



# El dominio de la conciencia: Viviendo los acuerdos (Spanish Edition)

*Doña Bernadette Vigil*

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# El dominio de la conciencia: Viviendo los acuerdos (Spanish Edition)

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**El dominio de la conciencia: Viviendo los acuerdos (Spanish Edition)** Doña Bernadette Vigil  
Reveals the authentic tradition of Toltec self-mastery

- By the working partner of don Miguel Ruiz
- Provides a program of 11 Agreements for continuing the spiritual journey

The author guides readers through the effective training techniques practiced by Toltec warriors for centuries: mental and physical exercises in visualization, breath work, and meditation—the keys to unlocking the potential of the mind. These techniques allow readers to move through the three levels of ascending spiritual consciousness, from Jaguar Knight and Eagle Knight through Nagual, the level of enlightened master. By following the practices of the spiritual warrior, readers will experience the peace that comes from breaking free of self-limiting thoughts in order to fulfill their true potential. This book also challenges readers to look beyond personal change to transform the collective dream of the planet.

Doña Bernadette Vigil is a professional artist and her work has been widely exhibited. She presents Toltec wisdom workshops with Nagual don Miguel Ruiz throughout the United States and abroad. She lives in New Mexico.

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