



## Working Well

### *The Four Agreements*

February 2008 - Vol IV Issue 2

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#### CSI Friend

I thought it might be fitting to talk about *The Four Agreements* this month for several reasons. If you are wondering, "What are the *Four Agreements*?" they are based on a book by the same title written by Don Miguel Ruiz. It is one of those nice skinny books that you can read in about 2 hours. I had the privilege of meeting Don Miguel and his two sons a couple years ago. Talk about unconditional love! This family exudes it to everyone they meet. There is no shaking hands; it is hugs or nothing.

I am finding that the people in my audiences as well as the coaching clients I am involved with are all struggling to find balance in at least one of the Four Agreement areas. Also, with the CSI Journeys trip coming up to Mexico in May, it is also fitting for those who are contemplating taking that spiritual journey because these agreements are very connected to the Toltec philosophies.

And lastly, all 4 of these agreements are a part of personal healing on all levels; physically, spiritually, mentally and emotionally. Understanding where you are with these four agreements and what you need to do to make them more a part of your life is essential if you want to move into light and love.

Photo: Myself and Don Miguel's son Jose in 2004

#### The Four Agreements

##### **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.

##### **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.

##### **DON'T MAKE ASSUMPTIONS**

Find the courage to ask questions 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.

##### **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.

## The Four Agreements in Action

- Think before you speak. Know that the choice in words you use to communicate your thoughts are as important as the thoughts themselves.
- Listen to your own thoughts for a full day. Take note of any time you think badly of yourself or another. It is more often than you may think. When you catch yourself say directly to your Higher Self, "I only choose thoughts and words that are for my highest good and of the highest good for the universe."
- Begin to trust your own thoughts and feelings. We so often change our thoughts, actions and even careers based on what others think. Do not let the opinion of others change your destiny. Only you can do what you were brought here to do and if you choose not to do it, no one will.
- Remember, we are all the same inside; we all have similar fears, we just choose to express them differently. Some do not look others in the eye, some yell, some cry and others may act like everything is okay but be miserable inside. We are all in this together. The biggest lie of being human is that we are all separate entities. We are all "one song" = "uni- verse."
- Our communication is made up of 55% body language, 38% tone of voice and 7% words. We listen more with our eyes than we do our ears. Learn to watch others so you can get a sense for what they are truly feeling. Most of the body language we use when we communicate is directed by the subconscious so we are most of the time unaware of it. A person's body language tells you how they really feel.
- How many perfectionists do we have out there? If this is you, remind yourself every day that your best is different from day to day. When you are sick, emotional or just plain tired your gauge for what is your best changes. As long as you know that every day and every moment you are giving all that you can at that moment that is all the universe asks for. You will know you are always doing your best.

Photo: Xel Ha in Mexico

## CSI Journeys: Mexico 2008

Chris Sopa International Journeys is taking a transformational journey to Mexico! This 9 day journey will take us to seven sacred sites in Mexico as we are lead by internationally renowned Maya expert Miguel Angel and our own personal shaman. At each sacred site, we will be cleansing one of the seven main chakras, balancing, taking part in ancient Maya ceremonies and allowing the sacred energy of each site to bathe us in it's healing powers.

ONLY 10 PERSONS CAN ATTEND THIS JOURNEY.

CONTACT CHRIS NOW FOR MORE INFORMATION ON HOW TO LOCK IN YOUR RESERVATION AND RECEIVE A COPY OF THE FULL ITINERARY!

**Dates:** May 17-26, 2008

**Cost:** \$2499.00 per person (price based on 6 travelers)

### Price Includes:

- Arrival and departure transfers (Mérida Airport / Hotel / Mérida Airport)
- Transportation in air conditioned bus for itinerary
- Total of 9 nights accommodation
- 16 meals: 9 breakfasts and 7 lunches
- Admission fees to the 9 sites listed on the itinerary
- Tips for Bellboys, Maids, Restaurant waiters, bus driver and guide
- Travel with author and Maya Master Teacher, Miguel Angel Vergara
- Special lecture with Miguel Angel: The Maya Goddesses

- Participate in meditations, rituals & ceremonies at the Maya sites with Miguel Angel
- Special candle lit ceremony & swim at Ik Kil Cenote
- Experience ancient Maya rituals and ceremonies with local shamans
- Visits to eight important Mayan sites
- Farewell Lunch

### **Up-coming Events:**

#### **Rhythm of Nikken Quarterly Event**

February 23, 2008

9am -1pm

Rockville, MD

#### **Mastering Your Mind to be a Top Performer Conference Call**

February 27, 2008

7-8pm

#### **Delaware Women's Conference**

Keynote Speaker

March 1, 2008

"The Power to Heal Yourself"

Newark, DE

#### **Delaware Healthy Living Expo**

Keynote Speaker

March 15, 2007

Chase Center

Wilmington, DE

#### **National School Boards Association Conference**

March 28-April 1, 2008

Orlando, FL

#### **Mastering Your Mind to Be a Top Performer Workshop**

April 18-20, 2008

Wilmington, DE

Be well,

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