

BE IMPECCABLE WITH
YOUR WORD

Speak with integrity.
Say only what you mean.
Avoid using the word to speak
against yourself or to gossip
about others. Use the power of
your word in the direction
of truth and love.

DON'T TAKE ANYTHING
PERSONALLY

Nothing others do is because of you.
What others say and do is a
projection of their own reality,
their own dream. When you are
immune to the opinions and actions
of others, you won't be the
victim of needless suffering.

THE FOUR AGREEMENTS

Find the courage to ask questions
and to express what you really
want. Communicate with others
as clearly as you can to avoid
misunderstandings, sadness,
and drama. With just this one
agreement, you can completely
transform your life.

DON'T MAKE ASSUMPTIONS

Your best is going to change from
moment to moment; it will
be different when you are
healthy as opposed to sick.
Under any circumstance,
simply do your best, and you
will avoid self-judgment,
self-abuse, and regret.

ALWAYS DO YOUR BEST

Agreement #3: **Don't Make Assumptions**

“The problem with making assumptions is that we believe they are the truth.”
— The Four Agreements

The Third Agreement is closely related to the Second Agreement: Don't Take Anything Personally. We ASSUME our reality is the same as someone else's reality, so we fit whatever they do or say into how we view the world. We create stories around our reality. But we cannot dive into another person's head and know what they're thinking, but we sure think we can!

Do you ever read into texts, emails, or even conversations and think you have the other person “figured out”? You believe you know their reason, intention, or motivation, but that assumption is based on your reality and your beliefs. Theirs are probably different.

Why do people Assume?

Here are a few common reasons, especially when it comes to insecure attachment:

- 1. Are you aware that almost everything you tell yourself is an Assumption.**
- 2. Assuming is a great distractor from dealing with your feelings.**
- 3. Assuming allows you to impose your reality on other people, expecting them to think and act the same way you do.**

Imagine the opposite????

“Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama.

Don't Make Assumptions, with just this one agreement, you can completely transform your life.”

MASTERING TRANSFORMATION

Learning from each from Agreements

By nature we are born with the capacity to adapt to transformation, to adapt to constant change. When we are little children, we always live in the present moment; we don't worry about the future, and we don't care about the past. Instinctively we let go of what is past and we accept every gift that life brings. If we play with a toy and we get bored, we let it go; we leave it in the grass and we no longer care about the toy until it hooks our attention again. Little children accept the transformation of life, just as all animals do. Domestication teaches us to try to live in the past and to project into the future. After domestication, humans hardly ever live in the present moment.

How do we get back to that????.....

“Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama.”

ATTACH-DETACH PRACTICE

A practice to incorporate into your daily life. When something comes to you, you attach and enjoy it as immensely as you can. As soon as the moment passes you detach and let it go.

You don't need to pay attention to what is gone.

When your attention is in the present, you aren't carrying the burdens of the past.

The key is finding an equilibrium between attachment and detachment.

ATTACH - Attachment helps you to live in the present moment. With attachment you can increase your desire to accomplish whatever you want to accomplish.

DETACH - With detachment you don't have to suffer what you didn't accomplish. *You simply let go.* It is our attachment to the belief that we should or shouldn't have done something that then limits us and our expression of our creativity and our love. Detachment frees our energy and allows us space to create, which can then become a masterpiece of art: our *own* life.

PRACTICE - The practice of Attach-Detach can be used with everything. Think of a child living in the moment, believing in what they are engaged in at that time, in the present. The newness, the excitement, the play; the beauty of the innocence is magical. We are so attached to what we believe that we don't want to let go of our beliefs, even if these beliefs are not true at all. Even if our beliefs make us suffer and create a big drama in our life, they also make us feel safe because it's a behaviour that we know so well.

“Detaching from beliefs is up to you by choosing the kind of knowledge you attach to. Set your intention to practice detaching from the knowledge that goes against you or anyone else. Just imagine all the energy and personal power you will reclaim!”

Let's try an exercise to practice Attach-Detach.....

Zoom In, Zoom Out (Meditation)

Think of a problem in your life that has caused you to worry or suffer. Imagine that you can view your life through the lens of a magical camera. When you Zoom In, you see and feel every detail of anything that touches your life; anything that touches your life comes into focus within the frame of the viewfinder.

Imagine whenever you choose you can also Zoom Out in order to see the larger picture of your life. In the Zoom-out mode, your focus is no longer on all the details. The first thing you see is the house you live in. You observe the ever-widening panoramic views of the city where you live, then the country, then the continent, until suddenly you are staring at the earth from outer space.

Pause for a moment to consider your life from this perspective. Your life and all your troubles are a tiny speck on the face of the earth. All your dreams, all your desires, all your hopes and fears are there in that speck on earth. You are there in the midst of billions of people just like you who share similar emotions and dreams. Stay in the Zoom-out mode and continue on your journey into outer space until you can see all the planets in our solar system. Who are you? What are you? Where is your place in this vast universe? Why do humans suffer over so many small things in life when there is a universe of beauty and wonder to behold?

When we consider the span of eternity, and the entire history of humanity, our life is over in a mere fraction of time. How will you choose to spend it? What will you invest your energy in? Keep zooming out until you detach completely from your problem and can see that it is insignificant in the greater scheme of life. Remind yourself that every problem carries the seeds of opportunity to learn, to love, to grow in awareness and simply to be happy to be alive.

“Making assumptions is just looking for trouble because most assumptions are not the truth; they’re fiction.”

AGREEMENT NOT MAKE ASSUMPTIONS

This AGREEMENT is made on _____(today's date) for the next time I find myself focusing incessantly on a problem, I will imagine zooming out with a magical camera. Detaching from all the details, and putting my attention on the wider picture of my life. Imagining that I can enjoy every person, every material possession, every event in my life as a magical experience that continues to unfold.

I am alive, I am free, and I am powerful.

I will take action every day to work at this agreement and will repeat this action with the symbol _____ until the habit is firmly established and no longer requires my attention.

Signed: _____

Witness: _____