

# "THE FOUR AGREEMENTS"



***A Practical Guide to Personal Freedom  
(A Toltec Wisdom Book)***

# WEEK 1: THE BOOK

## "THE FOUR AGREEMENTS"

*BY DON MIGUEL RUIZ*

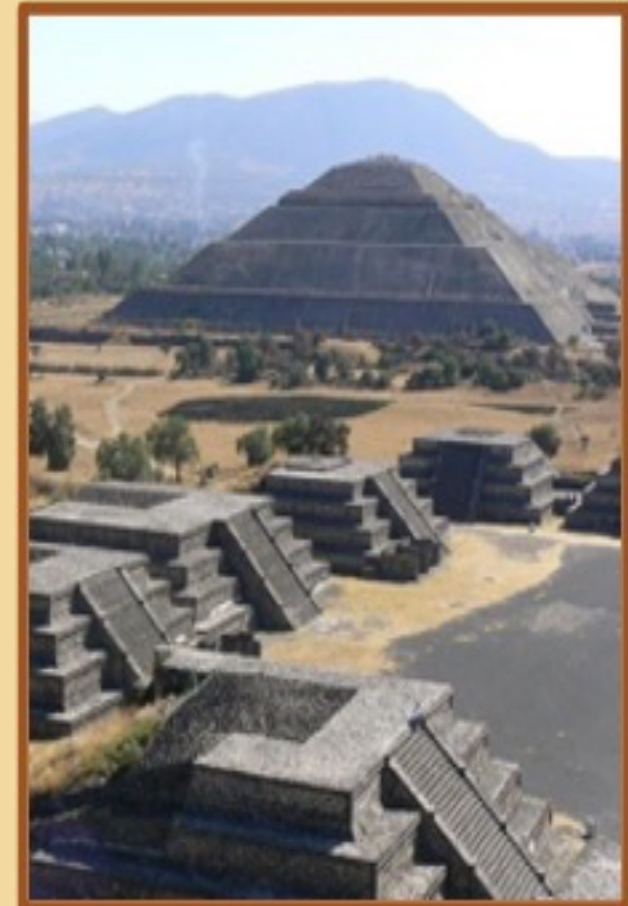
*A PRACTICAL GUIDE TO PERSONAL FREEDOM  
(A TOLTEC WISDOM BOOK)*



# WEEK 1: INTRODUCTION

## THE TOLTEC:

- KNOWN AS "PEOPLE OF POWER" FOR 1000s OF YEARS
- SCIENTISTS AND ARTISTS WHO EXPLORED/PRESERVED ANCIENT SPIRITUAL KNOWLEDGE AND PRACTICES
- LIVED IN TEOTIHUACAN OUTSIDE MEXICO CITY, KNOWN AS THE PLACE WHERE "MAN BECOMES GOD"
- FORCED TO CONCEAL ANCESTRAL WISDOM DUE TO EUROPEAN CONQUEST, MISUSE OF PERSONAL POWER
- DON MIGUEL RUIZ WAS GUIDED TO SHARE THE TEACHINGS
- NOT A RELIGION; IT'S A WAY OF LIFE THAT HONORS ALL SPIRITUAL MASTERS WHO HAVE TAUGHT ON EARTH
- A WISDOM TRADITION THAT TEACHES THE ACCESSIBILITY OF HAPPINESS AND LOVE

