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into five levels of intensity, he teaches us how to assess our own attachment to any particular belief that we have, and points out that the majority of the world's population lives within levels three and four, Identity and Internalization. As you will see, don Miguel Jr. clearly states the influ-

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Don Miguel Ruiz Jr The Five Levels of Attachment

The Five Levels of Attachment are Authentic Self, Preference, Identity, Internalization, and Fanaticism. This podcast discusses our beliefs about ourselves.

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The Five Levels of Attachment By Don Miguel Ruiz Jr., Unity Magazine When I was 14, I began apprenticing under my father, don Miguel Ruiz Sr., and my grandmother, Sara Macias Vasquez, who most people knew as Madre Sarita.

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