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The four agreements summary pdf

The Four Deals: A Practical Guide to Personal Freedom AuthorDon Miguel Ruiz with Janet MillsCountryUnited StatesLanguageEnglishSeriesToltec WisdomGenreSpirituality, Self-Help, Personal DevelopmentPosted 1997 (Amber-Allen Publishing)Media typeBookISBN9781878424310 The Four Deals: A Practical Guide to Personal Freedom is a self-help book by bestselling author Don Miguel Ruiz with Janet Mills. The book offers a code of conduct based on the ancient Toltec wisdom [reference required] that supports freedom from self-limiting beliefs that can cause pain and limitation in a person's life. First published in 1997, the book has sold over 8.2 million copies in the US [1] and has been translated into 46 languages worldwide. [2] The book gained popularity after being adopted by Oprah Winfrey in Oprah Winfrey's 2001 show and again on the television show Super Soul Sunday in 2013. [3] The book has also been on the New York Times bestseller list for over a decade. [1] Overview The book is inspired by a set of spiritual beliefs held by ancient Toltec people to help readers turn their lives into a new experience of freedom, true happiness, and love. [4] According to the author, everything a person does is based on agreements they have made with themselves, with others, with God, and with life itself. [1] In these agreements, one can tell oneself who they are, how to behave, what is possible, and what is impossible. [1] Some agreements that individuals create may not cause issues, but there are certain agreements that come from a place of fear and have the power to exhaust one's emotional energy as well as reduce a person's self-esteem. [1] The book states that these self-containing agreements are what creates unnecessary suffering. [1] Ruiz also believes that in order to find personal joy, one must get rid of society-imposed and fear-based agreements that can subconsciously affect the behavior and mindset of the individual. [5] Another basic premise of the book suggests that much of the suffering is self-made and that most of the time, individuals have the ability to transform themselves and the negative thoughts they may have about situations that occur in their lives. [6] The author identifies sources of unhappiness in life and proposes four beneficial agreements that one can make with themselves to improve the overall state of their well-being. By making a deal with these four key agreements, an individual is able to dramatically the amount of happiness they feel in their lives, regardless of external circumstances. [6] The four agreements are as follows: Agreement 1: Be impeccable with your word Ruiz states that while this agreement is the most important, it is the most difficult to honor. [7] For this agreement, Ruiz first analyzes the word flawless. The word flawless comes from the Latin word peccatus which means sin, and the im in of the immaculate is the Latin prefix that means without. Ruiz describes a sin to be something that contradicts himself, and therefore to be flawless with language means to take responsibility for his actions and remain without judgment against himself and others. [8] In essence, this agreement focuses on the importance of speaking with integrity and carefully choosing words before speaking out loud. [9] Symphony 2: Don't Take Anything Personally The Second Agreement provides readers with a way to deal with hurtful editing by others who can experience in life. It supports the importance of having a strong sense of self and not having to rely on the opinions of others to be satisfied and satisfied with their self-image. This agreement also allows readers to understand the idea that each person has a unique worldview that changes their own perceptions, and that a person's actions and beliefs are a projection of their personal reality. [1] Ruiz believes that anger, jealousy, envy, and even sadness can diminish or dissipate once a person stops taking things personally. [8] Agreement 3: Do not make assumptions The third agreement describes the issue of making assumptions, how it leads to suffering, and why individuals should not be involved in their construction. When one assumes what others think, it can create anxiety and interpersonal conflict, because the person believes that their hypothesis is a representation of the truth. [10] Ruiz believes that one solution to overcoming the act of taking over is to ask questions and ensure that communication is clear between the persons involved. [9] Individuals can avoid misunderstandings, grief, and drama by not making assumptions. [1] Agreement 4: Always do your best The Fourth Symphony allows readers to have a better insight into making progress towards achieving their goals in life. This agreement entails the integration of the first three agreements into everyday life and also full living in relation to its full potential. [8] It involves doing the best that one can manage individually, which varies from the different situations and circumstances that the person may