# The Four Agreements by Don Miguel Ruiz

## Let us start by asking the question - How can reading this book help me?

## The Toltec, an ancient group of artists and scientists, preserved spiritual knowledge from their ancestors in central Mexico, valuing education and tradition. Their beliefs can teach us how to manage societal pressures, stress, and anxiety, encouraging us to lead happier lives by not taking praise or criticism personally.

## Now getting into a bit of detail…

The Four Agreements offers a code of personal conduct rooted in ancient Toltec wisdom that can help us break self-limiting agreements and replace them with agreements that bring happiness and love.

The first agreement is "Be impeccable with your word”. Using the power of words properly reduces needless suffering caused by lies, judgments and misconceptions.

The second agreement is “Do not take anything personally”. Nothing others say or do is because of you, but is a reflection of their own personal reality. Avoid getting caught up in others' beliefs, assumptions and opinions.

The third agreement is “Do not make assumptions”. Make sure the information you receive is what the other person intends to convey. Avoid jumping to conclusions based only on personal interpretations.

The fourth agreement is “Always do your best”. Your best changes throughout your life, depending on circumstances. Simply commit to doing your best, with no self-judgment, self-abuse or regret.

Enthusiasm will grow as you commit to these agreements. As children, we form early mental agreements or beliefs based on what adults taught us. The mind can get caught up in fear-based agreements, worry over the past or future, and critical self-talk. This leads to needless suffering.

By adopting new, loving agreements, we gain control over our mind and emotions, escape limiting beliefs and suffering, and restore joy. Two choices exist: continue suffering in the "dream of the planet" or create a new "dream of heaven on earth."

The book encourages readers to imagine and embrace a new dream filled with love and happiness, which is possible through discipline and commitment to the Four Agreements.

To sum it up, humanity can transcend fear and suffering and create heaven on earth through awareness, impeccable communication, unconditional love, enthusiasm and always doing your best.

## Key Takeaways

1. Be impeccable with your word and never use it against yourself or others
2. You won’t need to take things personally if you have a strong sense of yourself
3. Instead of making assumptions, ask questions
4. Always do your best even if it constantly changes
5. Break with your old agreements and find your freedom