

The Four Agreements by Don Miguel Ruiz Extended Summary

The Toltec: The Toltec were scientists who formed a society to explore and conserve spiritual knowledge and practices of ancient ones. They were located throughout southern Mexico. The masters (naguals) and students come together outside Mexico City at these ancient pyramids where “Man Becomes God.” At some point they were forced to conceal their knowledge to ensure that people would not misuse the power of the knowledge. Don Miguel Ruiz, a nagual, has no written several books to share the powerful teachings of the Toltec. Toltec is not a religion, but rather a way of life distinguished by the ready accessibility of happiness and love.

Chapter 1: Domestication and the Dream of the Planet

- Essentially the live we are living is a dream. Dreaming is the main function of the mind and we dream 24 hours a day. The difference between dreaming when we are awake and when are sleeping is that, when we are awake, we perceive things in a linear way. When we are sleeping we don't have that same frame of mind so things can be all over the place
- The entire planet is one huge dream made up billions of smaller dreams. Your community is a dream, your family is a dream, your city is a dream...and all of these smaller dreams collectively create a larger dream of all of humanity. This giant large dream consists of all of society's rules, beliefs, religions, laws, cultures, governments, schools, social events and holidays.
- This outside dream has SO many rules, that when we are born our parents, teachers and elders teach us how to dream. “Attention” is our ability to focus on only what we want to perceive. Adults hook our attention and put information into our mind through repetition. This is how we learn.
- Everyone is trying to hook your attention, and from that, we learn to want to hook the attention of others. This why kids say, “Look at me!”
- The outside dream hooks our attention and teaches with what to be believe, starting with language. Language is the code for understanding and communicating between humans. Every word in every language has an “agreement” of what it is. For example...when you hear the word “sun” we all in the English language have an agreement that the sun is the big yellow ball in the sky that provides us warmth and light. As children, we don't choose any of these agreements, they are all passed on to us from other humans. As soon as we believe in it, we have faith. And faith is to believe unconditionally.
- As children, we believe everything that adults say, and our faith in them is so strong that these agreements and dreams control our lives. When we didn't agree with these beliefs, we did try to rebel, but we weren't strong enough at that young of age, and we end up just surrendering.
- The process of our surrendering to the adult's beliefs is called the “domestication of humans.” Our moms, dads, teachers, media, etc. “domesticate” us and teach us how to be human. They teach us through repetition what is acceptable and what is not. We learn we do not like punishment, and we do like reward, so we start acting in ways to avoid punishment and get rewards.
- Because the reward feels so good and we are scared of not getting it, we do what we can to please our parents, teachers, etc. We are start pretending to be what

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- they want us to so we won't be rejected. The fear of rejection comes from the fear of not being good enough, and then eventually we become someone we are not. We become a copy of our mom and dad's beliefs, and of society's beliefs.
- This system of domestication is so strong that eventually, we domesticate ourselves according to the belief system we were given. We punish and reward ourselves accordingly.
 - This belief system is essentially a "Book of Law" that rules our mind. Whatever is in the Book of Law is our truth. All of our judgments are based on our Book of Law, even if they go against our inner nature. All of these agreements go into our Book of Law, and this Book of Law and agreements run our dream.
 - We have an inner judge that judges EVERYTHING. I mean, everything. The weather, the dog, the cat...everything. Our inner judge uses what's inside our Book of Law to make these judgments, and then decide what we think, what we do and don't do, and what we feel. If we do something that goes against the Book of Law we feel guilty and ashamed and punish ourselves. This happens MANY times a day...and you probably don't even realize it.
 - The other part of us that receives judgments is the "Victim." The Victim holds the blame, guilt and shame. It says like, "Poor Me" "I'm not good enough" "I'm not worthy" etc. etc. Your big judge agrees and says, "Yep, you're not good enough" And guess what...this is all based on a BELIEF SYSTEM WE NEVER CHOSE!!! Unfortunately, these beliefs are so strong that when years later when we are exposed to new ideas and try to make our own decisions, these beliefs still run our lives.
 - Whatever goes against your Book of Law will give you an uncomfortable feeling...FEAR. Breaking the rules in the Book of Law will open emotional wounds and create emotional poison. Anything that goes against the Book is "wrong" even if it is right. And even though it is wrong, it makes you feel safe.
 - We need to be strong and challenge these beliefs if we want to change them. Even though we may rationally understand they are incorrect, we still feel guilt if we go against them. The Judge inside us bases everything on our Book of Law. The Judge decides, and then the Victim suffers the guilt.
 - Being human, we are the only animal that pays for the same mistake over and over again. Once we make a mistake, we should accept it and move on. But we judge ourselves and feel guilty over and over. Our spouses bring up our old mistakes, and we then judge and punish ourselves over again. This is not justice! And it is because our whole dream is based on a false Book of Law. 95% of the beliefs in it are lies, and we suffer because of them.
 - Our society dream is full of violence, emotional drama, anxiety, revenge, addictions, etc. because it is ruled by fear. Fear is controlling the outside dream. We are constantly searching for truth, justice and beauty, but we are looking in the wrong places. Everything is already within us. But with the current agreements we have in our Book of Law, we are unable to see it. We are blinded by the false beliefs. Our false beliefs set us up for suffering.
 - Our biggest fear in life is actually just being ourselves. We've lived our entire life by other peoples' demands and points of view in fear of not being accepted or good enough. During the process of domestication we for this ultimate image of

