

The Four Agreements

Monday, November 28, 2005

Mannafest: Are you there?

Next three Mondays: All on Goal Setting so get prepared by digging up last years, and working on some thoughts for making 2006 your best year yet (we will go into winning the Incentive Program)

New DVD available: "How to Reverse Your Biological Age" now available to order (Mannatrain.net) will ship before Dec. 15

"The Four Agreements" A Toltec Wisdom Book by Don Miguel Ruiz

1. Premise Behind this book: that our upbringing and life cause us to formulate a lot of "agreements" (or beliefs) that run our lives
 - A. Many of these agreements arise from fear: not being perfect, being rejected, making mistakes, being ourselves. The results are devastating: we fail to take action, we aim to please (thus, pretend to be someone we are not), we dishonor ourselves
 - B. Other agreements come from love: these truly support us
 - C. 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
The Final Result: "This is what I am. I can do some things and not do others. This is reality."
 - D. Premise: There exist Four very powerful agreements that if we adopt and fully follow, they will overcome all of these agreements coming from fear that deplete our energy.
"You need a very strong will in order to adopt the Four Agreements, but if you can begin to live your life with these 4 agreements, the transformation in your life will be amazing."

2. Agreement #1: Be Impeccable with Your Word

- A. Through your word, you express your creative being.
Your word is a force: the power you have to communicate, to think and thereby to create the events in your life.
("As a Man Thinketh"; you are what you think; if you believe you can or you believe you can't, either way you are right)
- B. Your intent manifests through the word. What you dream, feel, really are, all will be manifested through the word.
- C. Your word is powerful – both ways. You can use it to save the

world and those around you or you can use it to destroy the world and those around you.

1) See in the 1930's and '40's as we saw the word of one man manipulate a whole country of intelligent people to commit some of the most atrocious acts in history. Hitler's words, based on fear generated beliefs and agreements, will never be forgotten.

2) We cast spells on people with our words. Our opinions expressed verbally can destroy a person in a moment's time, as well as uplift a person in a moment.

We call someone stupid, ugly, etc...`

Gossip is the worst...he compares it to a computer virus.

Gossip is just your opinion, nothing but your point of view. We are energized to spread it to make our opinion right. It is devastating.

(If you don't have anything nice to say, don't say anything at all).

D. What is "Impeccable"? Latin base means "without sin"

From a secular perspective, anything against self is sinful. When you operate from impeccable you take responsibility for your actions BUT you do not judge or blame yourself.

Being impeccable with your word is the correct use of your energy: it means to use your energy in the direction of truth and love for yourself.

Like attracts like: Insults will bring back insults

Selfishness will bring back selfishness

No love will bring back no love

"You can measure the impeccability of your word by your level of self-love. How much you love yourself and how you feel about yourself are directly proportionate to the quality and integrity of your word."

3. Agreement #2: Don't Take Anything Personally

A. Can you see how this is born out of the first agreement?

Opinions are being expressed all the time and we need not take them personally.

"What Other People Think of us is None of our Business" Terry Cole-Whittaker

Truth is to one person what they express in response to their own feelings, opinions, and beliefs.

B. When you take things personally, it triggers what? A feeling of being offended, which requires you to defend yourself, your beliefs and it creates immediate conflict. Why all this negative energy? You make something big out of something so little because of YOUR NEED TO BE RIGHT.

(another of those agreements you made with yourself)

C. You even listen to your own stuff and take it personally...that little voice in your head.

“If you make it a habit of not taking anything personal, you won’t need to place your trust in what others do or say. You will only need to trust yourself to make responsible choices.”

4. Agreement #3: Don’t Make Assumptions

A. The problem with assumptions is we believe they are true...this triggers us taking it personal; then we go into blame and react by sending emotional poison in their direction.

We create DRAMA out of nothing.

B. Always better to ask questions than to make an assumption because assumptions set us up for suffering.

We only see what we want to see and hear what we want...our imaginations run wild.

C. What drives us to make assumptions? Our need for answers. Answers make us feel safe. Again, another agreement we have made with ourselves.

We also make a lot of assumptions about ourselves creating inner conflict.

5. Agreement #4: Always Do Your Best

This fourth agreement is about the action of the first three.

A. First recognize that your best is never going to be the same from one moment to the next.

Everything is always changing, your mood, your growth. In fact, as you incorporate these 4 agreements into your life on a daily basis your best will continue to get better.

So, regardless of quality, always do your best.

B. Doing your best, you will always live your life intensely. Take action not for the reward but just to do your best.

When you are doing your best just for the pleasure of doing your best, you are taking action because you enjoy it.

Action is about living fully.

C. Forrest Gump is a perfect example of this agreement playing out...he did not have great ideas, but he took action and strove to be the best he could be at everything he did. He did nothing with an expectation of reward.

This one agreement will help sustain you even when you fail at some of the others...for if you just keep doing your best at everything you do, the others will fall in line.