

[PDF] The Five Levels Of Attachment: Toltec Wisdom For The Modern World

Arthur Morey, Don Miguel Ruiz, Don Miguel Ruiz Jr. - pdf download free book



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Description:

Review Don Miguel Ruiz Jr., my first son, belongs to a new generation of artists (Toltecs) who are transforming the way of life of our beloved humanity. -- don Miguel Ruiz, author of The Four Agreements Don Miguel Ruiz Jr.'s beautifully written mini-guide, The Five Levels of Attachment, is intended to follow up his father's bestseller, don Miguel Ruiz Sr.'s The Four Agreements.Both

authors are known as naguals, masters of transformation of the ancient system of Toltec wisdom, specifically the "Eagle Night" lineage. The Five Levels of Attachment cites a collection of Ruiz Sr. quotes, Don Quixote passages, and personal adventures of the author himself to illustrate his points and help readers relate. The five levels addressed are: Authentic Self, Preference, Identity, Internalization, and Fanaticism. Ruiz Jr. very simply lays out how our personal belief systems are conditioned from a very early age. We naturally develop preferences and make judgments as well. This book will walk readers through essays to question their own beliefs and look outside the box of their personal attachments. Ruiz Jr. provides simple steps for readers to take action, pausing before jumping to conclusions and giving them permission to experience an alternate story to their conditioned "attachments" that can be applied in any situation. The concepts discussed are not new, but Ruiz Jr. brings a fresh, very masculine and straightforward approach to changing thoughts and behavior that will result in powerful spiritual growth. -- Allyson Gracie, Wellness Specialist Retailing Insight, March 2013 --This text refers to the edition.

About the Author Don Miguel Ruiz Jr. is a Nagual, a Toltec Master of Transformation. He is a direct descendant of the Toltecs of the Eagle Knight lineage and is the son of don Miguel Ruiz. By combining the wisdom of his family's tradition with the knowledge gained from his own personal journey, he now helps others realize their own path to personal freedom.

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