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what perfections and how should be in order to be accepted by everyone. But this image is not real and we will NEVER live up to it. Then worse, when we don't meet this perfect, we reject ourselves! After we domesticated it's no longer about being good for enough else, we are just trying to be good enough for ourselves. We've created this image and we cannot forgive ourselves for not being perfect. We feel frustrated and dishonest and then hide ourselves and pretend to be something we're not. We put on social masks to hide from it. And then, we start to judge others based on our image of perfection, and nobody else will ever live up to this image either!

- We are so ashamed and reject ourselves so harshly, that a lot of people turn to drugs to avoid being rejected by others. They pretend to be something they're not.
- When it comes to abuse, nobody abuses you like the Judge, the Victim and your Book of Laws. People will abuse you, but never worse than how you abuse yourself.
- We have a need to be accepted and loved by others, but we cannot accept and love ourselves. RED FLAG! The more self-love we have, the less we will experience self-abuse. Self-abuse comes from self-rejection, and self-rejection comes from not being able to meet that image of perfection. This image of perfection is why we don't accept ourselves the way we are, and why we don't accept others the way they are.
- We have thousands agreements with ourselves, other people, society, etc. But the agreements we have with ourselves are what form our personality. These agreements tell you what you believe, what you can do, what you cannot do. It is the combination of all of these agreements that make us suffer.
- Agreements that come from fear expend a lot of energy, and agreements that come from love help us conserve energy and even gain more! We are born with a finite amount of personal power that rejuvenates each night after we rest. Unfortunately we used up all of this power to create our agreements, and then each day when we awake rested, we use the power to just maintain these agreements. Each time you break an agreement of fear, all of that power comes back to us. This book outlines four very powerful agreements that come from fear and deplete energy. If we can break just these four, then we all have enough personal power to change the entire system!

Chapter 2: The First Agreement, Be Impeccable With Your Word

- Your word is your power to create, and your intentions are manifested through your word. The word is like a double-edged sword. It can be used to create beautiful dreams (using the word impeccably), or misused (creates a living hell). Your word can set you free or enslave you.
- All the magic you possess is based on your word. Good use of the word is pure magic; misuse of the word is considered black magic.
- The word is so powerful that it can be used to change a life or destroy the lives of millions, for example, Hitler. He used his word to convince intelligent people to commit acts of violence, and convinced them they should have fear.

