

## **Guidelines for Promoting Spiritual Awareness & Development**

### **Be Impeccable With Your Thoughts**

Think & speak with integrity. Say only what you mean. Avoid using the word to think or speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

- Your inner wisdom (God-Consciousness) is your teacher.
- Nothing outside of you can ever bring you lasting fulfillment.
- You are perfect.
- Everything is perfect for its purpose.
- Everyone is right in his or her own perspective.
- Life is a mirror.
- You are how you define what you see.
- Learn to appreciate your own uniqueness.
- Learn to appreciate the uniqueness of others.

### **Stop Taking 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 free of the opinions and actions of others, you will be free from needless suffering.

- Nothing that others say or do is ever personal.
- Nothing anyone ever says or does is because of you.
- Others cannot emotionally hurt you unless you allow yourself to be hurt.
- You are only responsible for your own thoughts, feelings, and actions.
- Others are only responsible for their own thoughts, feelings, and actions.
- You cannot control how others think or feel about you.
- How others think or feel about you reflects their own beliefs about themselves.

### **Stop Making 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.

- Your interpretation of another's behavior is never what it really is.
- Reality is always kinder than the story you tell about it.
- When you argue with reality (with should, ought to, or have to), you lose 100% of the time.
- Ask, ask, ask, LISTEN, and then trust your inner wisdom.
- Each thought is as valid as another.
- Do not assume others view life the way you do.
- Do not assume others think or feel the way you do.
- Do not assume others know what you are thinking or feeling.
- Be clear about your intentions before questioning another's motives.

### **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. Get rid of the shoulds and could haves. Under any circumstance, simply do your best and let the rest go.

- Your own thinking creates how you feel.
- You can change how you feel by changing your thinking.
- Feelings are your body's way of showing you what you are thinking.
- You have the power to undo the beliefs that limit you.
- There is a divine plan, a reason for everything.
- Everything happens according to divine order and divine timing.
- Trust in the rhythm and flow of Life.
- There is only love, the rest is an illusion.

Inspired by "The Four Agreements" by Don Miguel Ruiz and "Loving What Is" by Byron Katie