

the mastery of love by don miguel ruiz

The Mastery of Love by Don Miguel Ruiz: Exploring the Path to Heartfelt Relationships

the mastery of love by don miguel ruiz stands as a profound guide that delves deep into the essence of love, relationships, and self-awareness. Authored by Don Miguel Ruiz, who is also known for his bestselling book "The Four Agreements," this work invites readers on a transformative journey toward healing emotional wounds and embracing the true nature of love. Unlike conventional self-help books centered solely on romantic relationships, The Mastery of Love explores love as a universal force that begins within ourselves and radiates outward, influencing every connection we hold.

Understanding the foundation of this book requires a shift in perspective about love itself. It's not about possession, control, or conditions, but about freedom, acceptance, and genuine connection. Through simple yet powerful wisdom rooted in Toltec traditions, Don Miguel Ruiz reveals how many of our fears and insecurities distort our ability to love fully and how reclaiming love's mastery leads to happier, healthier relationships.

What Is The Mastery of Love About?

At its core, The Mastery of Love by Don Miguel Ruiz teaches that love is a skill to be learned, nurtured, and practiced. It's less about finding the "right" person and more about becoming the right person — someone who understands their own worth and can offer unconditional love without fear or expectation.

The book dissects the emotional baggage we carry from childhood, societal conditioning, and past hurts that create a "domestic hell" of misunderstandings, jealousy, and mistrust. Ruiz emphasizes that these wounds shape our beliefs and behaviors, often leading us to seek validation from others or to build walls around our hearts.

Through this lens, *The Mastery of Love* becomes a manual for healing emotional scars and cultivating self-love. It encourages readers to break free from the “parasites” of fear, judgment, and control that inhibit authentic connection. Instead, the focus shifts to forgiveness, acceptance, and embracing vulnerability as a strength rather than a weakness.

Key Principles from *The Mastery of Love* by Don Miguel Ruiz

Don Miguel Ruiz offers several transformative insights and practical tools in *The Mastery of Love* that can be applied to any relationship—whether romantic, familial, or friendships. Here are some of the most impactful principles:

1. Self-Love is the Foundation

Before you can truly love another person, you must first love yourself. Ruiz stresses that self-love means accepting yourself completely, including your flaws and mistakes, without harsh judgment. When we nurture a healthy relationship with ourselves, we no longer seek external validation or approval, which frees us from toxic dependency.

2. The Importance of Personal Responsibility

Taking responsibility for your emotions and reactions is crucial. Ruiz explains that blaming others for your pain or unhappiness only disempowers you. Instead, owning your feelings allows you to respond with clarity and compassion, rather than defensiveness or resentment.

3. Letting Go of Control and Expectations

One of the biggest obstacles to love is trying to control others or expecting them to behave in ways that satisfy us. The Mastery of Love encourages embracing freedom within relationships—allowing your partner or loved ones to be themselves without pressure to conform to your desires. This fosters trust and mutual respect.

4. Healing Emotional Wounds Through Forgiveness

Forgiveness in Ruiz's teaching is not about condoning harmful actions but releasing the emotional burden they place on you. Holding onto grudges only perpetuates suffering, while forgiveness opens the door to inner peace and renewed connection.

Applying The Mastery of Love in Everyday Life

Understanding the concepts in The Mastery of Love by Don Miguel Ruiz is one thing; living them out daily is another. The beauty of this book lies in its practical advice that anyone can integrate into their lives to experience deeper and more fulfilling relationships.

Practice Mindful Communication

Often, conflicts arise from miscommunication or unspoken expectations. Ruiz highlights the importance of speaking honestly and listening openly without judgment. Mindful communication helps to clarify intentions and foster empathy, reducing misunderstandings.

Embrace Vulnerability as Strength

Many people fear showing their true selves due to the risk of rejection or hurt. However, Ruiz teaches that vulnerability is the gateway to authentic love. When you allow yourself to be seen without masks, you invite others to do the same, creating genuine intimacy.

Set Healthy Boundaries

Love does not mean losing yourself or tolerating disrespect. The Mastery of Love encourages establishing clear boundaries that protect your emotional well-being. Healthy boundaries prevent resentment and ensure relationships are balanced and nourishing.