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- Our mind is like a fertile garden where seeds are continually planted. The seeds are opinions, ideas and concepts. When you plant a seed of thought, it grows. The word is like a seed and our minds are extremely fertile. Unfortunately, we are too often planting the seeds of fear. Our minds are fertile, but only for the types of seeds it is prepared for. We need to see what type of seeds our brain is fertile for and make sure it is prepared to receive seeds of love.
- One fear or doubt planted in our minds can haunt us forever. One word is like a spell, and humans use the word like black magicians, thoughtlessly putting spells on each other. We all have the ability to put spells on people, or release them from a spell. Every time we give an opinion we are casting a spell. E.g. “You look like you are getting sick” If that person listens and agrees, they will become sick. The word is THAT powerful.
- During our domestication people give us their opinions all of the time. We believe these opinions and live in fear of them. If someone tells you that you are stupid during domestication and you believe it (even if you aren’t), that is a spell you are now under. One day someone might say, “Wow, you are so smart!” and free you from that spell. OR, oppositely, someone may say “Gosh you’re stupid” which just reinforces that current spell and makes it stronger
- “Impeccability” means “without sin.” So being impeccable with your word means to speak without sin. Sin is anything you do that goes against yourself. Everything that you feel or believe or say that goes against yourself is a sin. Every time you judge or blame yourself for anything is going against yourself.
- Sin begins with rejecting yourself. Self-rejection is the biggest sin you can commit.
- Being impeccable with your word means not using the word against yourself. If you see someone on the street and call them stupid, you are not using your word against someone else, you are using it against yourself. You are using it against yourself because that person will hate you, and that’s not good. If you get angry and send your emotional poison to someone else, you are using the word against yourself.
- If you love yourself and act in a loving way in your interactions, it will produce a like reaction. Love gets love. Insults get insults. Gratitude gets gratitude. Selfish gets selfish. I use my word to put a spell on you, you’ll do the same to me.
- When you are impeccable with your word, you are using your energy in the direction of truth and love for yourself. Just having the intention to be impeccable with your word will help manifest the truth and clean out the emotional poison.
- We mostly use the word to spread our emotional poison- to spread anger, jealous, envy, hate, etc. The word is magic and we use it against ourselves. We use the word to create hate between races, families, countries, etc. Misuse of the word is how we bring each other down and perpetuate the dream of hell with fear and doubt.
- Example: A mom has a bad day and yells at her daughter for singing too loudly because she has a headache. It has nothing to do with the daughter, but the mom takes it out on her. After that the girl forms a new agreement that she must repress her emotions in order to be loved and accepted. Whenever we hear an

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- opinion and believe it, we make an agreement, and then it becomes part of our belief system. We can develop a whole complex from this one spell...a spell that was cast by our own mom. But don't blame your mom. They don't even know that they are doing this. She is just living by the agreements her parents gave her, and their parents gave them. You MUST forgive them, they don't even know what they are doing
- Spells from other peoples' word are difficult to break. The only way to break them is to create a new agreement based on truth. And truth is the most important part of being impeccable with your word. One side of the sword has black magic which are lies, and the other side is pure magic which has truth. Only the truth can set you free.
 - Our everyday interactions consist of us casting spells on each other with our word. This forms the worst type of black magic- GOSSIP. Gossip is pure poison! We learned how to gossip from our parents/elders. They were constantly giving their opinions about other people, and we learned that this was a normal way to communicate. Gossip is the main form of communication. It makes us feel better to see someone else feel as badly as we do. Gossip is like a computer virus. It's a piece of language that is written with harmful intent that gets downloaded into our brain without us even knowing it. After this "virus" gets downloaded, our brain stops producing good results and spreads. Take this example: You're looking forward to taking a class with a certain professor. Just before the class someone you know says, "Ugh, I had him last semester and he was such a jerk." Without even knowing, this has been imprinted into you, and you might even spread the gossip to other people in your class. Imagine that every time you gossip you are inserting a computer virus into other people. Then these people will spread it to others. You end up with a world full of humans spreading viruses (emotional poison). This chaos is called the "mitote," which is the chaos of a thousand different voices all talking to your mind at the same time. And worst of all, gossip just sends us deeper into hell.
 - We also receive a ton of gossip and spells from ourselves! We tell ourselves we look fat, ugly, we're stupid, etc. We use the word against ourselves. In order to change we need to learn what the word IS and what the word DOES. Changes will happen first in how you deal with yourself, and second in how you deal with other people.
 - Your opinion is nothing but your point of view, it is not necessarily true. Your opinion is your own beliefs. We spread our beliefs so we can feel right about our own point of view.
 - When you are impeccable with your word, your emotional poison will naturally be cleaned out from your mind and in your personal relationships. It will give you immunity from anyone putting a spell on you. You will only receive negativity if your mind is fertile for negativity. When you are impeccable with your word, your mind becomes fertile for positivity and truth. How much you love yourself and how you feel about yourself are directly proportionate to the quality and integrity of your word. This is possible for everyone!

