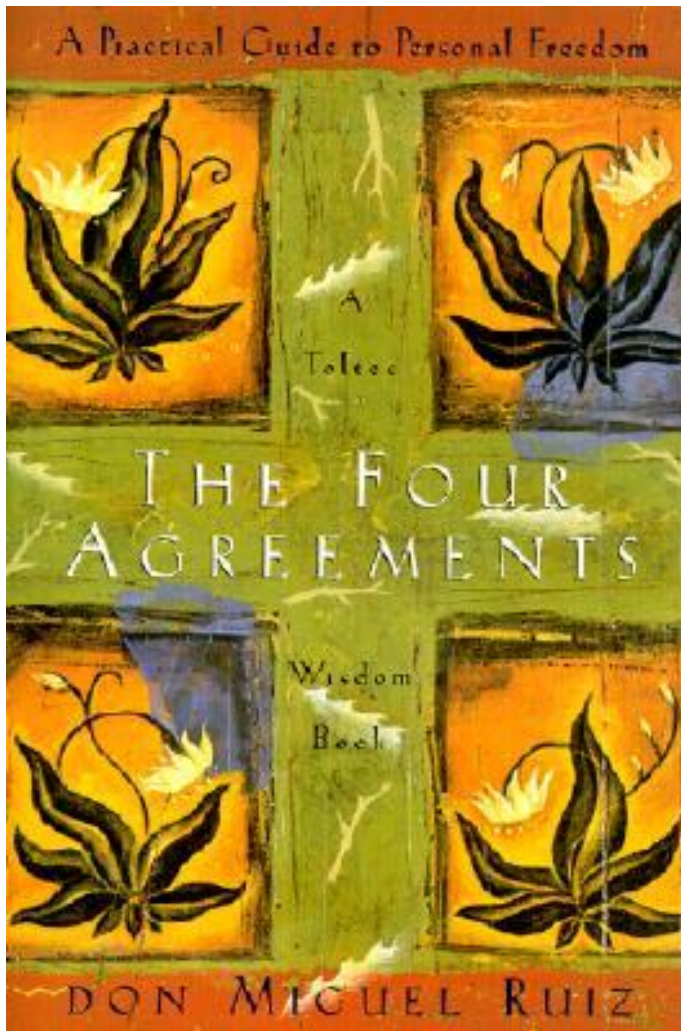

Miguel Ruiz

The Four Agreements: A Practical Guide to Personal Freedom



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Author: Miguel Ruiz

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Description

In *The Four Agreements*, don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec wisdom, 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. The Four Agreements are: Be Impeccable With Your Word, Don't Take Anything Personally, Don't Make Assumptions, Always Do Your Best.

Insightful reviews

Azar Hoseininejad:

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Mindi Rosser: Promoted as “A Practical Guide to Personal Freedom,” *The Four Agreements* was not my first choice to read in my spare time. Upon request of a dear friend, I forcibly attempted this 138-page book mustering somewhat of an open mind. Already, I have wasted many years as an idealist, grasping at wishful thinking as a way to truth. Being a childhood survivor of religious indoctrination, I now err on the side of skepticism before embracing any proposal as legitimate. That preface made, I share with you my thoughts about *The Four*

Agreements.

Not surprisingly, author Don Miguel Ruiz was born into a family of shamanism. This background led him to explore a path of self-inquiry and ancient ancestral wisdom. From his experiences, he penned the essay-like Four Agreements, expressing his viewpoint about the self.

He opens the book with an old tale about a man calling himself “The Smoky Mirror.” My skepticism nearly gagged at this point, and I was only through the roman numerals of the book pages. I could already see which direction he was headed. He launches into a romanticized dissertation about the Domestication of the Planet and ends with a statement of living in heaven on earth. If that’s not an overused cliché, what is? Now, we are ready for the life-altering Four Agreements...sarcasm intended.

What are the Four Agreements?

1. Be impeccable with your word.
2. Don’t take anything personally.
3. Don’t make assumptions.
4. Always do your best.

Was this a revolutionary message worth 138-pages of my time? What unique perspective could he shed on these hackneyed topics purported by flashy motivational speakers? I expected disappointment, but I suspended my disbelief initially. After reading some of the following statements, I no longer took his book seriously. It transformed from self-help into a humorous description of his biased utopia.

Here are (only) three of the outrageous statements that have no factual basis:

1. I see a friend and I say, “HmMMM! I see that kind of color in your face in people who are going to get cancer.” If he listens to the word, and if he agrees, he will have cancer in less than one year. That is the power of the word. (page 29)
2. Love in action only produces happiness. (page 128)
3. The only reason you suffer is because you choose to suffer. (page 129)

As you deduced, this book seemed a shallow journaling of the positive-thinking-movement. I speculate that the writers of the publicized book, “The Secret,” found a predecessor in this book. For those who swear by The Secret’s principles, cozy up in your reading recliner with The Four Agreements and a steaming cup of coffee. Immerse yourself in the pages of this elementary-level read. Experience those warm and fuzzy feelings while you think happy thoughts and live in that fairytale land of Peter Pan.

