



# Mastering the Toltec Way: A Daily Guide to Happiness, Freedom, and Joy

By Susan Gregg



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Toltec culture flourished in Mexico around 800 AD. Its wisdom has been brought to millions by the wildly popular teacher don Miguel Ruiz. Also based on the ancient teachings of the Toltec people, *Mastering the Toltec Way* helps readers follow in the footsteps of the Toltec into living fully, truthfully, and passionately, day by day.

Secret knowledge embraced by the Toltec transcends normal, everyday awareness. Using *Mastering the Toltec Way*, readers gain access to this ancient knowledge and learn daily how to be happy no matter what their circumstances and how to gain complete freedom to be themselves. *Mastering the Toltec Way* is structured on the lunar calendar. Each of the 13 chapters concludes with 28 daily entries that illustrate how to apply the Toltec way to today's world.

From the book:

Beginning on a full or new moon, readers:

Start by reading a story that weaves the Toltec philosophy into modern life and lights the way for the exercises to follow. Do visualizations that help them use their imaginations to disengage their minds and re-engage their spirits. Meditate in various ways plus learn to pay attention to their five senses, among other active exercises to put the Toltec way into daily practice.

For those who want to experience everyday life more deeply and gain lasting personal freedom, *Mastering the Toltec Way* guides seekers on a well-traveled, ancient path.

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### **Editorial Review**

#### **From Publishers Weekly**

This book of daily insights is structured according to the moon's cycles: it contains 13 chapters, each with meditations for 28 days, and readers are encouraged to begin a new chapter at a new or full moon. Gregg, author of "The Toltec Way" and "Dance of Power," draws upon Toltec wisdom and stories to help readers develop a heightened spiritual awareness, which she says is quite different from what the mind sees. She asks that readers commit themselves for a full year to the book's exercises, promising that their lives will "change dramatically" if they abandon themselves to the program. Throughout, visualization exercises offer opportunities to cultivate awareness. Although the stories stem from the Mesoamerican Toltec tradition, unusual source material for a New Age devotional, the advice in the book is fairly standard mind-body-spirit fare.

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### **Users Review**

#### **From reader reviews:**

##### **Frank Farrow:**

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##### **Brian Crafton:**

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##### **Anna Raynor:**

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**Steven Barraza:**

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