Chapter 2: The Second Agreement, Don't Take Anything Personally

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- If someone says, “Hey, you are stupid” without knowing you, it’s not about you, it’s about them. If you believe it, that’s because you must believe you are stupid. You take it personally because you agree with what was said. When you agree, the poison flows through you and you are trapped. You are trapped because of “personal importance.” Personal importance (or taking things personally) is the maximum expression of selfishness because we make the assumption that everything is about “me.” During our domestication we learned to take everything personally. It’s ME ME ME.
- NOTHING anyone does is because of you. It’s because of them. Everyone is in their own dream and mind. We assume they know what’s in our world, but they don’t...and we then try to impose our world on theirs.
- Even when someone insults you directly is nothing to do with you. What they say are the agreements they have in their own belief system, which comes from the programming they had during THEIR domestication. Seriously. If someone says you look fat, don’t take it personally. They are dealing with their own feelings and beliefs. They are trying to send you poison, and if you take it personally, the poison becomes yours. Do not eat all of their emotional garbage. If you don’t, you are immune in the middle of hell. Immunity to the poison of hell is the gift of this agreement.
- When you take things personally you feel offended, and your reaction is to defend your beliefs. You have the need to be right and make everyone else wrong. You try to be right by giving your own opinions. You are really just projecting your personal dream and agreements, which really has nothing to do with anyone else but you.
- It is not important to me what you think about me, and I don’t take it personally. I don’t take it personally when you say, “You’re the best” nor do I take it personally when you say “You’re the worst.” Either way it doesn’t affect me because I don’t have the need to be accepted. Whatever you think/do/feel is your problem, not mine. It is just the way you have been domesticated and see the world. I cannot take that personally because those are the agreements and belief system you have. Since you have your own belief system, anything opinion you have about me is really about you, not about me.
- When you think, “what you’re saying is hurting me” it is NOT what I’m saying that is hurting you. You are hurting yourself. It is because I have touched a wound by what I have said. I cannot take that personally, because I know you see the world with different eyes.
- Your point of view is no one’s truth but yours. If you get mad at me, it is because you are dealing with yourself. I am the excuse for you to get mad, and you get mad because you are afraid, because you are dealing with fear.
- If you live with love and without fear there is no room for anger, hate, jealousy, etc. When you don’t have fear you feel good. When you feel good, everything around you is good. When everything around you is good, everything makes you happy. You love everything around you because you love yourself. You’re happy with the way you are and happy with your life.

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- No matter what people do, DO NOT TAKE IT PERSONALLY. Even if they say you are great. They are saying that because of them and their agreements, not you. Don't ANYTHING personally.
- Even some of your opinions about yourself may not be true, and you should not take those personally either. The mind can talk and listen to itself. Part of the mind is speaking and part of the mind is listening. It's a problem when a thousand parts of your mind are all speaking at the same time. This causes mitote (that mental fog). This is like a huge marketplace where 1,000 people are talking at the same time.
- All of these agreements speaking to us at the same time aren't necessarily compatible with each other. Every agreement is its own personality and voice, and when they start conflicting it causes a war in the mind and causes mitote. This why we don't know what we want or how we want it.
- Part of our mind objects certain thoughts and actions, will part of our mind supports it. Since all these agreements are alive and have their own little voice it causes conflict. In order to uncover the conflicts in our mind, we need to make inventory of our agreements, and then make order of the chaos
- When you take things personally you set yourself up for suffering.
- When people lie to you, don't take it personally. They are lying because they are afraid. They are afraid you will discover they are not perfect. It's a painful to take that social mask off.
- When someone who is not treating you with love walks away, that is a good thing. It may hurt in the beginning, but your heart will heal. You don't need to trust others as much as you need to trust yourself.
- When you make it a habit to not take things personally, your anger/jealousy/envy will disappear. Sadness too.
- When you don't take things personally, you become immune to black magicians, and no spell will affect you. When you don't take the emotional poison it comes worse in the sender, not you.
- Not taking things personally helps break habits and routines that trap you in the dream of hell that causes needless suffering.
- By breaking the first two agreements, it will help break 75% of your teeny tiny agreements that keep you in hell.
- When you make a habit of not taking things personally, you wont need to place trust in what others do are say. You will only need to trust yourself. You are never responsible for the choice of others, you are only responsible for you. You will finally be able to say Yes or No without guilt or self judgment.

