



# The Voice of Knowledge : A Practical Guide to Inner Peace (Toltec Wisdom)

*Don Miguel Ruiz, Janet Mills*

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In this audio version of the fourth book in the popular series, don Miguel Ruiz reminds readers of a profound yet simple truth: The only way to end emotional suffering and restore joy in living is to stop believing in lies — mainly about ourselves. Ruiz refers to the forbidden tree of knowledge, likening the abandonment of the true self to the fall from heaven. This fall, he says, occurred because of the loss of "the impeccability of the word," that simple yet potent prescription for countering the judgmental inner "Voice of Knowledge." Adhering to "the word" — saying only what one means, refusing to speak against one's self — allows anyone to quiet those inner tyrannical thoughts so that we can become aware of our Voice of Integrity. Knowledge then becomes an ally, and life becomes an expression of the authentic self.

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