



The Mastery of Self: A Toltec Guide to Personal Freedom

Miguel Ruiz Jr.

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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.

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

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From Reader Review The Mastery of Self: A Toltec Guide to Personal Freedom for online ebook

Michael Mosher says

Meh

Liked the Four Agreements and the Mastery of Love a lot more. If I had read this book first, I probably would have not read the other two I mentioned that were way more impactful to me.

Hlyan Htet Oo says

I bought this audiobook on Audible by mistake. I didn't notice the "Jr." in the author's name. But I listened to it and found it quite okay. However, if you are interested in and new to Toltec philosophy, I would recommend you read The Four Agreements: A Practical Guide to Personal Freedom or The Fifth Agreement: A Practical Guide to Self-Mastery by Don Miguel Ruiz first. And if you want to read more on the mastery of self other than the Toltec philosophy, I would recommend The Daily Stoic: 366 Meditations for Clarity, Effectiveness, and Serenity by Ryan Holiday.

Marla says

Great book for those seeking the beginning steps to enlightenment. It surprises me the Toltec and the Veda's have very similar paths. This book is clearly written from an aware point of view. Worthwhile read.

Andre Sanders says

Short book with some good insights that are helpful, but nothing too ground braking, possibly because of the fact I've read several books with some of the same info, so it's not really the fault of the author for why I gave it 3 stars.

MásterBanda says

Muy buen libro, si bien él no es el autor de los 4 acuerdos (que no he leído por cierto), sí es el hijo de quien inició ese movimiento, por lo tanto considero que cuenta con la autoridad para hablar sobre el tema.

A través de analogías y prácticas te lleva de la mano no sólo hacia el uso del conocimiento que expresa sino a la verdadera comprensión de lo que significa ser un maestro de ti mismo.

Si has leído sobre el tema y tienes conocimiento en Budismo Zen (Mindfulness) o has leído algunas de las prácticas orientales occidentalizadas (como Deepak Chopra, Osho, etc.), éste libro te encantará no sólo como

recordatorio de vivir en el presente sino como comprensión de por qué y cómo la maestría del Ser es posible.

Barbara Auito says

Notes to self.....everywhere! So much in such a small package. Baby steps to ultimately contribute positively to the Dream of the Planet. It will become my daily guide to move in a direction of self acceptance and self love, leaving behind that mental 'parasite' who seeks to unravel. Great book!!!

Kerri Mulhern says

"The human journey is a process of the Divine becoming aware of itself."

- don Miguel Ruiz Jr.

This May I had the honor to attend an evening with don Miguel Ruiz and don Miguel Ruiz Jr. It was a magical night as you can read about in my May 19th blog. That night I purchased don Miguel Ruiz Jr.'s latest book *The Mastery of Self - A Toltec Guide To Personal Freedom*. I was thrilled to have him sign the book that night. There is energy everywhere, and along with the energy of the book, there is energy in his signature. And from what I felt in the church that evening, his energy is pure love.

I was very excited to read this book. It looks like a small, quick read, but it is packed and overflowing with wisdom. I really took my time with this one because he provided exercises in each chapter, and I wanted to do everything. As you can probably tell by now, one of my passions is self-improvement and learning to be my best self. What I learned through don Miguel Ruiz Jr.'s book, is that my Authentic Self is already perfect. I just need to let go of the masks and unconditional love for myself and others (and a few other very important things, but you'll read about it in the book yourself!).

"As a Master of Self, the way out is to remind yourself that you are perfect in this moment and you don't need to do or achieve anything in order to be complete."

- don Miguel Ruiz Jr.

The biggest challenge in my life has been forgiveness. It is the biggest obstacle I have been avoiding. However, I knew that I would have to face it eventually if I wanted to live my best life possible. It's amazing how life works when you tune in and see how everything is really guiding you home to your true nature. I recently had a really heartfelt conversation with my bestie. I was telling her about a pivotal, heartbreaking moment in my life. She said she felt like this was the final piece, the one thing I needed to let go of to be free and to essentially live the life I was intended here for. Our conversation was just after I read Chapter 4: *Unconditional Love For Others*. The exercises in this chapter put me on the path to freedom in this area. I don't want to give the book away, but I will say the first part involved writing a letter (something I've talked about doing for awhile) to the person that caused that "thing", that "moment" that feels like changed everything, and not for the better. I had been avoiding the letter. But I did it this time, I saw it through. For the first time I got it all out, I told my story from the perspective of the young girl I was. It wasn't as difficult or frightening as I thought it would be. The next two parts of the exercise are what set me free. Thank you don Miguel!

The other huge thing that this book helped me with is weight loss. This is yet another struggle that I just wrote about in my last blog. Again, I was just thinking about my struggle with losing weight, and there comes Chapter 8: Goal Setting. This chapter taught me that I am perfect already and I need to love myself as I am whether I achieve my goals or not. This chapter provided a beautiful approach to setting goals in a positive and healthy way. It's been of immeasurable use. Thank you again don Miguel!

As I've mentioned, there is so much packed into this book. I wanted to give a couple of examples of how it helped me, but there is so much more. There are grounding exercises, mantras, reflections on our attachments, the roles we play, the projections we put onto others and more.

