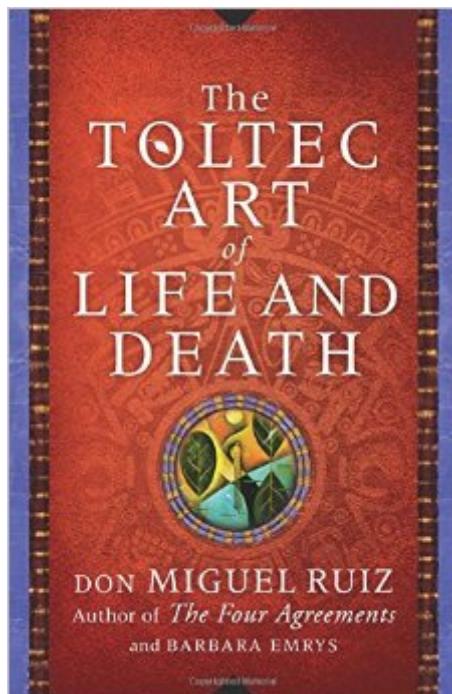


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# The Toltec Art Of Life And Death: A Story Of Discovery



## Synopsis

A HarperElixir Book The beloved teacher of spiritual wisdom and author of the phenomenal New York Times and international bestseller *The Four Agreements* takes readers on a mystical Toltec-inspired personal journey, introducing us to a deeper level of spiritual teaching and awareness. In 2002, Don Miguel Ruiz suffered a near fatal heart attack that left him in a nine-weeks-long coma. The spiritual journey he undertook while suspended between this world and the next forms the heart of *The Toltec Art of Life and Death*, a profound and mystical tale of spiritual struggle. As his body lies unconscious, Ruizâ™s spirit encounters the people, ideas, and events that have shaped him, illuminating the eternal struggle between lifeâ"unending energy and truthâ"and deathâ"matter and subjective knowledgeâ"in which we are all called to engage. Over ten years in the making, *The Toltec Art of Life and Death* invites readers into the mind of a master of spiritual seeking, offering an unparalleled and intimate glimpse into the development of a soul. In this culmination of a lifetimeâ" learning, Ruiz shares with readers the innermost workings of his singular heart and mind, and summons us to grapple with timeless insights, drawn from ancient Toltec wisdom, that are the essence of transformation.

## Book Information

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## Customer Reviews

A Q&A with Don Miguel Ruiz Q: The dream landscape of your coma was fertile ground for discovering deeper meaning in your life beyond limited knowledge in a universal truth. Where can readers look to find examples of truth in their own lives? A: The story of my life is a reflection,

allowing everyone else to see that their life is also just a story. In this version of the story I am the hero and the villain, just like they are in theirs. In my life, I created the main character of Miguel. This character represents everything I know, so you can also call him Knowledge. Every reader creates the main character of his or her story; every reader has to face his or her own lies and redeem himself. Q: The reader is taken on a magical journey both in the narrative of your story and in the opportunity to relate your revelations to their own lives. There are moments of new discovery juxtaposed with moments of deep remembering. Now, years after the experience, which feelings still resonate the strongest for you, adventure or remembering? A: Both memories and adventures are important to me; I see them as tools for sharing my message. I love to use human imagination to create beautiful stories. If we don't invest all our emotional energy in the stories, we can see clearly what they are trying to tell us. The message of life is one of love, truth, and unity. There is only one being; nothing else is real. This one being is alive, and everything, including each of us, is a part of it. Q: One of the lessons of the story is that "the privilege of knowledge is to serve the message of life." How do you practice this? How can readers better serve and cultivate their own expressions of this universal message? A: You can tame your knowledge. Words can obey life. You are life. The challenge is to transform "Me," the main character, and make him or her our ally life's ally. He or she can now serve the human being, instead of being the tyrant. I tell all of my readers, "You don't have to be you! The character you imagine yourself to be is not real. You are life." Q: Legacy and lineage are critical to understanding your experience of your coma. We meet generations past and glimpse future generations. What is your hope for the future of your lineage and teaching? A: Hope is the last demon that escaped from Pandora's box. Hope is wishing for something to happen in the future, and there is no future. There is only now. But we can imagine the future; so we take action today and whatever happens is fine. My legacy is my teaching and my love. Humans learn to love with conditions. That's how they love themselves and everybody else. That's also the reason behind the need for control, and for all the violence, injustice, abuse, and war. I can say, without a doubt, that God is "hopeless" . . . and resides in unconditional love.

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