



JourneyBetween Your Heart and Soul

*Classes in Spiritual Transformation
with Journey Guide Ronnie K*

Conversations in the "Mystery" [\[ToP Bottom \]](#)

Journey-3
Study Guide
The Four Agreements

with don Miguel Ruiz

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



Rev.02

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. Quick review of in-person class guidelines
2. Open Questions and Comments from last week
3. Warm-up Exercises
 - a. Powerful Words Review
 - b. Moments of Awareness
4. Journey-3 Intro:
 - a. About *The Four Agreements* video clips
 - b. Who is don Miguel Ruiz
5. 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
6. Review - Open class discussion
7. Next week: *Metaphysical Possibilities: Defining the Heart-Soul Connection*



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Powerful Action Words that Matter to Practice

- Gratitude
- LovingKindness
- Awareness
- Other
- Acceptance
- Forgiveness
- Humble
-
- Surrender
- Trust
- Compassion
-

Practicing such powerful words each day is a transformational life force that enhances the meaning and purpose to your heart and soul.

What words do you practice?

Moments of Awareness (MoA) Collection
a place where there is no right or wrong ... only "SilentKnowing"



Life's Mysteries

by: Ronnie K **written:** Oct 15, 2024 **MoA#** 3200.0

Life's mysteries will always remain just that ...
... mysteries
... until you no longer are standing in front of the curtain
... and have moved to the other side.

from: Moments of Awareness Collection
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Collection now loaded: RECENTS
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Appreciate	Awaken	Change
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Faith	Fear	Friend
God	Harmony	Heal
Kindness	Life	Listen
Love	Pain	Peace
Practice	Purpose	Soul
Spirit	Surrender	The 70s
Trust	Truth	Wisdom

MoA Forum >

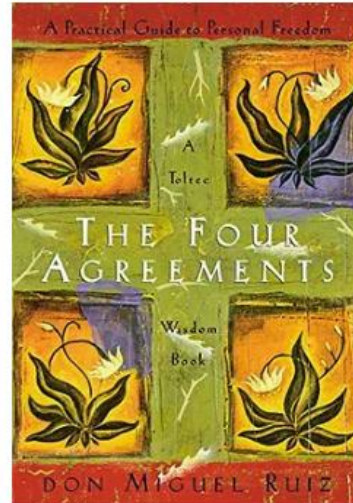


About "The Four Agreements" Video Clips

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

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*.





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SHARE YOUR THOUGHTS with the Journey Community.

Each video clip is around 1 to 2 minutes long. After each clip, we will discuss in class what the clip meant to you ... with no right or wrong answers. If you are taking the class Solo, see guidelines for "Taking Classes Solo".

We are just beginning, and I ENCOURAGE all Journey participants to SHARE their inner thoughts with the Journey Community by posting them in the appropriate FORUM. Be courageous and create a new Post. To begin a forum post, click the Forum Button at the bottom of this Page Menu.

And please also take the opportunity to both read and/or comment on exiting forum posts by other Community members as well.



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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?



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?

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.





A person often meets
his destiny on the road
he took to avoid it.

- Jean de la Fontaine, Fables -