

Don Miguel Ruiz - Short Biography

Don Miguel Ruiz is the internationally bestselling author of a series of books including *The Four Agreements* -over 10 million copies sold in the US alone, and translated into 47 languages. Since its release in 1997, don Miguel has published more than a dozen books, each going deeper into the wisdom that defines his unique teaching and life experience.

By exploring the human mind from a shamanic as well as scientific perspective, don Miguel has combined old wisdom with modern insights, creating a new message for all mankind. In the year 2000, don Miguel initiated an intensive course, known as *Toltec Dreaming*, for select apprentices. These monthly workshops lasted for over a decade, and still inform his lectures, online classes, and published writings.

Don Miguel is highly respected throughout the world. He has received numerous recognitions, including a U.S. Air Force challenge coin, engraved with *The Four Agreements*. He is referenced as a National Heirloom of Mexico.

For more about Don Miguel, his family, and his current projects, visit his website www.miguelruiz.com

Don Miguel Ruiz - Full Biography

Miguel Ruiz was born in Tijuana, Baja California, Mexico, on August 27, 1952. He is the youngest of eleven brothers and two sisters. Although his family was very poor, Miguel benefitted from a good education. He attended primary and secondary school in Tijuana, and received his baccalaureate in Mexico City.

He then went on to study Medicine at the National Autonomous University of Mexico. In 1979, he completed his undergraduate internship. After performing his Social Service, he received the title of Surgeon and started practicing neurosurgery in Tijuana, B.C., with his older brother Carlos Ruiz.

In 1986, Miguel made the decision to leave medicine and emigrate to San Diego, California. As someone born from a lineage of shamans, he was compelled to share the philosophy he inherited from his ancestors. As a scientist, he wished to find answers to his own questions regarding the human mind.

His mother, Sarita Vasquez, tutored him in the Toltec tradition until he was inspired to start his own teachings. Since that time, he has worked with thousands of students, leading spiritual journeys to the pyramids of Teotihuacan, Mexico, and to many sacred sites around the world.

During the initial years of his teaching, he created tools to assist students struggling to quiet their minds. The result of this work was *The Four Agreements*, his first publication. The book contains practical steps that can result in long-term personal transformation.

The Four Agreements immediately became an international best-seller, translated into 47 languages. Since its release in 1997, don Miguel has published more than a dozen books, each going deeper into the wisdom that defines his unique teaching and life experience.

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Significant Life Events

1. Miguel Angel Ruiz Macias was born on August 27, 1952, the thirteenth child of José Luis Ruiz and Sara Macias Vasquez.
2. In 1962 his 19-year-old brother, José Guadalupe, died in a car accident. Miguel was eleven years old at the time. At his brother's funeral, he saw how the people in attendance were trying hard to be something they were not. In one moment they appeared heartbroken; in the next, they were laughing and gossiping with each other. He began to realize that people act out certain roles, changing their behavior with every situation. This realization left a lasting impression on him, influencing his later teachings.
3. At seventeen, Miguel had a conversation with his grandfather, Don Leonardo, that changed his life. He was showing off his knowledge about life and politics, and realized his grandfather was unimpressed. He wanted to know why. His grandfather shook his head, sighed, and then explained to him that opinions meant nothing. "Nobody," Leonardo said, "truly knows about anything. Everyone is living in his own world— a world that is created by opinions and assumptions." His grandfather explained that every person is the main character of their own story and they live as a minor character in someone else's story. The two talked about many things that day, and Miguel went home with a different point of view about himself, about humanity, and about life.
4. Entering the School of Medicine at the National Autonomous University of Mexico set Miguel on a new course of experiences. He was involved with campus politics, and was actively recruited by national soccer teams; but by the end of his time at the university, he made the decision to continue his medical pursuits.
5. In 1972 Miguel married Maria del Socorro Pérez. In 1975, when Miguel was 21 years old, the couple welcomed their first child, Miguel Angel Ruiz-Perez.

