

A Practical Guide to Personal Freedom



A
Toltec



THE FOUR AGREEMENTS

Wisdom
Book



DON MIGUEL RUIZ

Don Miguel Ruiz

The Four Agreements: A Practical Guide to Personal Freedom (A Toltec Wisdom Book)



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- Translated into 40 languages worldwideS.
- A FRESH York Times bestseller for over 8 years
- Over 6 million copies sold in the U. Predicated on historic Toltec wisdom, The Four Agreements provide a powerful code of conduct that can rapidly transform our lives to a new connection with freedom, true joy, and love.

In The Four Agreements, bestselling author don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering.



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This is not "new age" self help book! This book is based on modern linguistic theory and philosophical precepts. If you are immune to the views and actions of others, you will not end up being the victim of needless suffering. This book is a must read. I also deeply love this series of books due to its obviousness and simplicity. I don't have to hate someone because their best wasn't up to some story I tell myself. That is why I made a decision to write a review here. There exists a huge tradition of skepticism in linguistics, especially about how exactly language is used in various cultures to create belief systems. All you have to accomplish is think back to your past self, let's say a decade ago. These instructions help you navigate the stressful globe around you so that you can survive. We are psychologically wired to think our belief systems are accurate and experience deep tension if we see them to end up being inaccurate. The difficulty is, our belief systems are ALWAYS inaccurate. Yes, I used the word "always" for grounds. I don't have to respond to them being that they are not really mine." or "What is consciousness." You might not be surprised to find out that philosophy majors haven't develop answers to these questions because there is generally a case where we are going to be wrong or possess a counter argument. At least we think we may be . They even have a mathematical component called propositional logic, where one requires sentences and decreases them to symbols and creates "proofs" but even prop-logic is usually under fire from academics for its comprehensive inability to predict anything. Put simply, it isn't the answer either. Linguistics - When you research words and vocabulary, you realize that our beliefs are based on language which language can't ever "touch reality" for the reason that language is just an arbitrary description of reality, posing seeing that real. I believe Miguel Ruiz will need to have used a linguistics training course as well--as his first agreement attests to the power of vocabulary. The four agreements pulls intensely from Saussure and Derrida. How can you end up being SO WRONG? I need not argue. No-one can force me to do anything unless I elect to . The unfortunate thing is that they are completely made up. It isn't real. Insufficient Toltec at all. In the event that you really want a deeper understanding on how linguistics has saturated our belief systems I recommend reading a few of their academic essays or get Rivkin and Ryan's literary theory books. They are excellent and can take you further down the rabbit hole. Most of the essays are dense but worthy of your time and effort! To simplify: researchers and academics in the millions have tried and tried and tried to get "the true belief" for thousands, probably tens of thousands of years and we've not yet arrived at any truth. It's possible to be genuine with yourself and others. "Truth" is defined as that which has the most predictive power. I just need to love who is willing to love back again. Our belief systems just do not.- When he says Always Do YOUR VERY BEST, he means your best is heading to differ from moment to minute, but you must simply do your best, and you may avoid self-judgment, self-misuse, and regret. We can't know. So why not really pick something positive? If nobody knows anything, after that how can you also know anything? Nevertheless, you don't need to research this yourself. A belief system is basically a couple of instructions within your brain based on language. Did that person have a belief program that you now consider to become faulty?. What about your future self? Will that person believe you have a faulty belief program? Probably the most valuable of all . How is this feasible? Both Saussure and Derrida (and several, many others) did work on how exactly we form ideas inside our heads based on vocabulary. That's what they were trained by their parents and the surroundings around them." I highly question it! But we have to be right! We ARE RIGHT! Much of the study of philosophy is the collection of vocabulary words to describe beliefs. . . maybe? The need to be right is indeed ingrained within us that people create a huge drama when someone contradicts our beliefs. We end romantic relationships over it! We storm out! We compose angry twitter updates. HOW THIS

