



Download The Four Agreements: A Practical Guide To Personal Freedom (A Toltec Wisdom Book)

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<p>The Four Agreements-Miguel Ruiz 1997 Identifies four self-limiting beliefs that impede one's experience of freedom, true happiness, and love.</p>
<p>The Four Agreements-Miguel Ruiz 2011 Identifies four self-limiting beliefs that impede one's experience of freedom, true happiness, and love.</p>
<p>Wisdom from the Four Agreements-Don Miguel Ruiz 2003 This Charming Petite* volume excerpts the bestselling original book in a concise and readable way, presenting "The Four Agreements: " Be impeccable with your word; Don't take anything personally; Don't make assumptions; and Always do your best.</p>
<p>Summary of The Four Agreements-Readpreneur Publishing 2019-05-24 The Four Agreements: A Practical Guide to Personal Freedom by Miguel Ruiz - Book Summary - Readpreneur (Disclaimer: This is NOT the original book, but an unofficial summary.) Have you ever felt that every element in your life is not fitting in just the way you pictured? You are not alone and it's never late to fix that issue. In The Four Agreements Don Miguel Ruiz tell us the core of self-limiting beliefs that prevent us from reaching a stable status of joy and make us suffer. These are common evils that we, as human possess and must get rid of. With Ruiz's guidance, you will can do so. (Note: This summary is wholly written and published by Readpreneur. It is not affiliated with the original author in any way) "Whatever happens around you, don't take it personally... Nothing other people do is because of you. It is because of themselves." - Miguel Ruiz The four agreements that Miguel Ruiz reveals are the following: Be impeccable with your word, don't take anything personally, don't make assumptions and always do your best. How deep can you go into these concepts to improve as a human being? In Four Agreements, the author goes into detail with each one of the agreements so you can fully take in all of them. Don Miguel Ruiz stresses that true happiness can be achieve by anyone but you must make an effort to evolve as a human being. P.S. Miguel Ruiz is an extremely helpful book that will aid you improve and evolve as a human being to reach an state of true happiness. The Time for Thinking is Over! Time for Action! Scroll Up Now and Click on the "Buy now with 1-Click" Button to Grab your Copy Right Away! Why Choose Us, Readpreneur? ● Highest Quality Summaries ● Delivers Amazing Knowledge ● Awesome Refresher ● Clear And Concise Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book.</p>

The Fifth Agreement-Don Miguel Ruiz 2010-01-18 In The Four Agreements, a New York Times bestseller for over 7 years, Ruiz revealed how the process of our education, or "domestication," can make us forget the wisdom we were born with. Throughout our lives, we make many agreements that go against ourselves and create needless suffering. The Four Agreements help us to break these self-limiting agreements and replace them with agreements that bring us personal freedom, happiness, and love. In The Fifth Agreement, don Miguel Ruiz joins his son don Jose Ruiz to offer a fresh perspective on The Four Agreements, and a powerful new agreement for transforming our lives into our personal heaven. The Fifth Agreement takes us to a deeper level of awareness of the power of the Self, and returns us to the authenticity we were born with. In this compelling sequel to the book that has changed the lives of millions of people around the world, we are reminded of the greatest gift we can give ourselves: the freedom to be who we really are.

The Four Agreements-Miguel Ruiz 2008-08-13 A three volume set identifies four self-limiting beliefs that impede one's experience of freedom, true happiness, and love; looks at the fear-based assumptions that undermine love; and urges readers to restore joy in living by not believing in lies.

The Four Agreements Companion Book-Don Miguel Ruiz 2010-03-18 The Four Agreements Companion Book takes you further along the journey to recover the awareness and wisdom of your authentic self. This book offers additional insights, practice ideas, a dialogue with don Miguel about applying The Four Agreements, and true stories from people who have transformed their lives.

The Four Agreements Toltec Wisdom Collection-Don Miguel Ruiz 2008-08-13 A three volume set identifies four self-limiting beliefs that impede one's experience of freedom, true happiness, and love; looks at the fear-based assumptions that undermine love; and urges readers to restore joy in living by not believing in lies.

