

**LESSON 2: DOMESTICATION AND THE DREAM OF THE PLANET
CHAPTER 1 OF THE 'FOUR AGREEMENTS' ----- SEPTEMBER 14, 2014**

When you were born, your mind was completely innocent. You had no concepts about good or bad, right or wrong, beauty or ugliness. You had no concepts at all. You had no idea what it means to be a human, to be a man or to be a woman. You didn't know what you were, but others humans around you projected an image onto you. They told you what they believe you are. Because you're little & can't see yourself, you believe them which means you agree with them.

As soon as you agree, that image is programmed in your memory & now you believe this is what you are. Every human in your life projected a completely different image onto you & none of these images are accurate. When you say, "I am smart, I am stupid, I am beautiful, I am ugly," it's not the real you, but the programming inside you that says, "I am that." These images are only a lot of concepts but they aren't you.

Children are domesticated the way any other animal is, though a system of punishment & reward. When we don't do what Mom & Dad want us to do we're told you're a bad girl or boy & punished. When we do what Mom & Dad want us to, we're told, you're a good boy or girl & rewarded. The reward is the ATTENTION we got from our parents & from others. We soon develop a need to hook other people's attention in order to get a reward. Attention feels good. Our greatest fear is not getting attention. We fear being punished by being rejected. The fear of being rejected then becomes the fear of "NOT BEING GOOD ENOUGH."

As people project their beliefs onto you, they teach you to judge as they judge, to gossip as they gossip, to create dramas as they create dramas; to love or hate. You are always asking others for more projections to support what you already believe about yourself; to support the distorted images you have about yourself. The image you have of yourself lives in your mind as the voice of knowledge as what you've been programmed to believe. The Toltec call this "Voice," the "Parasite"; the Bible calls it "Evil." It's "evil" because you believe the knowledge is what you are. You believe it is the Truth. It's Parasitic because that belief system is living your life. All human suffering & drama is a result of not being able to differentiate between your real self & your programming.

The humans born before us created a big outside dream the Toltec call the "DREAM OF THE PLANET." A collective dream of billions of smaller, personal dreams, which together create a dream of family, community, city, country & humanity. It includes all of society's rules, beliefs, laws, religions, different cultures, governments, schools, social events & holidays. When a new human is born, we hook the child's attention & begin to introduce these rules into their mind creating their belief system. Because Attention is hooked for the 1st time from the outside, our whole world is projected to the outside as the Source.

Can you see how this is the beginning of suffering in life? The only way to store information in the mind is by agreement. The outside dream may hook our attention, but if we don't agree, we don't store the information. Young children believe everything adults say. You need a mirror in the world to see yourself, but there isn't a clear mirror to tell you you're a spiritual being; that you aren't separate from God & life; that everything is already right inside you. So you begin to search, where your Attention has been focused on the outside for what you believe you don't have. You've made thousands of agreements but the most important agreements are the ones you made with yourself. In these agreements you tell yourself who you are, what you feel, what you believe & how to behave. In these agreements you say, "This is what I am; what I believe. What I can & can't do. This is reality, that is fantasy; this is possible, this is impossible." The result is what you call your personality or Ego.

The belief system is a **BOOK OF LAW** that rules our mind. The whole dream of your life is based on rules in your **BOOK OF LAW** & whatever happens in your life is interpreted according to that **BOOK**. All of your judgments are based on it, even if they go against your own inner nature because whatever goes against the **BOOK OF LAW** will make you feel fear.

There are 2 other parts that live in your mind: the **JUDGE** & the **VICTIM**. Every time you go against the **BOOK OF LAW**, the **JUDGE** says you're guilty & need to be punished & should be ashamed. This happens many times a day for all the years of your life. The part of you that receives the judgment or the reward is the **VICTIM**. It's the part that carries blame, guilt & the shame & says, "Poor me, I'm not good enough or I'm not worthy of love & attention!"