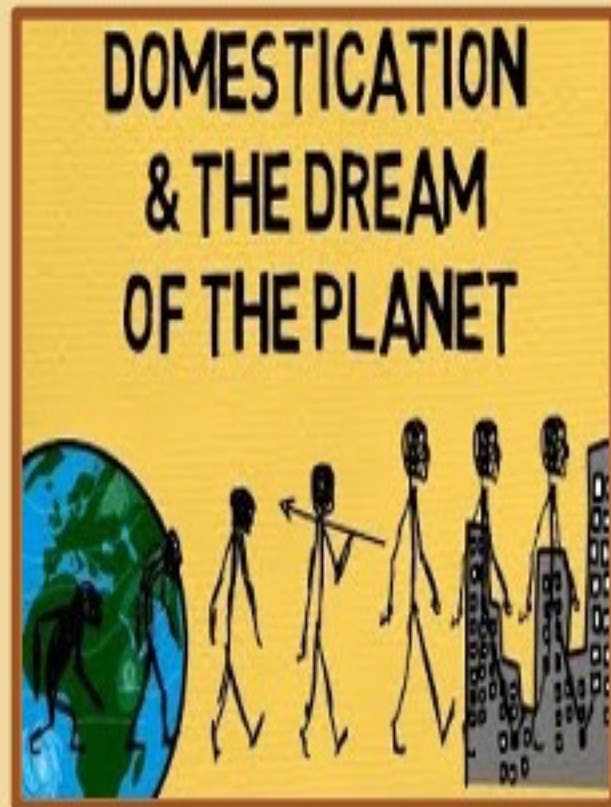


# WEEK 1: INTRODUCTION

## THE SMOKY MIRROR:

- EVERYTHING IS MADE OF LIGHT, A MANIFESTATION OF "GOD"; ALL IS "GOD"
- HUMAN PERCEPTION IS MERELY LIGHT PERCEIVING LIGHT
- MATTER IS A MIRROR THAT REFLECTS LIGHT; THE SMOKE IS THE DREAM OF HUMANS
- THE DREAM IS LIKE SMOKE, PREVENTING US FROM SEEING WHO/WHAT WE REALLY ARE
- THE REAL US IS PURE LOVE, PURE LIGHT
- WE ARE ALL DREAMING, BUT WITHOUT AWARENESS; SMOKE BETWEEN THE MIRRORS
- WE ARE ALL MIRRORS FOR EACH OTHER; I CAN SEE MYSELF IN YOU; CAN YOU RECOGNIZE YOURSELF IN ME?

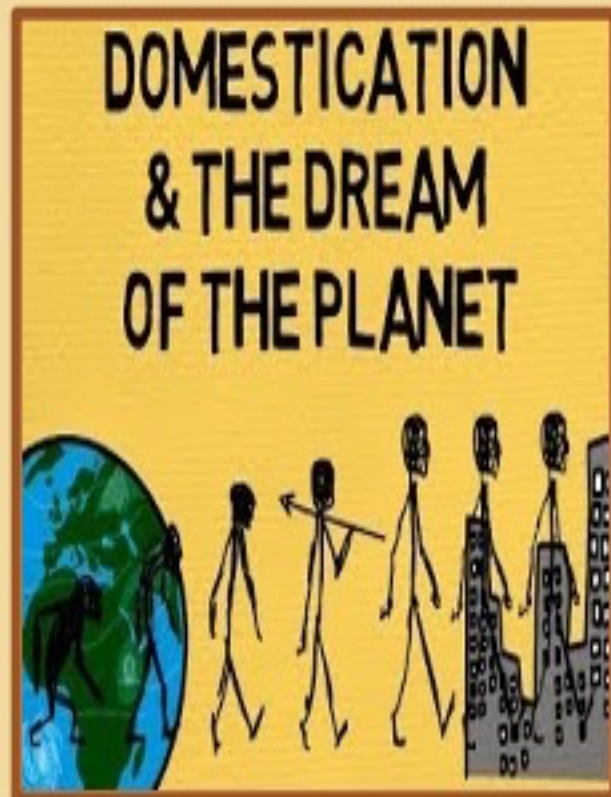
# WEEK 1: INTRODUCTION



## VIDEO DISCUSSION POINTS:

- SOCIETY'S DREAM, OR THE DREAM OF THE PLANET
- INCLUDES ALL SOCIETY'S RULES, BELIEFS, LAWS, RELIGIONS, CULTURES AND WAYS TO BE
- AS CHILDREN, WE DIDN'T CHOOSE OUR DREAM; IT WAS PASSED ON TO US VIA OTHER HUMANS
- THAT DREAM IS BASED ON SUFFERING, FEAR, DRAMA
- 1000S OF AGREEMENTS MADE WITH YOURSELF, OTHER PEOPLE, GOD AND SOCIETY
- MUST FIND COURAGE TO BREAK FEAR-BASED AGREEMENTS TO CLAIM YOUR PERSONAL POWER, JOY AND LIFE FULFILLMENT
- THE TRANSFORMATION IN YOUR LIFE WILL BE AMAZING!!

