



# **Beyond Fear: A Toltec Guide to Freedom & Joy: The Teachings of Don Miguel Ruiz - Journal Edition**

*Mary Carroll Nelson, Don Miguel Ruiz*

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### A comprehensive guide to the teachings of Don Miguel Ruiz on overcoming fear

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, and it can alienate us from the joy that is our birthright. 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. Also included are exercises and ceremonies to walk readers through the process of shedding fear, judgment, and guilt; information on life after death, and prophecies about the evolution of humanity; and biographical information on don Miguel Ruiz and his training with his curandera mother, the famous healer, Mother Sarita. For those interested in the roots of his knowledge and his early work along the path to spiritual awakening and enlightenment, *Beyond Fear* provides the answers.

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