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**Title:****With Don Miguel Ruiz Sr.****Profound Statement:**

“Loving your love and in his law only log exist”

Action Item:

See themselves in the mirror and smile and see how beautiful they are and to love themselves without any condition.

Three Points:

1. Domestication, or the way we are socialized, creates an emotional wound that wears away at our sense of trust.
2. The power of truth, forgiveness, and the ability to give ourselves unconditional love for healing the emotional wounds of the past.
3. how the commitment to self-love motivates us to forgive, speeds up the healing process and makes it less likely that we add to the “emotional poison” that will cause emotional wounds to fester and exacerbate our suffering.

Speaker Bio:

Stacy Thomas - 00:00:

All right. Oh, right. We are here today with Don Miguel Ruiz. I'm pinching myself right now. I believe that I'm getting to talk to you and we're so thankful that you're here. For those of you who are not familiar with that, Miguel Miguel has spent the past few decades guiding students to a place, the personal freedom through his profound insights which comes from a long line of teachers wisdom to teachers and he's continued on this traditions family. He's really brought to the forefront, you know, some very fundamental teachings about the

nature of human reality and he's probably best known. I mean this man has written so many books. He's sold about 10 million copies of his works worldwide and he's most famously known for his first off being called the four agreements. And in that book he really briefly, beautifully reveals the stories, the beliefs and the kind of the rules to live by that can free us up to experience more joy and, and needless suffering. We're so happy you're here. Here. Don Miguel, welcome to the summit.

Don Ruiz - 01:14:

Oh, it's my pleasure to be with all of you. A great opportunity to share my love with you.

Stacy Thomas - 01:21:

Oh, thank you so much don. Miguel Ruiz. The four agreements again, is one of your most fundamental offerings. There's so much to learn from it, but I'm wondering if we can. We'll get to those agreements in a little while, but I'm wondering if we could start with something, an idea that you introduced to rest in your first chapter of that book, which is the domestication that we all experience and I'm wondering if we could start there, if you can explain to us what you mean by domestication and how we're continuing to do this with, with our children today.

Don Ruiz - 01:56:

Well, domestication is another word for also education. We educate our children weight alone into their brains. Everything that we know, uh, as a child, we received information from our parents, from our family, of course were older sisters at school and whatever, whatever we go. Everybody start\ teaching us how to be part of the human society,

Dr. Stacy:

Right.

Don Ruiz:

First we learn a language which is extremely important because this is how we communicate, but when we learned that language, we also started learning the rules of the society we live in, like the rural center family, how we have to behave, what we have to build in. And of course the location is a little by little, uh, according how our brain is maturing and get it ready for, keep exploring and keep learning, etc. Etc.

Don Ruiz - 03:03:

Well, with language, we create an entire reality, but the process is very slowly not as fast as we'd think because just to learn a language, take a long time and we make a lot of mistakes. But finally we mastered the language that we used that language in order to create the story and they way we live or personal reality. Well,

to create that person already. As I said before, we received that information from our parents with all the rules and they educate us or domesticate us the way we teach the animals by punishment and reward that we always want for capitulation. We are hunting for attention..it is natural in every single human. Then the, when we look for attention that can be accepted or rejected, they, when they reject our attention, then we feel we feel uh, like a, it's like a punishment

Don Ruiz - 04:19:

If we do what they want us to do, they give us a reward where you get that attention, affection, everything else. If we don't, we received the punishment and all the different directions and all the different ways of punishment, but very soon we are afraid to be punished, but also graph right now to get the reward.

