



The Fifth Agreement: A Practical Guide to Self-Mastery

Miguel Ruiz, José Luis Ruiz

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Since 1997, *The Four Agreements* has transformed the lives of millions of people around the world with a simple but profound message.

Now bestselling author don Miguel Ruiz and his son, don Jose Ruiz, collaborate with this powerful sequel *The Fifth Agreement*.

The Four Agreements provides the foundation for breaking thousands of agreements that create needless suffering and with *The Fifth Agreement* you recover all the power of your authenticity, which is who you really are when you are born.

The Fifth Agreement: A Practical Guide to Self-Mastery Details

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Dragos Roua says

I was really curious when I first saw this, being an avid supporter of the four agreements. Unfortunately, "The fifth agreement" is just a rehearsal of the initial book, with a little bit of sugar on top. The fifth agreement, that is: doubt stuff, not just take everything for granted (including the book itself). Nevertheless, despite the way too complicated approach, the repetitions and the inconsistency in style (the book is written together with Miguel's son), I still give it 5 stars.

I live by Ruiz fourth agreements for more than 5 years now and it made a huge difference to me. If you plan to read this book, be also prepared to change your life. Because ultimately this is where it is going to lead you.

Barbara says

Second verse, same as the first... Geez, this guy must get paid by the word. By the way, if you missed the first book, not to worry, it's all again in this one.

Personally, these are the only words I would have paid for, and they came from the inside front jacket cover:

Be Skeptical, But Learn to Listen

Don't believe yourself or anybody else. Use the power of doubt to question everything you hear: Is it really the truth? Listen to the intent behind words, and you will understand the real message.

There. That was the Fifth Agreement. All those extra words contained in 228 pages? Extra words that suck your time. Enough said.

Perry says

I love the book and I love the audio book.

This book really has the power to transform you, it has the power to change your feelings about things necessarily things that bother your inner emotions, it puts a halt to all the racing thoughts that are corrupting reality inside of your brain. It is helping you cope with things that really do not matter in the real world, all the unnecessary lies that slow our day down day by day. If it is difficult for you to understand or if you have problems reading this book I recommend you open up a book or kindle and play the audio book both at the same time and listen and read it has helped me so much to read right through chapters like it's nothing. Enjoy your awareness.

Shellie says

As far as "Better Yourself" books go, I only found a few lines in this one that were even nod-provoking, let

alone new and insightful. If you have heard that THE FOUR AGREEMENTS is profound, definitely skip straight to THE FIFTH AGREEMENT because it summarizes the four and just tacks on one more for the price of a whole new book.

Basically, the father and son Ruiz team are telling us that life has true perfection before we create our "virtual reality" by putting words, symbols, meaning, and judgement into it. They say we put faith in other things, people, religions, instead of putting faith in ourselves. They urge the reader to "rebel against the lies in your head" and take back pure, stand-alone control of our minds.

"We are living in a dream that we artists are creating...we can take responsibility for our creation."

Here are the agreements:

1. Be impeccable with your word.
2. Don't take anything personally.
3. Don't make assumptions.
4. Always do your best.
5. Be skeptical and listen for the truth.

I like that they remind us that even though the past is over, as a species we tend to punish ourselves for years with guilt, etc. from actions long gone. I also like this line:

"Not taking anything personally gives you immunity in the interactions that you have with other people, then not making assumptions gives you immunity in the interactions that you have with yourself."

Sound simple? It is. Search for the truth of the matter rather than others' and your own skewed perceptions (for no one really knows anyone, even themselves) and remember you are beautiful when you are living your life authentically and to the best of your ability.

Jeff Maziarek says

This is a wonderful book. Although there is some repeat of information from Ruiz's book "The Four Agreements," there is also a lot of new and very insightful content. As such, I highly recommend The Fifth Agreement as a spiritual growth resource. Here's one of my favorite passages:

"Let's say you're living with guilt and shame for a mistake you made ten years ago. The excuse for your suffering is, "I made a terrible mistake," and you're still suffering for something that happened ten years ago, but the truth is you're suffering from something that happened ten seconds ago. You judged yourself again for the same mistake, and of course the big judge says, "You need to be punished." It's simple action-reaction. The action is self-judgment; the reaction is self punishment in the form of guilt and shame. All your life you repeat the same action, hoping to have a different reaction, and it never happens. The only way to change your life is to change the action, and then the reaction will change."