The Voice of Knowledge-Don Miguel Ruiz 2010-02-01 In The Voice of Knowledge, Miguel Ruiz reminds us of a profound and simple truth: The only way to end our emotional suffering and restore our joy in living is to stop believing in lies — mainly about ourselves. Based on ancient Toltec wisdom, this breakthrough book shows us how to recover our faith in the truth and return to our own common sense. Ruiz changes the way we perceive ourselves, and the way we perceive other people. Then he opens the door to a reality that we once perceived when we were one and two years old — a reality of truth, love, and joy. "We are born in truth, but we grow up believing in lies... One of the biggest lies in the story of humanity is the lie of our imperfection." — don Miguel Ruiz • From the international bestselling author of The Four Agreements • A New York Times bestseller • Over 300,000 copies sold in the U.S.

The Mastery of Love-Don Miguel Ruiz 2010-01-18 Don Miguel Ruiz illuminates the fear-based beliefs and assumptions that undermine love and lead to suffering and drama in our relationships. He 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 Self-Don Miguel Ruiz, Jr. 2016-01-01 The ancient Toltecs believed that life as we perceive it is a dream. We each live in our own personal dream, and all of our dreams come together to make the Dream of the Planet. Problems arise when we forget that the dream is just a dream and fall victim to believing that we have no control over it. "The Mastery of Self" takes the Toltec philosophy of the Dream of the Planet and the personal dream and explains how a person can: Wake upLiberate themselves from illusory beliefs and storiesLive with authenticity Once released, we can live as our true, authentic, loving self, not only in solitude and meditation, but in any place—at the grocery store, stuck in traffic, etc.—and in any situation or scenario that confronts us. The Ruiz family has an enormous following, and this new book from don Miguel, Jr. will be greeted with enthusiasm by fans around the world. This new book from don Miguel, Jr. will be greeted with enthusiasm by fans around the world.

The Circle of Fire-Don Miguel Ruiz 2013-08-09 In The Circle of Fire (formerly published as Prayers: A Communion With Our Creator) Ruiz inspires us to enter into a new and loving relationship with ourselves, with our fellow humans, and with all of creation. Through a selection of beautiful essays, prayers, and guided meditations, Ruiz prepares our minds for a new way of seeing life, and opens our hearts to find our way back to our birthright: heaven on earth. The result is a life lived in joy, harmony, and contentment. In my teachings, "The Circle of Fire" ceremony celebrates the most important day of our lives: the day when we merge with the fire of our spirit, and return to our own divinity. This is the day when we recover the awareness of what we really are, and make the choice to live in communion with that force of creation we call "Life" or "God." From that day forward, we live with unconditional love in our hearts for ourselves, for life, for everything in creation. This book, first published in 2001 as "Prayers: A Communion with Our Creator," will remind you of what you really are. It has always been my favorite book, and now in honor of my favorite prayer, it has been appropriately renamed "The Circle of Fire." - don Miguel Ruiz

<p>Summary: The Four Agreements : a Practical Guide to Personal ...</p>
<p>The Night Always Comes-Willy Vlautin 2021-04-06 Award-winning author Willy Vlautin explores the impact of trickle-down greed and opportunism of gentrification on ordinary lives in this scorching novel that captures the plight of a young woman pushed to the edge as she fights to secure a stable future for herself and her family. Barely thirty, Lynette is exhausted. Saddled with bad credit and juggling multiple jobs, some illegally, she’s been diligently working to buy the house she lives in with her mother and developmentally disabled brother Kenny. Portland’s housing prices have nearly quadrupled in fifteen years, and the owner is giving them it’s their last best chance to own their own home—and obtain the security they’ve never had. While she has enough for the down payment, she needs her mother to cover the rest of the asking price. But a week before they’re set to sign the loan papers, her mother gets cold feet and reneges on her promise, pushing Lynette to her limits to find the money they need. Set over two days and two nights, <i>The Night Always Comes</i> follows Lynette’s frantic search—an odyssey of hope and anguish that will bring her face to face with greedy rich men and ambitious hustlers, those benefiting and those left behind by a city in the throes of a transformative boom. As her desperation builds and her pleas for help go unanswered, Lynette makes a dangerous choice that sets her on a precarious, frenzied spiral. In trying to save her family’s future, she is plunged into the darkness of her past, and forced to confront the reality of her life. A heart wrenching portrait of a woman hungry for security and a home in a rapidly changing city, <i>The Night Always Comes</i> raises the difficult questions we are often too afraid to ask ourselves: What is the price of gentrification, and how far are we really prepared to go to achieve the American Dream? Is the American dream even attainable for those living at the edges? Or for too many of us, is it only a hollow promise?</p>