Don Ruiz - 04:44:

Then way we go to school exactly the same thing with our neighbors. We're friends with brothers and sisters. It's the same thing and their big brothers and sisters that already passed for, for, for all of that. Then they kind of guide us a little more in the direction that grieco then everybody's still in us what they expect from us or we have to be and we have the need to please everybody just to get approval, to get their attention and to that we are part of the whole group. Then that domestication, they teach us what they believe is right or wrong. What is good at? What is it that goes so deep into your mind that that will rule the rest of her life? They will be a lot of impressions that will stay there forever. Then we learned from our parents that what they say really, but what they do and how they do it. Then we have the tendency to copy because this is how we learn. They're gonna start behaving more or less like mom and dad, like my brothers, like some kind of teachers, and that was always there. Well, in that domestication we will find things that we feel like injustice sunday that is not fair. Well that injustice will open an emotional wound

Don Ruiz - 06:35:

Even if it's not a punishment is not physical, but if it's an injustice, we feel that we cannot trust any longer. If you feel like a physical pain, but it's not physical, it's like a something in our heart that can stay there. Well, when we were growing up, we can forgive very easy altos, transformations, all that injustice. that's when we have more information. We must've modern language. We also have a stronger memory. Then we can think about the injustice and think again and again, integrity, something that I call emotional poison. Hm. Really want revenge. For example, let's say that there's a little boy maybe drift towards your salt and I start playing with that. His brother's guitar and their father come and see this someplace with his guitar, which perhaps is something very important for him. Then he get mad. He pushed him away and say never again or something like that. Detail is just plain. It's just a toy. He's just having fun, but he had a. He see his father angry. Even maybe spunky. There's something that will not forget. Is that when she started leaking in thinking that chris certain. well, this is just a good example in the problem is that we pursue. We received dosage justice a lot of times that create a lot of the emotional roots in those worlds. Great emotional place and this is a justice that is happening into the tent that we grew up. That was settled there. Third is that I wrote in the in my boat and mastery of love,

Don Ruiz - 08:59:

Light. I say this. Then imagine how the emotional body of the humus is. Imagine that we're in a in a in an island where everybody have skin to cysts, that they have multiple wounds all over the body in gauquin's have are infected every, every, every time that is touched, that hurts and hurts and all that time, but he said this in that island or maybe a thousand or more, that people think that this is normal, but it's not normal. Then the body is wounded. Then if your machine, how they treat each other, they try not to touch anybody else's wounds. Right, but sometimes they do it on purpose to hurt that gray reaction in the other person to get hurt. Also, the other ones, if not there, send that little concept. We understand how humans relate it with other humans because the humanity doesn't have that assists in the scheme, but in the emotional body is for or wounds with the emotional poison. that bigger. That becomes very typical interaction between humans because when you touch somebody's emotional wounds, they will react with anger or fear. They will try to get even then, if you touch my my last years in voiceover gibbs drawing and playing ping pong with emotional wounds, and this is a generally how humanity works because everybody is emotionally sick, but because he's been for thousands of years, we believe that this is normal, is not normal. Then jesse, imagine that for whatever reason, so they just wake up and you don't have any longer,

Don Ruiz - 11:23:

but everybody around you, they handles books. Then everybody can tell you whatever. You will not react because you don't have that person and if you don't react the the that the other people have a case, you will grow and girl and girl, they don't have a way to release it. Then if they cannot relist it with you, they will find somebody else to release them with and they will hurt other people that have less power than they have, but you just imagine the jar free or promotional ones. How do you lead your life will be completely different.

Don Ruiz - 12:12:

For shoes, you always will have that beautiful smile. You went up and up. Very good mood, but it's important to understand that not because you don't have those emotional ones, it doesn't mean that everybody around you don't have those emotional wounds and of course, and you see that point of view, you will see that there's people that are completely wounded that to treat with them is like a walking into the egg shells because they will react almost right away for whatever reason or for no reason. They just wake up and that that way all the time, just expecting to be wounded and this is the majority of people. Of course, there's many different levels of being wanted. He's like, ah, let's see that in that island. One day you wake up and you don't have. Those wasn't a scheme it because it doesn't hurt. You just can touch anybody. You can just be touch, but everybody will be afraid to touch you because they will feel that they will hurt you. But for you to touch anybody else Will be extremely difficult because you will be the only one who is healthy.

