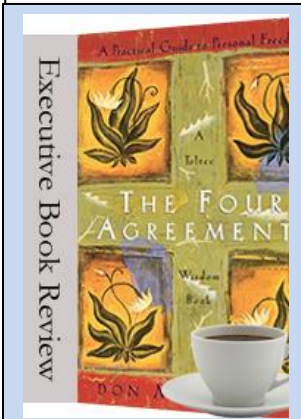


Four Agreements Don Miguel Ruiz

Reviewed by Marisa Ortiz



About the Author – Renowned spiritual teacher and internationally bestselling author sold over 10 million copies in the US and published in 40 languages worldwide. The youngest of thirteen children, born in rural Mexico to parents who were healers and practitioners of ancient Toltec traditions. Graduated from medical school in Mexico City and practiced neurosurgery in Tijuana. A near-fatal car crash forever changed the direction of his life, however, causing him to leave medicine and to examine the essential truth about life and humanity. With his mother’s help, and through her ancestral teachings, he discovered his own path to awareness, which evolved into a deep understanding of the physical universe and the virtual world of the mind.

About the Book

The first of the “Toltec Wisdom Series,” along with “The Mastery of Love,” “The Voice of Knowledge,” “The Four Agreements Companion Book,” “The Circle of Fire,” and “The Fifth Agreement.” The Four Agreements, landmark bestselling book, contains practical steps for long-term, personal transformation and has been read by millions around the world. Originally published in 1997, The Four Agreements has since sold over six million copies in the US and seven million worldwide. It has appeared on the New York Times bestseller for nearly ten years and was the 36th bestselling book of the decade.

Introduction – The Smokey Mirror

Chapter 1: Domestication and the Dream of the Planet

Chapter 2: The First Agreement – Be Impeccable With Your Word

Chapter 3: The Second Agreement – Don’t Take Anything Personally

Chapter 4: The Third Agreement – Don’t Make Assumptions

Chapter 5: The Fourth Agreement – Always Do Your Best

Chapter 6: The Toltec Path to Freedom – Breaking Old Agreements

Chapter 7: The New Dream – Heaven on Earth

BLUE SKY LEADERSHIP CONSULTING | 210-219-9934 | PETER@BLUESKYLEADERSHIP.COM

*Blue Sky Leadership Consulting works with organizations to leverage Strategic Thinking and Execution Planning and we encompass many of the principles in these books into our **Four Decisions™** methodology and development of your company's **One Page Strategic Plans**. Need to grow top line revenue? Improve bottom-line profits? Build accountable and trusting teams? Improve cash flow? Develop leadership team members? Contact us for a free consultation*



The Toltec – the Nagual and the Tonal.

Introduction – The Smokey Mirror

“Human Perception is merely light perceiving light. Matter is a mirror...and the world of illusion, the Dream, is just like smoke which doesn’t allow us to see what we really are.” -xviii

I am the Smokey Mirror, because I am looking at myself in all of you, but we don’t recognize each other because of the smoke in-between us. That smoke is the Dream, and the mirror is you, the dreamer. – xix

Chapter 1 – Domestication and the Dream of the Planet.

What you are seeing and hearing right now is nothing but a dream. Pg. 1

The dream of the planet is the collective dream of billions of smaller, personal dreams, which together create a dream of a family, a dream of a community, a dream of a city, a dream of a country, and finally a dream of the whole humanity. The dream of the planet includes all of society’s rules, its beliefs, its laws, its religions, its different cultures and ways to be, its governments, schools, social events, and holidays. Pg. 2

All the normal tendencies are lost in the process of domestication. The domestication is so strong that at a certain point in our lives we no longer need anyone to domesticate us. Pg. 8

There is something in our minds that judges everybody and everything, including the weather, the dog, the cat – everything. Pg. 9

There is another part of us that receives the judgements, and this part is called the Victim. The Victim carries the blame, the guilt, and the same. Pg. 10

The human is the only animal on earth that pays a thousand times for the same mistake. We have a powerful memory. But every time we remember, we judge ourselves again, we are guilty again, and we punish ourselves again, and again, and again. Pg. 12

Your whole mind is a fog which the Toltecs called a *mitote* (pronounced MIH-TOE’-TAY). Your mind is a dream where a thousand people talk at the same time, and nobody understands each other. Pg. 6

Prelude to a New Dream – There are thousands of agreements you have made with yourself, with other people, with your dream of life, with God, with society, with your parents, with your spouse, with your children. But the most important agreements are the ones you made with yourself. Pg. 21

You need a very strong will in order to adopt The Four Agreements – but if you can begin to live your life with these agreements, the transformation in your life will be amazing. Pg. 23

Living is easy with eyes closed, misunderstanding is all you see... - John Lennon



Chapter 2 – The First Agreement, Be Impeccable with Your Word.