We didn't choose the beliefs in the **BOOK OF LAW** & often rebel against them, but as children, we weren't strong enough to win the rebellion. After years of trying to please others & attempting different kinds of rebellion trying to find who you 'really are' most people just give up & accept other people's images or fall into a pattern of self-abuse. At a certain point in our life we're so well trained we punish ourselves when we don't follow the rules & we reward ourselves when we're good. This is why humans resist life, resist love, & resist being 'real.' We've been conditioned to live our life satisfying other people's demands. We've learned to live by other people's points of view because of the fear of not being accepted & of not being good enough according to the **RULE BOOK**. But there's still something inside us that longs to be free & is shouting 'This is not who I really am & not what I really want.'

You cannot be free to be who you really are until you free yourself from the images of what you think you should be. Your whole point of view of reality & what you believe you are is just a concept. It's knowledge, but knowledge doesn't mean it's the Truth. It is only what you know.

It takes a great deal of courage to challenge our own beliefs. The agreement is so strong that even if we intellectually understand the concept of it not being true, we still feel the blame, guilt, & shame that occur, if we go against the Rules. Nobody abuses us more than we abuse ourselves & it's the **JUDGE, VICTIM & BELIEF SYSTEM** as the **BOOK OF LAW** that make us do this. **NOBODY HAS EVER ABUSED YOU MORE THAN YOU HAVE ABUSED YOURSELF**. The limit of your self-abuse is exactly the limit that you will tolerate from someone else. If someone abuses you a little more than you abuse yourself, you will probably walk away from that person. If someone abuses you a little less than you abuse yourself, you'll probably stay & tolerate it.

When we understand this, we understand why human societies are the way they are, why there is injustice, violence, & war. We have ingested Parasites in the form of beliefs, concepts & distorted images. All of the personal drama that we experience & that lead to addictions, lies, dogmas & fanaticism—are the result of our beliefs, the result of our programming. We got sick by eating knowledge. We can heal by getting rid of knowledge that harms us & eating knowledge that heals us. To be aware of what happened is what the Toltec call the **MASTERY OF AWARENESS**. **AWARENESS** means to open your eyes to see the Truth. We are born with **AWARENESS** & we practice not being aware. We learn to deny what we perceive. We are born without Knowledge, but we accumulate Knowledge as we are domesticated. That knowledge is like a wall of fog that doesn't allow us to perceive what really is; it keeps us from having awareness. Your whole mind is a fog, which the Toltec call a 'mitote' (pronounced mih-toe'-tay). In India they call 'mitote', 'Maya', which means 'illusion'. It's the personality's notion of "I am." Our challenge is 2 fold:

1. To shift the knowledge, lift the fog, and recover our awareness
2. To maintain our awareness in the midst of the human fog.

If we can practice being aware all the time, using the 4 agreements, awareness will change our whole reality. Then we can begin to master the dream.

PRACTICE IDEAS FOR MASTERING AWARENESS

Record your thoughts and answers to the following questions in a notebook or journal. This will help you to uncover some of the distorted images that others projected onto you as a child. Consider any agreements that tell you what you can and cannot do, what you can and cannot be, and what you can and cannot have.

I. List your earliest memories of what your mother, father, and closest family members told you about yourself. List what people outside your family projected onto you—friends, teachers, and others who influenced you. Pay attention to your emotional response to each question below. Which agreements come from fear and which come from love?

1. What images did others project onto you? When I was a child, I was told I was...
2. What limitations were you told you have? I was told that my limitations were. . .
3. When you were a child, what did others tell you about what it means to be a girl or a boy?

I was told that girls should always. . .

I was told that boys should always. . .

4. Did you fit the ideal image of what it meant to be a girl or boy?
5. What do you believe today about being a woman or being a man?

I believe that a woman should always. . .

I believe that a man should always. . .

6. List all the qualities you were told you should have. I was told should be. . .
7. Make a list of all the qualities you believe you have. I believe I am. . .
8. List the qualities you believe other people think you have. I believe others think I am . .
9. Make a list of all the qualities you lack, but wish you had. I wish I could be like . . .

II. Our image of perfection is the reason we reject ourselves; it is why we don't accept ourselves the way we are, and why we don't accept others the way they are.

