

Final Breakthrough

The Power of Agreements



Christopher Van Buren

Final Breakthrough

The Power of Agreements

Get the entire final breakthrough series at:

www.VanBurenPublishing.com/breakthrough

First, read this mini-ebook, which is the first book of the series – and see if you are ready for a breakthrough!

This book is copyright © 2012 - 2015 by Christopher Van Buren and Van Buren Publishing. All rights reserved.

Author: Christopher Van Buren

Version: 2.0 (Second Edition)

This eBook is sold to a single person for single use...please do not copy or transfer to another party. Instead, please send interested parties to our web site: www.VanBurenPublishing.com

Your agreements control your flow



**& flow creates
breakthrough.**

In fact, your self-worth, personal integrity and happiness come from the well executed management of these agreements.

Money

flows
through
agreements.

Relationships

begin and end
with agreements.

Health

is an agreement
with yourself.

Welcome to Final Breakthrough

This program is a special combination of technologies, guaranteed to bring you a breakthrough.

The program consists of 9 modules (9 ebooks). The first one begins with a discussion of the Power of Agreements...but first...

What is a Breakthrough?

We define a breakthrough as the appearance of an unplanned or unexpected opportunity in some area of your life that has the ability to move you substantially forward toward your desired and dreams. It could be new business or clients that come through, money from an unexpected source, a new opportunity or partnership or a new contract of some kind. It could be a new opportunity in relationship, a breakthrough in your own personal inner wisdom...anything that could be defined as life-changing and moving you forward toward your dreams.



The Power of Agreements

This first module will give you an overview of the entire process and what will occur over the course of this process. There are three parts to this program, which you can practice for the next week or two. Each module consists of a main discussion and then offers a bonus meditation to help you practice what's being discussed.

The Formula for Breakthrough

First, we'll talk about the equation that we're working with. It's very simple over-arching formula that explains why agreements are key. It goes like this:

1. Agreements manage currency
2. