MindMap by Elham Akhlaghi Manesh

The Four Agreements: A Practical Guide to Personal Freedom, by Don Miguel Ruiz

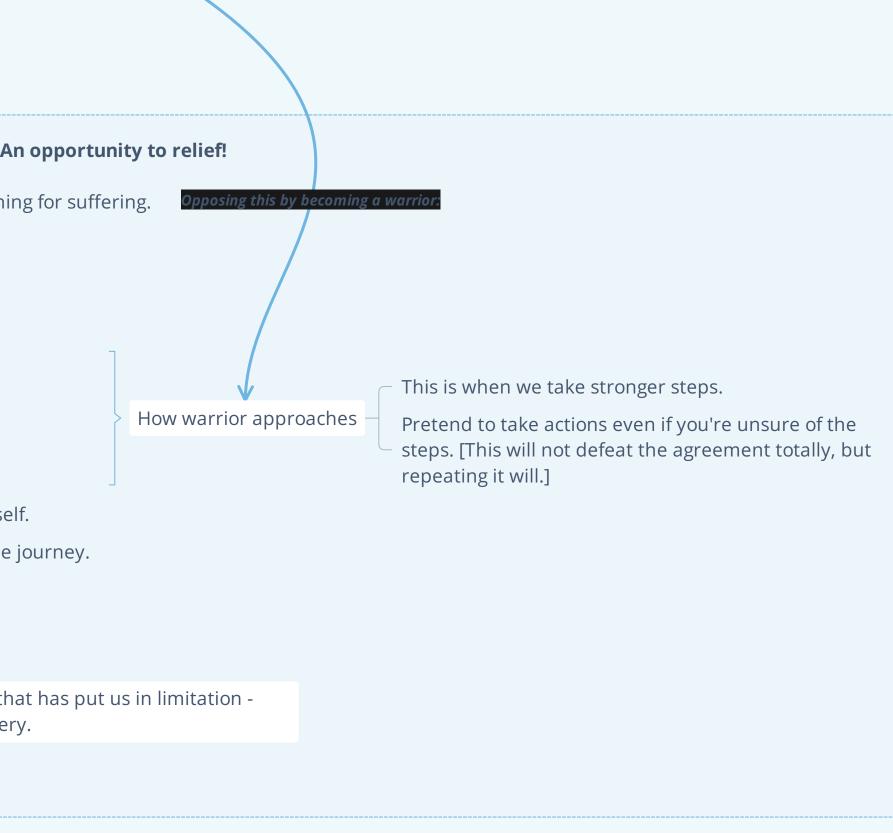
> 6 Breaking Old Agreements

1 Agreement of Freedom	 True freedom has to d We really are free if w We have a memory of An adult has a POV of after childhood. The Book of Law raise responsibilities (a sou 	f our freedom from childhood. — a victim and has a Book of Law es a voiceover to warn us for	The child of about futu Our real s grown up.	ure. self is that chi	hey want. ad about past, ld - the free cl These existir
2 Solution to Reach the Freed	dom - Say no! And, f Don't feed th Initiation of t Top Tip: We considerab	o need and reason to suffer in life e pain, but suffering is a burden for ys change our life depending on o oose. fight by encountering! — Fight aware he parasite. the Dead e have forgotten the fact that it t ole amount of time to learn how to not a position, Masters practice. ess — Who we are.	ook us a to walk!	of ignoring, k at we want.	tarted reasoni
		 Every day we awake with a cermental, emotional, and physic spend throughout the day. The way we see the world dependent of the emotions we are feeling. Forgiveness is the only way to the only way to the emotion of the emot	al energy the end upon the to heal.	nat we Forgiveness is On the othe ★ sadness, ha to follow or	s a compassion er side, get ric atred) for ours n who you are s are a state of
5.4 The Discipline of the Warr Your Own Behavior	ior: Controlling	 Forgiveness is the key to free Freeing onese experiences rate recalling them Choosing to read Choosing to read Continuing to the Continuing to the Deciding to interpersonal grow without constant 	If from the er ather than su interpret the tting them re face and eng he trauma or tegrate these th, contribut ant re-trauma	motional weig uppressing or of e meaning of p epeatedly defin gage with life, w r memory. e experiences of ing to a sense atization.	ht of past constantly painful events ne or harm us without being as part of of wholeness
5.5 The Initiation of the Dead: Angel of Death	: Embracing the	 approach by a without dwelli A warrior has self-mastery - no This is a symbolic statement. The ultimate understanding Dead is that We Are Aware T Anytime. Let Go of Control, and Live t Tell you like those who you I meet with them. 	ng on repeat ot a control o of The Initia hat We Can B he Life You V	ted pain. on others. — ntion of the Be Dead Want.	-

, nor feels anxious

child who hasn't







appress, they will become victim.

with the consideration of The Initiation of the e will get the offer that we be the only one that ve - meaning that we are free, but this time reness (not the state of a child who is free but re of the appropriate concepts). Attention