Celebrate the Present Moment

The book reminds readers to savor the here and now rather than dwelling on past grievances or worrying about the future. Living in the present cultivates gratitude and joy, which are essential ingredients for a loving heart.

Why The Mastery of Love Resonates with So Many

The enduring appeal of *The Mastery of Love* by Don Miguel Ruiz is its universal message that transcends cultures, ages, and relationship types. People often find themselves stuck in cycles of heartbreak, disappointment, or loneliness, and this book offers a roadmap out of those patterns.

Its blend of ancient wisdom and practical guidance feels accessible yet profound, making it a favorite among readers seeking spiritual growth and emotional healing. Moreover, the emphasis on self-love as the root of all love challenges societal narratives that place romantic love on a pedestal, reminding us

that the most important relationship we have is with ourselves.

Impact on Relationships and Personal Growth

Countless readers report a shift in how they approach relationships after embracing the teachings in *The Mastery of Love*. By cultivating compassion for themselves and others, they experience less conflict and more connection. This ripple effect improves not only romantic partnerships but also friendships, family bonds, and even workplace interactions.

Additionally, the book serves as a catalyst for deeper self-awareness. Recognizing one's own fears and limiting beliefs is the first step toward transformation, and Ruiz's gentle guidance makes this process less intimidating and more hopeful.

Tips for Integrating The Mastery of Love into Your Life

If you're inspired by Don Miguel Ruiz's insights and want to bring the mastery of love into your daily existence, here are some actionable tips:

1. **Reflect Daily:** Spend a few minutes each day journaling about your feelings and how you relate to yourself and others.
2. **Practice Forgiveness:** Identify any grudges or resentments and consciously work on releasing them, even if it's just a small step at a time.
3. **Speak with Kindness:** Make an effort to communicate with honesty but also gentleness, avoiding blame or criticism.
4. **Set Boundaries:** Know what you need to feel safe and respected, and assert those needs clearly.

5. **Celebrate Your Worth:** Engage in activities that boost your self-esteem and remind you of your inherent value.

By weaving these practices into your lifestyle, the mastery of love becomes not just a concept but a living experience that enriches every relationship.

The journey outlined in *The Mastery of Love* by Don Miguel Ruiz is an invitation to rediscover the pure joy of loving and being loved without fear or conditions. It teaches us that love is not something to be found outside but cultivated within. As you explore these teachings, you may find your connections deepen, your heart soften, and your life transform in beautiful, unexpected ways.

Frequently Asked Questions

What is the main theme of 'The Mastery of Love' by Don Miguel Ruiz?

'The Mastery of Love' explores the concept of unconditional love and healing emotional wounds to create healthy, loving relationships.

How does Don Miguel Ruiz define love in 'The Mastery of Love'?

Ruiz defines love as a state of being and self-acceptance rather than dependency on others, emphasizing that true love comes from within.

What role does fear play in relationships according to 'The Mastery of Love'?

Fear is described as the root cause of emotional pain and dysfunctional relationships; overcoming fear

allows individuals to love freely and authentically.

Does 'The Mastery of Love' offer practical advice for improving relationships?

Yes, the book provides practical guidance on self-love, communication, forgiveness, and letting go of unrealistic expectations to foster healthier relationships.

How does 'The Mastery of Love' suggest dealing with emotional wounds?

Ruiz encourages readers to acknowledge their wounds, stop blaming others, and focus on healing themselves through self-awareness and compassion.

Is 'The Mastery of Love' focused only on romantic relationships?

No, the book addresses love in all relationships, including friendships, family, and the relationship one has with oneself.

What cultural or philosophical influences shape 'The Mastery of Love'?

'The Mastery of Love' is influenced by Toltec wisdom and indigenous Mexican spirituality, emphasizing personal transformation and inner freedom.

Why is self-love emphasized in 'The Mastery of Love'?

Self-love is essential because it forms the foundation for loving others without fear, neediness, or expectation, leading to healthier and more fulfilling relationships.

How has 'The Mastery of Love' been received by readers and critics?

The book has been widely praised for its simple yet profound insights into love and relationships, becoming a popular guide for personal growth and emotional healing.