6. At 25, Miguel was driving friends home from a party and had a serious car accident when the car hit a wall. Everyone in the car survived, but as the car crashed, Miguel experienced the sensation of being out of his own body. It was then that he first realized he was *not his body*. In a sincere attempt to discover what he really was, he turned to his mother and grandfather. From them, he began to understand that he was not his body. He was energy, the force that gives life and motion to all matter. It was then that Miguel decided to put his attention on the Toltec teachings of his ancestors.
7. He began working with his mother, who guided him— and twenty other students— through weekly workshops in San Diego. In the six years he spent working with Mother Sarita, Miguel’s belief system changed dramatically. He realized that he, like most people, had lived in a fantasy world for much of his life. He saw how doubt could be used to end superstition and fanaticism. He put aside old beliefs, and invested complete faith in himself.
8. Starting in 1988, Miguel began his own classes in what he called Toltec Wisdom. The teaching started with a small group of followers, and grew over a 14-year period.
9. In 1989, he traveled with his apprentices to the ancient Toltec pyramids of Teotihuacan for the first time. *Teotihuacan* means “the place where humans awaken...and become God.” This would be the beginning of countless journeys to the sacred site. Because of those journeys, thousands of people were able to benefit from his teachings.
10. In 1997, *The Four Agreements* was published. This first book, although simple in structure, was the result of almost 10 years of exploration into the human mind. The book explained that the problems in our ordinary lives begin with childhood domestication. It presented a solution: that we make new agreements with ourselves. Putting these agreements into practice, we can radically change our ways of thinking and behaving. The book became a national and international best-seller, and continues to appear on best-seller lists over 25 years later.
11. In 1999, the *Mastery of Love* was published, which addresses our beliefs about love and human relationships. It urges us to accept responsibility for personal decisions and to stop being victims of our own self-importance. It teaches us to honor the decisions of the people

we love— and, that by respecting ourselves and others, we can change the world.

12. In 2000, *The Four Agreements Workbook* was published, helping readers use the tools they were given in the original book to alter the consequences of their early domestication.
13. In 2001, *The Book of Prayers* was published, using meditative prayers to help readers find faith in themselves instead of the beliefs imposed on them by society.
14. On February 28th, 2002, don Miguel had a massive heart attack. In order to save his life, his medical team placed him into an induced coma for nine weeks. In May, he woke up from the coma to find that his heart had suffered irreparable damage. His doctors had little hope that he would live beyond that year. This altered Miguel's reality further. It also changed his priorities. He chose to spend his remaining time securing his sons' future and expanding his teaching
15. In 2005, *The Voice of Knowledge* was published. The book explains the way our thoughts influence our actions and emotional well being. The "voice" in our heads represents our own thinking— and the resulting beliefs that control our behavior.
16. In 2008, he co-wrote *The Fifth Agreement* with his son José. The publication adds an important additional agreement to Miguel's original book. It urges us all "to be skeptical, but to listen," and reminds readers not to believe people's opinions— or the voice in their own heads.
17. In 2009, after surviving much longer than his doctors had predicted, don Miguel made a request for a heart transplant. This meant entering a year-long period of intense medical evaluations. On October 9th, 2010, the heart transplant was performed successfully. To don Miguel, this marked the beginning of a new era. In 2011, he began a world lecture tour that would last until 2014.
18. In 2015, *The Toltec Art of Life and Death* was published. This unusual book is a novelized biography, detailing many personal aspects of don Miguel's life. The story is based on dreams he had while he was in the coma following his heart attack, and its main theme is the redemption of knowledge.

19. In 2018, *The Three Questions* was published, which posed the most essential questions in human philosophy: Who am I? What is real? What is love? In don Miguel's words, the answers change as our reality changes— and reality changes dramatically for us when we take responsibility for our own creation. Reality changes when we find the freedom to be authentic. It changes when we are able to love unconditionally and respect each other completely.
20. In 2020, don Miguel embarked on series of books with his co-author and former apprentice, Barbara Emrys. In this Mystery School series, don Miguel provides an in-depth exploration of the human mind, within an imagined casual classroom setting. The books offer readers the opportunity to change the habits of a lifetime by approaching one mystery— and one revelation— at a time.
21. The first of the series, titled *The Actor*, explains how, since early childhood, we were all trained to pretend. We were taught to play a role and to live up to the demands of a character we ourselves invented. As awakened adults, however, we can learn to live consciously and authentically— even in a world made up of billions of other actors.
22. The second book of the series is *Eros*, published in 2022. *Eros* is a study on the real meaning of love. It details how the problems of humanity stem from the fact that we aren't truly taught to love.
23. The third book in the series is titled *Grief and Renewal*, to be released in September of 2023. More than just a discussion of human loss, this beautiful book talks about the exquisite balance of life...where nothing is lost or gained.
24. Don Miguel is presently working on his latest book, *The Myth*, which describes the way reality is structured by every human mind. The mind is a flawed reflection of life. By perfecting the reflection, we can modify the way we think and believe and return to truth as a way of being.
25. In December of 2022, don Miguel underwent a second heart transplant. This event represents the beginning of yet another exciting passage in his remarkable life. He looks forward to sharing his wisdom in ways he hasn't attempted before now, and to continue his ongoing efforts to help all those who are willing to look inward for inspiration and truth.