

# Living A Life Of Awareness Daily Meditations On The Toltec

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The Toltec tradition is a path that can lead you to personal freedom and a life based on love rather than fear. The Toltec tradition, as I teach it, is not merely a bunch of concepts. It is an approach to living – an approach that, if practiced, will undoubtedly change your life completely and truly set you free .

Daily meditation is one of the most powerful—and one of the easiest—ways to make big changes in your life. My Guided Meditations will help you develop your meditation ‘habit’ so you can create joy, inner peace and ease, even in the midst of emotional chaos. Think of it: A personal meditation teacher, right in your own living room.

Over time we learned to live our life based on the agreements in our own mind. We learned to live according to the agreements that came from the opinion of others. In this process of domestication it turns out that the choices we make and the life we live is more driven by the opinions we learned from others than one we would choose on our own.

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