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 aiz 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 Five Levels of Attachment-don Miguel Ruiz, Jr. 2013-01-01 Presents a guide to using the principles of Toltec philosophy to overcome attachments and beliefs that are the cause of suffering and that stand in the way of achieving personal freedom and happiness.

<p>Syntactic Structures-Noam Chomsky 2020-05-29</p>
<p>The Four Agreements-Don Miguel Ruiz 2001-08 Based on don Miguel Ruiz's New York Times bestselling book, The Four Agreements, the 48 cards in this deck provide a simple yet powerful code of conduct for attaining personal freedom and true happiness. There are 12 cards corresponding to each of the four agreements -(1) Be impeccable with your word; (2) Don't take anything personally; (3) Don't make assumptions; and (4) Always do your best. These cards will help you transform your life as you recover the awareness and wisdom of your authentic self!</p>

History, Man, and Reason-Maurice Mandelbaum 2019-12-01 Mandelbaum believes that views regarding history and man and reason pose problems for philosophy, and he offers critical discussions of some of those problems at the conclusions of parts 2, 3, and 4.

Do Glaciers Listen?Julie Cruikshank 2010-10-01 Do Glaciers Listen? explores the conflicting depictions of glaciers to show how natural and cultural histories are objectively entangled in the Mount Saint Elias ranges. This rugged area, where Alaska, British Columbia, and the Yukon Territory now meet, underwent significant geophysical change in the late eighteenth and nineteenth centuries, which coincided with dramatic social upheaval resulting from European exploration and increased travel and trade among Aboriginal peoples. European visitors brought with them varying conceptions of nature as sublime, as spiritual, or as a resource for human progress. They saw glaciers as inanimate, subject to empirical investigation and measurement. Aboriginal oral histories, conversely, described glaciers as sentient, animate, and quick to respond to human behaviour. In each case, however, the experiences and ideas surrounding glaciers were incorporated into interpretations of social relations. Focusing on these contrasting views during the late stages of the Little Ice Age (1550-1900), Cruikshank demonstrates how local knowledge is produced, rather than discovered, through colonial encounters, and how it often conjoins social and biophysical processes. She then traces how the divergent views weave through contemporary debates about cultural meanings as well as current discussions about protected areas, parks, and the new World Heritage site. Readers interested in anthropology and Native and northern studies will find this a fascinating read and a rich addition to circumpolar literature.

Beyond Fear-Mary Carroll Nelson 1997 Fear is the source of all of the negative agreements we've made with life. It can alienate us from the joy that is our birthright. When we are able to look at our lives without fear or judgments, we realize *the-four-agreements-a-practical-guide-to-personal-freedom-a-toltec-wisdom-book*

that reality can be whatever we want it to be. Beyond Fear leads seekers of the Toltec way of freedom and joy on their spiritual journey into a state of empowerment. More expansive and in-depth than The Four Agreements, Beyond Fear contains information on life after death, prophecies about the evolution of humanity, and exercises and ceremonies to walk readers through the process of shedding fear and becoming spiritually and emotionally alive.