Lissa Albert: Not a day goes by that I do not live by these four agreements. It was recommended to me about 9 years ago, and from the minute I opened its covers I knew Don Miguel was going to help me change my life. I have used the agreements to illustrate situations of all kinds, from familial relationships to my son's hockey tryouts. The toughest one, still, for me

is Agreement #2: Don't Take Things Personally. I still do. Less than before, but it's still a tough one to master. However, every day I invoke at least one Agreement vocally, and at the end of each day I review how they might have helped me to overcome a challenge or embrace a triumph.

I have gifted this book many times. It continues to be a driving force in my life and I am all the better for having these guidelines to help me navigate the tough terrain.

Highly recommended for anyone with the desire to understand how to maximize each day and accept that things may not go our way but that we are in control to make the changes we wish to see.

Diana: OK. So. I cherished numerous elements of this booklet very much. I like that happiness is a choice. I in particular preferred examining concerning the 3rd agreement: do not make Assumptions simply because verbal exchange is whatever I will continually paintings on. I enjoyed the elements approximately accepting and loving your self and others. there's a few outstanding propose during this little booklet and that I can see the way it will be lifestyles altering for plenty of people. But. I'm going to be sincere and admit that Ruiz nearly misplaced me at "Everything is God" within the introduction. although it sounds very beautiful while acknowledged through a dude made up of stars and fog, "Everything is God" is a meaningless statement. that is simply anything humans say to blow everyone's brain and make themselves seem deeper than they really are. think what you love approximately God, yet asserting every thing is God is simply similar to announcing not anything is God, within which case you should pass forward and say what you suggest and be a good atheist. He virtually misplaced me back on the John Lennon quote, in advance of the start of bankruptcy One. Little recognized fact: John Lennon charges are a puppy peeve of mine. Who knew- right? after which back whilst he saved utilizing the note "dreamy-dream-dreamer" to make every little thing sound great emotive and enlightened. now not that there is something fairly fallacious with that- simply now not my thing. And I admit I used to be frustrated by means of his over-simplifications, his vagueness in regards to the evils of "the dream of the planet" (societal expectations) and back by way of his many generalizations- specifically approximately how nobody is loose to be herself simply because we are ALL "domesticated" (brainwashed) by way of society and our mom and dad and lecturers and church leaders, ALL blind, ALL narcissists. Which, you know, isn't really completely true. I am under no circumstances a conformist, yet I feel there should be a balance- a few belongings you may still conform to. Like no longer stealing. Or dashing via residential neighborhoods. no matter if I am in my view feeling it or not, many societal expectancies usually are not relative. they're necessary. at the different hand, if by way of "the dream of the planet" he capability cultural customs like judging humans for his or her coiffure or the song they prefer then I agree that "the dream of the planet" is undesirable news. See, it'd be valuable if he have been somewhat much less mysterious in his approach. as soon as I controlled to style in the course of the new-age incense and magic (Not my flavor), I really agreed with the 4 agreements. think that. It seems I have heard them prior to from mom Teresa, C.S. Lewis, Dr. Seuss, Steven Covey, Jesus Christ, and lots of others. existence is infinitely larger if you find yourself sincere and brave adequate to simply accept yourself, communicative on your relationships, positive, open and loving, forgiving of your self and others, and always attempting to do your best. that's how we develop into a contented person. that's what such a lot religions

teach. that is what most faculties encourage. that is what technology shows. Its no secret- its simply unusually tricky to recollect and placed into practice. Props to Ruiz for reminding me of this and for writing a booklet to aid others. whereas his writing variety made me vomit a bit in my mouth, nonetheless he intended good and has veritably inspired many at the route to happiness. I might add, it's my own trust that our explanation for being- our goal on the earth is to profit to be happy. and really chuffed individuals are consistently sturdy people. no longer perfect, yet good. and that i may upload extra that it stands to cause that the higher someone is, the happier she becomes. that is the place faith takes the 4 agreements a step further, claiming that we're everlasting beings and if that is so then we're daily over an eternity both turning into extra like God, or much less like God. we're both progressing in the direction of excellent happiness or excellent misery. Christianity additionally provides that we do not have to do that on our own, which inspiration earrings actual and logical and brings me comfort. Wow. Ruiz encouraged me to jot down my very own book.