Chapter 4: The Third Agreement, Don't Make Assumptions

- The problem with assumptions is that we believe that they are the truth. We make assumptions about what people are doing or thinking. We take it personally and then react by sending them emotional poison wit our word.
- When we make assumptions, we misunderstand, take it personally and create drama over nothing.

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- Sadness and drama comes from assumptions and taking things personally. This is the whole war of control between humans.
- We usually start gossiping about the assumptions we make, and we know that gossiping is the way we communicate to transfer poison to each other.
- We make assumptions because we are afraid to ask for clarifications. We assume, and then believe we are right, and then actually defend them. It's always better to ask questions, because assuming sets us up for suffering.
- We only see and hear what we want to. We dream up things in our imagination. If we don't understand something we'll just assume, and when the truth comes out it pops our bubble and we find out we were wrong.
- Making assumptions in relationships is asking for problems! We assume our partner knows what we are thinking. THEY DON'T! We assume that they will do what we want because they know us so well. This can lead to a lot of drama and fights.
- We make assumptions because our human minds needs to justify everything in order to feel safe. We have millions of questions that we need answered. It's not important if the answers are correct, just having any answer makes us feel safe. If we don't know the answers, we just assume. Or if it's difficult to ask, we just assume because it's easier. Assuming can replace the need to communicate.
- We assume so quickly without asking questions because have made this "agreement" that it is not safe to ask questions. We also think that if people love us they will know what we want and how we feel.
- We assume everyone sees life the way we do (think, feel, judge, abuse, etc.), but they don't! This is the biggest assumption we make as humans. This is why we are afraid to be ourselves because we think everyone will judge us the way we do ourselves. So before other people even have a chance to reject us, we reject ourselves.
- We also over or underestimate what we are capable of, and these assumptions create inner conflict.
- You cannot change anyone. If people change, it's because they wanted to change. Real love accepts people the way they are without changing them. If we try to change them, it means we don't really like them. Be with someone who doesn't try to change you. This means you are impeccable with your word.
- The way to not make assumptions is by asking questions. Communicate clearly. Have the courage to ask, and even when you get answers, don't assume that you know all there is to know.
- Find the voice to ask for what you want. People have the right to say yes or no, as do you. If you don't understand, ask for clarification. The day you stop making assumptions, you will communicate without emotional poison. By that, your word becomes impeccable.
- This agreement is difficult because generally do the opposite. We have habits and routines of assuming without even knowing. Becoming aware of these habits is the first step. Understanding isn't enough though. The information is the seed, but action will make the difference. Taking action over and over again strengthens the foundation for a new habit to grow. After many repetitions of not

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making assumptions, the new agreement will become stronger...same idea with the others.

