

Beyond the Four Agreements:

Explorations in Self Awareness and Self Mastery

In the book *The Four Agreements* don Miguel Ruiz shares principles to become free of emotional suffering. These steps involve developing a heightened awareness of the mind to effectively change your agreements (or beliefs) that create emotional patterns. More specifically he points to the value of taking an inventory of your fear based limiting beliefs.

The First Step is Awareness

Developing awareness involves many levels and aspects. The first level of awareness is to notice that you are trapped by your mind. For some people their mind creates giant circles of emotional drama and sabotaging decisions, for others it is an annoying chatter that won't be quiet. In either case you live under the umbrella of a tyrant that does not leave you in peace. Accepting this situation can be uncomfortable. However, once you accept this situation you can take actions to free your self from suffering the mind creates.

As you gain more awareness you discover different aspects of the mind including the Inner Judge and Victim. You begin to see the interpretations and assumptions they make to generate emotional reactions. With more awareness you realize ways to change the dynamics of your mind and create love and happiness in your life.

The Importance of a Belief Inventory

A practical technique to gain awareness and recover your personal power from the Internal Judge and Victim in the mind is to create an inventory of your beliefs. In this process you thin slice your emotional reactions and behaviors to reveal the agreements hidden within. It is the hidden beliefs and assumed agreements that generate automatic emotional reactions and sabotaging decisions. By bringing your attention to these details you break free of sabotaging behaviors and emotional reactions.

Gary van Warmerdam will go beyond the Four Agreements and share the practical steps of what to do and how to implement processes for change that don Miguel Ruiz only mentions in his book. These practices were learned by Gary over the years of personal study with him.

Cruise Schedule

Gary will present a number of talks and discussions during the week relating to the Four Agreements, how to not take things personally, and dealing with the mind. On the last full day at sea Gary will conduct an intensive workshop and teach you how to do your own personal belief inventory. The result of this process is that you will have a high speed technique for changing your programmed emotional reactions and behaviors. This intensive workshop is offered at a fee of \$50.