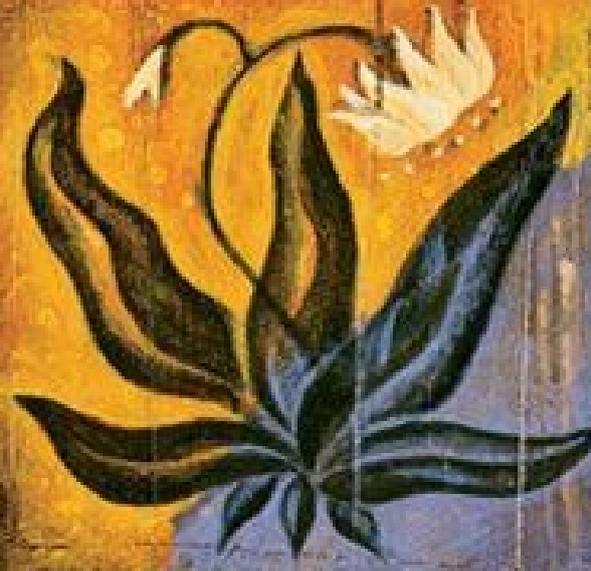


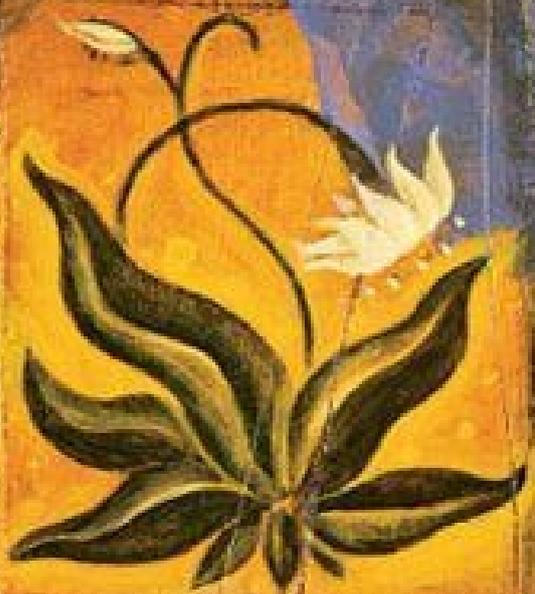
A Practical Guide to Personal Freedom



A  
Toltec

THE FOUR  
AGREEMENTS

Wisdom  
Book



DON MIGUEL RUIZ

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# **THE FOUR AGREEMENTS**

*Also by don Miguel Ruiz*

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A Practical Guide to Self-Mastery

THE FOUR AGREEMENTS COMPANION BOOK  
Using The Four Agreements to Master the Dream of Your Life

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# **A Practical Guide to Personal Freedom**

**A  
Toltec**

# THE FOUR AGREEMENTS

**Wisdom  
Book**

DON MIGUEL RUIZ



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Note: The term “black magic” is not meant to convey racial connotation; it is merely used to describe the use of magic for adverse or harmful purposes.

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To the *Circle of Fire*; those who have gone before, those who are present, and those who have yet to come.

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## The Toltec

THOUSANDS OF YEARS AGO, THE TOLTEC WERE known throughout southern Mexico as “women and men of knowledge.” Anthropologists have spoken of the Toltec as a nation or a race, but, in fact, the Toltec were scientists and artists who formed a society to explore and conserve the spiritual knowledge and practices of the ancient ones. They came together as masters (*naguals*) and students at Teotihuacan, the ancient city of pyramids outside Mexico City known as the place where “Man Becomes God.”

Over the millennia, the *naguals* were forced to conceal the ancestral wisdom and maintain its existence in obscurity. European conquest, coupled with rampant misuse of personal power by a few of the apprentices, made it necessary to shield the knowledge from those who were not prepared to use it wisely or who might intentionally misuse it for personal gain.

Fortunately, the esoteric Toltec knowledge was embodied and passed on through generations by different lineages of *naguals*. Though it remained veiled in secrecy for hundreds of years, ancient prophecies foretold the coming of an age when it would be necessary to return the wisdom to the people. Now, don Miguel Ruiz, a *nagual* from the Eagle Knight lineage, has been guided to share with us the powerful teachings of the Toltec.

Toltec knowledge arises from the same essential unity of truth as all the sacred esoteric traditions found around the world. Though it is not a religion, it honors all the spiritual masters who have taught on the earth. While it does embrace spirit, it is most accurately described as a way of life, distinguished by the ready accessibility of happiness and love.



# **INTRODUCTION**

## The Smokey Mirror

THREE THOUSAND YEARS AGO, THERE WAS A HUMAN just like you and me who lived near a city surrounded by mountains. The human was studying to become a medicine man, to learn the knowledge of his ancestors, but he didn't completely agree with everything he was learning. In his heart, he felt there must be something more.

One day, as he slept in a cave, he dreamed that he saw his own body sleeping. He came out of the cave on the night of a new moon. The sky was clear, and he could see millions of stars. Then something happened inside of him that transformed his life forever. He looked at his hands, he felt his body, and he heard his own voice say, "I am made of light; I am made of stars."

