



Journey-3
Study Guide
The Four Agreements

with don Miguel Ruiz

Purpose: Gain awareness of the key guidelines to living life with integrity.



Rev.04

NOTE:

If you print this study guide, suggest you print it in black & white and NOT in color.

www.JourneyBetween.org/class3



Class Agenda Journey-3

1. Questions and Comments from last week
2. Warm-up Exercises
 - a. Moments of Awareness "*As the Next Truth is Born*"
 - b. Carl Jung's 4-Stages of Life
3. Journey-3 Intro:
 - a. About *The Four Agreements* video clips
 - b. Who is don Miguel Ruiz
4. Journey-3 Video Clips: *Four Agreements*
 - a. Be Impeccable with Your Word
 - b. Don't Take Things Personally
 - c. Don't Make Assumptions
 - d. Always Do Your Best
5. Review - Open class discussion
6. Next week: *Metaphysical Possibilities: Defining the Heart-Soul Connection*



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written: Mar 14, 2022

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Yesterday ... Today ... Tomorrow.

Are they perhaps all the same...
... but with a different set of truths
... truths that all evolve
... from a beginning-truth
... and then to another-truth
... but NEVER to a final-truth.

Because there is always ...
... Today ... and always Tomorrow
... once more ... as the next truth is born.

from: Moments of Awareness Collection

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NOTES:



Carl Jung's 4 Stages of Life



Introduction

According to the Swiss psychologist, Carl Jung, there are 4 stages that we may experience during our lifetime. Each stage represents an evolving relationship with the self and the world, shifting from external achievements to inner peace and understanding beyond the physical.

Insights into the 4 Stages

Not everyone moves through all four stages on their life journey.

For many, once they enter stage 2 or stage 3, they remain in it for the rest of their lives.

Transitions between stages are often triggered by life events ... success, failure, loss, or deep introspection.

True fulfillment comes from embracing the natural progression of life and understanding that each stage has its own lessons.

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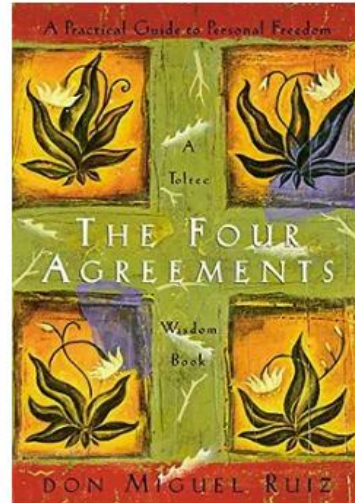


About "The Four Agreements" Video Clips

In this class, we will be watching 4 video clips from Oprah Winfrey's interviewing don Miguel Ruiz and 4 video clips from the studio audience responses regarding their thoughts on each Agreement.

Facts about "The Four Agreements"

- First published in 1997, the book gained popularity after being endorsed by Oprah Winfrey.
- The book was on The New York Times bestseller list for over a decade.
- According to Ruiz, the book is inspired by a set of the Toltec people's spiritual beliefs.
- The intent of the book is to help readers explore "freedom," "happiness," and "love."
- The central point is that a person's life is determined by the agreements they have made with themselves, others, God, and society as a whole.
- Through these agreements, one determines how they see themselves, what is possible for them, how they should behave, and their worth as a person.
- Ruiz says that by making a pact with the agreements described in the book, the individual is able to create a happier and more successful life.



What are The Four Agreements?

1. Be impeccable With Your Word
2. Don't Take Things Personally
3. Don't Make Assumptions
4. Always Do Your Best

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Who is don Miguel Ruiz?

- Born in 1952 in rural Mexico, the youngest of 13 children.
- His parents were healers and practitioners of ancient Toltec traditions.
- Graduated from medical school in Mexico City and practiced neurosurgery.
- A near-fatal car crash caused him to examine the essential truth about life.
- Through his mother's ancestral teachings, he discovered his own path to awareness.
- This evolved into a deep understanding of the physical universe and the virtual world of the mind.
- Combining Toltec mythology and scientific perspectives, he has merged ancient wisdom with modern physics and practical common sense, forging a new philosophy for seekers of truth and personal authenticity creating *The Four Agreements*.



NOTES:



Agreement #1 - Be Impeccable with Your Word

don Miguel Ruiz and Oprah discuss Agreement #1 (2:08)

Audience thoughts on Agreement #1 (1:02)

Thoughts on Agreement #1 - Be Impeccable with Your Word

1. Speak with integrity.
2. Say only what you mean.
3. Use the power of your word for truth and love.

What are your insights and comments on Agreement #1?



