

The Five Agreements

A Practical Guide to Personal Freedom and Self-Mastery
(New Thought / Ancient Wisdom / Interfaith Buddhist Spirituality)

- 1. 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.
- 2. Don't Take Anything Personally** – Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.
- 3. 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.
- 4. 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.
- 5. Be Skeptical, but Learn to Listen** – Don't believe yourself or anybody else. Use the power of doubt to question everything you hear: Is it really the truth? Listen to the intent behind words, and you will understand the real message.

"[This] is a roadmap to enlightenment and freedom."

– Deepak Chopra, *The Seven Spiritual Laws of Success*



6 MONDAYS @ 7:30 pm
(September 14 – October 19)

Please join **Brother ChiSing**, a lay-ordained disciple of **Thich Nhat Hanh**, for his last (and best) class series of 2015. Based on Don Miguel Ruiz' book "The Four Agreements" and his sequel "The Fifth Agreement," we will add insights and practices from Interfaith Buddhist spirituality and other enlightened traditions. Each week will also include easy guided meditations and simple homework assignments. Come and make new friends in Dallas as we put the Five Agreements into practical application!

\$120 for this class series
+ \$30 for book, CD, materials, etc.
(discount available for couples)

Register online by **September 7** –
www.AwakeningHeart.org