The Three Questions-Don Miguel Ruiz 2018-06-26 The beloved spiritual teacher builds on the message of his enduring New York Times and international bestseller The Four Agreements with this profound guide that takes us deeper into the tradition of Toltec wisdom, helping us find and use the hidden power within us to achieve our fullest lives. In The Four Agreements, Don Miguel Ruiz introduced seekers on the path to enlightenment to the tenets of Mesoamerican spiritual culture—the ancient Toltec. Now, he takes us deeper into Native American practice, and asks us to consider essential questions that drive our lives and govern our spiritual power. Three eternal questions can help us into our power and use it judiciously: Who am I? What is real? How do I express love? At each stage in our lives, we must ask these simple yet deeply profound questions. Finding the answers will open the door to the next stage in our development, and eventually lead us to our complete, truest selves. But as Don Miguel Ruiz makes clear, we suffer if we do not ask these questions—or if we fail to pay attention to their answers—because we either never act on our power or use it destructively. Only when power is anchored in our identity and in reality will it be able to be in synch with the universe—and be of true benefit to ourselves and to others. The three questions provide a practical framework that allows readers to engage with Ruiz's transformative message and act as a vehicle for overcoming fear and anxiety and discovering peace of mind. An essential guide for all travelers pursuing self-knowledge, understanding, and acceptance, The Three Questions is the next step in our unique spiritual metamorphosis.

Way of the Peaceful Warrior-Millman Dan 2015-01-29 20th Anniversary Edition with New Afterword and Revisions by the Author Way of the Peaceful Warrior has become one of the most beloved spiritual sagas of our time. Shared among friends and families, this million-copy word-of-mouth bestseller has inspired men and women of all ages in twenty languages worldwide. Despite all his success, college student and world-champion athlete Dan Millman is haunted by a feeling that something is missing from his life. Awakened one night by dark dreams, he wanders into an all-night gas station, meets an old man named Socrates, and his world is changed forever. Guided by this eccentric old warrior, drawn to an elusive young woman named Joy, Dan begins a spiritual odyssey into realms of light and shadow, romance and mystery, toward a final confrontation that will deliver or destroy him. This classic tale, a blend of autobiographical fact and narrative fiction, told with heart and humor, speaks to the peaceful warrior in each of us. Countless readers have been moved to laughter and tears—even moments of illumination—as they rediscover life's larger meaning and purpose. Journey with Dan on the peaceful warrior's path to unreasonable happiness. Find out for yourself why this book changes lives.

<p>When the Whalers Were Up North-Dorothy Eber 1996 A history and description of the times when whalers mingled with the Inuit, told by the Inuits themselves</p>
<p>The Wisdom of Crowds-James Surowiecki 2005-08-16 In this fascinating book, New Yorker business columnist James Surowiecki explores a deceptively simple idea: Large groups of people are smarter than an elite few, no matter how brilliant—better at solving problems, fostering innovation, coming to wise decisions, even predicting the future. With boundless erudition and in delightfully clear prose, Surowiecki ranges across fields as diverse as popular culture, psychology, ant biology, behavioral economics, artificial intelligence, military history, and politics to show how this simple idea offers important lessons for how we live our lives, select our leaders, run our companies, and think about our world.</p>

The Murder of King Tut-James Patterson 2009-09-28 The mystery of King Tut's death in Ancient Egypt has haunted the world for centuries. Discover the ultimate true crime story of passion and betrayal, where the clues point to murder. Thrust onto Egypt's most powerful throne at the age of nine, King Tut's reign was fiercely debated from the outset. Behind the palace's veil of prosperity, bitter rivalries and jealousy flourished among the Boy King's most trusted advisors, and after only nine years, King Tut suddenly perished, his name purged from Egyptian history. To this day, his death remains shrouded in controversy. Now, in The Murder of King Tut, James Patterson and Martin Dugard dig through stacks of evidence-X-rays, Carter's files, forensic clues, and stories told through the ages-to arrive at their own account of King Tut's life and death. The result is an exhilarating true crime tale of intrigue, passion, and betrayal that casts fresh light on the oldest mystery of all.