Additional Resources

The Mastery of Love by Don Miguel Ruiz: An In-Depth Exploration of Emotional Wisdom

the mastery of love by don miguel ruiz stands as a profound work in the landscape of contemporary self-help and spiritual literature. Authored by Don Miguel Ruiz, who is also well-known for his bestselling book **The Four Agreements**, this book delves into the complex dynamics of human relationships, focusing particularly on the theme of love—not as an abstract ideal but as a tangible, everyday practice. Ruiz’s approach blends elements of ancient Toltec wisdom with modern psychological insights, offering readers a framework to understand and cultivate authentic love in their lives.

In this article, we will undertake a thorough examination of **the mastery of love by don miguel ruiz**, evaluating its core concepts, practical applications, and the broader cultural significance of its teachings. By weaving in relevant LSI keywords such as emotional healing, relationship advice, self-love, and personal transformation, we aim to provide an SEO-optimized, comprehensive review that resonates with both new readers and those familiar with Ruiz’s work.

Contextualizing The Mastery of Love by Don Miguel Ruiz

To fully appreciate the impact of **the mastery of love by don miguel ruiz**, it is essential to situate it within the broader spectrum of spiritual and psychological literature. Published in 1999, the book emerged at a time when interest in holistic approaches to emotional well-being was burgeoning. Ruiz, drawing on his Toltec heritage, challenges conventional narratives around love, emphasizing that many of the difficulties in human relationships stem from internal wounds and societal conditioning rather than external circumstances alone.

Unlike typical relationship advice books that often focus on tactics or communication strategies, Ruiz’s work is deeply introspective. It encourages readers to first cultivate self-love and emotional healing before seeking fulfillment in relationships. This paradigm shift has positioned the book as a pivotal

resource for those interested in personal transformation, emotional intelligence, and the philosophy of love.

Core Themes and Principles

Understanding Emotional Wounds and Their Impact

One of the foundational ideas in **the mastery of love by don miguel ruiz** is the concept that most human suffering in relationships originates from emotional wounds inflicted during childhood. Ruiz argues that these wounds manifest as fear, insecurity, and distorted perceptions of love, which in turn perpetuate cycles of pain and misunderstanding.

By bringing awareness to these wounds, individuals can begin the process of emotional healing—a key step toward mastering love. This approach aligns with psychological perspectives that emphasize the importance of addressing past trauma to improve present relational dynamics.

The Role of Self-Love in Healthy Relationships

Ruiz places significant emphasis on self-love as a prerequisite for loving others effectively. He asserts that without a genuine sense of self-acceptance and inner peace, attempts at love are often rooted in dependency, control, or unrealistic expectations.

The book advocates for practices that foster self-respect and self-care, encouraging readers to view themselves as worthy of love independent of external validation. This principle resonates with modern self-help doctrines that highlight the importance of self-esteem in relational success.

Dispelling Myths About Love

Another critical feature of **the mastery of love by don miguel ruiz** is its effort to dismantle common myths and misconceptions about love. Ruiz challenges ideas such as “love means never being hurt” or “love requires sacrifice at any cost,” arguing that such beliefs create unrealistic standards that sabotage genuine connection.

Instead, he promotes a vision of love grounded in acceptance, freedom, and mutual respect. This redefinition invites readers to reconsider their expectations and behaviors within relationships, fostering healthier and more sustainable bonds.

Practical Applications and Exercises

While **the mastery of love by don miguel ruiz** is rich in philosophical insights, it also provides actionable guidance for readers seeking to apply its teachings. Ruiz includes various exercises designed to promote emotional awareness and personal growth.

Key Exercises in the Book

- **Self-reflection on Childhood Conditioning:** Identifying and understanding the origins of one's emotional wounds.
- **Affirmations for Self-Love:** Using positive statements to reinforce self-worth and compassion.
- **Practicing Forgiveness:** Letting go of resentment toward oneself and others to free emotional energy.

- **Setting Boundaries:** Learning to say no and protect one's emotional well-being.

These exercises serve as practical tools for readers to engage with the material actively, bridging the gap between theory and lived experience.

