

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

6 Breaking Old
Agreements

6.1 Agreement of Freedom

- No one is Zoom meeting sees themselves free.
- True freedom has to do with our spirit and body.
- We really are free if we are the real us.
- We have a memory of our freedom from childhood.
 - A child does whatever they want.
 - The child doesn't feel sad about past, nor feels anxious about future.
 - Our real self is that child - the free child who hasn't grown up.
- An adult has a POV of a victim and has a Book of Law after childhood.
 - Goes after wild life.
- The Book of Law raises a voiceover to warn us for responsibilities (a source of judgement).
- There is no need to blame parents for what we have missed.

These existing features are a sort of energy loss for us.

6.2 Solution to Reach the Freedom

- Step 1: awareness
 - Awareness interrupts and says that it suffices to suffer!
 - An opportunity to relief!
- ★ There is no need and reason to suffer in life.
 - It seems like we've started reasoning for suffering.
 - Opposing this by becoming a warrior.
- There can be pain, but suffering is a burden for us to move.
- We can always change our life depending on our ability to choose.
- Say no! And, fight by encountering!
 - Fight is not a sigh of ignoring, but a sigh of awareness on what we want.
- Don't feed the parasite.
- Initiation of the Dead
- ★ Top Tip: We have forgotten the fact that it took us a considerable amount of time to learn how to walk!
 - Be patient toward yourself.
 - It's a journey. Rely on the journey.
- 🏆 Mastery is not a position, Masters practice.

How warrior approaches

- This is when we take stronger steps.
- Pretend to take actions even if you're unsure of the steps. [This will not defeat the agreement totally, but repeating it will.]

+ The Art of Transformation: The Dream of The Second Attention

6.3 How to Become Toltecs
(Toltec path to freedom)

- Mastery of Awareness
 - Who we are.
 - Mastery of Transformation
 - How to change
 - How to be free of domestication
 - Mastery of Intent
 - Transformation of energy - life itself or the unconditional love
- List all of the believes that has put us in limitation - which is a sort of mastery.

6.4 The Discipline of the Warrior: Controlling
Your Own Behavior

- Every day we awake with a certain amount of mental, emotional, and physical energy that we spend throughout the day.
- The way we see the world depend upon the emotions we are feeling.
- ★ Forgiveness is the only way to heal.
 - Forgiveness is a compassion for ourselves.
 - ★ On the other side, get rid of the hard feelings (envy, sadness, hatred) for ourselves, and then, take action to follow on who you are now.
 - Our behaviors are a state of being.
- ★ Forgiveness is the key to freedom.
 - Accept who we are now.
- Forgiveness
 - Freeing oneself from the emotional weight of past experiences rather than suppressing or constantly recalling them.
 - Choosing to reinterpret the meaning of painful events rather than letting them repeatedly define or harm us.
 - Continuing to face and engage with life, without being held back by the trauma or memory.
 - Deciding to integrate these experiences as part of personal growth, contributing to a sense of wholeness without constant re-traumatization.
 - Campaigns like "No to Executions" demonstrate this approach by advocating for progress and justice without dwelling on repeated pain.
- A warrior has self-mastery - not a control on others.
 - If warrior suppress, they will become victim.

Forgiveness

6.5 The Initiation of the Dead: Embracing the
Angel of Death

- This is a symbolic statement.
 - The ultimate understanding of The Initiation of the Dead is that We Are Aware That We Can Be Dead Anytime.
 - ★ Let Go of Control, and Live the Life You Want.
 - ★ Tell you like those who you like every time you meet with them.
- If we live with the consideration of The Initiation of the Dead, we will get the offer that we be the only one that will survive - meaning that we are free, but this time with awareness (not the state of a child who is free but not aware of the appropriate concepts).