

## Living A Life Of Awareness Daily Meditations On The Toltec Path Miguel Ruiz Jr

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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

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When we live a life of awareness, we see that perfection already exists. Rather than being flawed, a full life is simu001fply a matter of continuing to do what we love to do and improving our skills or craft. We do this not because we are searching for perfection, but because perfection is expressed through the action of being alive.

### DailyOM - Living a Life of Awareness: Daily Meditations on ...

It is through the practice of awareness that we are able to see the perfection that exists in others and ourselves. Excerpted from Living a Life of Awareness: Daily Meditations on the Toltec Path by don Miguel Ruiz, Jr. Reprinted with permission of Hierophant Publishing 2013. Discover More.

### Living a Life of Awareness & Acceptance | Omega

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"The really important kind of freedom involves attention, and awareness, and discipline, and effort, and being able truly to care about other people and to sacrifice for them, over and over, in myriad petty little unsexy ways, every day."

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