encounter. Ruiz believes that if one avoids self-criticism and does what one can at any given time, one will be able to avoid regret. [10] By incorporating the first three agreements and doing the best they can in all aspects of life, individuals will be able to live a life free from grief and self-ridicule. [10] Reception The book was originally published in 1997 by version in California. The book has been translated into 46 languages, including Arabic, Chinese and Spanish. [11] An illustrated edition was later published by the same company in 2010 to celebrate the book's 15th anniversary. [12] In 2001, the book was featured in Oprah Magazine's O, where the author had an interview with the comedian and television host Degeneres on the book. The book was also featured on The Oprah Winfrey Show in 2001 and on the TV show Super Soul Sunday in 2013. The book spent more than two years on the Publisher's weekly bestseller list and spent more than a decade on the New York Times bestseller list. [1] Ashley Rao of the Tragedy Assistance Program for Survivors wrote that Regardless of where we land on the spiritual spectrum - from skeptic to believer and across religious creed - the application of Ruiz principles offers opportunities for transformation within our journey through grief. [13] Rachel Thompson of HuffPost says that the book is an extremely useful book that you can put into everyday practice in dealing with criticism of any kind. Forms In addition to the book and audiobook, there is also an eBook, a four-color illustrated book, a card-card, and an online course available. [1] References ^ a b c d e f c the four agreements' Retrieved 2019-03-24. ^ Noble, Barnes & . The four agreements: A practical guide to personal freedom | Book OF GONES: Barnes & Noble. Retrieved 2019-03-24. ^ Wernis, Wendy (Apr 18, 2013). 'The Four Deals' gets a boost from Oprah's 'Super Soul Sunday'. www.publishersweekly.com. Retrieved 2019-03-24. ^ 'The Four Agreements: A Practical Guide to Personal Freedom (a Toltec Wisdom Book). Amazon. ^ Don Miguel Ruiz: The Book Summary of Four Agreements. Bestbookbits | Daily Book Summaries | Written | Video | Audio. 2018-03-28. Retrieved 2019-03-24. ^ a b Ellen DeGeneres Site With The Author of Four Symphonies Don Miguel Ruiz. Oprah.com. Retrieved 2019-03-24. ^ SeeKen. The summary of Don Miguel Ruiz's four symphonies. Sikken. Retrieved 2019-03-24. ^ a b c Johnson, Brian (2010-09-01). 'The four deals. 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Then suddenly his path Changed by a car accident that almost killed him. So Don Miguel became an apprentice under a shaman, who is a traditional spiritual guide and healer. He began to study the wisdom of the ancient Toltecs. The Toltecs were an indigenous Mexican culture of great warriors and artists who lived about 1000 years ago. Don Miguel says these ancient people knew some things that modern humans don't! Sure, they couldn't take a flattering selfie to save their lives, but they did collect a lot of unique wisdom over the generations. Wisdom that has now been forgotten. Don Miguel wants to share some of that wisdom with the world through his writing. And even better news: on this page you will read some of the best tutorials I learned from the four deals, in a quick fun summary! Let's start with the first lesson... . Sign up 7 ways to influence people (The Science of Persuasion) 1. Become an inner warrior to reclaim your happiness and sanity Toltec Emperor Tecpancaltzin Itzaccalczin on the throne. Painted by Jose Obregon. (Photo courtesy Jorge Elias CC-BY.) Don Miguel says we should all be warriors like the Toltecs. Not with spears and arrows, but with our brains. The Toltecs already knew that every man must fight within us. This is a battle against our old preparation. All our useless beliefs brainwashed us when we were too young to argue. For example, can you remember the last time you made a mistake? Maybe you were impatient with your significant other or maybe you cheated on a diet by eating chocolate cake all yourself. And what happened next? If you're like most people, then you're starting to judge, criticize and condemn yourself. You hit yourself inside and you were violent with yourself, making yourself feel like a bad person. Now, most of us do that and we all think it's normal. But Don Miguel says this is our old preparation. He says every man becomes domesticated as he grows up, which leaves us all with emotional wounds full of poison. Imagine if everyone's skin was covered in painful infected wounds. So every time two people try to get close to each other, their emotional wounds rub and make them both suffer from enormous pain. That's exactly what's happening in the world today. But Don Miguel says there's a better and healthier lifestyle. A way that gives us peace, freedom to be who we are and allows us to love others without reservation. In this way it starts with the Agreements. These are really new lifestyles that you can agree to voluntarily follow. These deals are: Be impeccable with your word. Never take things personally. Don't