

Spirituality

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Chapter 1

Wikipedia's

1.1 Wikipedia/Spirituality

“The meaning of *spirituality* has developed & expanded over time, & various meanings can be found alongside each other. Traditionally, spirituality referred to a **religious** process of re-information which “aims to recover the original shape of man”, oriented at “the **image of God**” as exemplified by the founders & sacred texts of the religions of the world. The term was used within early **Christianity** to refer to a life oriented toward the **Holy Spirit** & broadened during the **Late Middle Ages** to include mental aspects of life.

In modern times, the term both spread to other religious traditions & broadened to refer to a wide range of experience, including a range of **esoteric traditions** & religious traditions. Modern usages tend to refer to a subjective experience of a sacred dimension & the “deepest values & meanings by which people live”, often in a context separate from organized religious institutions. This may involve belief in a **supernatural** realm beyond the ordinarily observable world, **personal growth**, a quest for an ultimate or sacred **meaning, religious experience**, or an encounter with one’s own “inner dimension”.

1.1.1 Etymology

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1.1.3 Development of the meaning of spirituality

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Part I

A Toltec Wisdom Book

Chapter 2

Ruiz, 2011. The 4 Agreements: A Practical Guide to Personal Freedom

“To the *Circle of Fire*; those who have gone before, those who are present, & those who have yet to come.”

The Toltec

“Thousands of years ago, the Toltec were known throughout southern Mexico as “women & men of knowledge.” Anthropologists^{1 2} have spoken of the Toltec as a nation or a race, but, in fact, the Toltec were scientists & artists who formed a society to explore & conserve the spiritual knowledge & practices of the ancient ones. They came together as masters (*naguals*) & students at Teotihuacan, the ancient city of pyramids outside Mexico City known as the place where “Man Becomes God.”

Over the millennia³, the *naguals* were forced to conceal⁴ the ancestral⁵ wisdom⁶ & maintain its existence in obscurity⁷. European conquest⁸, coupled with rampant⁹ misuse¹⁰ of personal power by a few of the apprentices¹¹, made it necessary to shield the knowledge from those who were not prepared to use it wisely or who might intentionally¹² misuse it for personal again.

Fortunately, the esoteric¹³ Toltec knowledge was embodied¹⁴ & passed on through generations by different lineages¹⁵ of

¹**anthropologist** [n] a person who studies anthropology

²**anthropology** [n] [uncountable] **1.** (also **cultural anthropology** or **social anthropology**) the study of the human race by comparing human societies & cultures & how they have developed; **2.** (also **physical anthropology**) the study of the human race by examining how humans behave & how their bodies work & have changed during their development.

³**millennium** [n] (plural **millennia** or **millenniums**) **1.** a period of 1,000 years, especially as calculated before or after the birth of Christ; **2.** (**the millennium**) the time when 1 period of 1,000 years ends & another begins.

⁴**conceal** [v] to hide something.

⁵**ancestral** [a] connected with or belonging to earlier members of a family, race of people or species.

⁶**wisdom** [n] **1.** [uncountable, singular] the ability to make sensible decisions & give good advice, because of the experience & knowledge that you have; **2.** [uncountable, countable] the knowledge & experience that develops within a particular society or group of people. (**The**) **conventional/received wisdom** is what most people believe to be true. **Common, popular & traditional** are also used in this way; **3.** [singular] **the wisdom of (doing) something** how sensible something is.

⁷**obscurity** [n] (plural **obscurities**) **1.** [uncountable] the state in which somebody/something is not well known or has been forgotten; **2.** [uncountable, countable, usually plural] **obscurity (of something)** the quality of being difficult to understand; something that is difficult to understand.

⁸**conquest** [n] **1.** [uncountable, countable] the act of taking control of a country, city, etc. by force; **2.** [countable] an area of land taken by force; **3.** [uncountable] **conquest of something** the act of gaining control over something that is difficult or dangerous.

⁹**rampant** [a] **1.** (of something bad) existing or spreading everywhere in a way that cannot be controlled, SYNONYM: **unchecked**; **2.** (of plants) growing thickly & very fast in a way that cannot be controlled.

¹⁰**misuse** [n] [uncountable, countable, usually singular] the act of using something in a dishonest way or for the wrong purpose, SYNONYM: **abuse**; **misuse something** to use something in the wrong way or for the wrong purpose, SYNONYM: **abuse**.

¹¹**apprentice** [n] a young person who works for an employer for a fixed period of time in order to learn the particular skills needed in their job; [v] [usually passive] (*old-fashioned*) to make somebody an apprentice.

¹²**intentional** [a] done deliberately, SYNONYM: **deliberate, intended**, OPPOSITE: **unintentional**.

¹³**esoteric** [a] (*formal*) likely to be understood or enjoyed by only a few people with a special knowledge or interest.

