

Four agreements to start the year

by the holistic psychologist Dora Ines Grosso Garcia

Starting a new year is something wonderful and meaningful for all of us, let's welcome new things in our lives, from the simple and every day; live in harmony is the key to happiness, we can start to see things in a positive way and give more sense to our experiences, to use the most powerful tools that we have: the thought and the word. The four agreements are a very interesting and easy to adopt proposal, taken from the Toltec book of Wisdom written by Don Miguel Ruiz, these are some of his ideas.

Thousands of years ago, the **Toltecs** were known throughout southern Mexico as "women and men of knowledge." Anthropologists have defined the Toltecs as scientists and artists, who studied and preserved the spiritual knowledge and practices of their ancestors. They formed a community of teachers (naguales) and students in Teotihuacán, the city of the pyramids near Mexico City, it is said to be the place where "man becomes God".

Agreements are the way we accept reality as we live, agreement is something that I accept as valid for me and for the environment with others, I can create agreements that make me happy or that make me succeed, agreements of joy, of welfare or limitation agreements.

THE FIRST AGREEMENT: Be impeccable with your words.

Because words are powerful and create a magnet that attracts what they say. With a word you can start the day filling it with possibilities, peace, make a person happy, create hope, we can comfort, encourage, then it is important to pay attention to what you say and as you say, it is easy to start saying everything in a way that embellishes your life and that of the people next to you.

The impeccability of your words gives you immunity against anyone who tells you inappropriate things. The idea is to say words that come from

love, from God, from your self-esteem, that express respect for you and others.

THE SECOND AGREEMENT: Do not take anything personally.

This agreement is directed to stop paying attention to what others say about me, "personal importance" we believe that everything revolves around us, that is why, we should not accept anything that damages our idea of love that we have and know that the opinion of others comes from what they believe about themselves, not from you. This ensures that they say what they say, it is not for you, you let it go, it also avoids conflicts and discussions and frees us from the idea of being right, frees us from unnecessary suffering. So you assume the responsibility to live and create your happiness with authenticity.

THE THIRD AGREEMENT: Do not make assumptions.

Suppose something is a game of the mind that leads us to create and interpret the things that happen to us and make a drama or create conflict or illusions of something, we see what we want to see and we hear what we want to hear. We do not see things as they are. We have the habit of dreaming without basing ourselves on reality. Literally, we invent things in our imagination. We make an assumption and it may not be what we like and that is why we suffer. The idea is to avoid supposing, it is to see things naturally and as they are, if I do not understand something the best thing is to ask, so we can face reality and accept it to live in harmony and peace, knowing that this world is safe and everything can be done. If I want something to happen I make it possible.

THE FOURTH AGREEMENT: Always do the best you can.

This agreement is what allows the former to come true, it refers to doing the best possible in life, since we woke up, we can make an agreement that guarantees our happiness and create a wonderful day, in everyday life, to do the most that you can, in any circumstance of your life, in our

relationships and commitments, in how we take care of ourselves, our family and the environment.

By doing our best we enjoy what we do, because we like to do it, not to please others, so everyday tasks and work become easier and more productive.

With these four agreements we can make our resolutions for 2018 In each spoken word, in each thought in each feeling and in each action. May this beginning of the year be the projection of well-being with the awareness of enjoying each moment to the fullest and overcome the difficulties of life in a positive way.

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