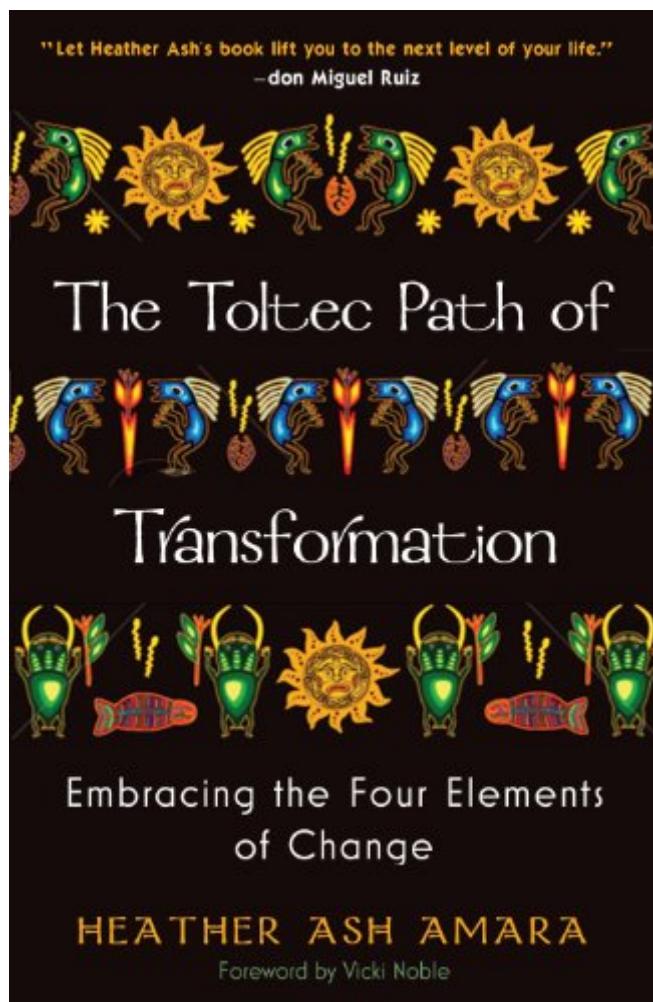


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# The Toltec Path Of Transformation: Embracing The Four Elements Of Change



## Synopsis

Change is a constant, defining characteristic of life. Seasons change, weather changes, leaves change, and so do people. In HeatherAsh Amaraâ™s The Toltec Path of Transformation: Embracing the Four Elements of Change, we are encouraged to embrace the changes in our lives and create the kind of change that we want to see in ourselves and our world. The Four Elements: air, fire, water and earthâ all carry specific properties and functions that can lead to a complete life transformation along the Toltec path. Air represents our mental body, and grants clear perceptions once we shift our focus from the negativity surrounding us to the love and gratitude that lie just below the surface. Fire, the energetic body, gives us the opportunity to clean out the agreements, behaviors and beliefs that no longer serve us, so that we can make room for new, beneficial connections. Water, the emotional body, encourages us to open to new things, people and experiences. By staying open, we can gracefully accept what life brings while still working to create our own changes. Earth, the physical body, acts to nourish us from the inside out, proving again that both beauty and health start from within. It is through HeatherAshâ™s carefully composed instruction and guidance that we can use the Four Elements of Change to navigate the Toltec Path into our Divine center, where comparison and judgment drop away, and we can meet ourselves as the beautiful beings that we were meant to be.

## Book Information

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## **Customer Reviews**

A fabulous book for all who want to take the Four Agreements to the next level. Amara uses Toltec wisdom and breaks it down to the elements, Air, fire, water, and earth to guide the reader to a deeper understanding to life and spirituality. Grounding, enlightening, motivating, and extremely interesting. Well done!

In this book, HeatherAsh Amara helps us take the concept of change into the reality of change. She shares many concrete tools to help do this. She explores how to use the four elements to create a new, stable structure for change, and how to clear our "stuff" so we're back in integrity, which leads us to wholeness. She reminds us that our light is already within us-- and helps us remove the veils that cover it up. I find her writing style easy to read, and enjoy the stories she uses to illustrate what she is discussing. I highly recommend this book for anyone who wants to go deeper; it has helped me make changes that are leading me to find my center, and there is great joy in the process!

This book has a permanent place in my spiritual toolbox. The concept of using the four elements has made a large impact on how I process and respond to my life. Getting in touch with the healing magic of earth, air, fire and water through the practices in this book was profoundly helpful in shifting my awareness to one of wellness. I find the Toltec Path easy to implement, with quick results when I apply myself to their wisdom. HeatherAsh orchestrates the metaphor of remodeling your inner house fantastically throughout the book. "To become the butterfly, a caterpillar needs a cocoon to create stability while massive changes occur. You can use the four elements as your cocoon, as your new home, while you dismantle the old." What a brilliant and soothing image for anyone on a journey of transformation.

Heather Ash's warm and genuine wisdom shines through in an authentic, relatable, and inspiring way. The journey through the text leaves the reader with Patience and hope in their new path to come. Gratitude ensues

HeatherAsh continues to give us so many gifts through her Toltec teachings. She is a talented

communicator as an author and speaker, and with this talent helps guide people seeking awareness and transformation with her unique teaching style, models, metaphors... I am very grateful to have encountered her books and website to find the spiritual path for which I was looking!!!! My only advice would be to be sure to seek awareness before transformation, you can't change what you can't see! For example read The Four Agreements, Mastery of Love, the Everything Toltec Wisdom Book first.

She is amazing. Recapitulation will change your life if that's all you do. If you follow all the teachings even 80% of the time you will transform!!! Warrior goddess training is lovely too b

HeatherAsh has been my teacher for over 5 years, and she gives really useful guidance. I recommend all of her books.

Very insightful, I'm excited to start using these tools for complete transformation & to start my life anew! Thank you

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