



A Gift of Wisdom

1.) Quick Quote To Consider

"No pessimist ever discovered the secrets of the stars, or sailed to an uncharted land, or opened a new heaven to the human spirit." Helen Keller

2.) A Gift Of Wisdom

December: A time to celebrate... to appreciate the joys and gifts in our lives... and to relish the hopes for the new year. Northwood's gift to you is to share the wisdom of Don Miguel Ruiz's *The Four Agreements*, based on the Toltec traditions of southern Mexico. As you are celebrating the holidays this December and contemplating 2003, may these four pieces of wisdom help guide you.

The Four Agreements

Be Impeccable With Your Word

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

Don't Take Anything Personally

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

Don't Make Assumptions

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.

Always Do Your Best

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

Thank you for all your support this year! Happy Holidays!