BOOK HAS PERSONALLY HELPED ME:- No one person's opinion will again have the energy to limit what I can do, also if this person is an authority figure- Nobody group's opinion will again have the energy to limit what I could do- No one has a clear notion of who or what We am, not me!- When people speak, they are telling tales. The gist is this: we have something called a "symbol" inside our brain which is made up of two parts: the term and the visual representation of the object (look up semiotics for further details). I need not fight. I simply need to listen.3.- I cannot comprehend another person's dream. I cannot mind read.. I understand nothing of their internal workings.- Even scary, aggressive people are just telling tales.-'when he tells us Don't Take Anything Personally, he implies that nothing others do is because of you. It isn't my job to assign a tale to my entire life, or a judgment.- I no longer have to pretend to be something or hustle to gain love. So far, mathematics, geometry, and physics gets the most predictive power. It's so basic.- I take all gurus, religions, indictments and gossip with quite a high level of benevolent skepticism, which allows me to be free from worries that goes alongside these stories.- I don't take myself as seriously as I used to. Probably! . . - I have a deep compassion for everyone. We all have been just stuck here together, attempting our hardest and performing our greatest. It has individually helped me triumph over many, many challenges.] amazing This book brought me to levels I never understood.2. Just browse it. It's short The book helped me understand the next:1. Great Publication and great customer service Great Publication and great customer support A stress reliever! Could it be because you "haven't discovered? I can simply smile and pay attention and do what I can. Opened My Eyes! These symbols are in our mind and interact to form meaning, then belief. WOW! People's perspectives derive from their own experiences.Without going deeply in to the study of philosophy and linguistics, I will give you an overview here:Philosophy - When you research philosophy, you research belief systems about how exactly the world works and explore important questions like "will there be a God?4. Because of domestication, we think other folks have it, however they don't! Chapters one thru four are good; great book very helpful Quick read: I really like this book, short publication but amazing what the book means!. How is that possible?The bottom line is, the four agreements are:The Four Agreements have become simple, but very profound. It immediately became a publication I offered out to others, often hoping my close friends, as I do,,want to maintain growing, now, I reread the book at least every few years. When I go through this book the entire year it came out, I was so moved by its contents. To embrace and live each of the Four Agreements is to find yourself experiencing personal freedom--possibly as nothing you've seen prior. The Four Agreements are:- Be Impeccable TOGETHER WITH YOUR Words- Don't Take Anything Individually- Don't Make Assumptions- Often Do Your Best-When he says end up being Impeccable TOGETHER WITH YOUR Word, he means you should always speak,with integrity. Only say what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your term in direction of truth and like.- I no more have to experience ashamed about who I am or what I've done or where I am going. What others state and do can be a projection of their very own reality, their own dream. I should start off by stating my background. With just this one agreement, it is possible to completely transform your daily life. Talk to others as clearly as you can in order to avoid misunderstandings, sadness, and drama.- when he says Don't Make Assumptions, he means you must discover the the courage to talk to questions and to express what you really want.So any beliefs about yourself could be true and they may also be false. Most of our tension is things we can not change or issues we don't care to do!]. I can't assume.. I don't' have to insist they have confidence in my story. It has helped a lot and will be a light for the rest of my journey Not enough Toltec. A book that can result in a

profound transformation in your daily life. five and six are simply just the recycled rubbish noticed out of every pulpit, every motivational loudspeaker and every insipid TED chat on record. Great close. Our tips of it aren't real.. I can't blame my parents for how they raised me. This is an extremely profound book that could really help less you to an excellent place in life. This opens your eye to observe that you can forget about that stress an live a happier life. I am in charge of my own thoughts, emotions and actions. I am an undergrad student of philosophy and linguistics, a branch of the humanities. I go through it in two times and the info that I learned actually opened my eyes. Each day I work to apply the 4 agreements to my entire life. Good Read, Allows Personal Evaluation This book had me thinking as soon as I started reading it. The 4 Agreements is certainly a book that will get your brain relocating a different direction. Great Read for true to life situations



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