



FROM THE AUTHOR OF *THE NEW YORK TIMES*
BESTSELLER *THE FOUR AGREEMENTS*

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COMPANION BOOK

DON MIGUEL RUIZ



WITH JANET MILLS

USING THE FOUR AGREEMENTS
TO MASTER THE DREAM OF YOUR LIFE



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DEDICATION

I believe in angels. Angel means messenger. I dedicate this book to the angels in human form that deliver a message of love instead of fear, superstition, and emotional poison.

To all the teachers from preschool to post-graduate school; to all who teach a better way of life. To all the artists, authors, leaders, movie directors, and media professionals who share themselves with generosity instead of selfishness to improve human lives. To all the parents who teach their children to be honest and compassionate. To anyone who loves and respects every human in the world.

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The Image of Perfection

The Book of Law

The Power of the Word

Your Authentic Self

Mastering Transformation

The Dream of the Second Attention

Awareness, Attention, Action–Reaction

Attach–Detach

NOTE

If it has been some time since you last read *The Four Agreements*, you may want to refer to the Abbreviated Glossary at the end of this book, where a list of terms is provided for your convenience.

To avoid using the masculine gender exclusively when referring to both male and female readers, we have randomly used masculine and feminine pronouns throughout the book.

THE FOUR AGREEMENTS

1... 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.

2... 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.

3... 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.

4... 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.

in • teg • ri • ty (in teg' rə tē) 1. the quality or state of being complete; unbroken condition; wholeness; entirety 2. the quality or state of being unimpaired; perfect condition; soundness 3. the quality or state of being of sound moral principle; uprightness, honesty, and sincerity.



INTRODUCTION

Three Masteries, Four Agreements

The word is like a seed, and the human mind is so fertile, but only for those kinds of seeds it is prepared for.

The first time you read *The Four Agreements*, some part of you knows that you have heard these concepts before or have experienced them in your life, though perhaps not as simply.

In reading *The Four Agreements* you discover that humans create thousands of agreements based mainly on making assumptions and taking everything personally, and by doing this, we are using the power of our word against ourselves. We are using all the power of our creation to create a dream that sets us up to suffer for the rest of our lives.

The Four Agreements are a tool for transformation, leading you to stop judging, mainly yourself, and to start practicing another way of life. They lead you to stop the guilt, the shame, and the self-rejection; they help you break the agreements that limit the expression of your creativity, and replace them with new agreements that facilitate the expression of your love.

With *The Four Agreements*, my intention was to create a messenger that can enter the imagination of readers and change their point of view. If you have practiced these agreements, you already know what they can do. They have the capacity to go directly into your belief system, into those thousands of agreements you made with yourself, and create a doubt. And just like magic, because they *are* magic, The Four Agreements slowly free the faith that is trapped inside your belief system. Little by little, you recover your integrity, and the real you starts to awaken.

The Four Agreements are like a map that tells you all the

different ways to reach your destination. Their simplicity is what makes them so easy to use in so many directions. But the map is just one half. You are the other half. In any relationship, there are two halves. The book, the messenger, is one half of the relationship, but you are the other half, and that is the beauty of this relationship: your half.

If you have a goal and you use the messenger as your guide, you are going to reach your goal. With *The Four Agreements*, you can learn how to heal your emotional body. You can use it to change your belief system and create a brand new belief system. You can use it to heal your marriage, your relationships with your friends, and your relationships at work, and to improve your life in every way. But first, because it's a map, you have to start with awareness of where you are and where you want to be.

Thousands of years ago the Toltec created three masteries to guide us out of suffering and return us to our true nature: happiness, freedom, and love. The Toltec encouraged us to see ourselves with truth, and they created a mastery just for awareness. The first mastery, **the Mastery of Awareness**, is the first step toward personal freedom, because we cannot be free if we don't know what we are, where we are, or what kind of freedom we are looking for. In this mastery, we become aware of the fog that is in our mind. We become aware that we are dreaming all the time, and that everybody else is dreaming. The Mastery of Awareness can also be called the Mastery of Truth.

