

THE FOUR AGREEMENTS

By Don Miguel Ruiz

Commentary by Sarah Sedo 2009

This book was published in 1997, since then I have seen it on almost all of my friends shelves and numerous display tables at book stores. I have also heard many testimonies from people close to me that this book has changed their life; yet, I never thought of reading it until this week. 'The Four Agreements is a novel presenting theories on collective human beliefs which often lead to self limitation. The author points out that our self-limiting, fear based beliefs create our own personal hell and builds a black magic type effect on our life. To begin a transformation towards living a beautiful life that feels like heaven on earth is through adopting the following four agreements:

The First Agreement - Be Impeccable With Your Word, The Second Agreement -Don't Take Anything Personally, The Third Agreement -Don't Make Assumptions, and The Fourth Agreement -Always Do Your Best.

According to the book, following these agreements breaks us from the greatest human fear of freedom to be who we truly are and express ourselves openly. Not living in this is referred to as being domesticated. Our life is referred to as our dream, we are the dream master and we can control our life though our choices. Each choice has a consequence and this intern creates our living dream with its beliefs, personal power, and current agreements.

The author presented the idea that hell is on earth, and that hell is the life dream of a human who is full of mind poison that begin with fear and lead to anger, hate, sadness, betrayal and suffering. I found this interesting. I have never believed in the idea of hell. Growing up in the church I viewed the word hell as an idea fundamental Christians use to imbed fear upon others in order for them to follow their belief system. All through my youth I was sent to a Christian

summer camp. Every year like clock-work around the 3rd day the 'hell' talk would begin. The first day was brief and could be thought as a harmless nudge towards the idea of hell. By the 4th or 5th day it was "if you don't accept Christ into your heart you will be sent to live eternally in hell." Pretty scary thought for a child, many kids would cry and worry about their parents going to hell. Luckily my parents gave me a good head on my shoulders and I knew to let everything they were saying go in and out the other ear. So from then on, when I heard the word 'hell' I am bound to roll my eyes and think, oh, here we go... The author presented an idea of what hell is. This was the first time I had ever been captivated with anything having to do with the word 'hell' as I had disowned anything associated with the word at a young age. This interpretation of hell is not about an individual's damnation but more of an insight into the appearance of the world when one has become wrapped in negative thoughts. This was also a great example on how strong the power of our mind is and how our illusions of the mind (though real to the individual) structures our world and self.

Though this book did not mention nutrition, nutrition is the main focal point throughout its pages. This being the nutrition of the mind, and the thoughts you feed it. Much like foods, thoughts can be toxic, healing or pure. Each thought affects our body on a cellular level and plays a major role in our health. "The Four Agreements" re-instilled the fact that it is equally important, beneficial to practice nutritious thoughts as it is to eat nutritious foods.