make assumptions. Always do what you can. Peace, love and happiness will not enter your life by accident. You must become an inner warrior to fight your old preparation and cleanse your emotional The wounds that prevent you from loving yourself and others. Have you ever noticed how happy young children often look? When they smile and have fun, they're full of joy. But then something happens as we get older. Have you ever adopted a puppy? Well then you know you have to train them or there will be giant chaos everywhere and probably poo on the walls. And just like pets, human children are also domesticated, often using punishment and reward. Do as Mom or Dad says and they show you love. They break their rules and withdraw love, making us feel alone as if we're lost in a dark forest. That's what Don Miguel calls the domestication process. Parents, schools, culture and religions teach us the rules we must follow to become a good and valuable person. Children are naturally vulnerable and defenceless, so they follow the rules because they are so afraid of being abandoned. They copy their mother, their father and the other people around them. Children also automatically believe what adults say. That's why most kids believe in Santa Claus. They're not idiots, they just trust a lot. So we took most of our deepest beliefs when we couldn't really think about ourselves. Beliefs about who we are, what the world is like and what the right way of life is. Your inner Book of Law makes you feel safe All this training becomes like a rulebook inside you. Don Miguel Ruiz calls it the Book of Law. Why do you follow all the rules in your Book of Law? Because they make you feel safe. Even if some of the rules make you feel unhappy, you don't break them because then you would feel insecure. So all people put on a mask and start living in a dream. We believe all these things and live by all these things that we have never been able to stop thinking about. Don Miguel calls all these beliefs and rules agreements because we had to agree on those beliefs and the rules became part of our dream. (But of course kids always agree, so it's not your fault.) The ancient Toltecs call themselves Dream Masters because they understood that we all live in a dream more than an objective reality. And the good news is we all have the power to change our dream. First we must realise our domestication and then adopt new agreements. Parents and society tame children just like pets. We are trained to follow beliefs and rules to see us as a good person worthy of love. But we become unhappy and insuthentic instead. Don Miguel says to realize this process of domestication is the first step to freedom. 3. Never judge, blame or accuse yourself to live in love and peace The New Testament of the Bible begins by saying: In the beginning it was the Word, and the Word was with God, and the Word was God. Don Miguel says that the Word is God God in a different way, because words are the way we give birth to our world. The way we talk to ourselves creates our inner world experience. An experience that can be heaven or hell. That's why the first deal in this book is to be perfect with your word. But what exactly does that mean? The word flawless means perfect. So you have to be perfect or perfect with the words you use to talk to yourself. Being flawless with your word is the proper use of your energy; means using your energy in the direction of truth and love for yourself. The greatest sin we do with our Word is to judge. Most of us are trained to carry around an Internal Judge who is always harshly judging everything and everyone. And the most common goal of this crisis is... Ourselves! We constantly judge and blame ourselves, which means we go against ourselves psychologically. Every time we judge ourselves for anything, we walk down the path to misery and hell. Don Miguel says this is the most #1 we have to stop if we're going to be perfect with our Word. All your life, no one's abused you more than you've abused. And the limit of your self-abuse is exactly the limit that will be tolerated by someone else. If someone else abuses you a little more than you abuse yourself, you'll probably walk away from that person. But if someone abuses you a little less than you abuse yourself, you'll probably stay in the relationship and put up with it endlessly. So be careful about your Word, which is your inner dialogue. When you talk to yourself carelessly like most people, then you slowly descend into hell. Your inner words can be invisible, but they're seeds. These seeds will take root and grow in your life. That reminds me of a Buddhist idea. A Vietnamese Buddhist teacher named Thich Nhat Hanh says we all have a shop consciousness, a place from which seeds arise in our daily thoughts. These seeds can be healthy or unhealthy. So we need to nurture healthy seeds so that they stay in our minds longer. We must also let unhealthy seeds (such as anger, ignorance and greed) sink back into our store consciousness. If you want to learn more about these great Buddhist ideas, go read