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Agreement #2 - Don't Take Things Personally

don Miguel Ruiz and Oprah discuss Agreement #2 (1:58)

Audience thoughts on Agreement #2 (1:13)

Thoughts on Agreement #2 - Don't Take Things Personally

1. Nothing others say is because of you.
2. What others say and do is a projection of their own reality.
3. When you are immune to the opinions of others, you won't be the victim of needless suffering.

What are your insights and comments on Agreement #2?



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Agreement #3 - Don't Make Assumptions

don Miguel Ruiz and Oprah discuss Agreement #3 (2:27)

Audience thoughts on Agreement #3 (1:05)

Thoughts on Agreement #3 - Don't Make Assumptions

1. Find the courage to ask questions and to express what you really want.
2. Communicate with others clearly as you can to avoid misunderstandings, sadness and drama.
3. When you are immune to the opinions of others, you won't be the victim of needless suffering.



What are your insights and comments on Agreement #3?

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Agreement #4 - Always Do Your Best

don Miguel Ruiz and Oprah discuss Agreement #4 (0:53)

Audience thoughts on Agreement #4 (1:29)

Thoughts on Agreement #4 - Always Do Your Best

1. Your best is going to change from moment to moment.
2. Under any circumstance, simply do your best and you will avoid regret.

What are your insights and comments on Agreement #4?



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CLASS REVIEW

DON MIGUEL RUIZ

THE FOUR AGREEMENTS

"The Four Agreements are a summary of the mastery of transformation, one of the masteries of the Toltec. You transform hell into heaven. The dream of the planet is transformed into your personal dream of heaven." – Don Miguel Ruiz

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.

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.



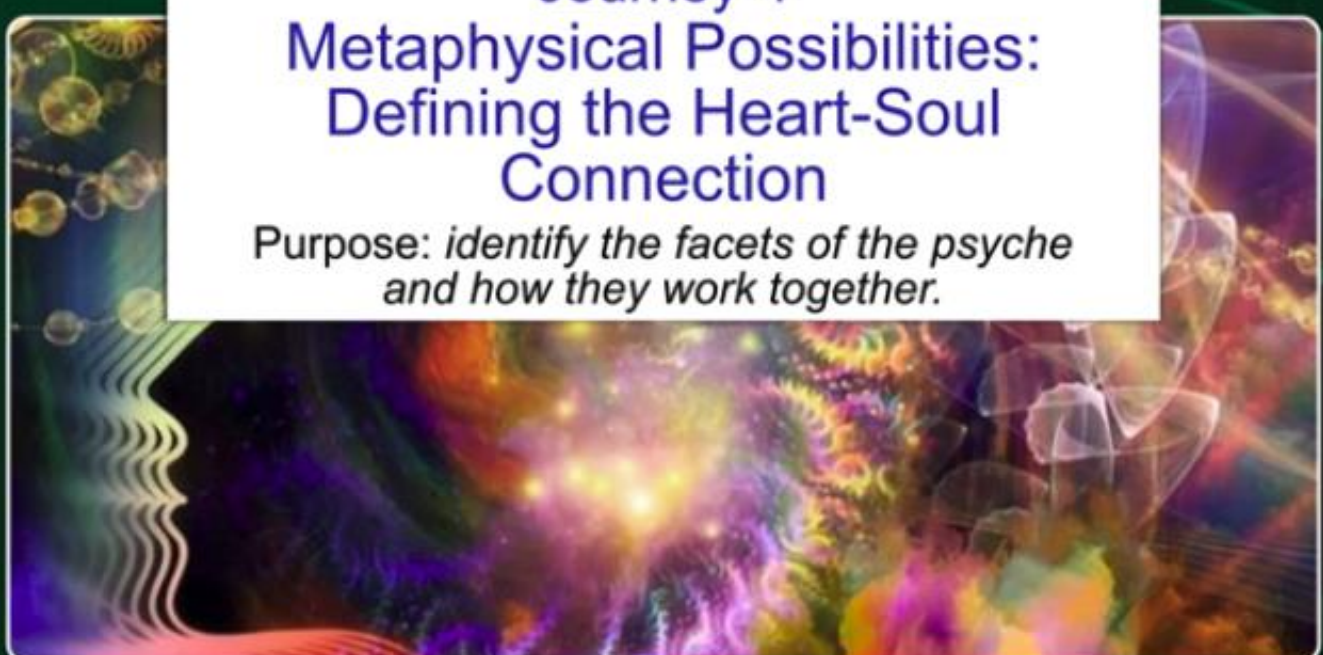
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• AWAKEN THE ART OF LIVING •

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Next Week



Journey-4
**Metaphysical Possibilities:
Defining the Heart-Soul
Connection**

*Purpose: identify the facets of the psyche
and how they work together.*