

Wellness from Within - September 2005

The Four Agreements By Jennifer Powers

Achieve a life of freedom and happiness. That's a tall order. Every day our struggle for truth and enlightenment seems to grow with vigor. During our incessant search we often get so wrapped up in cracking the puzzle, that we miss the simplicity of the solution. Sometimes boiling it down to a few basic principles is the best way to approach a task, even one as great as the pursuit of true personal fulfillment.

Enter Don Miguel Ruiz.

Ruiz, a native of Mexico, is a Shaman dedicated to sharing his understanding of the ancient Toltec wisdom. The Toltec were people of knowledge - scientists and artists who created a society to explore and conserve the traditional spiritual practices of their ancestors. The simplicity and elegance of this thinking, a source of great enlightenment and aspiration, provide an inspirational code for life. Don Miguel Ruiz calls these simple ideas 'The Four Agreements' and they are best summarized like this:

-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.

There is much to learn and apply from these four simple rules. In every aspect at any age, it is not too late to start incorporating the Four Agreements into our everyday search for peace and spiritual abundance.



Quotable Quote: "Death is not the biggest fear we have; our biggest fear is taking the risk to be alive - the risk to be alive and express what we really are". -Don Miguel Ruiz.