



The Four Agreements Companion Book: Using the Four Agreements to Master the Dream of Your Life (Toltec Wisdom)

By don Miguel Ruiz, Janet Mills

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The Four Agreements introduced a simple, but powerful code of conduct for attaining personal freedom and true happiness. Now *The Four Agreements Companion Book* takes you even further along the journey to recover the awareness and wisdom of your authentic self. This companion book is a must-read not only for those who enjoyed don Miguel's first book, but for anyone who is ready to leave suffering behind, and to master the art of living in our natural state: happiness.

The Companion Book includes:

- How to break the domestication that keeps you enslaved by fear
- Keys to recover your will, your faith, and the power of your word
- Practice ideas to help you become the master of your own life
- A dialogue with don Miguel about living The Four Agreements
- Success stories from people who have used The Four Agreements

"The Four Agreements are a tool for transformation, leading you to stop judging, mainly yourself, and to start practicing another way of life." — don Miguel Ruiz

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Editorial Review

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In *The Four Agreements*, Mexican shaman Miquel Ruiz built his teachings around four agreements: be impeccable with your word; don't take anything personally; don't make assumptions; always do your best. Now Ruiz offers readers a companion guide, making practical mysticism out of the ancient Toltec tradition. On the one hand this is an eloquent introduction to Toltec teachings, offering a fascinating discussion of how one's life is a dream (and a dream that's often dictated by others) and how "domestication" is the root of human suffering. On the other hand don Miquel has also written a Toltec self-help book, offering specific tools, exercises, and suggestions to help readers live their own dreams, become more attentive, and make conscious agreements with themselves. For readers who feel aligned with the Toltec tradition, this will certainly be a powerful ally as they begin the dream of transformation. --Gail Hudson

About the Author

Don Miguel Ruiz was born into a family of healers, and raised in rural Mexico by a *curandera* (healer) mother and a *nagual* (shaman) grandfather. The family anticipated that Miguel would embrace their centuries-old legacy of healing and teaching, and carry forward the esoteric Toltec knowledge. Instead, distracted by modern life, Miguel chose to attend medical school and become a surgeon.

A near-death experience changed his life. Late one night in the early 1970s, he awoke suddenly, having fallen asleep at the wheel of his car. At that instant the car careened into a wall of concrete. Don Miguel remembers that he was not in his physical body as he watched himself pull his two friends to safety.

Stunned by this experience, he began an intensive practice of self-inquiry. He devoted himself to the mastery of the ancient ancestral wisdom, studying earnestly with his mother, and completing an apprenticeship with a powerful shaman in the Mexican desert. His grandfather, who had since passed on, continued to teach him in his dreams.

In the tradition of the Toltec, a *nagual* guides an individual to personal freedom. Don Miguel Ruiz, a *nagual* from the Eagle Knight lineage, has dedicated his life to sharing the wisdom of the ancient Toltec.

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