The second Toltec mastery, **the Mastery of Transformation**, shows us how to change the dream of our life. The goal of the second mastery is to put order into the chaos of the *mitote* — into all of the voices inside our mind — to face our fears, to transform our fears, and to get results. The result we want is the freedom to

live our own life instead of the life of the Parasite or the belief system. The Mastery of Transformation is achieved by changing our agreements and reprogramming our own mind in our own way. The Four Agreements are a summary of the Mastery of Transformation.

The result of the first two masteries is a mind that is Parasite-free, and that is the third mastery, **the Mastery of Love, or the Mastery of Intent**. From the Toltec point of view, love or intent is that part of life that makes the transformation of energy possible. It is Life itself; it is unconditional love. Everything is made with love because everything comes from God or Life. When we master love, we master the dream of our life, and when all three masteries are accomplished, we reclaim our divinity and become one with God. Then every action we take is an expression of the One Being. This is the goal of the Toltec.

For those of you who want to explore the third mastery, I have written a book called *The Mastery of Love*, which shows you what a dream based on love looks like. The Mastery of Love is the result of the first two masteries, and it offers a better way of living our life with love. But for now, the third mastery is not what we will focus on. The first two masteries are the subject of this book.

In the first part of this companion book, before we talk about applying The Four Agreements, the emphasis is on awareness. What do we want to be aware of? In Part One, we focus on three things:

1. *Human suffering begins with domestication.* When we are children, other people hook our attention and teach us to dream the way the society dreams. This is how our attention is used for the first time to create the first dream of our life.

2. *Humans are creators, but our power of creation is invested in our beliefs.* The power of our word, which is the same as our intent, our will, our faith, and our love, is trapped inside a rigid structure of beliefs. This leaves us with little power to change our dream.
3. *The function of the human mind is to dream, but we have learned to dream without awareness.* Once we are aware that we are dreaming, we awake from the dream and recover our power to change the dream whenever we choose.

When we discover that we have the power to create a dream of heaven, we want to change our dream, and The Four Agreements are the perfect tool for that.

In Part Two of this companion book, we explore several ways to master the art of dreaming:

4. *Using your will and attention for the second time.* In the dream of the second attention, you choose to believe what *you* want to believe, and that includes believing in yourself.
5. *Using The Four Agreements to change your actions–reactions.* Every choice you make has a consequence or result. When you change the action, you change the result, and you change the dream of your life.
6. *Using attach–detach to surrender to the angel of death.* The angel of death can teach you to live in the present moment instead of the past or the future. When your attention is in the present moment, you enjoy life more intensely because you are fully alive.

This companion book will give you more information about the first two masteries, but information is not enough. Information is merely the seed in your mind. What will really make the difference is action. If you practice The Four Agreements, you will master The Four Agreements. Eventually, after many repetitions, these agreements will become a habit, and you will see how your life is transformed.

There is a beautiful story about Jesus telling his disciples that his words are like seeds and he sends his seeds everywhere. Some seeds land on rock and never grow. Some seeds go into land that is fertile on the surface, but hard underneath; these seeds start sprouting, but soon die. Then there are the seeds that go into land that is very fertile, and they grow strong and become big trees. And you will know the tree by its fruit.

I love that metaphor. It is wonderful to see how many people who have practiced The Four Agreements have already grown into trees that bear fruit.

Just imagine if you could live in a society where The Four Agreements were a habit for everybody, where this habit was the way they expressed life. Imagine living in a society where everybody practiced love until they mastered love. It will happen; it is just a matter of time. There is already a new dream in this world that is ready to be dreamed by humans, Parasite-free. The sun has already changed; the light has changed. We just need humans to dream the new dream.

By using The Four Agreements in our own life, we modify our personal dream, and soon our new dream will modify the outside dream. There is no need to actively try to modify the outside dream. This happens naturally as a result of our own transformation.

Deciding to focus on our own freedom isn't selfish; it is the greatest gift we can give to humanity.



PART ONE

Mastering Awareness