The first agreement is the most important one and also the most difficult one to honor. It is so important that with just this first agreement you will be able to transcend to the level of existence I call heaven on earth. Pg. 25

Your word is the power that you have to create. Your word is the gift that comes directly from God. It is through the word that you manifest everything. The word is force; it is the power you have to express and communicate, to think, and thereby to create the events in your life. The word is the most powerful tool you have as a human; it is the tool of magic. Pg. 26

During our domestication, our parents and siblings gave their opinions about us without even thinking. We believed these opinions, like not being good at swimming, or sports, or writing. By hooking our attention, the word can enter our mind and change a belief for better or for worse. Pg. 29

Impeccability means “without sin.” Impeccable comes from the Latin *peccatus*, which means “sin.” A sin is anything that you do which goes against yourself. When you are impeccable, you take responsibility for your actions, but you do not judge or blame yourself. Pg. 31

Emotional poison was transferred along with the opinions, and we learned this as the normal way to communicate. Pg. 38

We talk to ourselves constantly and most of the time we say things like, “Oh, I look fat, I look ugly. I’m getting old, I’m losing my hair. I’m stupid, I never understand anything, I will never be good enough, and I’m never going to be perfect.” Pg. 42

Chapter 3 The Second Agreement, Don’t Take Anything Personally

Personal importance, or taking things personally, is the maximum expression of selfishness because we make the assumption that everything is about “me.” Nothing other people do is because of you. It is because of themselves. All people live in their own dream, in their own mind; they are in a completely different world from the one we live in. Pg. 48

When you take things personally, then you feel offended, and your reaction is to defend your beliefs and create conflicts. Pg. 50

...by taking things personally you set yourself up to suffer for nothing. Humans are addicted to suffering at different levels and to different degrees, and we support each other in maintaining these addictions. Their addiction to suffering is nothing but an agreement that is reinforced every day. Pg. 57

If someone is not treating you with love and respect, it is a gift if they walk away from you. Pg. 58

Someone can intentionally send emotional poison, and if you don’t take it personally, you will not eat it. Pg. 59

When you truly understand this, and refuse to take things personally, you can hardly be hurt by the careless comments or actions of others. Pg. 60



Chapter 4 The Third Agreement, Don't Make Assumptions

The problem with making assumptions is that we believe they are truth. Pg. 63. It is always better to ask questions than to make an assumption, because assumptions set us up for suffering. Pg. 65

In any kind of relationship, we can make the assumption that others know what we think, and we don't have to say what we want. Pg. 67. We make the assumption that everyone sees life the way we do. Pg. 69

Make sure the communication is clear. If you don't understand, ask. Have the courage to ask questions until you have clear as you can be, and even then, do not assume you know all there is to know about a given situation.

Also, find your voice to ask for what you want. Everybody has the right to tell you no or yes, but you always have to right to ask. Likewise, everybody has the right to ask you, and you have the right to say yes or no. Pg. 72

Taking the action over and over again strengthens your will, nurtures the seed, and establishes a solid foundation for the new habit to grow. Pg. 74

Chapter 5 The Fourth Agreement, Always Do Your Best

...the one that allows the other three to become deeply ingrained habits. The fourth agreement is about the action of the first three: always do your best. But keep in mind that your best is never going to be the same from one moment to the next. Pg. 75. Everything is alive and changing all the time, so your best will sometimes be high quality, and other times it will not be as good. Pg. 76

Doing your best, you are going to live your life intensely. You are going to be productive, you are going to be good to yourself, because you will be giving yourself to your family, to your community, to everything. Pg. 78

Doing your best is taking action because you love it, not because you're expecting a reward. Pg. 79. If we like what we do, if we always do our best, then we are really enjoying life. We are having fun, we don't get bored, we don't have frustrations. I did my best. There are no regrets. It is not an easy agreement to keep, but this agreement is really going to set you free. Pg. 80

When you do your best, you learn to accept yourself. Learning from your mistakes means you practice, look honestly at the results, and keep practicing. This increases your awareness. Pg. 81. Taking action is being alive. It's taking the risk to go out and express your dream. Pg. 82

