

Appendix 5 The Four Agreements

Don Miguel Ruiz states the Four Agreements are the primary spiritual law of the ancient Toltecs of Mexico. He is a present day Toltec shaman.

1. Be impeccable with your word
2. Don't take anything personally
3. Don't make assumptions
4. Always do your best



The Four Agreements: A Practical Guide to Personal Freedom (A Toltec Wisdom Book), 1997, Amber-Allen Publishing.