Don Ruiz - 13:40:

They're the same thing happened in the, uh, emotional body. Well, grandchildren, we don't have those emotional wounds. They appear a little by little and if we are lucky, it wouldn't be enough that yes, we will have once but not as bad as other families. That will be all different kinds of humans a quarter. How wanted the emotional is that in the process of domestication, without even notice we give to our children

Don Ruiz - 14:24:

and we are participating in the of the emotional body of the children when they grow up will be just like us and this is something that I don't think we want it for our children. No, absolutely not. Yes, go ahead. No, I to say what you're talking about is the generational legacy of trauma that we hand down to much

Don Ruiz - 14:56:

yes and that way we see how the human mind is because this is the whole planet earth, but it we don't even understand that is a disease not as bad as we made a mental hospital. Well of course, but rAther the in relationship. We can see that how we relate with or wife or husband or family is exactly in that way, but we don't notice because it's normal for us even into medical books, ms dot normal to say that the therapists as a psychiatric, they can see that this is normal, but it is not going at all. Then in order to treat our emotional body,

Don Ruiz - 15:54:

we treated it like a doctoral student at the time. You know, you have, uh, wanting to scheme that is student a scalpel to cut it out and to take the infection out, all the poison out and then you put some decent in order to keep it clean. And with that, when it's clean and it doesn't hurt any longer, the scar is still there, but it doesn't hurt. Well. The same thing will happen with the emotional body, with all those wounds that are infected, we will use instead of a scalpel, we used the truth because the truth will work as a scalpel and we'll open the wound. But what the, what is opposite? We do. We need to take the infection out. Their emotional needs to get out it. Yes, it will hurt emotionally hurt, and

Don Ruiz - 17:08:

in order to take that emotional poison out this something what we know us forgiveness, we need to forgive. Forgiving is taking that poison out of your emotional wounds.

Stacy Thomas - 17:26:

That is a big, big idea. This idea for you.

Don Ruiz - 17:31:

Yes, we will forgive that because whatever happened to us in whatever time, no we will because we don't want to have that emotional postal anymore in the wounds. We need to let go in, forgive even if we can. If we

believe god is unforgivable and we will forgive because we love ourselves so much that we don't want to be heard. Everything that we remember what happened then, forgiveness is extremely important, but first we need to use the truth that will open the wound. Forgiveness will clean to whom I see is the third part is the medicine and that medicine is love, unconditional love to yourself. It will not allow to. That won't be reinfected again, kelly, we know that we can apply that to our children also and we can maybe save a lot of problems for our children to teach them how to forgive. Yes, but it's important to be impeccable with your word, which is there with the truth. okay, so that's just the first.

Stacy Thomas - 19:06:

The first agreement that you talk about agreements is be impactable with you, and so it packable suggested a peer there.

Don Ruiz - 19:17:

They're in the process of forgiveness is important not to take anything personally. Don'T make assumptions that will help you to forgive the four for, for, for, for. Give it to do the best to keep the wound, clean those as the four agreements right? In order or not to reinfected that. Again, it's important to use the. The agreement is spear skeptical butler to listen. Skeptical because you, not that whoever gave you information is true for them, but not necessarily the truth for you. [inaudible]. Then whatever information, if you believe it, that get hurt, a great, create more poison. If you don't believe it, you don't. That is not really that important, but when you listen, you can see what coming from love of what coming from fear. This disagreement is really the conclusion of the four agreement. Okay,

Stacy Thomas - 20:33:

so I mean, again, this is not easy stuff. I mean even the first one, the truth, like just being able to. When you say the truth, yes. Again, we have our view the truth, but the truth being itchy. You mean being able to acknowledged what's happened or what is the situation without a lot of extra like what is the. What is or what happened as far as you best recall without any meaning attached to it? Is that what you mean?

Don Ruiz - 21:08:

Well, the truck, you'll see that this has really happened. Not the words. You take it. Okay. I guess could be an injustice and it's okay. It's happened all the time. All around, but what do you mean it's okay. It's okay because you always happen. Then the reaction is what will be important direction. You can start to be hurt, stop injustice and not allowed to to hurt you because you don't have to be there with the justice is happening.