<p>The Toltec Art of Life and Death-Miguel Ruiz 2015 The author describes the mystical Toltec journey he took throughout a heart attack-induced nine-week coma, relating his encounters with the people, ideas, and events that transformed his life.</p>
<p>MLA Handbook for Writers of Research Papers- 2009-01-01 Provides guidelines and examples for handling research, outlining, spelling, punctuation, formatting, and documentation.</p>

The Leadership Contract-Vince Molinaro 2016-01-05 A comprehensive blueprint for the enlightened leader The Leadership Contract is the modern leader's handbook for organizational renewal. Leaders are no longer "rulers," nor are they accidental—in today's business climate, leadership is both a trait and a specific set of skills. It's about trust, commitment, communication, and drive. This book shows you how to become the leader your organization needs. You'll go beyond adopting the habits and practices of an effective leader and actually put it in writing to establish a leadership contract that ensures the success of your company. This revised and updated edition includes new coverage of accountability, personal and organizational levels of the leadership contract, new Gut Check summary questions after each chapter, and additional opening and closing remarks to provide key insight into what the leadership role entails. Recent studies show that only 7 percent of employees have trust and confidence in their senior leaders. How can organizations succeed without the support of their employees? This book aims to build better leaders and establish a true leadership culture that inspires the entire organization. Learn why a leadership contract is needed and what it entails. Discover the real impact of your decisions and work ethic Motivate and inspire by making the right connections Facilitate a vibrant, positive culture that innovates and thrives Exceptional leadership is the heart of a successful organization. Employees need to be able to trust in the skills, strategy, judgment, and motivation of those steering the ship. The Leadership Contract provides a blueprint for today's leaders, and guides you toward becoming the leader your employees deserve.

<p>Prayers-Miguel Ruiz 2001 Draws on the four guided principles for life transformation presented in The Four Agreements in an inspirational collection of the author's favorite prayers, meditations, and reflections on topics such as wisdom, healing, courage, love, integrity, forgiveness, freedom, truth, and happiness. Original. 100,000 first printing.</p>
<p>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."</p>
<p>The Secret Door to Success (Condensed Classics)-Florence Scovel Shinn 2018-10-09 A Door Separates You from Success— Here Is the Key That Opens It. Florence Scovel Shinn, the beloved author of The Game of Life and How to Play It, left the world one final, brilliant book written in 1940: The Secret Door to Success. In simple, practical terms, Shinn shows you exactly how to remove the barriers that keep you from love, money, purpose, and personal power. Now abridged to its essentials and introduced by PEN Award-winning historian and New Thought writer Mitch Horowitz, this special Condensed Classics edition of The Secret Door to Success gives you, in less than one hour, the tools to start living your highest life today.</p>

Living Life In Light: A Yogi's Journey-Nathalie Croix 2019-10-16 Living Life in Light, A Yogi's Journey is more than a memoir and more than a how-to book. Within the pages, lifelong yogi, healer, and spiritual teacher, author Nathalie Croix guides you on the road to health, love, and enlightenment, helping you to discover your inner child, the essence of who you really are. A culmination of decades of study, travel, meditation, and teaching, Living Life in Light offers practical and actionable steps so you can begin practicing yoga on and off the mat and living your life in light today. Croix presents a host of healing techniques, concepts, and tools that assisted her in her own journey and her day-to-day walk in life. A teacher of love, Croix's practices will transform your body, mind, and spirit and your relationship to the world, life as it is, and others you come in contact with each day.

The Mark Stephens Yoga Sequencing Deck-Mark Stephens 2016-08-23 The Mark Stephens Yoga Sequencing Deckempowers yoga students and teachers to be their creative best in designing yoga classes. With a 50-page booklet covering the principles of sequencing yoga classes and providing clear guidance on arranging postures in the most effective ways, the deck includes 101 yoga flash cards with the English and Sanskrit names for each of 101 postures (side one) and detailed information on how to put postures together in sequences that work for unique students and special class intentions (side two). The perfect companion to Yoga Sequencingor for use on its own, this deck is a hands-on way for readers to gain knowledge and skill for planning and designing yoga classes.

