

THE FOUR
AGREEMENTS



DR SUSAN KRIEGLER

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BE IMPECCABLE WITH YOUR WORD

Your word is the gift that comes directly from GOD. Regardless of what language you speak, your intent towards yourself and others manifests through the word. The word is pure magic that humans possess, and the misuse of the word is to spread black magic. Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or gossip about others. Use the magic and power of your word in the direction of truth and love.

DON'T TAKE ANYTHING PERSONALLY

You take whatever was said or done to you personally because you agree with whatever was said or done. As soon as you agree, the poison goes through you, and you are trapped in the dream of hell. Nothing others do is because of you. What others say and do is a protection of their own reality, their own dream, their own fantasy. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

DON'T MAKE ASSUMPTIONS

We make assumptions about what others are doing or thinking – we take it personally - then we blame them and react by sending emotional poison with our word. 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.

ALWAYS DO YOUR BEST

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

DIE VIER OOREENKOMSTE

WEES ONKREUKBAAR MET JOU WOORD

Jou woord is 'n gawe wat direk van God af kom. Maak nie saak watter taal jy praat nie, jou bedoeling teenoor jousef en ander manifesteer deur jou woord. Jou woord is suiwer towerkuns en om die woord te misbruik is soos om swart towerkuns te gebruik. Praat met integriteit. Sê slegs wat jy bedoel. Moenie jou woord gebruik om teen jousef te praat of oor ander te skinder nie. Gebruik die towerkrag en krag van die woord vir waarheid en liefde.

MOET NIKS PERSOONLIK OPNEEM NIE

As jy iets wat teen jou gesê of gedoen is persoonlik opneem, dan is dit omdat jy eintlik daarmee saamstem. Sodra jy daarmee saamstem, vloei die gif deur jou, en dan is jy vasgevang in h droom van hel. Niks wat iemand anders doen het enigiets met jou te make nie. Wat ander mense sê en doen is om hul eie realiteit te beskerm, hul eie droom, hul eie fantasie. Wanneer jy immuun is teen die opinies en dade van ander mense, sal jy nie meer die slagoffer van onnodige pyn en lyding wees nie.

MOENIE AANNAMES MAAK NIE

Ons maak aannames oor wat ander doen of dink. – ons neem dit persoonlik op – en dan blameer ons hulle en reageer deur emosionele gif deur ons woord te versprei. Vind die moed in jou om vrae te vrae, en uit te druk wat jy regtig wil hê. Maak jou kommunikasie met ander mense so helder as wat jy kan om onnodige misverstande, hartseer en drama te verhoed.

DOEN ALTYD JOU BESTE

Jou beste verander van oomblik tot oomblik, dit is anders wanneer jy siek is as wanneer jy gesond is. Jy kan jousef onder enige omstandighede, deur eenvoudig jou beste te gee, van self-verwyte, self-misbruik en spyt bevry.

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