Comparative Perspectives

When compared to other seminal works on love and relationships, such as **The Five Love Languages** by Gary Chapman or **Attached** by Amir Levine and Rachel Heller, **the mastery of love by don miguel ruiz** offers a more spiritually oriented and introspective approach. While Chapman and Levine focus on communication styles and attachment theory respectively, Ruiz's book prioritizes inner transformation as the foundation for relational success.

This difference makes Ruiz's work particularly appealing to readers interested in holistic personal development and the intersection of spirituality and psychology. However, some may find the book's abstract concepts challenging to translate into everyday practicalities without supplemental guidance.

Critiques and Limitations

Despite its widespread acclaim, **the mastery of love by don miguel ruiz** is not without critiques. Some readers and reviewers point to the book's reliance on spiritual jargon and metaphor, which can feel inaccessible or vague for those seeking concrete advice. Additionally, the emphasis on individual responsibility might overlook systemic or relational factors that influence emotional health, such as cultural dynamics or power imbalances.

Moreover, while the book promotes forgiveness and acceptance, it may underemphasize situations where setting firm boundaries or ending toxic relationships is necessary. As such, readers are

encouraged to approach the teachings critically and integrate them with other psychological or relational frameworks as needed.

Enduring Influence and Cultural Impact

Over two decades since its publication, **the mastery of love by don miguel ruiz** continues to resonate widely, influencing readers across diverse backgrounds. Its integration of ancient Toltec wisdom with contemporary emotional healing has sparked renewed interest in indigenous knowledge systems within the self-help genre.

The book's messages about self-love and emotional freedom have also found relevance in discussions about mental health and well-being, particularly as society increasingly acknowledges the importance of emotional intelligence. Its accessibility and poetic style contribute to its lasting appeal, making it a mainstay recommendation for those seeking to deepen their understanding of love beyond traditional romantic narratives.

In summary, **the mastery of love by don miguel ruiz** offers a unique and thought-provoking lens on the nature of love, challenging readers to embark on a transformative journey of self-discovery and emotional mastery. Its blend of spiritual wisdom and practical insight ensures its continued relevance in the evolving discourse on relationships and personal growth.

[The Mastery Of Love By Don Miguel Ruiz](#)

the mastery of love by don miguel ruiz: The Mastery of Love Don Miguel Ruiz, Janet Mills, 2010-03-25 A bestselling guide from acclaimed author don Miguel Ruiz that teaches us how to cultivate healthy, honest relationships with ourselves and others In *The Mastery of Love*, don Miguel Ruiz illuminates the fear-based beliefs and assumptions that undermine love and lead to suffering and drama in our relationships. Using insightful stories to bring his message to life, Ruiz shows us how to heal our emotional wounds, recover the freedom and joy that are our birthright, and restore the spirit of playfulness that is vital to loving relationships. *The Mastery of Love* includes:

- Why domestication and the image of perfection lead to self-rejection
- The war of control that slowly destroys most relationships
- Why we hunt for love in others, and how to capture the love inside us
- How to finally accept and forgive ourselves and others

the mastery of love by don miguel ruiz: The Mastery of Love: a Practical Guide to the Art of Relationship: a Toltec Wisdom Book by Don Miguel Ruiz Don Ruiz, 2018-07 In The Mastery of Love, don Miguel Ruiz illuminates the fear-based beliefs and assumptions that undermine love and lead to suffering and drama in our relationships. Using insightful stories to bring his message to life, Ruiz shows us how to heal our emotional wounds, recover the freedom and joy that are our birthright, and restore the spirit of playfulness that is vital to loving relationships. The Mastery of Love includes: * Why domestication and the image of perfection lead to self-rejection * The war of control that slowly destroys most relationships * Why we hunt for love in others, and how to capture the love inside us * How to finally accept and forgive ourselves and others Happiness can only come from inside of you and is the result of your love. When you are aware that no one else can make you happy, and that happiness is the result of your love, this becomes the greatest mastery of the Toltec: the Mastery of Love. - don Miguel Ruiz

the mastery of love by don miguel ruiz: Summary of The Mastery of Love Abbey Beathan, 2019-06-10