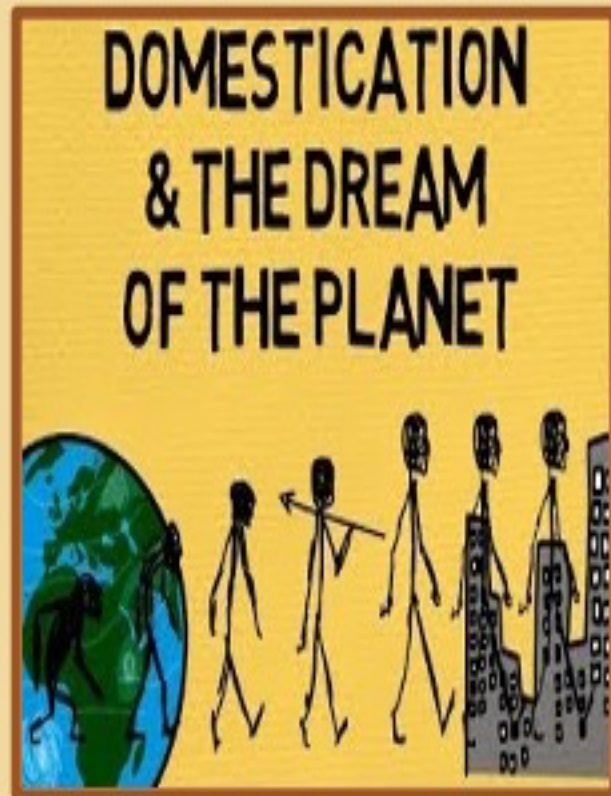
# WEEK 1: DOMESTICATION PART 1



## VIDEO DISCUSSION POINTS:

- YOUNG CHILDREN ARE FREE; LIVE IN THE PRESENT MOMENT
- OUR NORMAL HUMAN TENDENCY IS TO ENJOY LIFE; WHY ARE ADULT HUMANS SO DIFFERENT?
- WE ARE PROGRAMMED/DOMESTICATED TO BE "GOOD"
- SYSTEM OF PUNISHMENT AND REWARD
- BE A CERTAIN WAY TO BE ACCEPTED; SHOULD/SHOULDN'T
- NOT OKAY TO BE WHAT WE ARE; PRETEND TO BE WHAT WE ARE NOT
- WE ALL LEARN TO JUDGE, PUNISH AND REWARD OURSELVES

# WEEK 1: DOMESTICATION PART 2



## VIDEO DISCUSSION POINTS:

- BELIEF SYSTEM- BOOK OF LAWS THAT RULE OUR MIND
- "INNER JUDGE" USES WHAT IS IN OUR BOOK OF LAWS
- THE "VICTIM" RECEIVES THE JUDGEMENTS; GUILT AND SHAME
- JUDGE SAYS WE ARE GUILTY AND NEED TO BE PUNISHED
- WE START TRYING TO PLEASE OTHER PEOPLE
- BEFORE DOMESTICATION, WE DIDN'T CARE WHAT OTHERS THOUGHT
- LOST NORMAL HUMAN TENDENCIES; SEARCHING FOR "SELF"
- AWARENESS OF THE DRAMA; ADOPT ALTERNATE BELIEFS

# OVERVIEW OF WEEK 2: CHAPTER 2

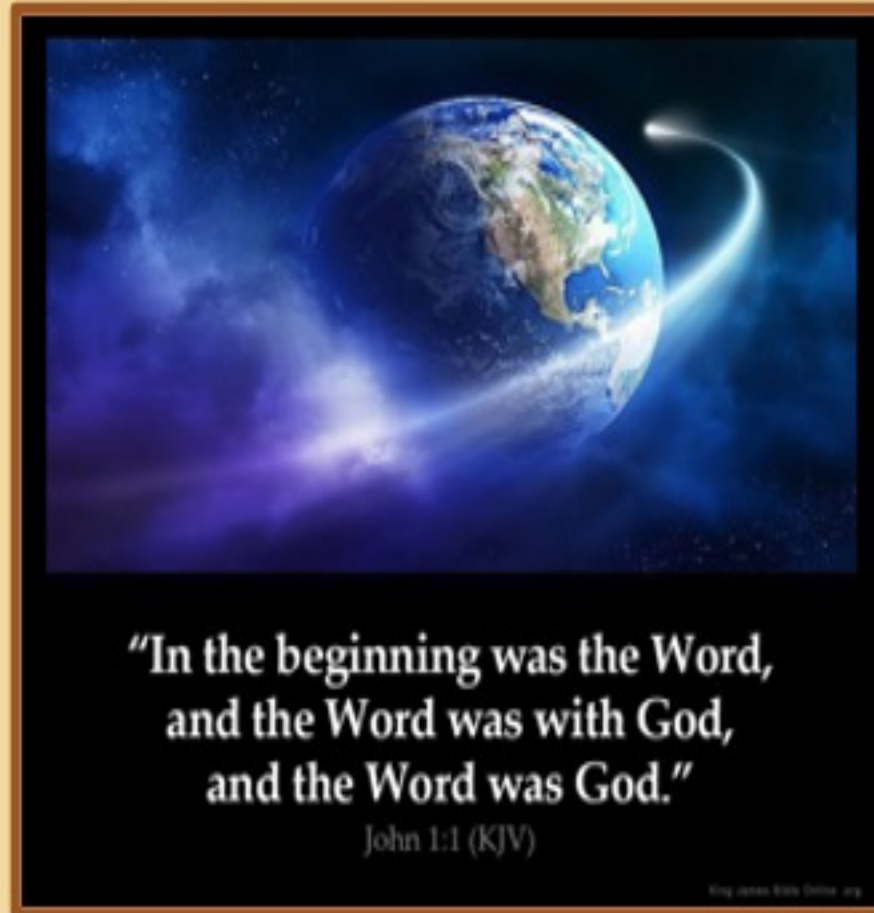
## 1ST AGREEMENT BE IMPECCABLE WITH YOUR WORD



