



The Institute for
Integrative Coach Training

CCE: The Four Agreements in Coaching **Presented by: Sandy Hogan, PCC, Senior Faculty**

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Based on the book by: Don Miguel Ruiz

Synopsis source:

<http://lifelessons4u.wordpress.com/2009/06/17/are-you-living-by-the-four-agreements/>

Agreement #1 – Be Impeccable with Your Word – this is the most important agreement and also the most difficult to one to honor. It is so important that with just this first agreement you will be able to transcend to the level of existence I call heaven on earth.

This agreement sounds very simple, but is very, very powerful. Your word is the power that you have to create. Your word is the gift that comes directly from God. Through the word you express your creative power. It is through the word that you manifest everything. Regardless of what language you speak, your intent manifests through the word. What you dream, what you feel, and what you really are, will all be manifested through the word.

The word is not just a sound or a written symbol. The word is a force; it is the power you have to express and communicate, to think, and thereby to create the events in your life. The word is the most powerful tool you have as a human. But like a sword with two edges, your word can create the most beautiful dream, or your word can destroy everything around you. One edge is the misuse of the word, which creates a living hell. The other edge is the impeccability of the word, which will only create beauty, love, and heaven on earth. Depending on how it is used, the word can set you free, or it can enslave you even more than you know.

Agreement #2 – Don't Take Anything Personally – Whatever happens around you, don't take it personally. If I see you on the street and say, "Hey, you are so stupid," without knowing you, it's not about you; it's about me. If you take it personally, then perhaps you believe you are stupid. Maybe you think to yourself, "How does he know? Is he clairvoyant, or can everybody see how stupid I am?"

You take it personally because you agree with whatever was said. As soon as you agree, the poison goes through you, and you are trapped in the dream of hell. What causes you to be trapped is what we call *personal importance*. Personal importance, or taking things personally, is the maximum expression of selfishness because we make the assumption that everything is about "me." During the period of our education, or our domestication, we learn to take everything personally. We think we are responsible for everything. Me, me, me, always me!

Nothing other people do is because of you. It is because of themselves. All people live in their own dream, in their own mind; they are in a completely different world from the one we live in. When we take something personally, we make the assumption that they know what is in our world, and we try to impose our world on their world.

Even when a situation seems so personal, even if others insult you directly, it has nothing to do with you. What they say, what they do, and the opinions they give are according to the agreements they have in their own minds. Their point of view comes from all the programming they received during domestication.

When you take things personally, then you feel offended, and your reaction is to defend your beliefs and create conflicts. You make something big out of something so little, because you have the need to be right and make everybody else wrong. You also try hard to be right by giving them your own opinions. In the same way, whatever you feel and do is just a projection of your own personal dream, a reflection of your own agreements. What you say, what you do, and the opinions you have are according to the agreements you have made — and these opinions have nothing to do with me.

Others are going to have their own opinion according to their belief system, so nothing they think about me is really about me, but it is about them.

You may even tell me, "Miguel, what you are saying is hurting me." But it is not what I am saying that is hurting you; it is that you have wounds that I touch by what I have said. You are hurting yourself. There is no way I can take this personally. Not because I don't believe in you or don't trust you, but because I know that you see the world with different eyes, with your eyes. You create an entire picture or movie in your mind, and in that picture you are the director, you are the producer, you are the main actor or actress. Everyone else is a secondary actor or actress. It is your movie.

The way you see that movie is according to the agreements you have made with life. Your point of view is something personal to you. It is no one's truth but yours. Then, if you get mad at me, I know you are dealing with yourself. I am the excuse for you to get mad. And you get mad because you are afraid, because you are dealing with fear. If you are not afraid, there is no way you will get mad at me. If you are not afraid, there is no way you will hate me. If you are not afraid, there is no way you will be jealous or sad.

If you live without fear, if you love, there is no place for any of those emotions. If you don't feel any of those emotions, it is logical that you will feel good. When you feel good, everything around you is good. When everything around you is great, everything makes you happy. You are loving everything around you, because you are loving yourself. Because you like the way you are. Because you are content with you. Because you are happy with your life. You are happy with the movie that you are producing, happy with your agreements with your life. You are at peace, and you are happy.

If someone is not treating you with love and respect, it is a gift if they walk away from you. If that person doesn't walk away, you will surely endure many years of suffering with him or her. Walking away may hurt for awhile, but your heart will eventually heal. Then you can choose what you really want. You will find that you don't need to trust others as much as you need to trust yourself to make the right choices.

Agreement #3 – Don't Make Assumptions – We have the tendency to make assumptions about everything. The problem with making assumptions is that we believe they are the truth. We could swear they are real. We make assumptions about what others are doing or thinking — we take it personally — then we blame them and react by sending emotional poison with our word. That is why whenever we make assumptions, we're asking for problems. We make an assumption, we misunderstand, we take it personally, and we end up creating a whole big drama for nothing. It is always better to ask questions than to make an assumption, because assumptions set us up for suffering.

We make the assumption that everyone sees life the way we do. We assume that others think the way we think, feel the way we feel, judge the way we judge, and abuse the way we abuse. This is the biggest assumption that humans make. And this is why we have a fear of being ourselves around others. Because we think everyone else will judge us, victimize us, abuse us, and blame us as we do ourselves. So even before others have a chance to reject us, we have already rejected ourselves. That is the way the human mind works. We also make assumptions about ourselves, and this creates a lot of inner conflict.

Agreement #4 – Always Do Your Best – Under any circumstances, always do your best, no more and no less. But keep in mind that your best is never going to be the same from one moment to the next. Everything is alive and changing all the time, so your best will sometimes be high quality, and other times it will not be as good. When you wake up refreshed and energized in the morning, your best will be better than when you are tired at night. Your best will be different when you are healthy as opposed to sick, or sober as opposed to drunk. Your best will depend on whether you are feeling wonderful and happy, or upset, angry, or jealous.

In your everyday moods your best can change from one moment to another, from one hour to the next, from one day to another. Your best will also change over time. As you build the habit of the four new agreements, your best will become better than it used to be.

Doing your best, you are going to live your life intensely. You are going to be productive, you are going to be good to yourself, because you will be giving yourself to your family, to your community, to everything. But it is the action that is going to make you feel intensely happy. When you always do your best, you take action. Doing your best is taking the action because you love it, not because you're expecting a reward. Most people do exactly the opposite. They only take action when they expect a reward, and they don't enjoy the action. And that's the reason why they don't do their best.

If you do your best always, over and over again, you will become a master of transformation. If you do your best in the search for personal freedom, in the search for self-love, you will discover that it's just a matter of time before you find what you are looking for."

QUESTIONS TO CONSIDER

AGREEMENT	HOW IT APPLIES TO YOUR CLIENT	HOW IT APPLIES TO YOURSELF
<p>Agreement #1 – Be Impeccable with Your Word</p>	<p>(Example: Say what you'll do; do what you say")</p>	<p>(Example: Don't make promises to yourself that you know you can't keep)</p>
<p>Agreement #2 – Don't Take Anything Personally</p>		
<p>Agreement #3 – Don't Make Assumptions</p>		
<p>Agreement #4 – Always Do Your Best</p>		