the mastery of love by don miguel ruiz: The Power of Infinite Love Darren R. Weissman, Dr., 2007-02-01 Would you like to discover your infinite potential for healing and moving through life's challenges? If so, The Power of Infinite Love & Gratitude by Dr. Darren R. Weissman will help you view your life from a new and heightened perspective. You'll learn to unleash your mind and body's extraordinary capacity for healing; and you'll begin to understand the complex language of physical symptoms, dis-ease, and stress. This work reveals the journey of your spirit and sheds a new light on one of the greatest mysteries humankind has attempted to unravel—the subconscious mind. As you read, you'll find that you're learning how to transform and master your life based on these key lessons: · The universe is infinite; · You have free will—a choice with every experience; · Everything is interconnected; · Judgment is prohibited; · The greatest power is self-love; · You need to embrace life with the attitude of gratitude; · You must take responsibility for your life; · Life has meaning; and much more.

the mastery of love by don miguel ruiz: *The Mastery of Love CD* Don Miguel Ruiz, 2005-01-24 Using inspirational stories to impart the ancient wisdom of the three Toltec masteries--awareness, transformation, and love--the author examines the common fallacies that can undermine love, and tells listeners how to gain wisdom, avoid fear, and end the battle for control with their partners.

the mastery of love by don miguel ruiz: Summary: the Mastery of Love Abbey Beathan, 2018-07-07 The Mastery of Love: A Practical to the Art of Relationship by don Miguel Ruiz | Book Summary | Abbey Beathan (Disclaimer: This is NOT the original book. If you're looking for the original book, search this link: <http://amzn.to/2GyqoeW>) Don Miguel Ruiz frees you from the curse of undermining love and sets you up on the right path to the necessary wisdom in order to have a loving relationship. Using inspirational stories to bring across his message, Don Miguel Ruiz takes on a journey where we will actively seek wisdom, sidestep fear and end that toxic war of control pertinent in many relationships. (Note: This summary is wholly written and published by Abbey Beathan. It is not affiliated with the original author in any way) You don't need to justify your love, you don't need to explain your love, you just need to practice your love. Practice creates the master. - Miguel Ruiz Miguel Ruiz expresses the Toltec's perspective on human interactions through interesting stories such as The Perfect Relationship, The Magical Kitchen and many more. With amazing techniques that will surely improve your relationships and aid you in the process on creating new ones, you are on your way to a happier and more fulfilling life. Get ready to assimilate Miguel Ruiz's wisdom through captivating tales. P.S. The Mastery of Love is an extremely helpful book that teaches you about love in a different and interesting way. P.P.S. It was Albert Einstein who famously said that once you stop learning, you start dying. It was Bill Gates who said that he would want the ability to read faster if he could only have one superpower in this world. Abbey Beathan's mission is to bring across amazing golden nuggets in amazing books through our summaries. Our vision is to make reading non-fiction fun, dynamic and captivating. Ready To Be A Part Of Our Vision

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the mastery of love by don miguel ruiz: Mutige Liebe Richard C. Schwartz, 2025-05-28 Verbindung, Vertrauen und Verständnis zu uns selbst und mit den Menschen, die wir lieben, fördern Richard C. Schwartz, Begründer des Systems der Inneren Familie (IFS) und der IFS-Therapie, zeigt in diesem Buch wie seine Methode paartherapeutisch eingesetzt werden kann. Er beschreibt einen neuen Ansatz zur Lösung von Beziehungsproblemen, auf die unsere innere Familie auch Einfluss nimmt, wenn wir unserer Partner*in unwissentlich die Aufgabe aufbürden, sich um unsere verstoßenen und ungeliebten Persönlichkeitsanteile zu kümmern. In seinem Leitfaden für Therapeut*innen und Laien vermittelt er Erkenntnisse und Werkzeuge, um gesunde Dialoge zu

fördern und über das Prinzip der Selbstführung sich selbst und die Partner*in besser kennenzulernen. Anhand zahlreicher Fallgeschichten und Übungen erklärt Schwartz, wie die Beziehungspflege mit dem eigenen Selbst das Fundament für erfüllende, mutige Liebe und stabile Nähe legt. »Dieses Buch ist meine Beziehungsbibel!« Gabrielle Bernstein, Autorin »Dieses Buch setzt Fähigkeiten frei, um sich in Beziehungen wirklich lebendig zu fühlen.« Bessel van der Kolk, Spiegel-Bestsellerautor

