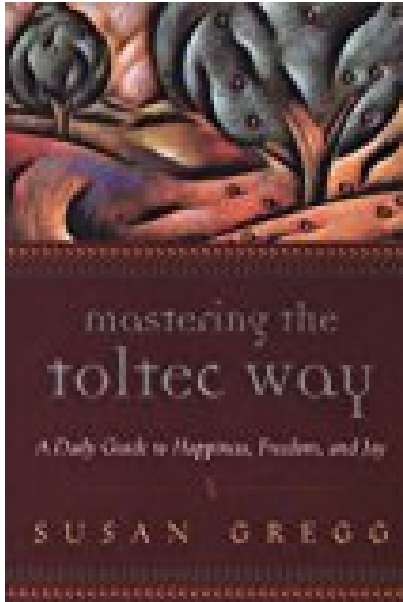


# Mastering the Toltec Way A Daily Guide to Happiness Freedom and Joy

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## BOOK DETAILS

- Author : Susan Gregg
- Pages : 416 Pages
- Publisher : Red Wheel
- Language : English
- ISBN : 1590030508

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## **BOOK SYNOPSIS**

Toltec culture flourished in Mexico around 800 AD. Its wisdom has been brought to millions by the wildly popular teacher don Miguel Ruiz. Also based on the ancient teachings of the Toltec people, Mastering the Toltec Way helps readers follow in the footsteps of the Toltec into living fully, truthfully, and passionately, day by day. Secret knowledge embraced by the Toltec transcends normal, everyday awareness. Using Mastering the Toltec Way, readers gain access to this ancient knowledge and learn daily how to be happy no matter what their circumstances and how to gain complete freedom to be themselves. Mastering the Toltec Way is structured on the lunar calendar. Each of the 13 chapters concludes with 28 daily entries that illustrate how to apply the Toltec way to today's world. From the book: Beginning on a full or new moon, readers: Start by reading a story that weaves the Toltec philosophy into modern life and lights the way for the exercises to follow. Do visualizations that help them use their imaginations to disengage their minds and re-engage their spirits. Meditate in various ways plus learn to pay attention to their five senses, among other active exercises to put the Toltec way into daily practice. For those who want to experience everyday life more deeply and gain lasting personal freedom, Mastering the Toltec Way guides seekers on a well-traveled, ancient path.

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