1. Describe your image of perfection. What would you look like? What type of personality would you have? My image of perfection is. . .
2. What would you have to change about yourself to live up to this image? To achieve my image of perfection, I would have to. . .
3. Are you willing or able to make these changes? Why or why not? Is it humanly possible for you to attain this image of perfection? Why or why not? Does your image of perfection inspire you to do your best, or does it merely discourage you?

III. We judge others according to our image of perfection as well, and naturally they fall short of our expectations.

1. What is your image of perfection for other people in your life?

My image of perfection for my partner is. . .

My image of perfection for my child is. . .

My image of perfection for my parents is. . .

My image of perfection for my best friend is. .

My image of perfection for my co-workers is. . .

My image of perfection for my boss is . .

IV. We know we are not what we believe we are supposed to be and so we feel false, frustrated, and dishonest. We try to hide ourselves, and we pretend to be what we are not. The result is that we feel unauthentic and wear social masks to keep others from noticing this.

1. What social masks do you wear around others?

My social masks are. . .

2. Do you wear these masks because you are afraid of other people's judgments?

I wear these masks because . .

3. What would happen if you took the masks off?

If I take the masks off. . .

4. What would it be like to express who you really are?

If I expressed who I really am. . .

V. After domestication it is no longer about being good enough for anybody else. We are not good enough for ourselves because we don't fit with our own image of perfection. On a scale of 1 to 10, with number 1 being the distorted images you agreed with, and number 10 being your authentic self, where do you presently reside on this scale?

On the authenticity scale, I reside at number: 1...2...3...4...5...6...7...8...9...10

List at least 4 new agreements you can make with yourself that will honor who you really are.

I intend to honor my authentic self by. . .

Make a commitment to move a step closer toward your authentic self by practicing your four new agreements.

PRACTICE IDEA FOR MASTERING AWARENESS: THE BOOK OF LAW

1. Create your “BOOK OF LAW” and as you become aware of agreements you have made, record them in your book of Law. Enter headings for chapters such as:

Personal agreements: Your body & your self

Personal appearance

Health and diet

Masculinity and feminity

Spiritual agreements: life and God

Religion and spirituality

Death and loss

Nature, animals, and all forms of life

Social agreements: family and friends

Love and sex

Marriage and family

Friendship and social interactions

Financial agreements: work and career

Your unique skills and talents

Money and financial matters

Success and failure

2. What you were programmed to believe about each of these areas of your life.

3. What did you learn about yourself, about others, about work, about life?

One way to get started is to ask “good or bad’ or ‘right or wrong’ questions for each topic within a chapter. For example:

What is good or bad, or right or wrong, about. . .

My personal appearance?

My personality?

Being a woman or a man?

Being married?

Having children?

Making money?

Being successful?

My religion & spirituality?

My job and profession?

Consider how you were domesticated as a very young child.

How did other people hook your attention?

How were you rewarded?

How were you punished?

What did you do to hook other’s attention?

What did you do to avoid being punished?

What did you do to get a reward?

List 4 of the most important values you learned from:

Parents, siblings, and other family members

School or church

Baby sitters, or other influential adults

Friends and acquaintances

Society at large

Do you agree with these values?

As a child, were you punished if you didn’t honor these values?

As an adult, do you punish yourself for failing to honor them?

3. List some of the self-abusive agreements you have made with yourself.

4. List some of the self-nurturing, self-loving agreements you have made with yourself.

THE JUDGE

I. To become more aware of the Judge inside your mind, the 'voice of knowledge':

1. Make a list of every person in your life, including yourself.
2. Consider how each person conducts his or her life in each category of your book of Law.
3. Briefly describe your judgments about each person. How do you feel about the way each person lives his or her life, including you?
4. What do you admire about yourself and every other person on your list.
5. What do you dislike or even despise?

II. We judge other people the way we judge ourselves because all of our judgments come from the supreme truth in our Book of Law. We assume that other people judge us the way we judge ourselves, but this isn't true. Other people judge us according to their own book of law; they live in a completely different dream.

How do you judge yourself

I am a bad person because. . .

I should be ashamed of myself because. . .

I am guilty of . . .

I am so stupid whenever I . . .

How do you judge others?

That person is bad because. . .

That person should be ashamed because. . .

That person is guilty of. . .