Jen says

I really liked Four Agreements, The Four Agreements: A Practical Guide to Personal Freedom, A Toltec Wisdom Book and I loved The Voice of Knowledge, The Voice of Knowledge: A Practical Guide to Inner Peace. This book just reiterated and repeated what those books said. I didn't feel like there was anything new.

You'd think that would frustrate or bore me, but it didn't. I liked reading the same information again. I think I

needed to read it again, but I wouldn't pick up the same books.

I like the reminder that we are perfect, because perfection is all that exists. I like the reminder to be impeccable with the word: Never use the word against myself or others. I like the reminder that the real self is different than the self that sometimes talks in my head. I like the way it made me think differently about the world around me.

Lynne Tull says

Skip The Four Agreements (Ruiz' first book).

Go directly to The Fifth Agreement!

You get all Five Agreements for the price of one!

1. Be impeccable with your word-

Never use the power of the word against yourself.

2. Don't take anything personally-

All humans live in their own world, in their own movie/story/dream and you in yours.

3. Don't make assumptions-

Most assumptions are not the truth; they are fiction.

4. Always do your best-The only thing you can "do";

the first three will naturally follow.

5. Be skeptical and listen for the truth.

When you listen, you start to understand the story-both yours and theirs.

The message I heard:

I am two people: one that came into the world with a mission to share, the "real" me. After I got messages from all the people that helped me grow into an adult, I became the "virtual" me, a mixture of all those people's messages that I assumed were the truth.

Now I have to go back to the "real" me to find my mission. The one that was lost in all of confusion of other people's messages. The messages that may or may not have been true for me. I can do this by practicing these five agreements. I can get past the "virtual" me and back to the "real" me. When I do, I can share my mission.

Read the book, you may get a different message(s).

Rachel Fleming says

I expected to resonate more with this book than I did. I found the concept of truth problematic. It appears that aside from objects in the world and universe around us, truth is relative. We each have our dream; you have your truth and I have my truth. However, the world is either round or flat, and the unseen either exists or does not just like objects, so the idea of relative truth is a strange one to me.

I like the idea of each of us as artists creating our world, and recognize that we all have unique perspectives that differ more than we might think from those of others. Heaven turns out to be a dream of lies that we create. The argument appears to be that if we are cognizant that our self-created reality is a lie, then we are still a master of truth because we don't believe our lie or anyone else's.

Love is important as an end result of the respect that we have for others and non-attachment to any knowledge we have gained from our infancy. However, it does not have much of a place as a motivating factor. In fact, as long as we live whatever dream makes us happy and respect others, what we do in life and say to others if of little importance. I don't buy it. Of course it doesn't fit with my Christian view of the world, as he says that we need to save ourselves and not rely on a Savior or anyone else.

There are some nuggets of wisdom in the book. For the most part, however, the more interesting elements relating to the mind can be found in greater detail and more specific vocabulary in Eckhart Tolle's The Power of Now. For the aspects that relate to our relationship with others I prefer Byron Katie.

Kelly says

Spoiler Alert The Fifth Agreement is.....

Be Skeptical But Learn To Listen.

Thank goodness because the gems of this book are buried underneath wayyyy too much repetition. The symbols you put so much faith and meaning into are just that... symbols...got it...I got it the first 20 times....Doubt is your friend...got it....

Among the gems however, is the call to let go of the shame from your past, both from your own actions and the actions of others, they don't need to rule your life now and you certainly do not need to be defined by that shame now.

And lucky for all of us, one of the original Four Agreements was, "Don't take anything personally."

Ghada Zakaria says

Great review of the Four Agreements and tying it in with the the Fifth Agreement which takes you more in depth into self awareness, the unconscious behaviours and perhaps the perpetual attitudes and clearly defines

the choices and options we do have to work with to bring about the change we seek, always enhancing the state of awareness and of course in the process providing us with better skills in understanding ourselves and others..

It is the process of unlearning what we have previously learnt and re learning to better grow and develop and then taking all that new learning to benefit others and send a message of hope, love and peace to the world.. just by being who we set out to be and sharing it.