He looked at the stars again, and he realized that it's not the stars that create light, but rather light that creates the stars. "Everything is made of light," he said, "and the space in-between isn't empty." And he knew that everything that exists is one living being, and that light is the messenger of life, because it is alive and contains all information.

Then he realized that although he was made of stars, he was not those stars. "I am in-between the stars," he thought. So he called the stars the *tonal* and the light between the stars the *nagual*, and he knew that what created the harmony and space between the two is Life or Intent. Without Life, the *tonal* and the *nagual* could not exist. Life is the force of the absolute, the supreme, the Creator who creates everything.

This is what he discovered: Everything in existence is a manifestation of the one living being we call God. *Everything is God*. And he came to the conclusion that human perception is merely light perceiving light. He also saw that matter is a mirror — everything is a mirror that reflects light and creates images of that light — and the world of illusion, the *Dream*, is just like smoke which doesn't allow us to see what we really are. "The real us is pure love, pure light," he said.

This realization changed his life. Once he knew what he really was, he looked around at other humans and the rest of nature, and he was amazed at what he saw. He saw himself in everything — in every human, in every animal, in every tree, in the water, in the rain, in the clouds, in the earth. And he saw that Life mixed the *tonal* and the *nagual* in different ways to create billions of manifestations of Life.

In those few moments he comprehended everything. He was very excited, and his heart was filled with peace. He could hardly wait to tell his people what he had discovered. But there were no words to explain it. He tried to tell the others, but they could not understand. They could see that he had changed, that something beautiful was radiating from his eyes and his voice. They noticed that he no longer had judgment about anything or anyone. He was no longer like anyone else.

He could understand everyone very well, but no one could understand him. They believed that he was an incarnation of God, and he smiled when he heard this and he said, "It is true. I am God. But you are also God. We are the same, you and I. We are images of light. We are God." But still the people didn't understand him.

He had discovered that he was a mirror for the rest of the people, a mirror in which

he could see himself. “Everyone is a mirror,” he said. He saw himself in everyone, but nobody saw him as themselves. And he realized that everyone was dreaming, but without awareness, without knowing what they really are. They couldn’t see him as themselves because there was a wall of fog or smoke between the mirrors. And that wall of fog was made by the interpretation of images of light — the *Dream* of humans.

Then he knew that he would soon forget all that he had learned. He wanted to remember all the visions he had had, so he decided to call himself the Smokey Mirror so that he would always know that matter is a mirror and the smoke in-between is what keeps us from knowing what we are. He said, “I am the Smokey Mirror, because I am looking at myself in all of you, but we don’t recognize each other because of the smoke in-between us. That smoke is the *Dream*, and the mirror is you, the dreamer.”

Living is easy with eyes closed, misunderstanding all you see....  
— John Lennon



## Domestication and the Dream of the Planet

WHAT YOU ARE SEEING AND HEARING RIGHT NOW IS nothing but a dream. You are dreaming right now in this moment. You are dreaming with the brain awake.

Dreaming is the main function of the mind, and the mind dreams twenty-four hours a day. It dreams when the brain is awake, and it also dreams when the brain is asleep. The difference is that when the brain is awake, there is a material frame that makes us perceive things in a linear way. When we go to sleep we do not have the frame, and the dream has the tendency to change constantly.

Humans are dreaming all the time. Before we were born the humans before us created a big outside dream that we will call society's dream or *the dream of the planet*. The dream of the planet is the collective dream of billions of smaller, personal dreams, which together create a dream of a family, a dream of a community, a dream of a city, a dream of a country, and finally a dream of the whole humanity. The dream of the planet includes all of society's rules, its beliefs, its laws, its religions, its different cultures and ways to be, its governments, schools, social events, and holidays.

We are born with the capacity to learn how to dream, and the humans who live before us teach us how to dream the way society dreams. The outside dream has so many rules that when a new human is born, we hook the child's attention and introduce these rules into his or her mind. The outside dream uses Mom and Dad, the schools, and religion to teach us how to dream.

*Attention* is the ability we have to discriminate and to focus only on that which we want to perceive. We can perceive millions of things simultaneously, but using our attention, we can hold whatever we want to perceive in the foreground of our mind. The adults around us hooked our attention and put information into our minds through repetition. That is the way we learned everything we know.

By using our attention we learned a whole reality, a whole dream. We learned how to behave in society: what to believe and what not to believe; what is acceptable and what is not acceptable; what is good and what is bad; what is beautiful and what is ugly; what is right and what is wrong. It was all there already — all that knowledge, all those rules and concepts about how to behave in the world.

When you were in school, you sat in a little chair and put your attention on what the teacher was teaching you. When you went to church, you put your attention on what the priest or minister was telling you. It is the same dynamic with Mom and Dad, brothers and sisters: They were all trying to hook your attention. We also learn to hook the attention of other humans, and we develop a need for attention which can become very competitive. Children compete for the attention of their parents, their teachers, their friends. "Look at me! Look at what I'm doing! Hey, I'm here." The need for attention becomes very strong and continues into adulthood.

The outside dream hooks our attention and teaches us what to believe, beginning with the language that we speak. Language is the code for understanding and communication between humans. Every letter, every word in each language is an