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The four agreements companion book workbook pdf

The Four Agreements introduced a simple, yet powerful code of conduct for attaining personal freedom and happiness, and the Companion Book takes you even further along the journey to recover the awareness and wisdom of your authentic self. This is a must-read not only for those who enjoyed The Four Agreements but for anyone who is ready to leave suffering behind and to master the art of living in our natural state: happiness. Discover additional insights and ideas, including: • 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 applying The Four Agreements in your life • Success stories from people who have already used The Four Agreements to transform their livesThe 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 — About the AuthorsDon Miguel Ruiz is the bestselling author of The Four Agreements (a New York Times bestseller for over a decade), The Four Agreements Companion Book, The Mastery of Love, The Voice of Knowledge, The Circle of Fire, and The Fifth Agreement. The teachings of Ruiz are best known for transforming complex human issues into simple common sense — a talent that has earned him millions of fans and international acclaim. Janet Mills is the founder and president of Amber-Allen publishing. She is also the co-author, with don Miguel Ruiz, of six books in The Toltec Wisdom Series, creator of The Four Agreements for a Better Life online course, and editor of Deepak Chopra's bestselling title, The Seven Spiritual Laws of Success. Her life's mission is to publish books of enduring beauty, integrity, and wisdom, and to inspire others to fulfill their most cherished dreams. Don Miguel Ruiz was born into a family of healers, and raised in rural Mexico by aÁ curandera(healer) mother and aÁ naguaalÁ (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.Á Á 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.Á Á Stunned by this experience, he began an intensive practice of self-inquiry. He devotedÁ 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 teachÁ him in his dreams.Á Á In the tradition of the Toltec, aÁ naguaalÁ guides an individual to personal freedom. Don Miguel Ruiz, aÁ naguaalÁ from the Eagle Knight lineage, has dedicated his life to sharing the wisdom of the ancient Toltec. In Part 1 of this 2-part video, we learn about the "domestication" of humans and how all the rules and values of our family and society are imposed on us through a system of punishment and reward. As little children, our true nature is to love and be happy, to explore and enjoy life; we are completely authentic. But then we learn to be what others think we "should" be, and because it's not okay for us to be what we are, we start pretending to be what we are not. By the time we are teenagers, we've learned to judge ourselves, punish ourselves, and reward ourselves according to agreements that we never even chose. The Four Agreements help us to break self-limiting agreements and replace them with agreements that bring us freedom, happiness, and love. Slideshare uses cookies to improve functionality and performance, and to provide you with relevant advertising. If you continue browsing the site, you agree to the use of cookies on this website. See our User Agreement and Privacy Policy. Slideshare uses cookies to improve functionality and performance, and to provide you with relevant advertising. If you continue browsing the site, you agree to the use of cookies on this website. See our Privacy Policy and User Agreement for details. the four agreements companion book workbook pdf

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