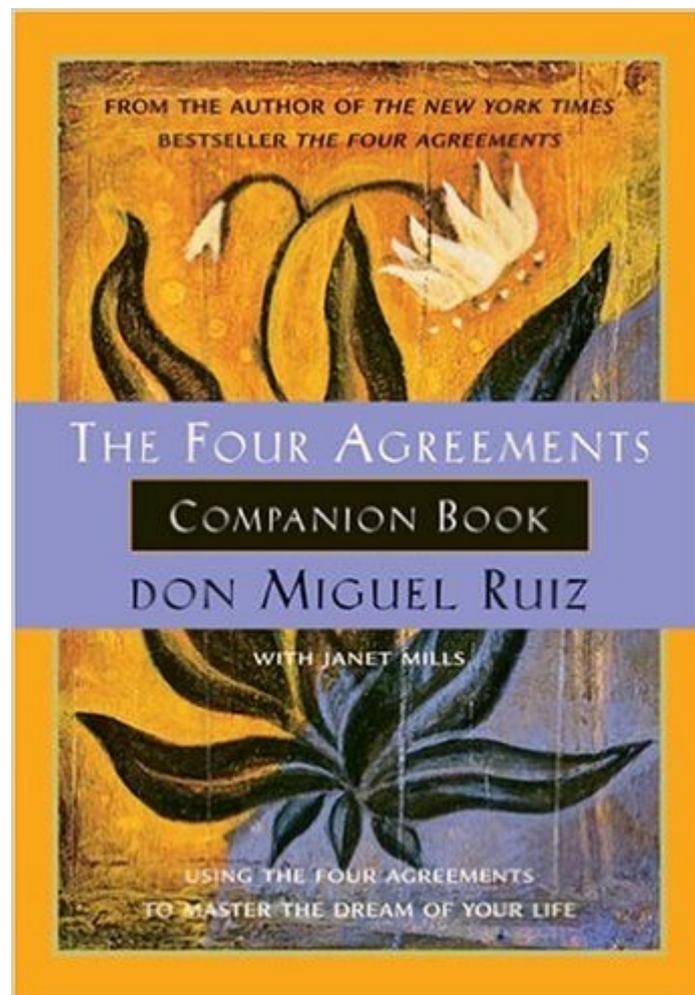


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The Four Agreements Companion Book: Using The Four Agreements To Master The Dream Of Your Life (Toltec Wisdom)



Synopsis

The Four Agreements introduced a code of conduct for attaining personal freedom and true happiness. Now, its companion book takes the reader further along the journey to recover the awareness and wisdom of an authentic self. The book aims to teach the reader how to break the domestication that enslaves through fear and includes practice ideas and examples of success stories to achieve that end.

Book Information

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Customer Reviews

After reading The Four Agreements, I felt that it is great to learn the four agreements. It is impeccable with your word, don't take anything personally, don't make assumptions and always try your best. However, that book did not have enough practical ideas or skills to guide me decode our old agreements/emotional garbage, how to be aware and how to transform. This book has a practical guide to teach us how to live in the four agreements. It teaches us how to become aware and how to transform.

1. Bring the Awareness to Surface so We Can Let Go of the Parasites, the Old Agreement, the Judge, the Victim, the fear
2. How to transform by the second attention (become aware and not act on or judge too fast), action-reaction, attach-detach

Don Miguel Ruiz has a very playful style of writing when he was telling us the above skills. I think in essence, the above skills suggests us to slow down our thinking process to give us enough time to steer our feelings and actions to apply the four agreements and to enjoy life intensely within the moment. His

dialogue about the four agreements and other people's stories about applying the four agreements give me hope that I can live my life with what he has suggested. The dialogue helps us to decode certain emotional garbage and the dialogue helps me to break the old agreements. It is definitely a must-read if you have read the four agreements. Again, reading is not enough. However, putting the new adopted philosophies into everyday life is the way to turn the dream of hell to become the dream of heaven.

Well, I read the 4 agreements plus Mastery of Love a few months ago and I have to agree that if everybody realized the condition of the human mind, we would have a better world. But I'm not waiting around for everybody :-). This book carries through on the original book's promise to liberate the human being by realizing how we can MAKE our own reality instead of just accepting (and suffering through) the one that is given to us by the dream of the world. I'm just beginning to use the workbook and I can tell that it is just what I need to put Don Miguel Ruiz's ideas into practice. The original book plus The Mastery of Love ought to be read first. I will let you know how I fare in this quest for mastering the dream of MY life. The exercises are serious but fun and joyous if approached with the spirit of wanting to further oneself on the path to personal freedom.

Anyone who has read his first book will definitely want to read this one as well. This book actually helps the reader to implement the Four Agreements into daily life. Very insightful and I wish I had read it forty years ago!

I read all the reviews here on and the 1 star comments made me doubt this book. But, from my experience I believe those reviews were unfounded. The book was REALLY helpful in building new agreements. As for the journal format: some people don't like that it is time consuming, but that is the whole point of the book to get you to dedicate time to thinking about what really is behind your way of being. It asks you questions and you to answer them. This is done to get YOU to realize certain truths about yourself instead of having them be handed to you. By asking questions that dispell the lies you tell yourself the truth is able to come out. As for the repetitions: they really aren't many and the ones that are there are placed there on purpose because the more you hear something the more likely it is that you will remember something...and he's really trying to get you to remember those things. As for the comment saying "t4a" is simplistic and save yourself the money: well maybe it didn't work for that person. But for me the truth is that there is more to it, the book explains the damage that not doing these has caused your life and it goes more into depth about what is behind

these agreements and why they help. Ruiz's work has really helped me and many people, if there is a CHANCE that it might help you then you should try it, you have nothing to lose because if you don't like it you can resell on ebay or donate it. you only have great things to gain :0)

If you have read "The Four Agreements", you will not want to miss this excellent and energizing companion book. Like "The Four Agreements", much of the content in this book is based on Eastern philosophies and attaining personal freedom and happiness. This book expands upon "The Four Agreements" by indicating one's life is a dream, a dream that is often dictated by others. In this light, "domestication" is seen as the root of human suffering. There is much to be learned from the Toltec way, and I highly recommend both this book and "Awakening the Buddha Within" by Lama Surya Das. There is much truth and food for thought contained in both these excellent, spiritually refreshing books. The wisdom learned gives direction to the reader on a path towards a more peaceful, serene and happy life.

I like Miguel Ruiz as an author very much. You can see that from my grades of other his books. But this book is disappointment for me. I read some other experiential and companion books that were much better, for example Teachings of don Carlos or Celestine Prophecy - an experiential guide. In all these books the diary writing as a method is included too, but in the Four Agreements Companion Book the writing in the diary or notebook is the only method. In very short time it becomes boring. Maybe if it was not a book of Miguel Ruiz I would grade it with greater mark, but because Ruiz is so brilliant writer, I'll give 3 to this book. My opinion is that last part of Four Agreements, last part of Mastery of Love and the book Beyond the Fear are much better experiential guides for Miguel's teachings.

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