How an Economy Grows and Why It Crashes-Peter D. Schiff 2013-11-14 Straight answers to every question you've ever had about howthe economy works and how it affects your life In this Collector's Edition of their celebrated How anEconomy Grows and Why It Crashes, Peter Schiff, economic expertand bestselling author of Crash Proof and The RealCrash, once again teams up with his brother Andrew to spin aliveley economic fable that untangles many of the fallaciespreventing people from really understanding what drives an economy.The 2010 original has been described as a "Flintstones"take economics that entertainingly explains the beauty of freemarkets. The new edition has been greatly expanded in both quantityand quality. A new introduction and two new illustrated chaptersbring the story up to date, and most importantly, the book makeshe jump from black and white to full and vivid color. With the help of colorful cartoon illustrations, lively humor, and deceptively simple storytelling, the Schiff's bring the complexsubjects of inflation, monetary policy, recession, and otherimportant topics in economics down to Earth. The story starts withthree guys on an island who barely survive by fishing barehanded.Then one enterprising islander invents a net, catches more fish, and changes the island's economy fundamentally. Using thisstory the Schiffs apply their signature take-no-prisoners logic teoexpire the glaring fallacies and gaping holes permeating the globaleconomic conversation. The Collector's Edition: Provides straight answers about how economies work, withoutrelying on nonsensical jargon and mind-numbing doublespeak theexperts use to cover up their confusion Includes a new introduction that sets the stage for developinga deeper, more practical understanding of inflation and the abuseof the monetary system Adds two new chapters that dissect the Federal Reserve'sQuantitative easing policies and the European Debt Crisis. Colorizes the original book's hundreds of cartoonillustrations.The improved images, executed by artist BrendanLeach from the original book, add new vigor to thepresentation Has a larger format that has been designed to fit most coffeetables. While the story may appear simple on the surface, as told by theSchiff brothers, it will leave you with a deep understanding ofHow an Economy Grows and Why It Crashes.

Don Miguel Ruiz's Little Book of Wisdom-Don Miguel Ruiz, Jr. 2017-03-27 "Don Miguel Ruiz is the author of The four agreements, The mastery of love, and numerous other bestselling books. He is also one of the most influential spiritual teachers on the planet, having touched the lives of millions and millions of people around the world. No person has been affected more by his teachings than his own son, don Miguel Ruiz Jr., and in this groundbreaking work, don Miguel Ruiz Jr. has compiled the wisdom of his father into one little, albeit extremely powerful, book."—Inside cover flap.

The Four Agreements - Summarized for Busy People: A Practical Guide to Personal Freedom (a Toltec Wisdom Book)-Goldmine Reads 2018-09-13 This book summary and analysis was created for individuals who want to extract the essential contents and are too busy to go through the full version. This book is not intended to replace the original book. Instead, we highly encourage you to buy the full version. Read as Don Miguel Ruiz shares the roots of our beliefs robbing us of a life full of love and joy and creating a life of suffering. In The Four Agreements, he shares the Toltec wisdom practicing a powerful way of life that can transform our lives and experience the true meaning of freedom, happiness, and love. Wait no more, take action and get this book now!

Strategic Implications of the Evolving Shanghai Cooperation Organization-U. S. Army U.S. Army War College Press 2015-01-01 Key points from this analysis include: The Shanghai Cooperation Organization (SCO) is an enduring association which was originally brought together by the short-term border security interests of its first five members. Russia believes it plays a leading role in the SCO; in fact, however, the organization is and always has been driven by China, and Moscow's role is vital but secondary. The other member states, former Central Asian Soviet republics with no history of modern statehood or governance, are not equal partners-but their geostrategic location and, in some cases, natural resources make them potentially valuable allies for the United States and other major powers. The SCO is unlikely to enlarge further. Since its inception, the SCO has received several applications for membership. However, any enlargement of the organization could be fraught with difficulties, mainly because of conflicts of interest between China and Russia and the fear by member states that some new candidates are potential international liabilities and may create further conflict within the organization.