¹⁴**embody** [v] **1.** to express or represent an idea or a quality, SYNONYM: **represent**; **2. embody something (formal)** to include or contain something.

¹⁵**lineage** [n] [uncountable, countable] **1.** (*formal*) the series of families that somebody comes from originally, SYNONYM: **ancestry**; **2.** (*biology*) a set of species, each member of which is considered to have evolved from the one before. In biology, **lineage** is also used to talk about a set of cells which develop from a common cell.

naguals. Though it remained veiled^{16 17} in secrecy¹⁸ for hundreds of years, ancient¹⁹ prophecies²⁰ foretold²¹ the coming of an age when it would be necessary to return the wisdom to the people. Now, don Miguel Ruiz, a *nagual* from the Eagle Knight lineage, has been guided to share with us the powerful teachings of the Toltec.

Toltec knowledge arises from the same essential unity²² of truth as all the sacred²³ esoteric traditions found around the world. Though it is not a religion, it honors all the spiritual²⁴ masters who have taught on the earth. While it does embrace²⁵ spirit²⁶, it is most accurately²⁷ described as a way of life, distinguished by the ready accessibility²⁸ of happiness & love.” – Ruiz, 2011, The Toltec

Introduction

2.1 Domestication & the Dream of the Planet

2.2 The 1st Agreement: Be Impeccable with Your Word

2.3 The 2nd Agreement: Don’t Take Anything Personally

2.4 The 3rd Agreement: Don’t Make Assumptions

2.5 The 4th Agreement: Always Do Your Best

2.6 The Toltec Path to Freedom: Breaking Old Agreements

2.7 The New Dream: Heaven on Earth Prayers

¹⁶**veil** [v] **1.** **veil something/yourself** to cover your face with a veil; **2.** **veil something** (*literary*) to cover something with something that hides it partly or completely, SYNONYM: **shroud**.

¹⁷**veiled** [a] **1.** a veiled threat, warning, etc. is not expressed directly or clearly because you do not want your meaning to be too obvious; **2.** wearing a veil (= a piece of cloth worn to cover the face, hair, or head).

¹⁸**secrecy** [n] [uncountable] the fact of making sure that nothing is known about something; the state of being secret.

¹⁹**ancient** [a] **1.** belonging to a period of history that is thousands of years in the past, OPPOSITE: **modern**; **2.** very old; having existed for a very long time; **3.** (**the ancients**) [n] [plural] the people who lived in ancient times, especially the Egyptians, Greeks & Romans.

²⁰**prophecy** [n] (plural **prophecies**) **1.** [countable] a statement that something will happen in the future, especially one made by somebody who claims religious or magic powers. A **self-fulfilling prophecy** is a statement or theory about something that will happen in the future that itself causes the thing to happen.; **2.** [uncountable] the power of being able to say what will happen in the future.

²¹**foretell** [v] (*literary*) to know or say what will happen in the future, especially by using magic powers.

²²**unity** [n] (plural **unities**) **1.** [uncountable, singular] the state of being joined together to form 1 unit; the state of being in agreement & working together; **2.** [singular] a single thing that may consist of a number of different parts; **3.** [uncountable] (in art, literature, etc.) the state of looking or being complete in a natural & pleasing way; **4.** [uncountable] (*mathematics*) the number 1.

²³**sacred** [a] **1.** connected with God or a god & thought to deserve special respect, SYNONYM: **holy**; **2.** very important & treated with great respect.

²⁴**spiritual** [a] [usually before noun] **1.** connected with the human spirit, rather than the body or physical things, OPPOSITE: **material**; **2.** connected with religion.

²⁵**embrace** [v] **1.** **embrace something** to accept an idea, a proposal, a set of beliefs, etc., especially when it is done with enthusiasm; **2.** **embrace something** to include something; **3.** **embrace somebody** to put your arms around somebody as a sign of love or friendship.

²⁶**spirit** [n] **1.** [uncountable, countable] the part of a person that includes their mind, feelings & character rather than their body; **2.** [singular, uncountable] an attitude or way of thinking; **3.** [uncountable, singular] loyal feelings towards a group, team or society; **4.** [singular] **spirit (of something)** the typical or most important quality or mood of something; **5.** [uncountable] **spirit (of something)** the real or intended meaning or purpose of something; **6.** [uncountable] courage, determination or energy; **7.** [countable] **spirit (of somebody)** the part of a person that many people believe still exists after their body is dead; **8.** [countable] an imaginary creature with magic powers; **9.** [countable, usually plural] (*especially British English*) a strong alcoholic drink.

²⁷**accurately** [adv] in a way that is true & exact, OPPOSITE: **inaccurately**.

²⁸**accessibility** [n] [uncountable] the quality of being easy to reach, enter, use or obtain.

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