

The Mastery of Love

A Practical Guide to the Art of Relationship

Don Miguel Ruiz

The central message of this book is that we learn to live life in particular ways based on what we are taught to believe, which leads to actions and reactions that determine the experience we have of life. Miguel Ruiz calls this our personal dream of life, which each of us creates. We are born into a society that has created a big outside dream about how life is and how it is to be lived. The dream of the planet is the collective dream of billions of dreamers, which includes the rules of society, its laws, its religions, its different cultures, and ways to be. All of this information is stored in our collective mind and passed on from one generation and one person to the next. But this is not the real us. "The real us is pure love; we are life". It is the dream that keeps us from seeing who we really are.

We start out in life free to be who we are. We don't worry about what others think of us or what we are supposed to do. We just want to play and explore and experience life. We are innocent, happy and open to all that life has to offer. But then we get hurt and wounded by the world around us and we learn to be afraid. Fear teaches us to be careful and we start to believe we are not good enough. We begin to create a self that we believe is acceptable to those around us and then we practice being that person. We practice for years to achieve the level of mastery to be who we think we are. Over time the way we think, feel, and act become so routine we no longer pay attention and we just react to life in our own certain way.

Of course it doesn't have to be this way. If we start to pay attention, we can cultivate awareness of the dream and awareness of our real self, which is love. We can learn to live life from a mindset of love instead of fear. In order to do this, we must practice. "To become masters of love, we have to practice love". In this book, Miguel Ruiz offers perspective and ideas on how to overcome the conditioning of fear and learn the mastery of love. We need to practice love for ourselves, for our relationships, and for the world in general.

Miguel Ruiz shares ideas and thoughts on healing our emotional wounds, learning to accept ourselves and others, and finding the wisdom to transcend our dream. He encourages us to simply be who we are and enjoy living our lives. We become happy when we have love coming out of us; unconditional love for ourselves.

Key concepts are summarized by these excerpts from two prayers at the end of the book:

Today, Creator of the Universe, we ask that you open our hearts and open our eyes so we can enjoy all of your creation and live in eternal love with you. Let us perceive with the eyes of love so that we find you wherever we go and see you in everything you create. Let us see you in every cell in our body, in every emotion of our mind, in every dream, in every flower, in every person we meet.

We can live our life being ourselves and not pretending to be someone else just to be accepted by other people. We no longer need other people to accept us or tell us how good we are because we know what we are.... Let our self-love be the power that changes the dream of our life. With this new power in our

hearts, the power of self-love, let us transform every relationship we have, beginning with the relationship we have with ourselves.... Help us to love ourselves so much that we forgive anyone who has ever hurt us in our life.

Let our relationships with our family and friends be based on respect and joy so we no longer have the need to tell them how to think or how to be. Let our romantic relationship be the most wonderful relationship; let us feel joy every time we share ourselves with our partner. Help us to accept others just the way they are, without judgement, because when we reject them, we reject ourselves. When we reject ourselves, we reject you.