

THE FOUR AGREEMENTS by Don Miguel Ruiz in 1997

A modern classic to help you break old patterns.
Reclaim your power. Live with freedom and love.

A CALL FOR LOVE PODCAST BOOK CLUB

BE IMPECCABLE WITH YOUR WORD

The words you think and speak are like seeds — plant them with love.
Gossip, judgment, and self-criticism are like poison that spread fear and pain.
Instead, use your word to create love, truth, and freedom — this is the real magic of the word.
Speak with integrity — ask yourself, is it kind, helpful, or necessary?
Your words can heal or harm, build or destroy; choose them with clarity and calm.

DON'T TAKE ANYTHING PERSONALLY

What others say and do is a reflection of their own reality — their beliefs, wounds, and stories.
When you stop taking things personally, you reclaim your peace and power.
Stay anchored in your own truth, knowing that their words and actions are not about you.
This choice protects your heart and brings deep freedom to your mind.

DON'T MAKE ASSUMPTIONS

Assumptions create misunderstandings, conflict, and unnecessary suffering.
Instead of guessing, have the courage to ask. Instead of assuming, clarify.
Communicate clearly and directly — this opens the door to honesty, trust, and true connection.
Clear communication is an act of love, both for yourself and for others.

ALWAYS DO YOUR BEST

Your best will change from moment to moment — and that's okay.
Some days you'll feel strong and radiant; other days softer and slower.
When you do your best, you avoid guilt, self-judgment, and regret.
It's not about being perfect, it's about showing up fully, with love and presence.

Hi, I'm Linda and I believe we are born to evolve, to empower ourselves, and to rise from where we are now to who we're meant to become — not just for ourselves, but to raise the collective consciousness. Each small seed we plant in our own lives helps grow more peace, love, joy, and abundance within us and out into the world. Join me, because when we transform ourselves, we transform the world.