



The Five Levels of Attachment: Toltec Wisdom for the Modern World

By don Miguel Ruiz Jr

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This is a book that picks up where *The Four Agreements* left off. Building on the principles found in his father's bestselling book, Ruiz, Jr. explores the ways in which we attach ourselves inappropriately to beliefs and the world.

Ruiz explores the five levels of attachment that cause suffering in our lives. The levels are:

- Authentic Self
- Preference
- Identification
- Internalization
- Fanaticism

Accessible and practical, Ruiz's exploration invites us to look at our own lives and see how an unhealthy level of attachment can keep us trapped in a psychological and spiritual fog. He then invites us to reclaim our true freedom by cultivating awareness, detaching, and discovering our true selves.

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Editorial Review

Review

"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

"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*

About the Author

don Miguel Ruiz, Jr., is a Nagual, or a Toltec Master of Transformation. He is a direct descendant of the Toltecs of the Eagle Night lineage, and is the son of don Miguel Ruiz, Sr., author of the *Four Agreements*. He lives in Sacramento, California with his wife and two children.

Users Review

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Deborah Oneal:

The book untitled The Five Levels of Attachment: Toltec Wisdom for the Modern World contain a lot of information on that. The writer explains your ex idea with easy way. The language is very clear to see all the people, so do not necessarily worry, you can easy to read the idea. The book was authored by famous author. The author will take you in the new period of literary works. It is easy to read this book because you can read more your smart phone, or device, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site along with order it. Have a nice read.

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In this period of time globalization it is important to someone to acquire information. The information will make anyone to understand the condition of the world. The fitness of the world makes the information much easier to share. You can find a lot of references to get information example: internet, newspapers, book, and soon. You can observe that now, a lot of publisher this print many kinds of book. Often the book that recommended to you is The Five Levels of Attachment: Toltec Wisdom for the Modern World this guide consist a lot of the information on the condition of this world now. This book was represented how does the world has grown up. The language styles that writer require to explain it is easy to understand. The particular writer made some study when he makes this book. This is why this book ideal all of you.

Ronald Hopkins:

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