Don Ruiz - 21:49:

Okay. If you can see your reaction because you can create poison or not, would you take it? when you take it personally, for sure you're gonna have a strong reaction and some will grow inside that wound because you

know things happen all the time. It's just this happened all the time that we have to be aware to use sending justice. What I wanna do with that,

Don Ruiz - 22:20:

so that'd be there and he'd be pushed and can be hurt. Should I hit back? Well, that will be depends on the situation because he tuition with changes, it's never the same, but what is important is that you don't create that emotional poison. You don't have to make the assumption is always going to happen again is happening. Now he's going to do that whatever. Well that only will increase your emotional poison, but when you have that awareness, you can step. You can take away even before that happened because she has, you know it's an injustice, but if you don't react, perhaps he was not even hurt you. When is that directly to you?

Don Ruiz - 23:09:

and when is record to you that you have to see if you have to defend, attack or run away, but you don't need to give that a good poison inside you. Okay, so because you love yourself that much that you don't Want that for yourself. It's about self love stuff

Stacy Thomas - 23:35:

and so did this. It sounds like comes with the understanding of this emotional poisonous environment and everyone is carrying and that when someone is acting out from that poisonous place that there's something happening within them that you don't have to accept, but if whatever is triggered in you, you have to take that responsibility. as an adult, you know, what do I want to do with this? Do I want to add poison or do I want to create that environment of love? What do I need? Acknowledged what is and is that right?

Don Ruiz - 24:19:

Right. That's what is important to be assertive because you have to be aware that that's what say it takes this long before he was born is not new for thousands of years. We didn't treat it. We are part of that society. That's true, but we're not responsible for all what happened before us and we are not responsible for what happened in, around us right now are only responsible for our part. Yes. Then, uh, when we know that we see that injustice is happening all around us, there's wildin's, dr. War, there's things that we didn't create, but it's there. And jeff have been in humanity. These may happen to us by accident.

Don Ruiz - 25:16:

Unless that we looking for then is directly.

Don Ruiz - 25:21:

But grow garden, you'll throw nothing like that may happen. And the reason is because now you know that everybody is wounded and you don't know how they will react there. This extremely important to choose the people that are dealing with.

Don Ruiz - 25:42:

And for that, it's important to trust in yourself. Have faith in you by knowing what you are and knowing, but you are. You're not that drunk. Not that it is. You see, where are your wounds? Heal it by. You have awareness does not blind in between of all the blind people.

Don Ruiz - 26:09:

You don't have to be looking for suffering because we're not here to suffer. Even if we do, we are here To enjoy life, to explore, to have a great time. This is when we love ourselves so much that we will not allow anybody to disrespect us, to hurt us. we looked at all of all the power we have to avoid that

Don Ruiz - 26:39:

Then you cannot give what you don't have. Did you have poison docklands? You will give is you get lost. You're going to keep that. Love this. This is why it's important how we educate or domestic gate or children because we cannot avoid to domesticate them because let's see if you don't domesticate, just killed somebody else will do. It is you will not like that. Anybody to mr her children. Right, and you'll have to do the best for you for your children's

Don Ruiz - 27:24:

then they are your responsibility responsibilities. You bring them

Stacy Thomas - 27:29:

and so when we feel that wounds need, that's fine. That's krista. We have the wound like I, I'm carrying the wounds tools. We have a once and we open it to see what is there. Yeah, so take it out. Yeah, but with the ruggedness piece, there's. It can be hard and I think in our culture in north american culture, western culture, there is this idea of forgiveness that you have to be okay with it, right, and it doesn't necessarily mean can you clarify what we mean by forgiveness?

Don Ruiz - 28:14:

Well, to forgive his guy, no, remember what happened to you and let it go because let's see that. Let's see that she was raped 20 years ago. Okay, and you'll have that in your emotional body, very wounded that that allowed. Don't allow you to enjoy your sexual life anymore because this is. This one is so big. Well, the two

days that whoever rape you 30 years ago is that right now, all dealer once, a long time ago now, just doing that to yourself. Every time that you remember did, you wouldn't forgive whoever did it to you, not because is unforgivable or not, whether he or she did, but because you love yourself so much that you don't want to hurt yourself every time that you remember because yes, it is true that happened, but all that emotional poison is not true. We don't need it inside us.