- YOUR WORD IS THE POWER YOU HAVE TO CREATE
- WE CONSTANTLY "CAST SPELLS" WITH OUR OPINIONS
- THE MEANING OF "IMPECCABILITY"
- THE WORD AS A DOUBLE EDGED SWORD
- GOSSIP/BLACK MAGIC



# WEEK 2: BE IMPECCABLE WITH YOUR WORD

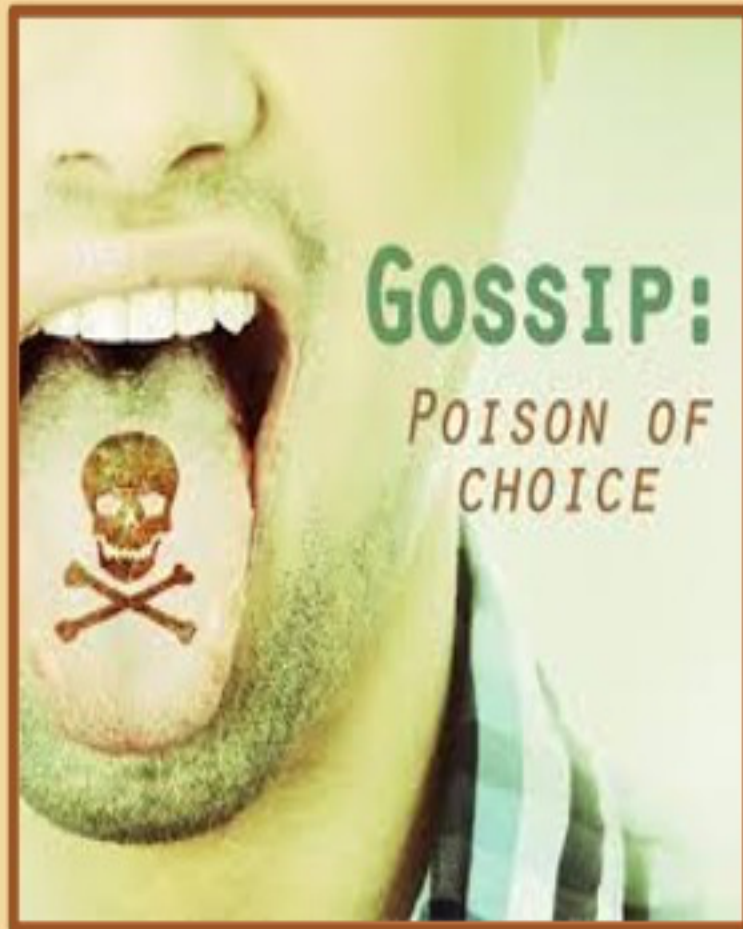


# WEEK 2: BE IMPECCABLE WITH YOUR WORD

## The meaning of “Impeccability”

- WITHOUT SIN
- NOT GOING AGAINST OURSELVES; NOT USING OUR WORD AGAINST OURSELVES
- TAKING RESPONSIBILITY FOR OUR ACTIONS, WITHOUT BLAME OF JUDGING OURSELVES
- LOVING OURSELF AND EXPRESSING THAT LOVE IN INTERACTIONS WITH OTHERS
- CORRECT USE OF OUR ENERGY IN THE DIRECTION OF TRUTH AND LOVE
  - ***MUST UNLEARN OUR HABIT OF LYING TO OURSELVES AND EACH OTHER!!***

