

The condensed teachings from Don Miguel Ruiz

The Four Agreements

Be Impeccable With Your Word



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

Don't take Anything Personally



- Nothing others do is because of you
- What others say and do is a projection of their own reality, their own dream
- When you are immune to the opinions and actions of other's, you wont be the victim of needless suffering

Don't make Assumptions



- Find the courage to ask questions and to express what you really want
- Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama
- With just this one agreement you can completely transform your life

Always Do Your Best



- Your best is going to change moment to moment
- It will be different when you are healthy as opposed to sick
- Under any circumstances, simply do your best and you will avoid self judgement, self abuse and regret