Don Ruiz - 29:26:

Then when we forgive that, nothing will hurt you any longer, at least at what will be clean. A Jew in love will allow you not to be reinfected again and just discard it is there, but it doesn't hurt because it's not infected. This is just one example of that, but that goes in all the racial in our life with every injustice that happened to us and of course we have the memory for the biggest wounds. Sure. Well, once you take out all the, all the biggest wounds, you will find out that there's others there that you didn't see it before because all your attention was on the right is a whole process and the truth will set you free from all that emotional poison.

Stacy Thomas - 30:28:

So it takes. I'm assuming now like with the example that you gave or maybe other ones. It's not something that can come easily. I guess maybe sometimes they can feel like it happens in a moment, but I'm assuming that it takes them time and attention and we we engage with the process of forgiveness. Is it like that? Is it like we just, we have the intentionality and we worked towards it because it can be really hard,

Don Ruiz - 30:55:

yes, but it really too hard that I understand that is not easy because there can be so big her posts on so big, but once you learn to do it, by doing it

Don Ruiz - 31:12:

you will find out that the other ones will be easier and easier and easier. Then it's a process that could be as fast or slow as you want to

Don Ruiz - 31:25:

Because you can be one of the people who want to have that awareness. She understand the concept. You can forgive almost right away,

Don Ruiz - 31:36:

but it's still. This car is there. It can be infected, maybe not as bad as before, but every time that is innovation, you have to use the truth again, opening that gain of four key again, that the last person that you have to forgive is yourself. You will forgive yourself not because somebody raped you know, but because you're using

that rape in order to hurt yourself for all those years, did you have to forgive yourself for using that information against yourself? This is the last person that forgive yourself if that keeps happening every time that you remember.

Stacy Thomas - 32:27:

Okay, so the process of forgiveness, it's it, it sounds like it's a skill that we can start to practice even maybe even for the small things, just just to get your idea of letting go that we don't need to hold onto the poison that someone else. If the result is you're happy, this

Stacy Thomas - 32:50:

this return to your face. This is wonderful. So it's a very empowering really because we, there's nothing weak about that. It's really stepping into that harder place. Challenging yourself with the understanding that that's the path to freedom. Did you can see that this concept, the assault uc or understood but just like the four agreements is difficult to put it a practice. Yeah. And you know what I, it just occurs to me right now that it's, you know, I'm always blown away at how easy children can forget. Yeah, right. Like they, they can be fighting one minute and then they're like hugging each other. I make him, I make a mistake and they're just can like wow. Like kids have built and ready to go. Yep. Yeah. Not to forgive because we're not, we're holding onto the present. Tell me, you know, it's just because we're talking about parenting and we're talking about how we can bring these teachings into our parenting law. And you aren't parents as well, like you two boys. Three. Three. Oh, I'm sorry. And I wonder about. I mean and I think people are curious about like how does your deep understanding of this, how has it informed your own journey as a parent and your relationship with your children? Well, it's not easy.

Stacy Thomas - 34:44:

It could be a little more easy because you already have all those concepts, but they still go to school. They go with friends, they can go into addiction. They create their own life. If they live their life not year, then they pass it. The time of the day rebel. You're going to teens and early trends. Perhaps they prevail, but after the rebellion pass, everything is wonderful. Okay. Again, but they have the freedom to explore.

Stacy Thomas - 35:31:

I, I respect their beliefs, but I try not to impose mind them. I, I share what I know, but they've made their own decisions. It is sometimes it's hard for the father of mother not to take the responsibility on that to try to do that for them. it is so difficult because you want to make the world easier for them. Even if they don't want to. They we want to control them, but it's not possible and we have to understand that and respect what is important is to healthy arms open for them to come to us every time they need it and not to push them away and there's certain issues that are kind of difficult for them. Like a time period. A child. It becomes a. A young man. Oh, being a teenager in the state, taking the responsibility of my grandchildren.

Don Ruiz - 36:42:

Then does the that they need it and we are here for them, but it will be a big mistake to try to go in peace. The things for them, we can do it. Let's see it. They don't even notice that we are doing it because we can be sought help or whatever they doing and prepare them for whatever is coming in daytona. We are being part of all of their decisions in many ways.