the mastery of love by don miguel ruiz: The Law of Love & Its Fabulous Frequency of Freedom Jasmuheen, 2007-08-01 An extensive manual filled with powerful life transforming meditations which also details the Ancient Taoist Masters techniques for Immortality plus Futuristic Science tools of Inter-Dimensional Matrix Mechanics for Jasmuheen's Freedom from Human Limitation Agenda. This research covers freedom from the need to age or create dis-ease; freedom from the need to take food or liquid as we learn how to create a self sustaining bio-system; freedom to express our Divine nature and all its gifts and glories ... plus tested methods for determining our personal readiness levels for these freedoms!

the mastery of love by don miguel ruiz: Toltec Tarot Heather Ash Amara, 2009-04-18 A wonderful Visioning and Energy work tool that will open your perception of reality into realms of mystery and magic, while helping you clear out limiting and heavy beliefs. These beautiful books are blessed with 22 new and original images created by Indigo Flores in collaboration with Heather Ash just for this book. Incorporating symbols and places from Teotihuacan Mexico and the teachings of the Toltec into the base concepts of the tarot has created an incredible beauty in each card that will truly astound you. Each card has an inspiring poem created just for it by Heather Ash, awesome seeds that will empower you to truly channel the energy of each card. There is a 20 page introduction to the tarot and a page of information for each card that has never before been taught.

the mastery of love by don miguel ruiz: Wisdom from the Mastery of Love Don Miguel Ruiz, 2003-12 Our popular Charming Petites feature eye-catching artwork and a wide array of subjects. Unless otherwise indicated, each has a 24K gold-plated or silver-plated charm to keep on the ribbon bookmark or wear on a bracelet. Excerpts from the best-selling The Mastery of Love (by the author of The Four Agreements). To become masters of love, we have to practice love. The art of relationship is also a whole mastery, and the only way to reach mastery is with practice.

the mastery of love by don miguel ruiz: Identity and the Quartered Circle Dorothy Louise Abrams, 2013-06-28 Identity and The Quartered Circle is an eclectic Wiccan discussion of the search for identity through the power of a cast circle and the four directions. The book defines the Circle as a container for magic. A chapter on psychological identity follows. From casting a circle to meeting the Elementals and winged spirits of faerie, the author leads the reader on a personal journey in consciousness. At its conclusion we can speak intelligently of merger with the Gods and Oneness and the reader can answer the big four questions: Who Am I, Why am I here, Where did I come from and Where am I going? ,

the mastery of love by don miguel ruiz: The Unknown Reality, Vol 2 Jane Roberts, 2011-07-08 From the Bestselling Author of Seth Speaks In this second volume of The "Unknown" Reality, Seth radically expands our conceptions of "self," by showing us that the human personality is literally infinite in its scope and potential. He discloses precisely how probable realities combine to create our waking lives, and how our "higher selves" make decisions regarding our everyday existence. In a far-reaching exploration of the dynamics of desire and free will, he asserts that each atom, molecule, and cell has its own consciousness and powers of choice. With humor and simple analogies, Seth leads us beyond our ordinary level of awareness into a spectacular discovery of the multidimensional nature of the self, including: • "Consciousness units" as the basis of our universe • The relevance of extrasensory perception in understanding our world • The worlds we visit in dreams and out-of-body states • Dreaming as a science to create present and future realities • "Families of consciousness" we choose to belong to • Practical methods for exploring your own "unknown" reality "There is an "unknown" reality. I am part of it, and so are you . . . Each individual is a part of the unknown reality . . . To explore the unknown reality you must venture within your

own psyche, travel inward through invisible roads as you journey outward on physical ones . . . I hope that [in this book] the reader can see the greater dimensions that touch ordinary living, and sense the psyche's greater magic." — Jane Roberts, Speaking for Seth

