

The Fifth Agreement: A Practical Guide to Self-Mastery

A New York Times bestseller for over seven years, *The Four Agreements* transformed the lives of millions of people around the world with a simple yet profound message. Now author and renowned spiritual teacher don Miguel Ruiz has collaborated with his son, don Jose Ruiz, on its long-awaited sequel *The Fifth Agreement: A Practical Guide to Self-Mastery*. This captivating book expands upon *The Four Agreements* with fresh insights and empowers us to recover faith and authenticity with a powerful new agreement: Be skeptical, but learn to listen.

The Fifth Agreement uses doubt as a tool to discern the truth.. Doubt takes us behind the words we hear to the intent behind them. By being skeptical, we don't believe every message we hear; we don't put our faith in lies, and when our faith is not in lies, we quickly move beyond emotional drama, victimization, and the limiting belief systems our "domestication" has programmed us with.

According to the Ruizes, *The Fifth Agreement* prepares us to return to our innate wisdom, and live our lives based on truth.. The truth leads to self-mastery, to a life that's very easy; believing in lies leads to needless conflict and human suffering. As messengers of truth we are free to express ourselves and can live a life without fear, regret, or shame.

"Many years ago, I began to teach the fifth agreement, but then I discovered that no one was ready to learn the advanced Toltec teachings that underlie this agreement. The Four Agreements were enough of a challenge at the time," explains don Miguel Ruiz.

"The fifth agreement is ultimately about seeing our whole reality through the eyes of truth. The result of practicing this agreement is the complete acceptance of ourselves just the way we are, and the complete acceptance of everybody else just the way they are. The reward is our eternal happiness," says don Jose Ruiz.

Now, in this compelling new book, we are reminded to commune with our divine nature, enabling us to create our personal heaven on earth and a life of personal freedom and ease.