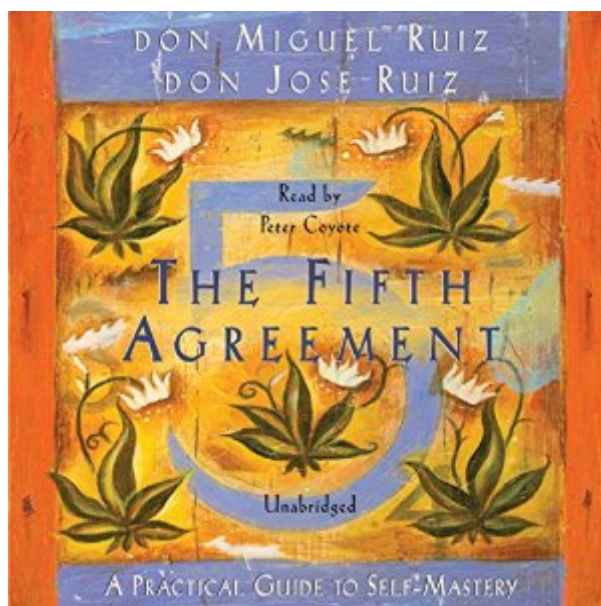


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# The Fifth Agreement: A Practical Guide To Self-Mastery



## Synopsis

In *The Four Agreements*, a New York Times best seller for over seven years, don Miguel Ruiz revealed how the process of our education, or "domestication," can make us forget the wisdom we were born with. Throughout our lives, we make many agreements that go against ourselves and create needless suffering. *The Four Agreements* help us to break these self-limiting agreements and replace them with agreements that bring us personal freedom, happiness, and love. Now don Miguel Ruiz joins his son don Jose Ruiz to offer a fresh perspective on the Four Agreements, and a powerful new agreement for transforming our lives into our personal heaven: the fifth agreement. *The Fifth Agreement* takes us to a deeper level of awareness of the power of the Self, and returns us to the authenticity we were born with. In this compelling sequel to the book that has changed the lives of millions of people around the world, we are reminded of the greatest gift we can give ourselves: the freedom to be who we really are.

## Book Information

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## Customer Reviews

"*The Fifth Agreement*" is the sequel to "*The Four Agreements*," which outlines a simple foundation for a happy life that anyone can implement regardless of one's religion or lack of one. They convey the core of the Toltec shamanic tradition in a nutshell: Be impeccable with your word; don't take things personally; don't make assumptions; and do your best. Don Miguel Ruiz wrote that bestseller 12 years ago, and now has written "*The Fifth Agreement*" with his son, don Jose. The fifth agreement is deceptively simple, yet incredibly profound. It states, "Be skeptical but learn to listen."

While the first four agreements deal with our relationship to ourselves and how to create a happy life, the fifth agreement deals with our relationship to others, and how to create a better world."The Fifth Agreement" asks us to be skeptical and use discernment when listening others, and to understand that everyone has his or her own perspective and agenda reflected in their words. It is up to us to discern the truth behind the words, but always to be respectful of another's right to his or her views, even if we don't share them. Each of us is the artist of our own life, the director of our own play, and we can make it an adventure or a drama - heaven or hell, it's up to us. The first part of the book reviews the first four agreements, discussing how the meanings we attribute to symbols define us culturally. The second part of the book delves into the more advanced concepts of the Toltec mystery school, including the Fifth Agreement, Victims, Warriors, Masters and Seers. All the concepts are explained in ways that anyone can understand and, hopefully, implement in one's life.

Many years ago I read Ruiz's "The Four Agreements, A Practical Guide to Personal Freedom". I was so impressed by the simple, but deep wisdom of the Four Agreements that I sent copies to each of my twenty-some children. I think they received them much as anything of this sort is received from a parent. A friend recently gave me a copy of The Fifth Agreement. I wondered why they put out another one as the first seemed enough for a lifetime, but it did not take me long to understand. The first part of the book is a revisiting of the Four Agreements. Like a lot of things in life it never hurts to back over the basics. The Four Agreements are essentially the foundation for the Fifth Agreement. Again the book is simple yet profound. None of the Five Agreements is something we do not know about. The trick is remembering them and living them. For me, at least, the book is best read in multiple sessions. I read each chapter as meditation. Like a meditation each chapter can be read again. The book is spiritual, but not religious. It embraces and rejects religion all at the same time. At least that is my dream of how it read. As I read the book, I could not help but see the confluence of Buddhism and Toltec wisdom. Is it surprising, or is not surprising that similar concepts / wisdom developed at different times in different cultures. The next question is why do I say this? Both approaches emphasize being in the moment. Impeccable speech strikes me as Right Conduct, Right Livelihood, and Right Thought in the Buddhist tradition. They phrase it differently, but they both address quieting the clattering monkey mind.

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