# WEEK 2: BE IMPECCABLE WITH YOUR WORD



- OPINIONS ARE PURE POISON; BLACK MAGIC AT ITS WORST
- WE LEARNED THIS AS THE NORMAL WAY TO COMMUNICATE
- MAIN FORM OF COMMUNICATION IN SOCIETY
- "MISERY LOVES COMPANY"
- FEAR/SUFFERING IMPORTANT PART OF THE DREAM OF THE PLANET
- COMPUTER VIRUS, CREATED WITH BAD INTENT

# WEEK 2: BE IMPECCABLE WITH YOUR WORD

## “Mitote”

- POISONOUS MISUSE OF WORDS; SIMILAR TO A COMPUTER VIRUS
- BREAKS DOWN COMMUNICATION BETWEEN PEOPLE; VERY CONTAGIOUS
- GOSSIP SPREADS THIS VIRUS
- ALLOWS US TO JUSTIFY THE CRUELEST BEHAVIOR
- WE ONLY RECEIVE NEGATIVE IDEAS BECAUSE OUR MIND IS FERTILE FOR THEM; THIS IS “BLACK MAGIC”
- THIS VIRUS IS CURED BY BEING IMPECCABLE WITH OUR WORDS. THIS IS “WHITE MAGIC”

# WEEK 2: BE IMPECCABLE WITH YOUR WORD

## “White Magic”

- PLANT POSITIVE SEEDS OF LOVE
- THIS IN TURN GENERATES MORE SEEDS OF LOVE THAT REPLACE SEEDS OF FEAR
- TRANSCEND THE EXISTENCE OF HELL BY USING WORDS CORRECTLY, TO SHARE LOVE
- TELL YOURSELF HOW WONDERFUL YOU ARE; THAT YOU LOVE YOURSELF
- USE WHITE MAGIC TO BREAK ALL THE TINY AGREEMENTS THAT MAKE US SUFFER
- THIS LEADS TO PERSONAL FREEDOM

## **WEEK 2: BE IMPECCABLE WITH YOUR WORD**

**Words- White or Black Magic?**



## **WEEK 2: BE IMPECCABLE WITH YOUR WORD**

### **Transcending the "Dream of Hell"**

WITH THE IMPECCABILITY OF THE WORD YOU CAN TRANSCEND THE DREAM OF FEAR AND LIVE A DIFFERENT LIFE. YOU CAN LIVE IN HEAVEN IN THE MIDDLE OF THOUSANDS OF PEOPLE LIVING IN HELL BECAUSE YOU ARE IMMUNE TO THAT HELL.

YOU CAN ATTAIN THE KINGDOM OF HEAVEN FROM THIS ONE AGREEMENT:

