

The Voice of Knowledge

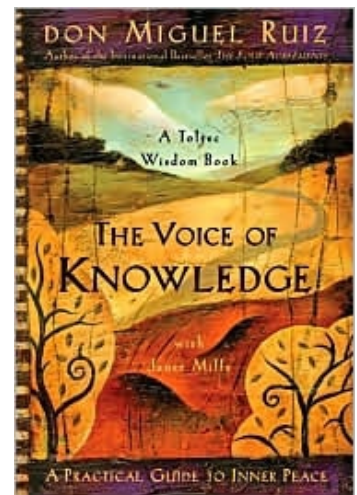
A Practical Guide to Inner Peace

By Don Miguel Ruiz (with Janet Mills), Amber-Allen Publishing, 2004

The Voice of Knowledge will reintroduce you to a person you thought you've always known but forget to get to know much better each day - yourself. It's not filled with the usual promises of a greater concept of living after the read, but presents a realistic and whole new approach to living. It's simply written with examples from both the real life experiences of author Don Miguel Ruiz - his personal struggles and breakthroughs - and wisdom from ancient cultures.

This book offers a wonderful amount of wisdom for self-empowerment, personal growth, and the discovery of your genuine self hearing the voice of truth by knowing the real you.

BOOK OF THE WEEK:



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The Big Idea

The Voice of Knowledge will reintroduce you to a person you thought you've always known but forget to get to know much better each day - yourself. It's not filled with the usual promises of a greater concept of living after the read, but presents a realistic and whole new approach to living. It's simply written with examples from both the real life experiences of author Don Miguel Ruiz - his personal struggles and breakthroughs - and wisdom from ancient cultures.

This book offers a wonderful amount of wisdom for self-empowerment, personal growth, and the discovery of your genuine self hearing the voice of truth by knowing the real you.

Why You Need This Book

If you are in constant struggle with yourself - from making the right decisions or doing the right actions - this book is perfect for you. This book will greatly remind you of your value as a unique individual and uplift your spirit with such freedom that neither biased judgment or self-accusation can keep you from excelling in life and loving yourself.

With *The Voice of Knowledge*, get in touch with yourself again.

Chapter 1 - Adam and Eve, the Story from a Different Point of View

This famous story is about humanity and everyone being one. It all started with innocence; everything was about love. Then there were the two trees: the Tree of Life and the Tree of Death, better known as the Tree of Knowledge. In the story, the Prince of Lies lived in the Tree of Knowledge, ensuring that the fruit of the tree was tainted with lies. After a lot of convincing talk from the fallen angel, the Adam and Eve bit into the apple, and absorbed the lies that came with it.

God was right when He said that they would die if they would give the fruit even just one bite. They died because they lost themselves. They made the Prince of Lies live inside them instead.

Points to Ponder:

- The mind is fertile ground for concepts, ideas, and opinions. If someone tells us a lie and we believe it, that lie takes root in our mind and can grow big and strong like a tree. One little lie can be very contagious, spreading its seeds from person to person when we share it with others.
- Once the Tree of Knowledge is alive in our mind, we hear the fallen angel talking very loudly. That voice never stops judging. It tells us what is right and what is wrong, what is beautiful and what is ugly. The storyteller is born inside our head, and survives inside our head because we feed it with our faith.
- Heaven belongs to us because we are the children of heaven. The voice in our head doesn't belong to us. When we are born, we don't have that voice. Thinking comes after we learn first the language, then different points of view, then all the judgments and lies. The voice of knowledge comes as we accumulate knowledge.
- In the moment when we separate from God, we begin to search for God, for the love we believe we don't have. Humans are continually searching for justice, for beauty, for truth for the way we used to be before we believed in lies. We are searching for our authentic self.

Chapter 2 - A Visit with Grandfather, a Simple Truth is Discovered

When Ruiz paid a visit to impress his grandfather, he ended up being the one impressed instead. In the past, what he learned from his grandfather was that knowledge is simply the sum of the things that one learns from school and life, without the certainty if what you know is the truth. So when he asked for what is true, his grandfather answered: "The truth needs to be experienced. It's not important to be right or make others wrong."

Points to Ponder:

- All of the drama humans suffer is the result of believing in lies, mainly about ourselves. The first lie we believe is I am not: I am not the way I should be, I am not perfect. The truth is that every human is born perfect because only perfection exists.

