

Applying The Four Agreements in Your Life

I. Introduction: The Four Agreements

The Four Agreements are from the book of this title by Don Miguel Ruiz. “The Four Agreements offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love.” (Taken from the back cover of the book, *The Four Agreements*). This lesson teaches: 1. Be impeccable with your word 2. Don't take anything personally 3. Don't make assumptions and 4. Always do your best.

II. Exercise

Directions:

Read the following content and write your answers to the questions below taking each agreement in turn.

Questions:

1. What impact could the adoption of this agreement have on your life, relationships etc.?
2. How would you behave differently if you adopted this agreement?
3. How would you feel if you adopted this agreement at work?
4. How can this agreement be used as a guide in your life, relationships etc.?
5. Think of specific situations in which you could use this agreement.
6. How could the adoption of this agreement lead to a feeling of increased freedom and personal power?
7. How could adoption of this agreement benefit others?

1. The First Agreement-Be Impeccable With Your Word

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

- ❖ You have the power to create reality with the words that you speak.
- ❖ Your word is a force. It is a power you have to express and communicate.
- ❖ Being impeccable with your word is the correct use of your energy; it means to use your energy in the direction of trust and love for yourself.
- ❖ Self-rejection is the most damaging thing we can do against ourselves.
- ❖ Misuse of the word is to curse, to blame, to find guilt, to destroy.
- ❖ Our word can be used to spread our personal poison-anger, jealousy, envy, and hate.
- ❖ Gossip has become the main form of communication in human society. Like a virus it mutates and spreads, harming those it touches. When you carry and spread this virus you corrupt yourself.

- ❖ Your opinions come from your beliefs, your own ego and your own dream.
- ❖ If you want happiness, be impeccable with your word.

2. The Second Agreement-Don't Take Anything Personally.

What others say and do is their projection of their own dream, their reality. Nothing others do is because of you. When you are immune to the opinions and actions of others you are free from needless suffering.

When you take the actions and words of others personally you:

- ❖ Agree with whatever they said or did
- ❖ Make the assumption that everything is about "ME"
- ❖ Make something big out of something so little.
- ❖ Eat another's emotional garbage and make it yours
- ❖ Allow what others do to strike one of your own wounds

When you do not take the actions and words of others personally you:

- ❖ Live without fear
- ❖ Avoid upset in your life
- ❖ Feel good and everything around you feels good
- ❖ Are loving yourself and others because you are happy with your life
- ❖ Are at peace and you are happy, you see life as beautiful and you have more compassion
- ❖ Do not experience anger jealousy envy and sadness because they disappear
- ❖ Avoid many mental traps that keep you suffering
- ❖ Won't need to place so much trust and importance on what others do or say
- ❖ Can travel the world with your mind completely open and you won't be hurt.

3. The Third Agreement-Don't Make Assumptions.

This one agreement can completely transform your life.

Find the courage to ask questions and to express your true feelings and desires.

Communicating clearly with others will avoid misunderstandings, sadness, and drama.

The problem with making assumptions is:

- ❖ We believe they are the truth
- ❖ We don't know what others are doing or thinking
- ❖ We blame people, create misunderstanding, and create dramas for nothing
- ❖ All sadness and drama you have lived in your life was rooted in making assumptions and taking them personally
- ❖ You can create negative fantasies or positive fantasies and both may not be real
- ❖ It can become an unhealthy habit of thinking we know the truth, when we may not.

By not making assumptions you can.

- ❖ Make your communications clear
- ❖ Communicate cleanly and clearly, free of emotional poison
- ❖ Your word can be used for giving, sharing, and loving
- ❖ Be a master of your intent which can hold your mastery of love, gratitude and personal freedom

4. The Fourth Agreement-Always Do Your Best.

Under all circumstances simply do your best, and you will avoid self-judgment, self-abuse and regret.

- ❖ Under any circumstances always do your best, no more no less
- ❖ Your best is never going to be the same from moment to moment
- ❖ We are alive and changing all the time
- ❖ In your everyday moods your best can change
- ❖ If you try too hard to do more than your best you will spend more energy than is needed
- ❖ By doing your best you will live your life intensely. You will be productive. It is your action that will make you feel intensely happy.
- ❖ People who just work for pay can suffer in their work, and suffer in the action.
- ❖ Doing your best, you learn to accept yourself but you have to be aware and learn from your mistakes.
- ❖ If you take action because you have to then there is no way to do your best.
- ❖ Action is about living fully. Inaction is a way we deny life.
- ❖ The first three agreements will only work if you do your best.
- ❖ By doing your best, the habits of misusing your word, taking things personally and making assumptions will become weaker and less frequent with time.
- ❖ Keep your attention on today. **You will experience your happiness in the present.**

“Each time you break an agreement, all the power you used to create it returns to you. If you adopt these four agreements, they will create enough personal power for you to change the entire system of your old agreements.” (Ruiz, 1997 p. 23)