

## FIVE LEVELS OF ATTACHMENT



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x The Five Levels of Attachment to clearly see all of his attachments. This is how his rebel-lion came to an end. Although it took him a couple of years to completely

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The Five Levels of Attachment by don Miguel Ruiz Jr. shared Hierophant Publishing's post.

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If I begin to detach from the conditions of being a Chargers fan, I can then see a Raiders fan as a human being, someone who has a preference for a different team, but who shares my love for the sport.

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I have always been perfect, and so have you. When we can't perceive this, it's because we are too busy judging everything for not being something other than what it is.

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Our attachment to beliefs our own and the beliefs of others manifests as a mask we don't realize we can take off. But with don Miguel Ruiz's help, and some Toltec wisdom along the way, we can

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