***BE IMPECCABLE WITH YOUR WORD.***

# WEEK 3: DON'T TAKE THINGS PERSONALLY

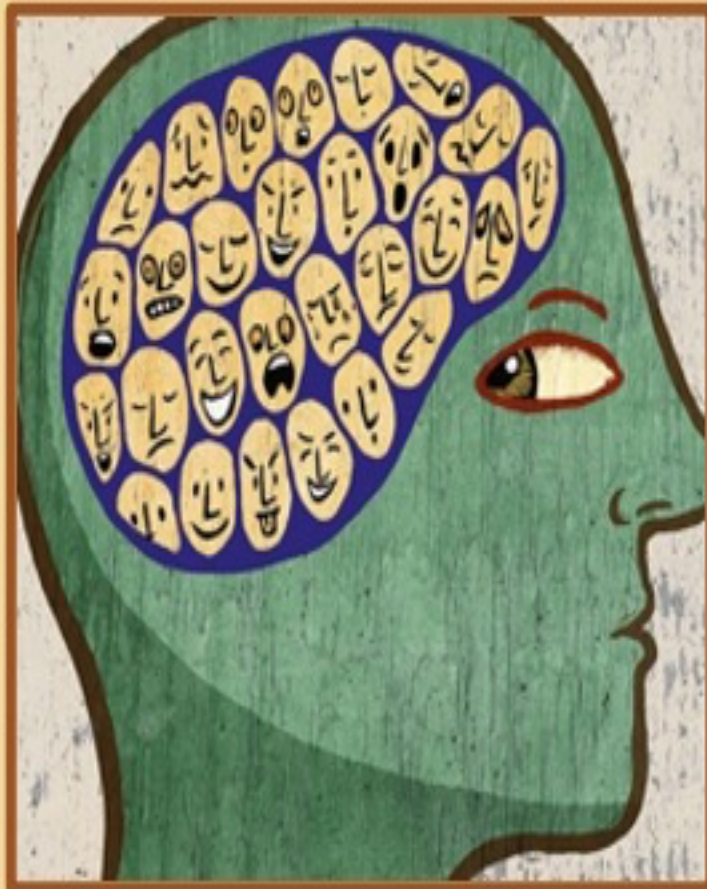


## VIDEO DISCUSSION POINTS 1 OF 3:

- WHY DO WE TAKE THINGS PERSONALLY?
- POISON, AND IMMUNITY TO POISON
- FEELING OFFENDED, DEFENDING BELIEFS AND CREATING CONFLICT
- OPINIONS COME FROM OUR AGREEMENTS (BS)
- NO ONE HURTS US; WE HURT OURSELVES
- BY LOVING, BY LIVING WITHOUT FEAR, THERE IS NO ROOM FOR NEGATIVE EMOTIONS



# WEEK 3: DON'T TAKE THINGS PERSONALLY



## VIDEO DISCUSSION POINTS 2 OF 3:

### "MITOTE"

- THE MIND IS DIVIDED, JUST LIKE THE BODY
- MYRIAD OF VOICES WITH DIFFERENT THOUGHTS, FEELINGS AND POINTS OF VIEW
- EVERY AGREEMENT HAS ITS OWN PERSONALITY
- NOT NECESSARILY COMPATIBLE WITH EACH OTHER
- THIS CREATES INNER CONFLICT AND CHAOS
- MUST MAKE AN INVENTORY OF OUR AGREEMENTS

# WEEK 3: DON'T TAKE THINGS PERSONALLY



## VIDEO DISCUSSION POINTS 3 OF 3:

- HUMANS ARE ADDICTED TO SUFFERING
- WE SUPPORT EACH OTHER IN MAINTAINING THESE ADDICTIONS
- AS OUR AWARENESS GROWS, WE NOTICE OTHERS LIE TO US AND WE LIE TO OURSELVES
- MUST TRUST OURSELVES TO CHOOSE CORRECTLY, WHETHER OR NOT TO BELIEVE SOMETHING
- BEING TRUTHFUL WITH OURSELVES MAY HURT, BUT WE DON'T NEED TO BE ATTACHED TO THE PAIN
- IF SOMEONE DOESN'T TREAT US KINDLY, IT'S A GIFT IF THEY WALK AWAY

# WEEK 4: DON'T MAKE ASSUMPTIONS



## VIDEO DISCUSSION POINTS 1 OF 3:

- ALL OF OUR SADNESS AND DRAMA IS ROOTED IN MAKING ASSUMPTIONS AND TAKING THINGS PERSONALLY
- WE ARE AFRAID TO ASK FOR CLARIFICATION
- WE DEFEND OUR ASSUMPTIONS, MAKE OTHERS WRONG
- THE BIG "MITOTE"- WE ONLY SEE AND HEAR WHAT WE WANT TO SEE AND HEAR
- WE MAKE ASSUMPTIONS ABOUT MEANING
- THE TRUTH COMES OUT, THE BUBBLE OF OUR DREAM POPS; NOT WHAT WE THOUGHT AT ALL

# WEEK 4: DON'T MAKE ASSUMPTIONS



## VIDEO DISCUSSION POINTS 2 OF 3:

- MAKING ASSUMPTIONS IN RELATIONSHIPS IS ASKING FOR PROBLEMS
- WE ASSUME OUR PARTNERS KNOW WHAT WE THINK
- HOW COULD YOU? YOU SHOULD HAVE KNOWN!"
- NEED TO JUSTIFY, EXPLAIN, UNDERSTAND EVERYTHING
- RIGHT OR WRONG, THE ANSWER MAKES US FEEL SAFE
- WE ASSUME EVERYONE SEES LIFE THE WAY WE DO

