

The Four Agreements

by Don Miguel Ruiz

“You need a very strong will in order to adopt the Four Agreements—but if you can begin to live your life with these agreements, the transformation in your life will be amazing. You will see the drama of hell disappear right before your very eyes. Instead of living in a dream of hell, you will be creating a new dream—your personal dream of heaven.

BE IMPECCABLE WITH YOUR WORD:

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to 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 others, you won't 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 from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse and regret.

When you honor these four agreements together, there is no way that you will live in hell. There is NO WAY. If you are impeccable with your word, if you don't take anything personally, if you don't make assumptions, if you always do your best, then you are going to have a beautiful life. That is the reward.”

“And if it is a care that you would cast off, that care has been chosen by you rather than imposed upon you... And if it is a fear that you would dispel, the seat of that fear is in your heart, and not in the hand of the feared.”

—Kahlil Gibran

“Life is not a problem. If we live, we live. If we die, we die. If we suffer, we suffer. It appears that we are the problem.”

—Alan Watts

“Just trust yourself and you will know how to live.”

—Goethe