Chapter 5: The Fourth Agreement, Always Do Your Best

- Your best is never going to be the same moment to moment. Things are changing all of the time. Sometimes your best will be high quality, and sometimes it won't. Your best is better when you are full of energy in the morning, rather than drained at night. Your best won't be as good if you are sick. Your best is affected by if you are feeling happy, wonderful, upset, angry or jealous.
- Your best change from one moment to the next. Your best will change over time, and as you make new agreements it will get better and better.
- If you try too hard to do better than your best, you are wasting energy. When you don't do your best, this leads to frustration, self-judgment, guilt and regret.
- If you always do your best, you can never judge yourself. And if you don't judge yourself you won't suffer from guilt, blame or self-punishment. This will allow you to break a big spell you are under.
- When do you your best you will be productive, you will be good to yourself, you will be good to your community, and all of these things will make you intensely happy. When you are doing your best, you are taking action. You're not taking action because you're expecting a reward, but because you love it.
- If you take action because you love it and don't expect a reward, you will enjoy it. Rewards will come, but you are not ATTACHED to the reward.
- If we like what we do, we will do our best. When we do you best we don't give the Judge the opportunity to find guilt or blame.
- When you do your best you learn to accept yourself. You are of your mistakes and you learn from them. Learning from mistakes means looking honestly at your results, knowing you did your best, and then doing better next time. This helps increase awareness too.
- Action is living life fully. Inaction is denying life- things like watching tv, or repressing who you really are.
- In India they perform rituals called "puja." They take idols that represent God and bathe them, feed them and love them.
- Letting go of the past means you can enjoy the dream that is happening right now. If you live in a past dream, you won't enjoy the present.
- Don't resist life passing through you, because that is God passing through. God is the collective energy that is within us and connects us all. Just the fact that you exist proves your life and energy. You don't need to keep proving it. Just enjoy your life. Say no when you want, and yes when you want. You have the right to be you, and you can only be you when you do your best.
- You don't need the acceptance of others.
- The first three agreements cannot be achieved without doing your best. Don't expect to always be impeccable with your word or never take anything personally. These habits and routines are strong; you just need to do your best.
- By doing your best, your habits of taking things personally, making assumptions and misusing your word will become weaker and less frequent with time. Don't judge or punish yourself for faltering. If you do your best you will still feel good

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about yourself. If you always do your best, then you will become a master of transformation. Practice makes the master, and by doing your best, you become a master. You learned everything you know through repetition.

- This isn't about hours and hours of meditation and being perfect. It's about being human, loving yourself, your body, exercising and doing what makes your body feel good. If you honor your body things will change. When you give love to every part of your body, you will love, honor and respect your body immensely.
- Make a new agreement right now. "I choose to honor The Four Agreements." If you have a strong will you can learn and keep these agreements. There will be obstacles, and you won't be perfect every time, but you can keep doing your best. We need to use every bit of power we have to keep these agreements. When you fall, tell yourself "I am strong enough and intelligent enough to do this. I can do it." When you break an agreement, forgive yourself and start over. Begin again and again and again.

Chapter 6: The Toltec Path To Freedom, Breaking Old Agreements

- In our current life style, we are not free. True freedom is the freedom to be who we really are.
- We blame so many external factors for why we are not free (the government, religion, other people, etc.). But we are the only ones who stop us from being free.
- Children are free. They play and are completely wild. They have not yet been domesticated. They are not afraid to play. They are only afraid when they are hungry, scared, or hurt. But as long as they have their basic needs met, they are happy.
- Our normal human tendency IS to be free, explore, play, be happy and love. We have the Book of Law (our belief system) that runs our lives along with the Judge and Victim. Once our minds are programmed when we are little, we are no longer happy.
- Do NOT blame your parents. They only taught you what they knew. They did the best they could. Do NOT blame yourself either. Just stop the abuse. The real you, the child, is still within you!
- We are looking for the freedom to be ourselves, but most of the time we are doing things to please and be accepted by others, rather than living to please ourselves.
- Most people don't even know that they are not free!
- The first step towards freedom is awareness. We need to be aware of the problem to solve it. If you're not aware, then you can't change it.
- If you into the dream you're living and start challenging your beliefs, you'll realize a lot of them are not true. The belief system that was put in you is based on lies.
- There are 3 masteries that lead people to become Toltecs
 - Mastery of Awareness- awareness of who we really are and all of the possibilities
 - Master of Transformation- how to change and be free of domestication
 - Mastery of Intent/Mastery of Love

