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Inspiration
Education
Transformation



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THE FOUR AGREEMENTS

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“We don’t see things as they are; we see things as we are.”
~ Anaïs Nin

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Recently, I have enjoyed re-reading the book *“The Four Agreements”*, by don Miguel Ruiz. It was published in 1997, so most of you have probably heard of it and I imagine, many of you have read it. But like most books of simple wisdom, it’s pages are worth revisiting with fresh eyes from time to time.

The author, Don Miguel, was raised in rural Mexico by a family of healers. His grandfather was a shaman (a nagual) and his mother a healer (curandera). He received western medical training and became a surgeon. Through his own near-death experience in the 1970s he was drawn back to his indigenous roots and immersed himself in studying the ancient Toltec traditions. He developed a different way of thinking about healing; that it begins with healing our state of mind.

The Four Agreements suggests that the human mind becomes restricted, rigid and fearful through a process he calls domestication. Specifically, that we are raised by our parents and communities to understand the world and our place in it through the beliefs that we are taught, and that eventually we don’t need society to remind us. We internalize what we have been told and it becomes our accepted reality. Don Miguel would say that it is the “dream” we live in.

As a therapist, I am well acquainted with how our belief system shapes our experience, and it’s power to cause unnecessary suffering. The path to freedom and healing our state of mind involves examining our belief system and owning our ability to choose what to keep and what to let go of. This “re-decision” work is critical to wellness because when we were young and most beliefs were instilled, we didn’t have a choice. It is not necessary to blame our parents for teaching us what they knew, but to make conscious choices now that we are aware.

In the book, Don Miguel offers Four Agreements, or manners of living, as a path to a freer state of mind. These agreements are the focus of our discussion on *Mindful Connections* this month and I invite you to join the conversation. They are simple, yet not easy to live out, with a profound capacity to change the nature of our lives. If I have piqued your interest, you might want to check out *The Four Agreements* for yourself.

Next month I’ll explore the first agreement: *Be impeccable with your word.*

Mindful Connections

A program devoted to your body, mind and spirit.

I am pleased to host *Mindful Connections* with fellow psychotherapist, Tina Moody, every Saturday morning from 11-12:00 on our community radio station **KDRP, 99.9FM** in Dripping Springs and streaming live at www.kdrplive.org. You can also listen to podcasts of recent shows on the website at your convenience. Just click on the link for **Saturday Talk Block**, and then **Mindful Connections**.

This month we are discussing *The Four Agreements*: **Be Impeccable with Your Word; Don’t Take Anything Personally; Don’t Make Assumptions; and Always Do Your Best.**