I think it's really stupid when someone. . .

III. List four mistakes you have made in your life.

- How do you punish yourself?
- How do you abuse yourself?
- How many times have you paid for each mistake?
- Do you abuse your physical body?

IV. List 4 mistakes other people have made that you cannot forgive.

- How do you punish others?
- How do you abuse others?
- How many times have you made each person pay for his or her mistake?
- Do you abuse other people physically?

V. List 4 accomplishments that made you proud of yourself. How did you reward yourself?

VI. List 4 things others accomplished that made you proud of them. How did you reward them?

VI. Now that you are more aware of your Judge, describe in detail what your Judge is like and how it uses the Book of Law to rule your life. Is your Judge ever fair and forgiving, or is it always harsh and unforgiving?

VII. Consider giving your Judge a more personal or descriptive name so you can easily identify whose voice is talking inside your head. The next time the voice of the Judge is judging you or anyone else, try telling the Judge: Big deal. Who cares? So what? Why not? And if none of these answers seem to satisfy your Judge, then remember this: IT DOESN'T MATTER.

The Victim

1. The Victim inside your mind that receives the judgments carries the blame, the guilt and the shame. The victim is that part of you that feels helpless, hopeless or powerless.

What makes you feel ashamed of yourself?
What makes you feel guilty?
What makes you feel helpless or victimized?

When do you feel unworthy of love?
When do you feel regret or sadness?
When do you feel betrayed?

2. Complete the following sentences:

I am to blame for being. . .
I don't deserve to have. . .
I can't do what I really want to do because. . .
I am powerless when it comes to. . .
Poor me, I am not good enough to . . .
Poor me, I am never going to be . . .

Poor me, I am never going to . . .
Poor me, I am never going to have. . .
I am unworthy of self-love because. . .
I am unworthy of being happy because. . .
I am unworthy of financial abundance
because. . .

3. Look at your answers to these statements, and ask your heart, not your Parasite, whether each statement is TRUE or FALSE. Any belief that generates fear or feelings of unworthiness is false. The Parasite thrives on fear, suffering and drama. Our authentic self would never abuse us; it comes from love.
4. Describe in detail what your Victim is like. When does it believe the Judge? Why does it believe the Judge? Consider giving your Victim a personal name so you can identify its voice in your head.
5. On a scale of 1 to 10, with number 1 being a life that is governed by the Parasite (the judge, the victim, and the book of law), and number 10 being a life completely free of the Parasite, where do you presently live your life?

On the Parasite scale, I live my life at number:

1...2...3...4...5...6...7...8...9...10

6. Spend 15 minutes writing about what it would be like to live your life without the Judge and the Victim. Imagine your victim transformed from 'poor me' to an empowered person who refuses to be abused one minute longer.
7. Imagine what your life would be like if your personal code of conduct was based on the 4 agreements. When you try to imagine these possibilities, do you find yourself meeting resistance? If so, complete the following sentences:

I can't live my life without the Judge because. . .
I can't live my life without the Victim because. . .
I can't live my life the way I really want to because . . .
I can't live my life by the 4 Agreements because. . .

What excuses does your Parasite give you? Write them down, then read your answers and come up with at least one answer to each statement that completely refutes the excuse. As you counter each excuse, imagine yourself moving up the scale toward a life that is Parasite free.

Keep answering your excuses, and continue to imagine yourself moving up the scale until you reach the number 10. At this point, you have no doubt that you can accomplish what you want. You have recovered your faith from the belief system, and your faith is 100 percent.

For example: I cannot live my life without the Judge because. . .

1. I would be completely irresponsible and out of control.
2. I would do bad things.
3. I would be lazy and never get anything done.

Your answers to the above statements might be:

1. I would never be irresponsible or out of control. I am a responsible person and if I praised myself more, and judged myself less, I would be happier and more capable of assuming responsibility.
2. I would never do anything bad. In fact, if the Judge wasn't always judging me, I would do greater things than I do now. If I accepted myself without judgment, I would accept others without judgment.
3. I am not a lazy person. Perhaps I would take it easy for a while, but then I would enjoy doing what I need to do and would accomplish even more without the Judge always criticizing me.