our summary of buddha's heart teachings by Thich Nhat Hanh. When you stop judging yourself, then you can still be responsible for your actions, but from a part of self-love. When you stop and blame yourself, then you open the door to heaven. The paradise that may exist within you, that is. The First Agreement is to be flawless with your word. That's what it means to be careful how you talk to yourself. Remember that your Word is like God in that it creates your experience of life, whether you live in pain or joy. 4. Understand that what people do is for them's Not you, because everyone lives in their own dream. you are only responsible for you. When you really understand this, and refuse to take things personally, you can hardly be hurt by the careless comments or actions of others. When someone insults or attacks us, we feel bad. Why? Because we feel their words said something about the U.S. The truth is, what people say about you is really a reflection of their dream, their programming. That's why the second deal in this book is: Never take things personally. You already know that everyone lives in a unique dream. It is a dream created by the rules, judgments, opinions and beliefs that were domesticated. They never had a choice about how they trained. But the main point here is, the world that someone else lives in is completely different from the world you live in. If you take things personally, then you're vulnerable. They've all been infected with some emotional poison since childhood. Their poison can infect you and make you sick. That's what happens when you get angry, obsessed or insulted. Not taking things personally is like a vaccine that makes you immune to other people's emotional poison so you can move through the world with ease. Not taking things personally allows you to start trusting your heart more to guide your life. You will stop being so controlled about other people's opinions when you understand that they live in their own personal dreams that have very little to do with you. By the way, if you want to learn how to communicate more effectively and compassionately, then go read our summary of non-violent communication from Marshall B Rosenberg. This book is written by a famous psychologist and teaches a framework to help you communicate your feelings and needs without making the other person feel attacked. My favorite quote from Nonviolent Communication is: Most of us grew up speaking a language that encourages us to tag, compare, demand, and pronounce decisions rather than knowing what we feel and need. - Marshall B. Rosenberg The second deal is Never take things personally. Other people's actions are not caused by you, but by the dream of preparing them. When you see that other people's words and actions have so little to do with you, then you will be able to worry less about what they think and trust your heart more. 5. Do not assume that people see the world as you do it, otherwise you will suffer to in the world, we often have to make assumptions. For example, we assume that cars will always stop at red lights, so we start walking across the street, even without looking sometimes. But while affairs can serve us well for simple tasks like this, they can also be devastating in our relationships Relationships can quickly quickly in misunderstandings and battles when people make assumptions. That's why the Third Agreement is: Don't speculate. The biggest assumption we all make is that other people are the same as us inside. We assume that they think about how we think, feel how we feel and believe how we believe. These assumptions create invisible expectations in our minds. When other people inevitably don't live up to expectations, we suffer terribly. Gary Chapman wrote a great book called The Five Languages of Love. He explains that different people have different languages in which they give and receive love. For example, some people give and receive love through physical touch, others through gifts, and so on. So when a person expects to feel love in a way, but their partner naturally shows love in a different way, there can be a lot of misunderstanding and evil. That's why it's always better to ask than to assume anything. In relationships, Don Miguel says our biggest business is to believe that our love will change someone. The truth is, you really can't predict or control other people, you can only choose to love them or not. Here's a great quote, perhaps the best in the entire book: True love accepts other people the way they are without trying to change them. Real change can't come from abroad anyway. The best you could do is be a good role model for the people around you. For example, if you want your partner to eat healthier, don't criticize them when they eat badly. Instead, you could cook a healthy dinner in order to experience firsthand that healthy foods can taste delicious. Of course we're starting to become more like the people we spend most of the time around, anyway. The Third Symphony is Don't Make Assumptions. Most of us make the big case that others think about how we think and see the world how we do. This creates expectations within us that are inevitably broken. So it's much better to ask a question than to assume anything. 