



# Toltec Wisdom

## The Four Agreements

An agreement is an idea, notion or concept we accept and hold to be true. An individual's collection of agreements comprises what is commonly called a belief system or world view. The stuff we agree with, greatly influences how we perceive and interact with the world. Some manifest anger when they feel disagreement. Many manifest joy and happiness when others share their agreements.

Freedom from habitual ways of being can materialize when agreements are taken on with spiritual intent. Don Miguel Ruiz has defined four agreements which are valuable tools for developing the three masteries; Awareness, Transformation and Intent. Simply by living a life based on four easy to understand agreements, a new world becomes available to anyone who develops these ideas as truth.

The first agreement is; **Be Impeccable With Your Word.** To be impeccable means to be true to the spiritual self, the authentic self. Living this agreement requires that you maintain awareness of all that you say and think. Often we hold our tongue and do not speak, but we think in ways which are disharmonious with our divinity. The "word" is magic. It is the manifestation of our power and requires profound stewardship. Most humans are blind to their immense creative energy. This agreement helps one recognize the enormity of our personal power.

The second agreement is; **Don't Take Anything Personal.** What others say and do is not about you. It is about them and their collection of agreements. This agreement helps us learn acceptance and become free of self inflicted suffering.

The third agreement is; **Don't Make Assumptions.** Assumptions are the root cause of most human suffering. Few are comfortable with not "knowing". Most seek to fill in the blanks in order to satiate the desire to "know". To assume is to lie to oneself when in fact one does not know. This habit gives rise to much discontent and disharmony in human interactions. Learn to be comfortable with "not knowing" for the ultimate truth is; we know very little of the universe.

The fourth agreement is; **Always Do Your Best.** This means to be present to all moments in life. When our attention is on the current experience, our personal power is there interacting with the forces of the infinite. We learn to dance with universe as it unfolds. When you are having a conversation, listen to the other, speak with the other, be present with the other. When we find ourselves mentally drifting off during a conversation, we are not present, we are not doing our best. Practicing this agreement greatly enhances your ability to control your intent.

*The four agreements are simple ideas which can change the way we interact with the world. They are designed to facilitate the spiritual warrior's development of the three masteries; Awareness, Transformation and Intent. By practicing the agreements, these masteries will be developed.*