The Four Agreements

*[Important Words & Tasks]*

**Agreement**: a deal or pact we made with ourselves to believe something, either consciously or unconsciously

**Black Magic**: evil magic. All humans are magicians in a sense, and every time we speak, we either cast a good spell or a bad spell.

**Domestication**: the process by which we learn to live by society’s dreams (mass consciousness) and give up on our own dreams. It’s also when we conform to the norms of society so we can feel like we fit in.

**Emotional Poison**: if we accept the bad things others say about us or the bad things we think about ourselves, it becomes inner or emotional poison.

**Hell**: when we misuse our word or accept the negative judgments of others, we create a hell on Earth.

**Mitote**: the fog that clouds our brains and perceptions and makes us unable to see who we truly are.

**Society’s Dream**: rules, or accepted norms of behavior, that create a smoke that keeps us from seeing who we really are. This is often considered the cause of **mitote**.

**Spell**: we are placed under a spell if we agree to believe what someone says about us or if we agree to believe the negative thoughts we have about ourselves. If someone tells you that you are ugly and you believe it, you are under a spell. Spells are toxic and create **emotional poison**.

*Tests*

There is a test after each chapter. However, the last test will be on Chapters 5, 6, and 7. There are anywhere from 6 to 9 questions on each test. Each question is worth 5 points. They are not multiple choice, so you’ll really need to know the information. Also, you will be tested on some of the vocabulary at the top of the first page throughout these tests.

*Reading*

We will read the vast majority of this book out loud. Each student is required to read roughly four to eight pages. Reading out loud earns you 20 points.

*Exit Tickets*

We will do around ten to twelve of these. Each one is worth 5 points and needs to be at least 25 or more words. You also must share at least two with the whole class.