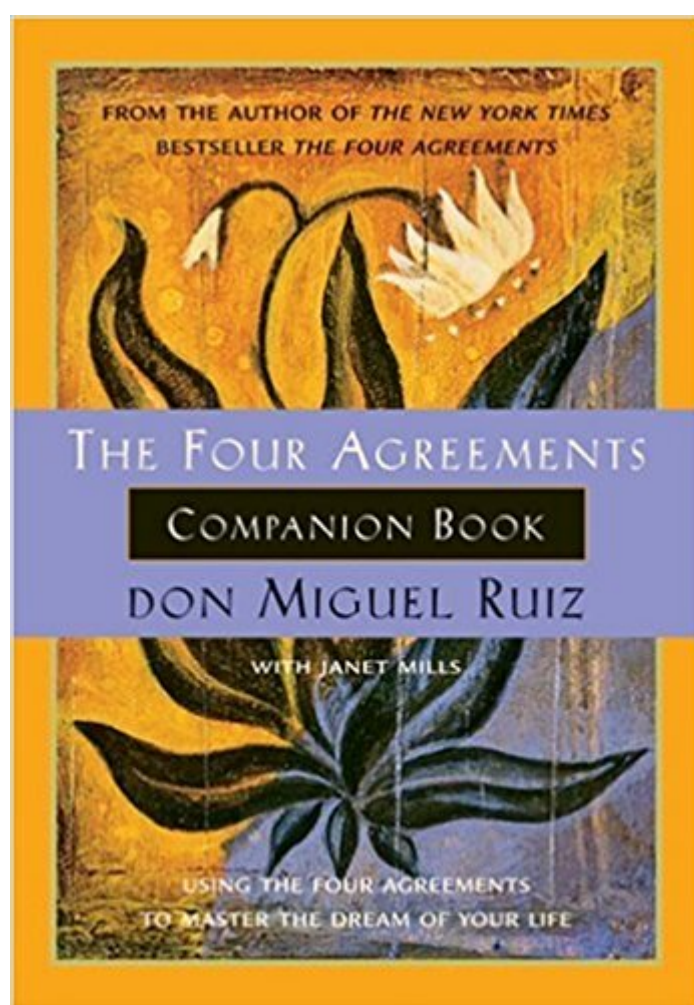


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The Four Agreements Companion Book: Using The Four Agreements To Master The Dream Of Your Life (Toltec Wisdom)



Synopsis

The Four Agreements introduced a simple, but powerful code of conduct for attaining personal freedom and true happiness. Now The Four Agreements Companion Book takes you even further along the journey to recover the awareness and wisdom of your authentic self. This companion book is a must-read not only for those who enjoyed don Miguel's first book, but for anyone who is ready to leave suffering behind, and to master the art of living in our natural state: happiness. The Companion Book includes:

- How to break the domestication that keeps you enslaved by fear
- Keys to recover your will, your faith, and the power of your word
- Practice ideas to help you become the master of your own life
- A dialogue with don Miguel about living The Four Agreements
- Success stories from people who have used The Four Agreements

The Four Agreements are a tool for transformation, leading you to stop judging, mainly yourself, and to start practicing another way of life.

• don Miguel Ruiz

Book Information

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Customer Reviews

In The Four Agreements, Mexican shaman Miquel Ruiz built his teachings around four agreements: be impeccable with your word; don't take anything personally; don't make assumptions; always do your best. Now Ruiz offers readers a companion guide, making practical mysticism out of the

ancient Toltec tradition. On the one hand this is an eloquent introduction to Toltec teachings, offering a fascinating discussion of how one's life is a dream (and a dream that's often dictated by others) and how "domestication" is the root of human suffering. On the other hand don Miquel has also written a Toltec self-help book, offering specific tools, exercises, and suggestions to help readers live their own dreams, become more attentive, and make conscious agreements with themselves. For readers who feel aligned with the Toltec tradition, this will certainly be a powerful ally as they begin the dream of transformation. --Gail Hudson

Don Miguel Ruiz was born into a family of healers, and raised in rural Mexico by a curandera (healer) mother and a nagual (shaman) grandfather. The family anticipated that Miguel would embrace their centuries-old legacy of healing and teaching, and carry forward the esoteric Toltec knowledge. Instead, distracted by modern life, Miguel chose to attend medical school and become a surgeon. A near-death experience changed his life. Late one night in the early 1970s, he awoke suddenly, having fallen asleep at the wheel of his car. At that instant the car careened into a wall of concrete. Don Miguel remembers that he was not in his physical body as he watched himself pull his two friends to safety. Stunned by this experience, he began an intensive practice of self-inquiry. He devoted himself to the mastery of the ancient ancestral wisdom, studying earnestly with his mother, and completing an apprenticeship with a powerful shaman in the Mexican desert. His grandfather, who had since passed on, continued to teach him in his dreams. In the tradition of the Toltec, a nagual guides an individual to personal freedom. Don Miguel Ruiz, a nagual from the Eagle Knight lineage, has dedicated his life to sharing the wisdom of the ancient Toltec.

totally helps with the guided reflection and application of the four agreements. i'd recommend it if you've read the four agreements before. read the four agreements again and use this companion; it totally helps to expand your understanding, it helps you look at things from different angles and to apply them practically.

This is a very good Companion book, mostly for the ones who have just gotten into implementing the Four Agreements into their lives. The book gives you various exercises, mostly writing exercises, to find out where certain lies come from. They help you gain perspective on what lies you have, and why, and what effect that really do have, and what you actually REALLY want. I bought this Companion book only after I've been reading (and rereading over 3 times) the Four Agreements,

the Mastery of Love and the Voice of Knowledge. I feel I bought this book a bit too late, as a lot of my lies were already destroyed and how I felt about a lot of them already drastically changed. Anyhow, still I try doing the exercises with the little lies that still remain. One very interesting exercise is making your 'Book of Law', a list of all the lies you come across. You are supposed to keep track of all your lies for at least a year, and write them down. This book will, in my opinion, very much help the ones who just started out fighting the Liar and Judge, or who have trouble overcoming their lies.

This companion book is great at helping you navigate your thought and belief systems to grow.

Loved this book. It helped me peel the proverbial onion a little deeper in terms of recognizing my reactions to old programming that no longer serves me. It took me deeper into practicing awareness and manifesting my dream. I would recommend it for anyone who truly wants to live life to the fullest. ;)

enjoyed reading this book.....now to apply to my every day life is the key....

Fantastic book. If you're going through tough times and want something to help with your perspective this is it!

A useful tool. I use this along with the FB page, and e copies of the book.

This book is a life changing book. All 4 agreements are helpful to create balance and harmony in all areas of our life. Just in last 2 days of little practice on speaking impeccably made so much difference, I am also practicing not to take things personally by stopping to make assumption and doing my best in all the situation. I have a lot to practice until it becomes my second nature.

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