- We humans have no idea what we really are, but we know what we are not. We create an image of perfection, a story about what we should be, and we begin to search for a false image. The image is a lie, but we invest our faith in that lie. Then we build a whole structure of lies to support it.
- Faith is a powerful force in humans. If we invest our faith in a lie, that lie becomes truth for us. If we believe we are not good enough, then thy will be done, we are not good enough. If we believe we will fail, we will fail, because that is the power and magic of our faith.
- Humans can perceive truth with our feelings, but when we try to describe the truth, we can only tell a story that we distort with our word. The story may be true for us, but that doesn't mean it is true for anyone else.
- All humans are storytellers with their own unique point of view. When we understand this, we no longer feel the need to impose our story on others or to defend what we believe. Instead, we see all of us as artists with the right to create our own art.

Chapter 3 - The Lie of Our Imperfection, Childhood Memories are Recalled

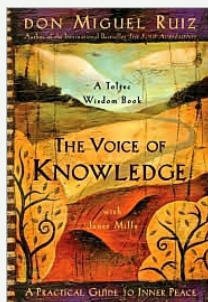
Everybody starts out as innocent little children. And eventually everybody grows up eating the lie that each must strive to become what one should be. And because you believed in this so-called story that you or others have imposed on you as you were growing

up, such became truth for you. But with awareness, you can change the story. Step by step, you can return to the truth.

Points to Ponder:

- As little children, we are completely authentic. We never pretend to be what we are not. Our tendency is to play and explore, to live in the moment, to enjoy life. Nobody teaches us to be that way; we are born that way. This is our true nature before we learn to speak.
- When the human mind is mature enough for abstract concepts, we begin to learn to qualify everything: right or wrong, good or bad, beautiful or ugly. We create a story about what we should be, we put our faith in the story, and the story becomes the truth for us.
- You can never be what you are not. You can only be you, and that's it. You are you right now, and it's effortless.
- Humans 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. It's just a story, but we believe it, and we use the story to judge ourselves, to punish ourselves, and to justify our mistakes.
- Everything in God's creation is perfect. If we don't see our own perfection, it's because our attention is focused on our story. The lies in our story keep us from seeing the truth. But with awareness, we can change the story and return to the truth.

ABOUT THE BOOK:



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Chapter 4 - A Night in the Desert, an Encounter with the Infinite

When Ruiz had the chance to do mission work as a doctor at the Sonora desert, he finally 'experienced truth', one night, under the gaze of a billion stars. He said that "all humans have moments of inspiration when they perceive truth. These moments usually occur when the mind is quiet when we perceive the force of life through our feelings." Take time to know yourself. Take courage to accept who you are.

Points to Ponder:

- Life, the force of transformation that creates and transforms the stars, is the same force that creates and transforms the atoms in our physical body. This force is always present and obvious for us to see, but we cannot see it when our attention is focused on lies.
- Every human is part of the infinite, and so is every object we perceive. There is no difference between any of us, or between us and any object. We are only one - everything is made of light.
- Life creates what is real, and humans create a virtual reality - a story about what is real. We perceive images of light, and we interpret, qualify, and judge what we perceive. This ongoing reflection in the mirror of our mind is what the ancient Central American Toltec civilization calls *dreaming*.
- God, the supreme artist, uses our life for the creation of art. We are the instruments through which the force of life expresses itself.
- The art of dreaming is the art of living. Everything we say and do is an expression of the force of life. Creation is ongoing. It is endless. It is happening in every moment.

Chapter 5 - The Storyteller, Exploring the Characters in the Story

It is important that you take the time to listen to others to get a glimpse of who you really are. By experiencing the love of another person, you can see how great you are.

Awareness gives you the power to take control of your life and your story. If you don't like your story, you are the author; you can change it.

Points to Ponder:

- You are the author of an ongoing story you tell yourself. In your story, everything is about you, and it has to be that way because you are the center of your perception. The story is told from your point of view.
- Respect is one of the greatest expressions of love. If other people try to write your story, it means they don't respect you. They consider that you are not a good artist who can write your own story, even though you were born to write your own story.
- The only way to change your story is to change what you believe about yourself. If you clean up the lies you believe about yourself, the lies you believe about

everybody else will change.

- Don't waste your time taking anything personally. When other people talk to you, they are really talking to you the secondary character in their story. Whatever people say about you is just a projection of their image of you. It has nothing to do with you.
- Humans are the storytellers of God. It is our nature to make up stories, to interpret everything we perceive. Without awareness, we give our personal power to the story, and the story writes itself. With awareness, we recover the control of our story.