Patricia Carpio says

Fluff. And blah blah blah. More fluff. Even more blah blah blah. Meh.

I felt like this was a self-mastery for dummies book. Put in only the simplest of terms, using pithy and effusive language. I had a hard time with this one.

Why are so many self-help books so fluffy and insubstantial? Give me something meaty to sink my teeth into and actually work on self-HELP! Ugh.

Jennifer says

It is a good book to make you evaluate your life and get rid of needless worry. Basically, it is saying your life can be anything you make it. Just look at things in the light you want to have it. The 5th Agreement is the follow up to The 4th Agreement. All are good points, but I would just skip to this book because he goes over everything from the 1st book in some detail, but adds the 5th agreement which is doubt. I think that for me that is the most meaningful one. It is something that is hard to do, but amazing what can happen once applied.

All said, my favorite part of the book was something that really made me laugh. I was reading this book on a flight from Dublin to JFK. It was talking about letting go of your worry for what others think about you because basically they are focused on their life and not worried about yours. Great advise. Then, as I was waiting at JFK, I found a "quite" area and did some yoga before my next flight. I sat down and the lady next to me launched into how she was watching me practice and thinking about how she needed to do that, how did I do this and that, etc, etc... Life is just too much fun.

King says

I was given this book as a gift by my sister for Christmas. I am not sure if she read this or not, but I am assuming the primary motivation for its purchase was that it had a big neat number 5 on its cover. That's my favorite number. And that's pretty much the only thing I like about this book. If it seems interesting to you, I suggest saving the 20 bucks(seriously, at that price I have to say it's a POS), and just read the dust jackets flaps. All you need to know about this book is there. The rest of it is just pretentious page fillers.

I do have the prequel to this book, "The Four Agreements." It was on the bargain table at Borders and I got it for like 5 bucks. I can't help but feel that Ruiz decided to write this after getting exposure on Oprah or something. It's basically the same book as before but unnecessarily verbose. He can go on and on and on

talking about the same concept. And like a true self-help con-artist...err... writer, he likes to embellish the work with pseudo-metaphysical claptrap and self affirming phrases. And frankly, anyone in a good mood can come up with a self affirming thought. It's not hard at all. It's one of those books that tries to be deep when it should really be operating on KISS principle(Keep It Simple Stupid).

Now if it seems like I am being too hard or pessimistic, well perhaps I am. But I don't like any book that over simplifies the process of self improvement. More specifically, I don't like it when its glamorized like explosions in a Micheal Bay film. Its not glamorous. It's hard work. I think books like these make it like it's not and sets up people for failure. There's more to self actualization than having a good attitude, granted it helps. Studies show that there is a weak correlation to attitude and behavior, because in the end, how you behave will really have more determining weight on your life.

Hector San Martin says

Neta.... los acuerdos están chidos pero insisto, con 10 páginas para explicar cada uno es más que suficiente. Esta vez se aventaron 100 páginas recapitulando los primeros 4, con las mismas cursilerías y redundancias, y el quinto en las 100 y pico restantes. El tono de auto-superación es insopportable a momentos. En fin, para los que no han leído el primero, ahórrrenselo y dense este que trae el resumen y uno más y si quieren ahorrar aun más, lean las solapas en la tienda y se acabó. De hecho, no gasten gasolina, aquí están los 5 :

1. Se impecable con tu palabra
2. Evite tomar las cosas personales
3. Evite asumir
4. Siempre haga lo mejor posible
5. Sea escéptico, pero aprenda a escuchar

Christine Fay says

Life-changing. Read it. This father and son have written practical Toltec guides to transform lives. If you keep in mind the agreements, your life will be better. I've worked it, and it's true. Be impeccable with your word, don't take anything personally, don't make assumptions, always do your best, and finally, be skeptical but learn to listen. Learn to listen to the truths of other people, but be skeptical because each person is living their own dream. No one truly knows who you are except for you. If everyone were watching their own life movie, especially your parents, they would see themselves entirely different from how you see and perceive them. Only make yourself pay for a mistake once, not your entire life. Don't be a victim anymore.

Appreciate what you have while you have it, because the only sure thing is the moment at present. Highly recommended reading for any sentient human being.