the mastery of love by don miguel ruiz: The Unknown Reality, Volume One Jane Roberts, 2011-07-08 From the Bestselling Author of Seth Speaks and The Nature of Personal Reality In this mind-stretching journey into the very frontiers of consciousness, Seth reveals the multidimensional nature of the human soul. In Seth Speaks, Seth introduced the concept of "probable realities," in which our idle daydreams and unfulfilled impulses do take place, in which all possible choices are fully experienced by other portions of the self. Now in this first volume of The "Unknown" Reality, Seth explains the dazzling labyrinths of unseen probabilities involved in any decision, and how our awareness of these can enrich the waking life we know. In a fascinating exploration of the cosmic web of our existence, Seth reveals: • The purpose of dreams, and how they are often fulfilled unconsciously • Misconceptions about death and the afterlife • How different probable realities intersect and influence one another • The relationship between physical health and inner reality • A series of exercises to help you discover the unknown portions of your greater identity "The self is multidimensional when it is physically alive. It is a triumph of spiritual and psychological identity, ever choosing from a myriad of probable realities its own clear unassailable focus. When you don't realize this, then you project upon life after death all of the old misconceptions. . . . The fact is that in life you poise delicately and yet perfectly between realities, and after death you do the same." —Jane Roberts, Speaking for Seth

the mastery of love by don miguel ruiz: Master Your Relationship Anxiety Georgie Collinson, 2025-01-28 Why am I feeling anxious in love, and what is this anxiety trying to tell me? Feel calmer, more trusting and more confident in your relationships. Master Your Relationship Anxiety delivers a simple four-week program for overcoming the mental and emotional stresses that can stop us being our best selves in relationships. Exploring the four types of relationship anxiety, this book provides holistic, practical and highly relatable advice to help you feel better able to love others and create the deeper connections we all crave. You'll find valuable personal growth hidden in the anxiety, worry, insecurity and doubt that relationships inevitably bring to the surface. Once you've mastered how to be calm and open in love, you can experience living life with an open heart -- the ultimate antidote to all our fears and anxiety.

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transparency blaze a trail for any woman on a healing journey. *Awakening to Me* is a magnificent book that takes us behind the scenes of transformation, and shows how even the most difficult situations can be the fodder for finding oneself. Let Kerri's book guide you to find your independence and self-love. — HeatherAsh Amara, author of *The Toltec Path of Transformation and Warrior Goddess Training In Awakening To Me*, Kerri shares her intimate and difficult personal and spiritual journey to identify and express her authentic being into the world. Her story is engaging, sometimes disturbing, yet with a clear underlying thread of compassion for herself and others also engaged in their own struggle with borderline personality disorder. In her words, she seeks to give voice to those who have no voice. Her life voyage takes her through light and darkness, to amazing heights and agonizing lows. In her world travels she meets with some of the teachers who have helped shape the views of spiritual development for a generation. Each has something to share with her that may shed light upon your own path, as well. It has been my pleasure and honor to walk with Kerri through some of her journey. I heartily recommend this book to you as a tool for your own amazing self-exploration. Among these pages you will find a courageous and dedicated explorer of life and spirit. — Gerry Starnes, M.Ed, author of *Spirit Paths: The Quest for Authenticity* “This powerful book intensely and beautifully expresses the internal world of someone with Borderline Personality Disorder. The author takes us on a tour of her internal emotional world: the depths of despair, the emptiness, and frantic efforts to find love. Ms. Hummingbird takes us with her on the journey toward internal independence and core stability - what works and what doesn't. From her personal work she provides suggestions, exercises and quotes. This book will be of profound use to anyone with this diagnosis, their family members, therapists and allies. In fact, I'd also recommend it for those diagnosed with Post Traumatic Stress Disorder or who have symptoms of Bipolar Disorder. But, in truth, we can all benefit from reading this book. *Awakening to Me* is an invitation to self-honesty, persistence in seeking meaningful help, and the long work of sustained effort. This book is well written and well organized but it is the author's honesty and insight that makes it powerful. Her emotions and thoughts, the related beliefs are clearly described. These are in turn related to events in Ms. Hummingbird's history, into present relationships and dynamics in a manner that doesn't lose the reader in her internal world. Instead, we understand ourselves better, our friends and family members. We understand better what it means to be human.” — Category Judge, Indie Spiritual Book Awards 2014

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