6. Take action while always doing your best to say yes to life Action is how we express who we are in the world. Action is the way in which we manifest our intentions. When we take action, we really say yes to life. That's why the fourth deal is always to do your best. And you can never do more than your best. Recognize this, and you'll enjoy taking more action. Focus on making your personal best, rather than judge yourself in God is life. God is life in action. The best way to say, I love you, God, is to live your life doing the best you can. The action is strong. An idea for a book in your head has no power, but combine this idea with action and you have a natural book. Then it's a book that has the power to change other people's minds and the world in some way. In the 1930s, Napoleon Hill studied 500 millionaires, including Henry Ford and Thomas Edison. They hired him to. To. the secrets of material prosperity. And after studying all these rich people, here's one of the most important ideas he wrote: Desire will not bring riches. But desiring riches with a state of mind that becomes an obsession, then plotting specific ways and means to gain riches, and supporting these plans with perseverance that does not recognize failure, will bring riches. - Napoleon Hill Although Napoleon Hill ended up calling his book Think and Become Rich, he even recognized the power of committed action. By the way, this book became one of the first truly popular self-help books, and is still popular today because the ideas are still priceless. So if you're curious about how you can also think and become rich, then go check out our summary of Napoleon Hill's book. In my opinion, Arnold Schwarzenegger was a great example of someone always doing their best. When he was an unknown teenager in a small Austrian town, he did his best lifting weights in a small concrete gym. Then he did his best every day to win bodybuilding competitions. He did his best to develop a real estate business in America as an immigrant who could barely speak English. He did his best to become the top action movie star in Hollywood, despite his heavy accent. He did everything he could for governor of California and won. Although he wasn't perfect, he inspired millions of people to become stronger and healthier. Personally, his films were a big part of my childhood too. If you want more insight into Arnold's mindset, take a look at the summary of his autobiography called Total Recall. Very inspirational guy. In this book he says The definition of my life is to always have excitement, this is the difference between life and existence. I think in our work many of us may fall into the exact opposite position, doing the minimum to avoid dismissal. The fourth deal is always to do the best you can. So don't worry how other people compare to you, focus on making your own personal best and you'll find the life that opens up to you. Also remember Arnold's words that excitement is the difference between living and being. 7. Forgive others to free two thousand years ago, Buddha said that exploiting anger is like holding onto a hot charcoal with your hand. In the end, you burn. Today, Don Miguel says it's like everyone's walking around with a skin disease. Imagine that everyone is covered with infected wounds, wounds filled with emotional poison. And when we get too close, these emotional wounds rub into each other and fill us with anger, resentment and indignation. So we don't get too close. The only way to heal our wounds is forgiveness. Don Miguel says to forgive anyone who wronged you in the past, not because they deserve to be forgiven, but because you deserve to live in peace and love. As long as Hold onto anger and resentment, this won't happen. You will know that you have truly forgiven someone when you no longer feel a strong negative emotional reaction when you remember what they did to you. This means that the wound has healed, just as you know a wound on your skin has healed when you can touch it without feeling more pain. The next step is to forgive yourself. That's where self-acceptance begins and how you become a fully free man. You deserve to be free of anger, resentment and pain. That's the best reason you have to forgive other people. You'll know that you've really forgiven them when you can remember what they did without feeling a strong internal reaction anymore. Conclusion This is all about this book! Don Miguel's words are so simple, but so powerful. I hope you've learned a lot about where your old beliefs and rules came from, and how you can adopt some new agreements to live better in the future. Remember to be flawless with your word, never take things personally, don't make assumptions and always do your best. Follow these simple rules and see how life changes. If you liked this summary, then you will love the book that explains these ideas in a more poetic way and in deeper detail. Detail.