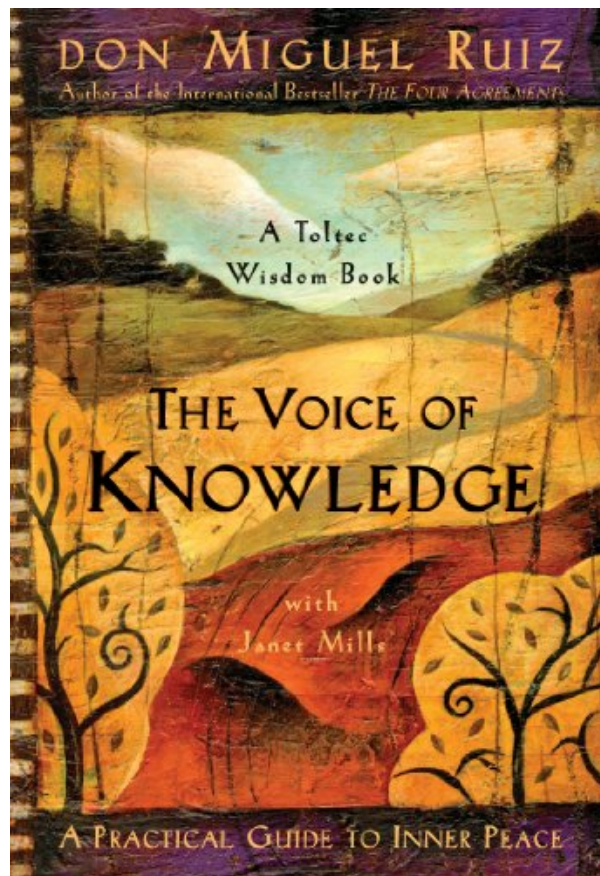
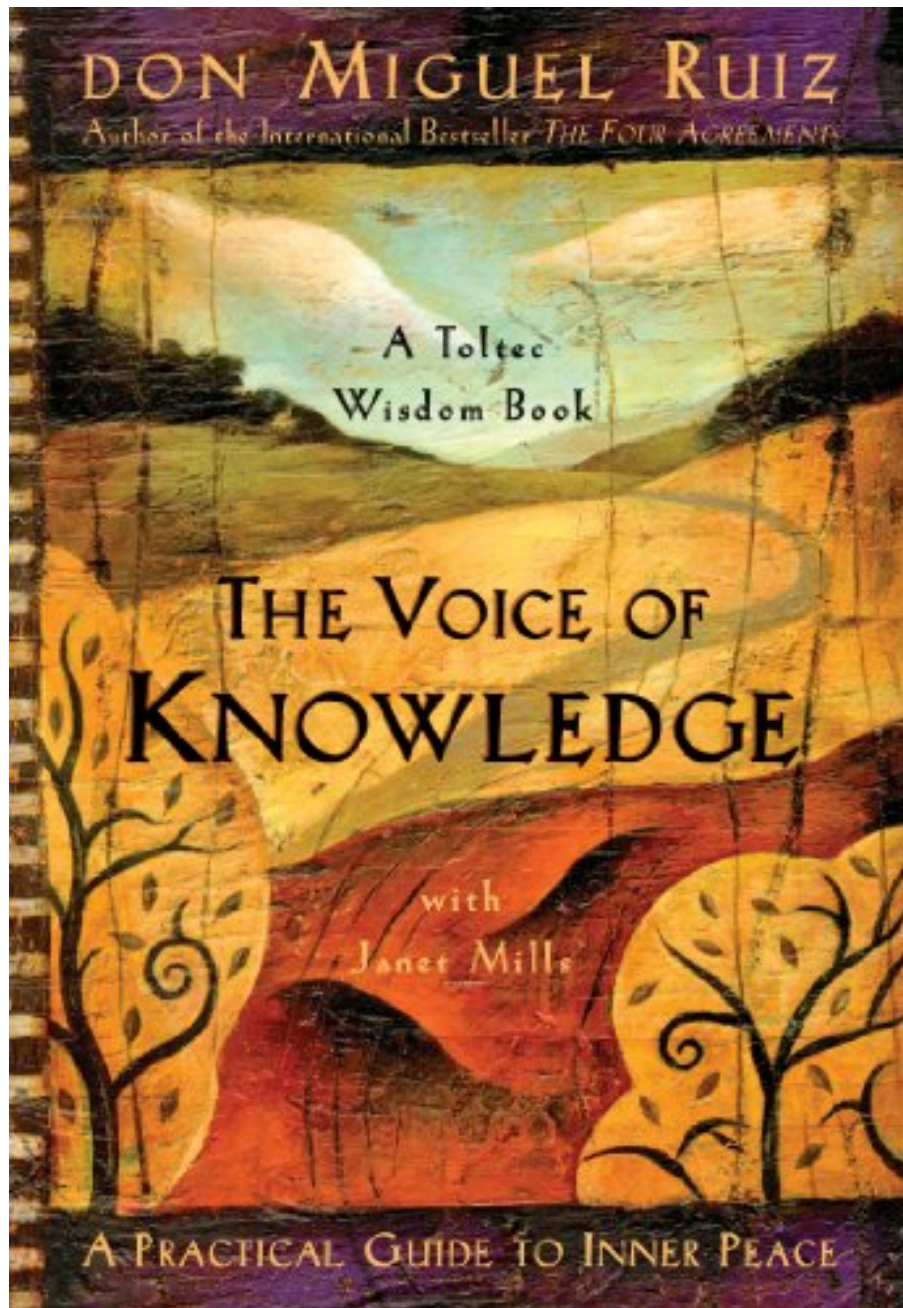