Digital Consciousness-Tenille Bentley 2017-07-11 Are we in an era today where our greatest teacher is at our fingertips? Digital Consciousness is a philosophical dialogue into the evolution of consciousness within the digital terrain and the legacy footprint on the human family. Exploring the emotional 'digital' frequency of self is a concept that Tenille Bentley has given a great deal of thought to, and some of the answers to these questions and more may surprise you. While not everyone wants to 'change the world' we do all have the power at our fingertips now to radically affect change for someone, somewhere, some place. Recognizing this ability and harnessing how we use the internet is the basis for this book. This book is also packed with examples of how people are using the internet and how digital consciousness is currently our most under appreciated and underused global resource. As we can become consciously aware of this new world, the power of it and the intentions we place in it at the click of a mouse button the effect is far greater than any of us can compute in the architecture of our minds. It's having an awareness beyond the awareness, it's caring enough to treat each post as a piece of the puzzle to the collective consciousness. Ask yourself today, what will this world look like when we reach a united level of Digital Consciousness? You have the potential in creating the world through what you perceive and search for daily. You're either controlling what the Internet gives to you or your being controlled by it. Author Q&A Interview with the Author Tenille Bentley Q: Why did you write the book Tenille? A: After building a multi million dollar business in digital at the age of 30, I realized something deeper, that I was a part of the 'new' education tool and I saw the power of this tool first hand through the hundreds of brands I would support. There came a point where I asked myself, would I be proud of this contribution to the human family on my death bed, is it something when I look back that I would say 'I did the work of good here' At the time of asking this question the answer was a no. So I knew I had to dig deeper into the philosophical disposition of this world of digital. I saw kids morph into the same behaviors as cocaine addicts, getting the next 'digital hit'. I have seen people mindlessly putting posts online and then wondering why we have a world of women with body issues, a world of violence and a world that I wouldn't be proud to present as part of a representation of me. I knew it begun with me, my thoughts, the collective and philosophical understanding of how it is all interconnected in this realm of digital. Once I went down that rabbit hole...I had no choice but to share what I found. Q: What is your desired outcome with sharing this work with the world? A: The only wish I have with the reader of this book and the outcome is to simply consider what contribution they make in the digital world, what is their digital legacy and to make the connection that clearly exists of our impact of every thought, action and word in the greater collective. I would love for them to go on and share this work, to be inspired to make a difference in the world and to realize it begins with them. Our next generation is coming into a beautiful chaos, and we need to be able to educate them of how to handle this, the practice of love and not fear. And it all begins with the reader of this book. Q: Tell us more about what you do outside of this work? I have launched an extension of this book into a global academy for kids called The Emotional Literacy and Mindfulness Academy. The Emotional Literacy and Mindfulness Academy is a place where kids learn about their emotional grid system, how to manage it, they learn to meditate and apply practical tools of application in the real world using mindfulness techniques to arm

them with the capacity to unplug in a plugged in world. www.emotionalliteracyacademy.com for more.

The Four Agreements Beaded Bookmark-Don Miguel Ruiz 2010-06-01 Appealing bookmark based on don Miguel Ruiz' bestseller features Nicholas Wilton's cover art. Listed on the back of the bookmark are The Four Agreements: Be Impeccable with Your Word, Don't Take Anything Personally, Don't Make Assumptions, and Always Do Your Best.Each bookmark is packaged in a clear plastic sleeve. Coordinating tassel and bead.

Waking Up in Winter-Cheryl Richardson 2017-12-19 Internationally recognized coach and New York Times bestselling author Cheryl Richardson has toured the world empowering others to make lasting change. But when Richardson's own life no longer worked as it once had, a persistent, inner voice offered unmistakable guidance: it was time to reevaluate her life to uncover what really mattered. Waking Up in Winter is the candid and revelatory account of how at midlife, Richardson found renewed contentment and purpose through a heroic, inward journey. The unfolding story, told through intimate journal entries, follows Richardson from the first, gentle nudges of change to a thoughtfully reimagined life - a soulful, spring awakening. With an experienced coach's intuition and an artist's eye, Richardson reexamines everything - her marriage, her work, her friendships, and her priorities - gracefully shedding parts of the self that no longer serve along the way. In the end, she not only discovers what really matters at midlife, she invites readers to join her in the inquiry process by providing thought-provoking questions designed to usher them through their own season of transformation. Offering up Richardson's most powerful teaching tool yet - her own life - Waking Up in Winter takes readers on a brave, spiritual adventure that shows us all how to live a more authentic and meaningful life.