# WEEK 4: DON'T MAKE ASSUMPTIONS



## VIDEO DISCUSSION POINTS 3 OF 3:

- WE MAKE ASSUMPTIONS ABOUT OURSELVES
- WE ASSUME OUR LOVE CAN CHANGE SOMEONE
- LOVE IS ACCEPTING PEOPLE AS THEY ARE, NO CHANGES
- LOVE ME AS I AM, OR LEAVE ME BE
- COMMUNICATION IS CLEAR WHEN WE ASK QUESTIONS
- FIND YOUR VOICE TO ASK FOR WHAT YOU WANT
- CLEAR COMMUNICATION IS THE PATH TO FREEDOM

# WEEK 5: ALWAYS DO YOUR BEST



## VIDEO DISCUSSION POINTS 1 OF 3:

- OUR BEST CHANGES FROM MOMENT TO MOMENT
- OUR BEST DEPENDS ON HOW WE'RE FEELING
- DON'T DO MORE OR LESS THAN OUR BEST
- BY DOING OUR BEST, WE WON'T JUDGE OURSELVES
- THIS BREAKS THE SPELL WE'VE BEEN LIVING UNDER
- DOING OUR BEST, WE LIVE LIFE INTENSELY, FULLY
- WE TAKE ACTION BECAUSE WE LOVE IT, NOT FOR A REWARD

# WEEK 5: ALWAYS DO YOUR BEST



## VIDEO DISCUSSION POINTS 2 OF 3:

- WHEN WE LIKE WHAT WE DO, DO OUR BEST, LIFE IS ENJOYABLE
- WE DON'T GIVE THE JUDGE AN OPPORTUNITY TO FIND US GUILTY OR BLAME US
- WHEN WE DO OUR BEST, WE LEARN TO ACCEPT OURSELVES
- BECOME AWARE OF AND LEARN FROM OUR MISTAKES
- ACTION=LIVING LIFE FULLY; INACTION=DENYING LIFE
- MAKE DOING OUR BEST A RITUAL, LIKE TAKING A SHOWER
- WHATEVER LIFE TAKES AWAY FROM US, LET IT GO

# WEEK 5: ALWAYS DO YOUR BEST



## VIDEO DISCUSSION POINTS 3 OF 3:

- DON'T LIVE IN THE PAST, THIS LEADS TO SELF PITY
- WE WERE BORN WITH THE RIGHT TO BE HAPPY
- WE DON'T NEED TO KNOW OR PROVE ANYTHING
- SAY "YES" OR "NO" AS IT FEELS RIGHT FOR US
- WE CAN ONLY BE OURSELVES WHEN WE DO OUR BEST
- OLD AGREEMENTS WILL BEGIN TO FADE AWAY
- WE WILL BECOME A MASTER OF TRANSFORMATION
- **TODAY IS THE BEGINNING OF A NEW DREAM!**



# WEEK 6: CHAPTERS 6 AND 7



**“THE TOLTEC PATH TO  
FREEDOM- BREAKING OLD  
AGREEMENTS”**

**“THE NEW DREAM- HEAVEN  
ON EARTH”**

# WEEK 6: BREAKING OLD AGREEMENTS

- FREEDOM
- THE 3 MASTERIES: AWARENESS, TRANSFORMATION, INTENT
- THE PARASITE
- BECOMING A WARRIOR

# WEEK 6: BREAKING OLD AGREEMENTS

## FREEDOM

- WHAT IS FREEDOM? FREEDOM TO EXPRESS OURSELVES
- WHAT STOPS US FROM BEING FREE? BOOK OF LAW, JUDGE AND VICTIM
- VERY YOUNG CHILDREN ARE NOT AFRAID TO EXPRESS HOW THEY FEEL
- WHAT HAPPENED TO THE ADULT HUMAN? RESPONSIBILITIES
- THE REAL YOU IS STILL A CHILD THAT NEVER GREW UP

