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With awareness, remember today that the Authentic Self is the living being that gives life to your body, enabling you to perceive and project life and interact with the Dream of the Planet. It is the energy that moves you. It is pure, unlimited potential. You are the Authentic Self. The Dream of the Planet Starts with You

Living a Life of Awareness by don Miguel Ruiz (ebook)

Integrating and updating existing guidance from Buddhism, Yoga, and other great teachings, the author offers 7 guidelines for living a life of harmony and balance: honor the body, bring awareness and acceptance into every moment, act with kindness, understand the truth and communicate it skillfully, do only what needs to be done, harmoniously obtain and retain only what you need, and apply

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Living a Life of Awareness Quotes by Miguel Ruiz Jr.

There are many components to living an extraordinary life—having deep relationships, enjoying peak experiences, viewing life with the proper attitude, indulging family, living with balance, thriving in your career, understanding and valuing your personal gifts, honoring your mentors, mastering money, comprehending death, being present, growing spiritually, and helping those around you to live their

Living a Life of Awareness by Don Miguel Ruiz, Jr. – The ...

Living a Life of Awareness : Daily Meditations on the Toltec Path by Don Miguel, Jr. Ruiz (2013, Paperback)

Living a Life of Awareness: Daily Meditations on the ...

Awareness, says Osho, is the key to being self-directed, centered, and free in every aspect of our lives. In this book, Osho teaches how to live life more attentively, mindfully, and meditatively, with love, caring and consciousness.

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