I know for everyone reading The Mastery of Self, it will hit at the core of something in your life that really needs to be brought to the surface and released. It will give you an awareness into something profound in your life, and will give you a new perspective. It will reveal the truth and give concrete steps to awareness and freedom. And above all, this is all done with love. Obviously I highly recommend this book! I also highly recommend checking out don Miguel Ruiz Jr.'s book signing schedule and events.

In Gratitude & Love,

Kerri Mulhern
www.suitablegifts.com

Nancy says

This is the fourth book I have read on the Toltec understanding of the soul and interpretation of the physical world. While I still cringe at the cult-like names of key concepts, "Dream of the Planet" "Domestication", "Personal Dream", the underlying concepts really resonant with me as a memory being recalled from my youth, presumably before what Ruiz calls "domestication" completely took hold. Strong too is the familiarity between preferred mental behaviour and memories of the my mental subtext that served to strengthen my resolve preceding what would become convention-thwarting successes in my life. While it is troubling how easily we can redirect ourselves from "self mastery" back to a cliched character in a series of roles ("masks") but as Ruiz describes this slippery slope, he makes it easier to see the route to free one's self of critical self-judgement towards clearer thinking. Any individual lesson can be taken as a motivational quote, but en masse, it serves to lead the reader from the fog imposed by culture and others' standards.

When you create an image of yourself as a worker, student, husband, ...[son], spiritual seeker, ...[athlete], or any other role, and use that mask to relate to others, the moment you forget it's a mask your self-acceptance becomes tied to others' acceptance and applause as to how well you perform this role. If you don't meet the standards others have set for these roles, or the ones you have set for yourself, you reject yourself. This is another example of domestication and self-domestication in action, and it happens the moment you confuse any mask you are wearing with who you really are. Clinging too tightly to any mask only leads to suffering.

The book offers several opportunities to stop and self-assess how decisions and circumstances introduce conditions on love, from others as well as ourselves. This second point is most valuable as Ruiz shows us the practice of setting personal goals, supported by unconditional self-love. This is a tough task as most of us are experienced at berating ourselves (and those we love) towards goals, ultimately undermining our the efforts.

I wouldn't recommend this book to everyone as I think people must be ready for it to appreciate it. It certainly helps if the reader has some familiarity with Toltec ideals even though that isn't a prerequisite. Other readers whom may be able to dive right in might be those whom have a depth of knowledge in theories of happiness and/or have done mindfulness training. Though not a religious book, some of the key terms might be recognised as versions of conceptual "maya" from Hindu and Sikh sacred texts, Ruiz also introduces "mudita" or sympathetic joy, an insightful practice of found in Buddhism, among others.

Brian Tucker says

Excellent book with practical tools and exercises to get you out of your head and into your heart.

Two takeaways for me:

1. In a disagreement, most of the time it isn't important who is right or wrong. People are speaking through their own personal story and "Dream" of life.
 2. When we set goals, it is wise to set them from a place of unconditional love of self, not from a place of competition or obligation.
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Aubrey Eicher says

If you've read any of the Ruiz' (Sr. or Jr) works, you'll find a thread that weaves them all together. Having read/listened to a handful of their books now, this one stands out to me in a few points:

??The importance of goal-setting and achievement from a place of unconditional self-love
??The importance of not comparing ourselves to others, either in a positive or a negative way; particularly those we look up to that have qualities we would like to have (we have them because we recognize them in the other in the first place) instead, to appreciate the qualities we have as well as adopt the ones we wish to have - not taking any of it personally/having an attachment of our self-worth to it.

There's so much more. I definitely recommend it!

Tim Behle says

Great Book! I no sooner finished it, and had already loaned it for someone else to read, but I will read it again!

R. Alirhayim says

I have previously read books by Miguel Ruiz (the father); what I liked about them is the simple language approach Miguel used to convey his ideas. This is something I have rarely seen in self-help books.

On the mention of “self-help”, I am not sure I would consider this as one. It was helpful, but not in the way that I expected. The book is supposed to talk about the mastery of self, but I felt it was more about detaching yourself from attachments .. and some mention on controlling emotions. Because Miguel has a second book on “the five attachments” I wonder why he chose to mention it at all.

There were a lot of writing exercises so you would want to consider keeping a pen and paper beside you at all times.

La Reina Lectora says

El libro de Miguel Ruiz me ha parecido muy básico para lo que me esperaba. Creía que profundizaría más en la parte espiritual que psicológica, y me he encontrado con demasiados términos modernos como el apego, la domesticación, y no me ha aportado nada nuevo.

Si empiezas a conocer este tipo de corriente, es un libro introductorio que puede ser de ayuda. Pero si ya has leído mucho sobre estos temas, quizás se te quede corto.

En cualquier caso, espero que este libro llegue a las manos adecuadas que lo necesitan :)

Lisa Smith says

"If you see the world through the eyes of conditional love, you are by definition attempting to control others, imposing your will so that they conform to the definition of who and what you think they should be. If they don't agree to your demands, they will receive the punishment of your judgment. This is conditional love in a nutshell."

"But when you see another with the eyes of unconditional love, you are then able to clearly see who is actually in front of you, a living being who is trying to survive and thrive in a world filled with domestication and conditional love. Unconditional love allows you to disagree with the choices or beliefs of others while still respecting their right to have them."

Jessica says

Definitely one of my favorites of all the books from this author and his father (the Four Agreements will always be my absolute favorite). Extremely well written and thought out. Will be coming back to this book for years to come.