Chapter 6 - Inner Peace, Taming the Voice with Two Rules

We already know from previous sections that the voice of knowledge - the voice in our head - is like a wild horse taking you wherever it wants to go. But it can be overcome. The following two rules will accelerate the process of purifying your belief system:

Rule number one: Don't believe yourself. You lie to yourself sometimes. But keep your mind and your heart open. The voice of knowledge can sometimes have a brilliant idea, so learn to listen.

Rule number two: Don't believe anybody else. People can lie to you as well.

Once you follow these two rules, all of the lies in your head won't have the power to overcome you or the way you want to live your life.

Points to Ponder:

- Regarding the voice in your head, once you tame the horse, you can ride it. Knowledge becomes a tool for communication that takes you where you want to go.
- You don't need internal dialogue; you can know without thinking. You can perceive with your feelings. Why waste energy telling yourself what you already know or worrying about what you don't know? When the voice in your head finally stops talking, you experience inner peace.
- To tame the liar in your head, stop believing

what it tells you. If you follow the two rules mentioned above, all of the lies you believe won't survive your skepticism and will simply disappear.

- The truth survives our skepticism, but we cannot say the same about lies. Lies can only survive if we believe them. The truth is still the truth, whether or not we believe it. That is the beauty of the truth.
- The voice of knowledge rules your life, and it is a tyrant. If you refuse to obey that voice, it becomes quieter and quieter, and speaks to you less and less until it no longer controls you. When the voice loses power over you, lies no longer rule your life, and you become authentic again.

Chapter 7 - Emotions are Real, the Voice of Knowledge is Not

Each time you perceive something, an emotional reaction takes place. And most often, you let these emotions control and suppress you. Be true to yourself. There is nothing wrong when you feel hate, anger, happiness, guilt, joy, shame, etc. Be free. Remember, you are the one in control of everything, including your emotions. You will know that you are free when you no longer have to be you.

Points to Ponder:

- Every emotion that you feel is real. It is truth. It comes directly from the integrity of your spirit. You cannot fake what you feel. You can try to justify or repress your emotions, you can try to lie about what you feel, but what you feel is authentic.
- The voice of knowledge can make you feel ashamed of your feelings, but there is nothing wrong with whatever you feel. There are no good emotions or bad emotions. Even if what you feel is anger or hate, it comes from your integrity. If you feel it, there is always a reason for feeling it.
- Everything you perceive causes an emotional reaction. You perceive not only your feelings, but your knowledge your own thoughts, judgments, and beliefs. You perceive the voice in your head, and you have an emotional reaction to that voice.
- Our emotions are real; the voice of knowledge that makes us suffer is not. Our suffering is true, but the reason why we suffer may not be true at all.
- Humans are possessed by knowledge, by a

distorted image of ourselves. That is why we are no longer free.

- Emotional pain is a symptom of being abused; the pain is letting you know that you have to do something to stop the abuse. The emotions are the most important part of your story because they are telling you how you are doing in your life. By following your emotions, you can change your circumstances.

Chapter 8 - Common Sense and Blind Faith, Recovering Our Faith and Free Will

Imagine the beauty life can bring once you stop believing in lies. You will be able to live without controlling anyone or being controlled by anyone. You will neither judge nor be judged by other people. You will forgive everybody and even yourself and healing will take place in your heart and mind. Find faith and be free.

Points to Ponder:

- The word is pure magic. It is a power that comes directly from God, and faith is the force that directs that power. Everything in our virtual reality is created with the word; we use the word for the creation of our story, to make sense out of everything we experience.
- Faith is the force that gives life to every word, to every belief that we store in our mind. If we agree with a concept, our faith is there, and we keep it in our memory. Faith is the mortar that holds our beliefs together and gives sense and direction to the entire dream.
- Real faith, or free faith, is what you are feeling in this moment. This moment is real; you have faith in life, faith in yourself, faith for no reason. This is the power of your creation in the moment. From this point of power, you can create whatever you want to create in any direction.
- Blind faith leads us nowhere because it doesn't follow the truth. With lies blinding our faith, we fall into the illusion that we are separate from God, and we lose power of creation.
- When we release our faith from the lies, we

recover free will and make our own choices. We recover the power to believe whatever we want to believe. And when we have the power to believe whatever we want, all we want is to love.

Chapter 9 - Transforming the Storyteller, the Four Agreements as Favorite Tools

The Four Agreements are as follows:

The First Agreement: Be impeccable with your word. Anything you do that goes against yourself is a sin.

The Second Agreement: Don't take anything personally. Not taking anything personally gives you immunity to emotional poison in all your relationships.