# **WEEK 6: BREAKING OLD AGREEMENTS**

## **THE 3 MASTERIES**

- 1. MASTERY OF AWARENESS
- 2. MASTERY OF TRANSFORMATION
- 3. MASTERY OF INTENT

# WEEK 6: BREAKING OLD AGREEMENTS

## 1. MASTERY OF AWARENESS

- FIRST STEP TOWARD PERSONAL FREEDOM; AWARENESS OF WHO WE ARE
- AWARENESS THAT WE AREN'T FREE
- AWARENESS THAT OUR MINDS ARE FULL OF WOUNDS, EMOTIONAL POISON
- REBEL AND SAY "ENOUGH!!"; CHALLENGE YOUR BELIEF SYSTEM
- LIFE IS A MANIFESTATION OF OUR DREAMS; DREAMING IS AN ART
- CONTROL YOUR DREAM BY MAKING CHOICES; UNDERSTAND CONSEQUENCES
- NO LEADERS, NO FOLLOWERS

# WEEK 6: BREAKING OLD AGREEMENTS

## THE PARASITE

- THE JUDGE, VICTIM AND BELIEF SYSTEM (BS) THAT INVADES OUR MIND
- THE PARASITE'S FOOD IS NEGATIVE EMOTIONS ARISING FROM FEAR
- MADE OF LIVING PSYCHIC AND EMOTIONAL ENERGY, LIVES OFF OF OTHER BEINGS
- CONTROLS YOUR MIND; DREAMS THRU YOUR MIND, LIVES THRU YOUR BODY
- 2 CHOICES- LIVE OUR CURRENT DREAM OR SAY "NO!"
- 3 SOLUTIONS- CUT OFF ITS MANY HEADS, STOP FEEDING IT, SYMBOLIC DEATH

# WEEK 6: BREAKING OLD AGREEMENTS

## 2. MASTERY OF TRANSFORMATION

- THE DREAM OF THE 1<sup>ST</sup> INTENTION
- THE DREAM OF THE 2<sup>ND</sup> INTENTION
- THE DIFFERENCE IS THAT WE ARE NO LONGER INNOCENT
- BECOME AWARE THAT WE ARE DREAMING ALL THE TIME; FACE OUR FEARS
- FOCUS ON WHAT WE WISH TO CHANGE; BE AWARE OF OUR AGREEMENTS
- TAKING INVENTORY OF OUR B.S. AND AGREEMENTS BEGINS THE TRANSFORMATION
- CHANGE OUR FEAR BASED AGREEMENTS; REPROGRAM OUR MIND OUR WAY

***ADAPT ALTERNATE BELIEFS SUCH AS THE FOUR AGREEMENTS***

# WEEK 6: BREAKING OLD AGREEMENTS

## BECOMING A WARRIOR: CONTROL YOUR BEHAVIOR

- EACH DAY WE HAVE A FINITE AMOUNT OF MENTAL, PHYSICAL AND EMOTIONAL ENERGY
- THE WAY WE SEE THE WORLD DEPENDS ON THE EMOTIONS WE'RE FEELING
- HUMAN MIND IS LIKE SKIN; AN EMOTIONAL BODY MADE FOR PERCEPTION
- HEALTHY MIND/SKIN ENJOYS TOUCH; WOUNDED MIND/SKIN IS OVERLY SENSITIVE
- PAINFUL WOUNDED MIND IS CONSIDERED NORMAL; IT IS NOT NORMAL
- WE ARE MENTALLY SICK WITH A DISEASE CALLED FEAR; THERE IS A CURE
- **FORGIVENESS** IS THE ONLY WAY TO HEAL; WARRIORS CONTROL THEIR EMOTIONS, BEHAVIOR



# WEEK 6: BREAKING OLD AGREEMENTS

## 3. MASTER OF INTENT

- INITIATION OF THE DEAD; THE ANGEL OF DEATH
- WE CAN DIE AT ANY MOMENT; INTENTION- TAKE DEATH AS OUR TEACHER
- 2 CHOICES- "POOR ME"=DRAMA; "BE MYSELF"=LIVE LIFE TO ITS FULLEST, LIKE IT'S OUR LAST
- STOP BEING AFRAID OF WHAT PEOPLE THINK; LIVE IN THE PRESENT MOMENT
- BE COMPLETELY OPEN; EXPRESS THE LOVE THAT MAKES US HAPPY WITH EACH OTHER
- THE PARASITE DIES IN THE INITIATION OF DEATH; MEMORY OF PARASITE REMAINS
- RESURRECTION: ARISE FROM THE DEAD, BE OURSELVES BY BREAKING THE DOMESTICATION

# WEEK 6: HEAVEN ON EARTH



**PRAYER FOR LOVE, THE NEW DREAM OF HEAVEN ON EARTH**