Don Ruiz - 37:14:

Then it's not easy. You're not like a. It was a time that I was thinking that if I knew that I never got to have children, but once I have it, I just love it. There's no way that I bought.

Stacy Thomas - 37:30:

Yeah, but it's, it's, it's hard because it's this constant internal battle. Right? In terms of wanting to protect, wanting to make it be from them is hard

Don Ruiz - 37:42:

because we have the need to control them, to control their lives.

Don Ruiz - 37:48:

and we just forget that we did exactly the same thing with our parents,

Stacy Thomas - 37:54:

so there's a lot of need for self control in this. It sounds like

Don Ruiz - 37:59:

I word this to be aware, awareness and to respect them, chris big. Whatever creation they do or they don't, it doesn't matter, but respect is so important for loans.

Stacy Thomas - 38:14:

Absolutely. And you know what I was going to ask you about your definition of love. How do you, how would you define love?

Don Ruiz - 38:25:

Well, love is everything. everything is love. Love this energy. And as he creates everything included matter. The energy. Yes. If, uh, let's see exist then. Last, I say energy is the only thing that really exist. We can call it god also if you wanted, but we got nothing. Images that people create. no energy. God. Love is the same thing.

Stacy Thomas - 39:08:

and we need respect in order to.

Don Ruiz - 39:10:

Yes, exactly right, because we are love. You are love. I am not and I, I am loved living in this physical body. The physical body is my temple. Where I live in this physical body is reflected me and that reflections is my mind because their mind is just a reflection of what is real reflection of the truth. You know? Let's see. Right now you see everything around you is your plus your eyes. Everything just disappear. Go ahead and do it. Everything disappear. Japan, the ice and everything appears. Once again, all that is insight is a reflection of enjoy. Bring which you don't receive the light. All the opposite. Disappear. Got bruce. That is just an image, a reflection in our brain. The most important part is that a reflection in the brain of that light of that love is when you feel you are because you say, I am perceiving and no general reflections. They're not even real, but you control all the reality. That is your mind in control of your mind as you're trying to be in control of your mind.

Don Ruiz - 41:04:

in jars, searching for whatever, just searching for answers, searching for god, so loved by judge. I thought reflection journal, even real. Okay.

Stacy Thomas - 41:21:

No, I am alone. That is a really powerful concept to understand that I am mom and I've loved. Next 11. It's attracted to the light of love and is the temple in which love resides. You'll live where I live. Yeah, so powerful dot miguel. My goodness, I wish I could talk to you all day long and I'm sure people watching just her treat and would love to understand how they can engage with your teachings and understand what all the different things that you offer, what, what's the best way for people to understand and connect with you or a website or someplace that they can go to learn more about your.

Don Ruiz - 42:13:

Well, the west side side. Okay. And I'm interested in whatever I'm doing in my children because they're the ones who walk more to connect to, to carla. Carla, who is the one who calls you and my son leo's the youngest grand. Of course they weren't. Who was in charge of everything we do then that's the way that we can. Do you keep in contact?

Stacy Thomas - 42:44:

Main thing. Okay. And um, it was a one thing done. My gals that you would love for people to start doing today. Like right now, what would that thing be?

Don Ruiz - 42:59:

Well, first of all, to see themselves in the mirror and smile and see how beautiful they are and to love themselves without any condition.

Stacy Thomas - 43:13:

Fantastic. Okay. And you've, you've shared so many profound statements and understanding just in the short period of time, but I'm just going to ask you now and you just share whatever comes through you. Could you give us please your most profound statement?

Don Ruiz - 43:31:

Well, I am loving your love and in his law only log exist.

Stacy Thomas - 43:39:

Okay. Thank you so much. I'm just going to inhale for the rest of the day and thank you for joining us here. Such an impactful conversation and for everything that you're doing to just make this a more beautiful, peaceful, joyful world.

Don Ruiz - 44:02:

This with all of you.

Stacy Thomas - 44:05:

Okay. Thank you so much.