**THE VOICE OF KNOWLEDGE: A
PRACTICAL GUIDE TO INNER PEACE BY
DON MIGUEL RUIZ, JANET MILLS**



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Amazon.com Review

As little children we know how to live in the moment and be completely authentic. But then something damaging happens to us, according to author Don Miguel Ruiz: we are given "knowledge" about how to live in the world. Parents tell us how to behave in order to be a "good" boy or girl. Teachers tell us what it takes to be a "winner" or a "successful" adult. This collective "voice of knowledge" is not only false--it is often poisonous, explains Ruiz, bestselling author of *The Four Agreements*. It makes us believe that "I am not the way I should be; it is not okay to be me." Drawing upon the story of Adam and Eve, Ruiz refers to the forbidden tree of knowledge and likens the abandonment of the true self to the fall from heaven. What Ruiz calls "the voice of knowledge" others spiritual teachers might call ego--the hidden and carefully defended belief system that prevents us from living and expressing who we really are. "The structure of our knowledge makes us feel safe....When we discover that we are not what we believe we are, the foundation of our entire reality begins to collapse." In the Toltec tradition, Ruiz says every human is an artist, "and the supreme art is the expression of the beauty of our spirit." He explains that there are two kinds of artists: "the ones who create their story without awareness, and the ones who recover awareness and create their story with truth and love." The recovering of awareness is what this fourth book in the Toltec Wisdom series is all about. This makes for a good bedside spiritual growth book. Each chapter closes with "Points to Ponder"--summary thoughts to sleep upon as you create the more authentic story of your life. --Gail Hudson

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From the Author
Miguel Ruiz and Janet Mills

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A spiritual guide to overcoming negative emotions offers advice on saying what one means, refusing to speak against oneself, and ending self-deprecating thoughts and attitudes as part of realizing true knowledge and being true to oneself.

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- 248 pages

Features

- The Voice of Knowledge: A Practical Guide to Inner Peace (Toltec Wisdom Book)

Amazon.com Review

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From the Author

Miguel Ruiz and Janet Mills

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This product is great and I am very happy

By Sarah Marina

I got this *The Voice of Knowledge: A Practical Guide to Inner Peace* Paperback – April, 2004

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by Don Miguel Ruiz (Author), Janet Mills (Author).

1 of 1 people found the following review helpful.

Don't listen to the voice but definitely listen to these words of wisdom!

By Diana O

I love Don Miguel Ruiz's take on the voice in our heads; I am thrilled that he was able to pass down this Toltec knowledge. he puts things in great perspective and addresses it in such a way that it is simple and makes sense. These are all thoughts that I have had about the voice of knowledge and the story of Adam and Eve and the tree of knowledge. Regardless of your religious background (as I am spiritual person who was brought up Catholic) I truly love his take on the prince of lies.

1 of 1 people found the following review helpful.

It is a wonderful book to allow oneself to take a step back ...

By Julian

It is a wonderful book to allow oneself to take a step back and really see how their own decisions are directly creating their outcome in life!

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