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- A parasite is something that leads off other beings, sucking life, contributing nothing in return. The Judge, Victim and belief system are parasites. Right now the parasite has control of our mind and controls our dreams. The parasite lives through us, and survives on our fear, drama and suffering
- We need to rebel and say NO! and declare a war against these parasites.
- A warrior is someone who declares a war against the parasite. We will not win every battle, but we always do our best. Even when we lose sometimes, we will continue to fight back.
- The parasite is like a monster with a thousand heads. Each head represents a different fear. We can attack these heads one by one, or we can cut off the parasites food source. To do this, we need to gain control of our emotions, and refrain from fueling the emotions that come from fear. Another solution is “initiation of the dead” This is a symbolic death that kills the parasite. When we “die” symbolically, the parasite has to die.
- One way to change your beliefs is to focus on all the agreements and beliefs and change them within yourself. The first step is to become aware of the fog in your mind. To change your beliefs, you need focus your attention on what you want to change. You have to know which agreements you want to change before you change them. The next step is to develop awareness of all of the self-limiting, fear-based beliefs that make you unhappy. You can re-program your brain in your own way. Adopting the Four Agreements will help you regain your freedom. The stronger you get, the more agreements you can break until make it to the core of all of the agreements.
- Start by breaking small agreements that require less power. As the smaller ones are broken, your power will increase, and then you will eventually be able to face the big ones.
- For every agreement you break that makes you suffer, you need to replace it with an agreement that makes you happy. If you occupy the space of an old agreement with a new one, then the old one wont come back.
- Be patient with yourself. This is a slow process. You are living with many years of domestication. Breaking agreements is difficult.
- You cannot change an agreement with less power than it took to create it. And unfortunately, almost ALL of our personal power is invested in keeping the agreements that we have. Our agreements are an addiction we have. We are addicted to being the way we are. We are addicted to anger, jealous and self-pity.
- Therefore, to adopt the Four Agreements, it will take practice and repetition. Repetition makes the master
- Every day we wake up with a finite amount of energy to spend throughout the day. If we allow our emotions to deplete our energy, we have none left to change our lives or give to others
- Imagine that we all as humans have infected skin. It hurts to be touched, and there is poison inside. However, everyone has the infection, so we think its normal. The human mind is JUST like this. We all have emotional wounds, and the poison in the wounds makes us suffer from hate, anger, sadness, etc.
- We need to open the wounds, drain the poison, and let them heal completely. Forgiveness is the only way to heal. Forgive everyone for everything, including

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- YOURSELF. When you forgive yourself, it will eliminate self-rejection. When you eliminate self-rejection you allow for self-acceptance and self-love.
- You will know you have forgiven someone when you hear their name or see them and you no longer have an emotional reaction. When someone can touch a wound and it no longer hurts, you have truly forgiven.
 - Truth is painful like a scalpel. It opens all of the wounds that are covered by lies so we can heal. These lies are called the denial system.
 - Most people cannot control their emotions. And because of this they say things they don't mean. They are not impeccable with their word. We must learn to control our emotions so we have enough power to change our agreements.
 - Again, in order to become a warrior, we need to have awareness. We need the discipline to be ourselves no matter what. The warrior has control over themselves and its emotions.
 - The warrior refrains emotions, and the victim represses emotions. Victims are afraid to show emotion so they repress them. Refraining your emotions to hold them and express them at the right moment.
 - We can also attain freedom by preparing ourselves for the initiation of the dead. We become aware that we can die at any moment, and know that we only have the present.
 - If you had one week to live, what would you think? You wouldn't care about what other people thought of you. You would enjoy life. The angel of death teaches us to live every day like it's our last. Be grateful every single day you wake up, and think.. "One more day to myself."
 - Treat the people you love with love, because this could be your last day.
 - When you initiate yourself with death, the old dream in your mind dies. You will have memories of the parasite, Judge, Victim, and Belief System, but the parasite will be dead.
 - It won't be easy because the Victim/Judge will fight back with everything they have... they don't want to die. During the process it feels like WE are going to die. But that's not true.
 - If you survive the initiation of the dead, you'll get the resurrection. The resurrection is to be wild and free like a child again, but this time you will also have wisdom.
 - If we surrender to the angel of death will be happy forever because the angel of death takes away the past in order to make it possible for life to continue.

Chapter 7: Heaven On Earth

- The dream you are living is YOUR creation. You have the power to create heaven or hell.
- Imagine living a life of happiness, where you don't have to justify your existence. You are free to be who you are, you are free of conflict. You know what you want and don't want. You have the ability to change your life. You live without fear of being judged, and you don't judge either. You have no fear of loving of being loved. You love yourself just the way you are. You CAN have this. You can live in bliss by changing your agreements and dreaming a different dream.
- Once you know that heaven exists, you just have to make the effort to get there.

The Four Agreements by Don Miguel Ruiz
Extended Summary

- Suffering makes you feel safe because you know it well. But there is no real reason to suffer. If you look at your life, you'll find many reasons to suffer, but none of them are good.