When you surrender and let go of the past, you allow yourself to be fully alive in the moment. Letting go of the past means you can enjoy the dream that is happening right now. You were born with the right to be happy, the right to love, to enjoy and to share your love. You have the right to be you. Pg. 84

By doing your best, the habits of misusing your word, taking things personally, and making assumptions will become weaker and less frequent with time. Pg. 85

When you honor the four agreements together...the dream of the planet is transformed into your personal dream of heaven. Pg. 88



Chapter 6 The Toltec Path to Freedom, Breaking Old Agreements

Our normal human tendency is to enjoy life, to play, to explore, to be happy, and to love. Pg. 95. We are still children, but we have lost freedom. Pg. 97. The freedom we are looking for is the freedom to be ourselves, to express ourselves. Pg. 98. The first step towards personal freedom is awareness. We need to be aware of what the problem is in order to solve the problem. Pg. 98

Three masteries that lead people to become Toltecs: The Mastery of Awareness, the Mastery of Transformation, and the Mastery of Intent. Pg. 100. The freedom we seek is to use our own mind and body, to live our own life, instead of the life of the belief system. Pg. 102.

The art of transformation: The Dream of the Second Attention.

The process of domestication can be called the art of the first attention because it was how your attention was used for the first time to create the first dream of your life. Pg. 105

...Focus your attention on all those agreements and beliefs and change the agreements with yourself. In doing this you are using your attention for the second time... The first step is to become aware of the fog that is in your mind. Pg. 106. The next step is to develop awareness of all the self-limiting, fear-based beliefs that make you unhappy. Pg. 107

The Discipline of the Warrior: Controlling your Own Behavior.

We have a dysfunctional dream of the planet and humans are mentally sick with a disease called fear. We must forgive those we feel have wronged us, not because they deserve to be forgiven, but because we love ourselves so much we don't want to keep paying for the injustice. Pg. 114

The warrior has awareness. The warrior has control...Control over one's own emotions, control over one's own self. To refrain is to hold the emotions and to express them in the right moment, not before, not later. Pg. 117

The Initiation of the Dead: Embracing the Angel of Death.

We become aware that we can die at any moment: we have just the present to be alive. The truth is that we don't know if we are going to die tomorrow. Pg. 118. The angel of death can teach us to live every day as if it is the last day of our lives, as if there may be no tomorrow. I don't know if I am going to see you again, so I don't want to fight with you. Pg. 119

Chapter 7 The New Dream, Heaven on Earth

The dream you are living is your creation. It is your perception of reality that you can change at any time. Pg. 123. You can live in a state of grace, the state of bliss, the dream of heaven. Pg. 126

The world is very beautiful and very wonderful. Life can be very easy when love is your way of life. Pg. 127. You can be loving all the time. This is your choice. Love in action only produces happiness. Happiness is a choice, and so is suffering...we have a choice: to suffer our destiny or to enjoy our destiny. What is yours? Pg. 129



Our Faculty

Actions

What thought, or idea had the biggest impact on you today?

What is one specific action you will take TODAY from what was discussed?

HOW will you implement this action?

Calendar of Events

First Friday – Wittigs 2018 Avenue B San Antonio 7:30 – 9:00 [Sponsor: UTSA EMBA Alumni Association]

| | |
|-------|-------------------------|
| May 4 | Roosevelt and The Brain |
| Jun 1 | Energy Bus |

Wine & Cheese Wednesday – Wittigs 2018 Avenue B San Antonio 5:30 – 7:00 PM [Sponsor: Haworth]

| | |
|----------------------|------------------------------|
| May 9 th | The Brain |
| Jun 13 th | San Antonio in the Beginning |

Fourth Thursday – Haworth 2 E Greenway Plaza #100 Houston 11:30 – 1:00 [Sponsor: Haworth & Wittigs]

| | |
|----------------------|------------|
| May 24 th | Roosevelt |
| Jun 21 st | Energy Bus |

Fourth Friday – Alpha Home 419 E. Magnolia Ave. San Antonio 8:00 – 9:30 [Sponsor: Alpha Home]

| | |
|----------------------|------------|
| May 25 th | Roosevelt |
| Jun 22 nd | Energy Bus |

Last Wed – Wittigs 401 William Street Corpus Christi 78401 5:30 – 7:00 PM [Sponsor: Wittigs & Haworth]

| | |
|----------------------|-----------------|
| May 16 th | The Brain |
| Jun 20 th | Four Agreements |