

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 Fanatacism. 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, 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. 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.

Users Review

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People live in this new time of lifestyle always make an effort to and must have the extra time or they will get lots of stress from both lifestyle and work. So , once we ask do people have time, we will say absolutely of course. People is human not really a huge robot. Then we consult again, what kind of activity have you got when the spare time coming to you of course your answer will probably unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative throughout spending your spare time, often the book you have read is definitely The Five Levels of Attachment: Toltec Wisdom for the Modern World.

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