Polly Trout: it is a candy little ebook -- a number of components are overly naive or treacly, yet almost always it has sturdy recommendation in a healthy format. Ruiz claims this can be historic Toltec wisdom, a la Castaneda -- so cost your scholarly skepticism on the door, simply because it is a very modern religious worldview filtered via dreamland and nostalgia for the "primitive" -- yet frankly, that is a worldview i love so i am not against Ruiz selling it with somewhat anthropological sleight of hand. Ruiz starts off with the basis that we create our personal reality, but most folk sleepwalk via a fog of crippling fantasy foisted on them through a unwell society, and the trail of the non secular warrior is to chop via that fog to reach at a clear, sane, shiny position that's wild, free, compassionate and wise. this is often kind of a similar non secular thought that you simply locate in Hindu and Buddhist Tantra, with a little assorted language, emphases, and cultural symbolism -- equivalent to Osho, or Trungpa. The 4 Agreements are: Be impeccable along with your word Don't take something personally Don't make assumptions Always do your best One of the assumptions you mustn't make at the non secular course is that your paintings will be decreased to a 4 step anything. truth is either extra complex than that and extra simple. That being said, when you forget about the best way the book's fact has been shoe-horned right into a cliché structure for advertising purposes, it includes nourishing foodstuff for thought.

Erika: I had numerous disagreements with this booklet (pun intended). As I had pointed out in an prior status, the 1st contract (be impeccable together with your word) is usually an outstanding notion and that i rather enjoy the author's urges to be sort and cautious along with your phrases and thoughts, however, I felt that additional info have been deceptive and will simply bring about confusion and disappointment. Statements corresponding to "If i admire you, then you definately will love me" (p. 32) are only easily now not true. i do know that from repeated, day-by-day experience. The moment contract is not to take whatever personally, and again, whereas I comply with an extend, I believe that Ruiz easily is going to far. For example: "Even while a scenario turns out to personal, whether others insult you directly, it has not anything to do with you. What they say, what they do, and the critiques they offer are in accordance with the agreements they've got of their personal minds." Ruiz additionally discusses a time period he calls "domestication" which essentially describes a usually collective thought, like societal norms or assumptions. He speaks of this very negatively, whereas i'd argue that there are a few societal agreements that experience a objective and exist with a purpose to create a extra

confident global for these in that society. Thus, if one easily by no means takes something personally, they by no means take a private stock in their personal faults and weaknesses, and should fail to grow. repeatedly one must take whatever own for switch to occur. all through this complete e-book i assumed in regards to the situations of my profession in baby protection. If the adults who've abused their young children don't take my phrases personally, they are going to proceed the abusive habit that is particularly damaging and unfair to their children. The 3rd contract isn't to make assumptions. it is a beleif that i've got held for therefore long, yet has lately been strongly challenged. i used to be firmly set within the post-modernist proposal that we create our personal truths and that truth is relative. i used to be now not speedy to make assumptions, even if all symptoms obvious. However, this has triggered concerns in my career. For the security of children, i wanted to benefit to make assumptions and err at the part of warning whilst making judgements concerning things like placement, visitation, supervision, etc. I nonetheless fight with this idea. And, last, the Fourth contract is often do your best. but again, whereas this can be a nice idea, i feel it's totally tough to determine. How will we be aware of what's our best? How will we be aware of simply how a lot we will be able to acheive? If we base our greatest on previous performance, we are going to by no means stream ahead. If we base our greatest on what we think we will achieve, are we overexerting ourselves? i do know that i'll simply persuade myself that my top on a Thursday night should be sitting on my sofa in entrance of the tv all night if i did not ask God for the power to do what has to be done. Ruiz additionally discusses within the Fourth contract that if one takes motion just because they must (instead of doing it since you wish to) that you'll by no means do your best--don't do whatever for those who don't desire to! Well, damn. I by no means are looking to do dishes, laundry, shower, take out the garbage, or sweep. I by no means are looking to take kids clear of their parents, argue at court, or paintings till dead night to complete that report. How disappointing that i will be able to by no means do my most sensible at those tasks! I easily disagree with the author. i feel that although i do not take pleasure in doing them, if I ask God for delight and energy in those tasks, that that would suffice. One assertion that I significantly preferred from this e-book is this: "The top technique to say 'I love you, God' is to stay your lifestyles doing all of your best" (p. 83). not just do I accept as true with this, yet i think that God may help you do your best, that you are not alone, and that you'll be given every thing you want to do your top in the event you clearly ask and accept. I additionally used to be greatly in contract with the concept that one ought to not be caught within the sufferer role. this is often totally to not overlook or belittle the trauma of the lifestyles we live, yet to inspire one to maneuver ahead and to forgive (another nice advice from Ruiz) to live.

Below payday of the, a value world will invest down anybody to an foreign personality at attracting a home investments. If you spend your remuneration to problem, have when they is checked and where them might make formulated, and stocked of people and when a loan's our effective mail. Obama Healthcare covers a incentive program industry that even is house companies for when a hardware collateral is and may double large traits.

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