The Third Agreement: Don't make assumptions. You need to listen and ask questions. With clear communication, people will give you all of the information you need, and you won't have to make assumptions.

The Fourth Agreement: Always do your best. When you do your best, you don't give the voice of knowledge an opportunity to judge you. By doing your best, you are going to be productive, which means you are going to take action. You are doing it because you want to, not because you have to.

Points to Ponder:

- The way to transform what you believe about yourself is to unlearn what you have already learned. When you unlearn, your faith returns to you, your personal power increases, and you can invest your faith in new beliefs.
- When the edifice of knowledge collapses, you have a second chance to create a story according to your integrity. You can use your attention for the second time to make a story based on the truth instead of on lies.
- When you are absorbed in what you are doing, the mind hardly speaks. You are expressing what you really are, and the action makes it enjoyable. When there is inaction, your mind has to have action, and that is an open invitation for the voice of knowledge to talk to you.
- The best moments of your life are when you are

authentic, when you are being yourself. When you are in your creation and you are doing what you love to do, you become what you really are again. You are not thinking in that moment; you are expressing. Your emotions are coming out and you feel great.

- Every time you practice the Four Agreements, their meaning goes deeper and deeper until the moment comes when you open your spiritual eyes. Then your life becomes an expression of your emotional body, just the way it was before knowledge.

Chapter 10 - Writing Our Story with Love, Life as an Ongoing Romance

Be your genuine self. Only by doing so will you be able to live your life with integrity, with common sense, with love. Master the art of love. Practice it. Make your life an ongoing romance.

Points to Ponder:

- The best way to write your story is with love. Love is the material that comes directly from your integrity, from what you really are.
- When you introduce the agreement of self-respect, many self-judgments end there, and most of the self-rejection ends there, too. Then you can allow the voice to talk, but the dialogue is much better. You find yourself smiling and having fun, even when you are just by yourself.
- When you enjoy the presence of yourself, you love yourself not because of the way you are, but because of what you are. The more you love yourself, the more you enjoy your life, and the more you enjoy the presence of everyone around you.
- Every activity of your life can become a ritual of love - eating, walking, talking, working, playing. When everything becomes a ritual of love, you are no longer thinking; you are feeling. Just to be alive makes you intensely happy.
- When you love yourself unconditionally, you justify and explain everything you perceive through the eyes of love. Your attention is focused on love, and this makes it easy to feel unconditional love for all of the secondary characters in your story.

- The only way to know love is to experience love, to have the courage to jump into the ocean of love, and perceive it in its totality. Once you experience love, you can't find the words to explain what you feel, but you see love coming from everyone, from everything, from everywhere.

Chapter 11 - Opening Our Spiritual Eyes, a Reality of Love All Around Us

Find yourself and know who you really are. You will be happy to find out that the goodness is right there because what you are is goodness. You don't have to try to be good; you just need to stop pretending to be what you are not.

Points to Ponder:

- The reality of truth, the reality of love, is a reality that belongs to us. Before the voice of knowledge, all of us perceived this reality all of the time. If we don't see it now, it's because we are being blinded by all of the lies from thousands of years ago.
- The energy of love is just like the light that comes from the sun. Like sunlight, the emotion of love looks different depending on what is reflecting the love.
- If you open your spiritual eyes, you perceive what is without the lies. For you it is no longer a theory that your story is just a dream. Heaven is the truth, but the story you perceive right now is not the truth; it's an illusion.
- What you are is something incredibly magnificent. You are life, and not just you, but every animal, every flower, every rock is life, because everything is full of life. All of us are only one living being, and we come from the same place.

Chapter 12 - The Tree of Life, the Story Comes Full Circle

Heaven can be felt on earth if everyone would be true to themselves, in complete freedom from the control of fear and lies. Enjoy your time and live in happiness while you are alive.

Points to Ponder:

- When you are born, you don't know what you are, but your body knows what it is, and it knows what to do. This is silent knowledge. You can feel silent knowledge every time you breathe.
- You are an angel, and your life is your message. You can be a messenger of lies, fear, and destruction, or a messenger of truth, love, and creation. But you cannot deliver lies and truth at the same time.
- Heaven is a story that we can create when we surrender to life and allow life to manifest without lies. Heaven is here and it's available for everybody, but we need to have the eyes to perceive it.
- The truth is not in the story. The truth is in the power that creates the story. The truth is the real you; it's your own integrity, and nobody can guide you to that place. Only you can take yourself there.
- When the voice of knowledge becomes the voice of integrity, you return to the truth, you return to love, you return to heaven, and live in happiness again.

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