we're here deep down. Our conditioning and choices cause us to forget our deepest selves. don Miguel Ruiz Jr does a wonderful job of gently reminding us of who we are and why we're here. The collective consciousness of our species continues to rise thanks to Masters like don Miguel Ruiz Jr who are willing to share their truths with the world. Many thanks and much love!

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