



Beyond Fear: A Toltec Guide to Freedom and Joy, The Teachings of Don Miguel Ruiz

By Miguel Ruiz

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The wisdom in this life-changing book has the power to replace fear with joy. Fear, the source of all the negative agreements we've made in life, can alienate us from the joy that is our birthright. When we are able to look at our lives and our worlds without fear or judgment, we realize that this dream we are dreaming - reality - can be whatever we want it to be.

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Editorial Review

From the Author

It has been my privilege to know don Miguel Angel Ruiz, and his lovely wife Gaya, for several years. Miguel and I have shared numerous conversations in Santa Fe and Albuquerque, New Mexico, and in Teotihuacan, Mexico.

On each occasion I became aware, for the duration of our talk, that we had been in another dimension where the possibilities for transformation are boundless. In this other place, where Gaya also dwells, affirmation, a positive viewpoint and a profoundly holistic sense of the sacred prevail. My task has been to collect, record and shape don Miguel's wisdom.

Though I am neither an apprentice nor a shaman, through the years of writing this book my imagination has been penetrated by nagualism with its eternal promise of heaven on earth, and I am grateful.

From the Back Cover

In order to practice the Four Agreements, before we can achieve the Mastery of Love, we must move Beyond Fear. Fear is the source of all the negative agreements we've made with life. It can alienate us from the joy that is our birthright. When we are able to look at our lives and our worlds without fear or judgments, we realize that this dream we are dreaming - reality - can be whatever we want it to be.

Don Miguel Ruiz, trained as a medical doctor and surgeon, is also a nagual (one with the ability to guide others to spirit), initiated as a Master of Intent in the Toltec tradition. His wisdom derives from a vision of Teotihuacan, "the place where Men become Gods." Seekers of the Toltec way to freedom and joy follow a ritual procession along the main passageway in Teotihuacan as they move beyond fear into a state of empowerment. Many students have made this journey with don Miguel. This comprehensive guide to the teachings of don Miguel Ruiz includes:

- the basic elements of Toltec wisdom and the spiritual practice that is the basis of The Four Agreements
- Tools for Transformation - exercises and ceremonies to walk readers through the process of shedding fear, judgment, and guilt
- an imaginary journey to Teotihuacan, the sacred center of nagual teaching
- information on life after death, and prophecies about the evolution of humanity
- biographical information on don Miguel Ruiz and his training with his curandera mother, the famous healer, Mother Sarita

The knowledge contained in this life-changing volume has the power to replace fear with joy.

About the Author

Don Miguel Ruiz was born into a family of healers in rural Mexico and later attended medical school and taught and practiced as a surgeon. He rediscovered the ancient teachings of his youth following his own near-death experience. A nagual in the Toltec tradition, he lectures, holds workshops, and leads groups on transformative journeys to Teotihuacan, Mexico. His works include the bestseller *The Four Agreements* and *The Mastery of Love*.

Mary Carroll Nelson is an artist and the founder of the Society of Layerists in Multi-Media, a national network of artists who express a holistic perspective. She is also the author of *Artists of the Spirit* (1994), in

which she first wrote about don Miguel Ruiz and his presentation of the Toltec tradition.

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