



Thought of the Month News and Notes

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Dear Friends,

This month I am sharing some thoughts from a book I find inspiring. Don Miguel Ruiz wrote *The Four Agreements, A Practical Guide to Personal Freedom* in which he discusses communication and how fraught with the potential for misunderstanding and frustrations. I have chosen a few key elements to share with you and have added my own thoughts.

I hope you will take this opportunity to explore his ideas, your reactions and gain some insight as to how it may apply to your relationships. Please let me know what you think!

As always, if you need us, just call.

Donna and David

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MARCH 2015: The Four Agreements: Using ancient Toltec Knowledge in Relationships

Don Miguel Ruiz has captured some valuable truths for life in his popular book, *The Four Agreements, A Practical Guide to Personal Freedom*. The following is an overview of the meaning of each of The Four Agreements,

based on the writings of Don Miguel Ruiz.

I found a nice summary of his thoughts from [this link The Four Agreements: A Practical Guide to Personal Freedom](#) which I have copied below and added my thoughts as to how I think these apply to Relationships.

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. Impeccable means "without sin" and a sin is something you do or believe that goes against yourself. It means not speaking against yourself, to yourself or to others. It means not rejecting yourself. To be impeccable means to take responsibility for yourself, to not participate in "the blame game."

Regarding the word, the rules of "action-reaction" apply. What you put out energetically will return to you. Proper use of the word creates proper use of energy, putting out love and gratitude perpetuates the same in the universe. The converse is also true.

Impeccability starts at home. Be impeccable with yourself and that will reflect in your life and your relationships with others. This agreement can help change thousands of other agreements, especially ones that create fear instead of love.

My thoughts:

I've noticed that people truly desire that their intimate Partners be truthful with them. If we do not know someone's truth we have to make it up, and that usually leads to far worse imaginations than the truth would ever be. Another ancient passage says "The

truth will set you free."

Don't Take Anything Personally

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

We take things personally when we agree with what others have said. If we didn't agree, the things that others say would not affect us emotionally. If we did not care about what others think about us, their words or behavior could not affect us.

Even if someone yells at you, gossips about you, harms you or yours, it still is not about you! Their actions and words are based on what they believe in their personal dream.

Our personal "Book of Law" and belief system makes us feel safe. When people have beliefs that are different from our own, we get scared, defend ourselves, and impose our point of view on others. If someone gets angry with us it is because our belief system is challenging their belief system and they get scared. They need to defend their point of view. Why become angry, create conflict, and expend energy arguing when you are aware of this?

My thoughts:

This is the 90-10 rule in reverse. Whatever your Partner is feeling or reacting to is 90% about them and not about you. This awareness can move you from reactivity to compassion.

Don't Make Assumptions

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. When we make assumptions it is because we believe we know what others are thinking and feeling. We believe we know their point of view, their dream. We forget that our beliefs are just our point of view based on our belief system and personal experiences and have nothing to do with what others think and feel.

We make the assumption that everybody judges us, abuses us, victimizes us, and blames us the way we do ourselves. As a result we reject ourselves before others have the chance to reject us. When we think this way, it becomes difficult to be ourselves in the world.

Take action and be clear to others about what you want or do not want; do not gossip and make assumptions about things others tell you. Respect other points of view and avoid arguing just to be right. Respect yourself and be honest with yourself. Stop expecting the people around you to know what is in your head.

**My thoughts:
This is what makes the dialogue so healing. It takes us away from assumptions that so easily cause emotional poison. Remember, your Partner is not you. They are a wholly (Holy) other entity with their own validity about everything.**

Always Do Your Best

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.

Doing your best means enjoying the action without expecting a reward. The pleasure comes from doing what you like in life and having fun, not from how much you get paid. Enjoy the path traveled and the destination will take care of itself.

Living in the moment and releasing the past helps us to do the best we can in the moment. It allows us to be fully alive right now, enjoying what is present, not worrying about the past or the future.

Have patience with yourself. Take action. Practice forgiveness. If you do your best always, transformation will happen as a matter of course.

My thoughts:

My take on this is a bit different than the book. I think it can mean to always bring your best self to your Partner and your family. I know it is so easy to let down and be reactive with those close to us in ways we would never risk being at work or even with other friends. But I think our Partner deserves the best, most conscious, most respectful self we have to offer.

I really value your feedback on my articles. Thanks for reading!

David (and Donna)

**MARK YOUR CALENDARS...LOTS OF OPPORTUNITIES
COMING UP!**

Be sure to watch this space or check our web site for future opportunities.

Getting the Love You Want Workshops

May 1-3, 2015, Frederick, MD

June 12-14, 2015, Frederick, MD

July 24-26, 2015, Frederick, MD

Next Step Workshop

March 7-8, 2015 Frederick, MD

QUOTES OF THE MONTH

"Think like a man of action, and act like a man of thought." Henri L. Bergson

"I am only one, but still I am one. I cannot do everything, but still I can do something. And because I cannot do everything I will not refuse to do the something that I can do." Helen Keller

"Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning." Mahatma Gandhi

"If you change the way you look at things, the things you look at change." Dr Wayne Dyer

"When you get to the end of the rope, tie a knot and hang on." Franklin D Roosevelt

"Your attitude, not your aptitude, determines your altitude." Zig Ziglar

"So many of our dreams at first seems impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable." Christopher Reeve

We are on this journey with you. Keep in touch!

Sincerely,

**David and Donna Bowman
Bowman & Associates, PA**

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