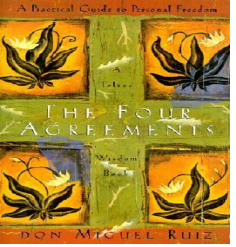


The Four Agreements: A Practical Guide to Personal Freedom

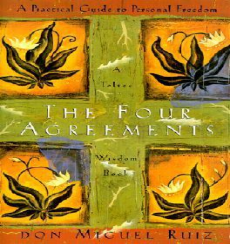
DON MIGUEL RUIZ WITH JANET MILLS



Overall what to expect from the book



- ❖ Good ideas for personal freedom
- ❖ Within individual's self
 - ✓ Implication of spoken 'words'
 - ✓ Programming during domestication to take things personally
 - ✓ How assumptions play within individuals' self and relationships in daily life
- ❖ Strategies to be at peace with one-self and to come out of victim mind-set
- ❖ How practice of 4 agreements
 - ✓ help in challenging self-beliefs
 - ✓ Make living life easier and lighter
 - ✓ Strengthen relationships
- ❖ Overall: ★★★★★



2 Ds



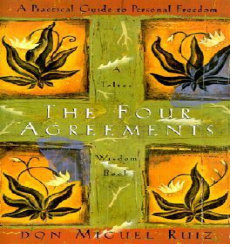
Dreaming

- Main function of the mind 24 hours a day
- While awake in Brain there is a material frame that makes perceives things in a liner way
- In sleep Brain don't have the frame and the dream has the tendency to change constantly



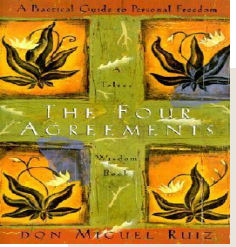
Domestication

- Humans learn how to live and how to dream
- Right through childhood - When we went against the rules, we were punished; when we went along with the rules, we got a reward



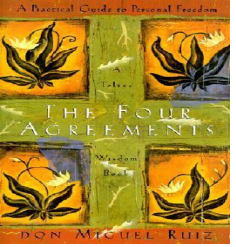
2 Bs

- ❖ Belief system is like a Book of Law that rules the mind
- ❖ Activities against the Book of Law, Inner Judge says
 - ✓ guilty,
 - ✓ need to be punished,
 - ✓ should be ashamed
- ❖ Just as the government has a Book of Laws that rule the society; our belief system is the Book of Laws that rules our personal dream



Common Beliefs

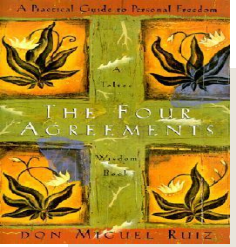
- ❖ Biggest fear is to express ourselves. (Just being ourselves is the biggest fear of humans)
- ❖ Image of perfection is the reason we reject ourselves;
 - ❖ its why we don't accept ourselves the way we are, and
 - ❖ Its why we don't accept others the way they are



The 4 As

Four Agreements to practice to transform life

- ❖ To be impeccable with your word
- ❖ Don't take anything personally
- ❖ Don't Make assumptions
- ❖ Always do your best



1. To be impeccable with your word



Word

- is not just a sound or a written symbol
- it is the power to express and communicate to think



Impeccable means "without sin".

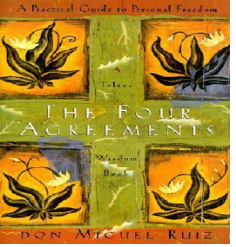
- Impeccable comes from the Latin *peccatus* which means sin
- The 'im' means without;
- Sin is anything that you do which goes against yourself
- so impeccable means without sin



Being impeccable is not going against yourself.



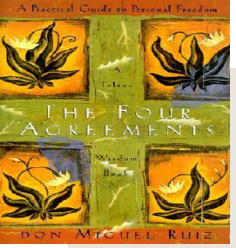
When you are impeccable, you take responsibility for your actions, but you don't judge or blame yourself



2. Don't take anything personally



- ❖ How we get to learn taking personally? - during the period of our education, or domestication
 - ❖ What others say, what others do, and the opinions others give are programmed during domestication
-
- ❖ Refuse to take things personally, don't be hurt by the careless comments or action of others
 - ❖ Make a habit of not taking anything personally, no need to place trust in what others do or say
 - ❖ Trust yourself to make responsible choices
 - ❖ You are never responsible for the actions of others
 - ❖ You are only responsible for yourself



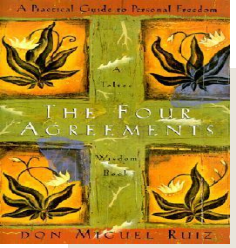
3. Don't Make assumptions

- ❖ Assumptions are believed to be truth; however mayn't be truth
 - ❖ All the sadness and drama in life are rooted in making assumptions and taking things personally.
-

Self- Assumption -1 - Assume that others think the way we think, feel the way we feel, because we think everyone else will judge us, and blame us as we do ourselves

Self- Assumption – 2- Assumptions about ourselves, create a lot of inner conflict -overestimate /underestimate ourselves

- ❖ To keep away from making assumptions – ask questions. hear the answer (s), to get to the truth
- ❖ Real love is accepting (as things are)
- ❖ Without making assumptions your word becomes impeccable



4. Always do your best

- ❖ Under all circumstances, always do your best, no more and no less
- ❖ Keep in mind that your best is never going to be the same from one moment to the next
- ❖ Doing the best is taking the action because you love it, not because you are expecting a reward

Affirmations for practicing 4 As

Today,

I will be impeccable with my word,

I will'nt take anything personally,

I will not make any assumptions and

I am going to do my best.

I will no longer be the big Judge that goes against myself.

I will no longer beat myself up and abuse myself.

I will no longer be the Victim.

Resources

1. <https://www.thefouragreements.com/>
2. https://en.wikipedia.org/wiki/The_Four_Agreements
3. https://en.wikipedia.org/wiki/Don_Miguel_Ruiz
4. <https://www.miguelruiz.com/the-four-agreements>



Thank you

SHRINIVAS SATHYA SUSARLA

- Disclaimer:
1. This is just a summary; for better understanding highly recommend reading the full book
 2. The summary is based on my learning, what resonates with me after reading the book
 3. Please excuse for any errors or mis-representation