Use this practice for any area of your life in which you find yourself challenged.

1. Start by making a statement about something you want, but fear you will not get.
2. Consider all the reasons why you cannot have what you want.
3. Then come up with a statement that completely negates each of these excuses.
4. Imagine each excuse as a physical object that is standing in the way of your goal.
5. Imagine yourself moving up the scale as you remove each obstacle from your path.

Keep working with both lists until you reach the point where your faith is completely invested in your desire instead of your doubt. At this point, you will be at number 10 on the scale.

The Victor

Once you become aware of some of the judgments, beliefs and agreements in your Book of Law, the next step is to challenge and break old agreements. Go through your Book of Law and ask yourself these questions:

Which agreements lift me and give me joy?
Which agreements bring me down?

Which agreements are based on truth?
Which agreements are lies?

Identify each limiting, fear-based agreement, and write a new agreement based on truth and self-love to replace it. Begin each week with one agreement that seems the easiest to break. Focus your attention on that agreement until you can break that agreement and adopt the new one in its place. Practice your new agreement until it becomes a habit & your enthusiasm and self-respect will grow until you recover enough power to break all of the agreements that limit your freedom and happiness.

ABBREVIATED GLOSSARY

INTEGRITY: 1. The quality or state of being complete; unbroken condition; wholeness; entirety. 2. The quality or state of being unimpaired; perfect condition; soundness. 3. The quality or state of being of sound moral principle; uprightness, honesty, and sincerity.

THE BOOK OF LAW: Just as a government has a book of law that rules the society's dream our belief system is the Book of Law that rules our life. Whatever is in our Book of Law is our supreme truth. We base all of our judgments on this Book of Law, even if these judgments go against our own inner nature.

THE DOMESTICATION OF HUMANS: Humans are domesticated the same way we train a cat or other animal: though a system of punishment and reward. In human domestication, information from the outside dream is conveyed to the inside dream, creating our whole belief system, and teaching us how to be a human.

DREAMING: Dreaming is the main function of the mind. It dreams 24 hours a day. When the brain is awake, there is a material frame that makes us perceive things in a linear way; when we go to sleep we don't have the frame, and the dream has the tendency to change constantly.

THE DREAM OF THE PLANET: Society's dream or the dream of the planet is the collective dream of billions of personal dreams. Together these create a dream of a family, community, city, country and of all humanity. The dream of the planet includes all of society's rules, beliefs, laws, religions, governments, schools, and social customs. In this dream it is normal for humans to suffer; fear is an important part of this dream.

THE IMAGE OF PERFECTION: During domestication, we form an image of perfection to please other people, to be good enough for them. But we are never perfect from this point of view, and so we begin to reject ourselves. The image of perfection is the reason we abuse ourselves; it is the reason we reject our own humanity. We also judge others according to our image of perfection and they can never measure up to that ideal.

THE JUDGE: The inner judge uses what is in our Book of Law to judge everything we do, think, and feel. Every time we do something that goes against the Book of Law, the Judge says we are guilty, we should be ashamed, and we need to be punished.

MITOTE: The Toltec use this term to refer to the condition of the human mind. The motote can be compared to a huge marketplace where thousands of people are talking at the same time and nobody understands each other. The mitote is like a fog that blinds us from seeing the truth.

THE PARASITE: The Toltec compare the Judge, the victim, and the belief system to a Parasite that invades the human mind. The Parasite is a living being made of psychic or emotional energy. It can also be compared to a program that dreams through our mind and lives through our body. From the Toltec point of view, all humans who are domesticated are sick because we have a Parasite that thrives on the emotions that come from fear and suffering.

PERSONAL IMPROTANCE: During the period of our domestication, we learn to think we are responsible for everything. "Me, me, always me." Personal importance, or taking things personally, is the maximum expression of selfishness because we make the assumption that everything is about 'me.'

THE VICTIM: The Victim is the part of our mind that receives the judgments, and carries the blame, the guilt and the shame. The Judge decrees, and the victim suffers the guilt and punishment. The Victim is always crying "Poor me" because of a deep sense of injustice. It doesn't matter what the victim does to please the Judge, it is never good enough.