



## The Mastery of Self: A Toltec Guide to Personal Freedom

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**The Mastery of Self: A Toltec Guide to Personal Freedom** By *don Miguel Ruiz Jr.*

The ancient Toltecs believed that life as we perceive it is a dream.

We each live in our own personal dream, and all of our dreams come together to make the Dream of the Planet. Problems arise when we forget that the dream is just a dream and fall victim to believing that we have no control over it.

*The Mastery of Self* takes the Toltec philosophy of the Dream of the Planet and the personal dream and explains how a person can:

- Wake up
- Liberate themselves from illusory beliefs and stories
- Live with authenticity

Once released, we can live as our true, authentic, loving self, not only in solitude and meditation, but in any place--at the grocery store, stuck in traffic, etc.--and in any situation or scenario that confronts us.

The Ruiz family has an enormous following, and this new book from *don Miguel, Jr.* will be greeted with enthusiasm by fans around the world. This new book from *don Miguel, Jr.* will be greeted with enthusiasm by fans around the world.

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### **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, Sr. 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. Visit him at [www.miguelruizjr.com](http://www.miguelruizjr.com).

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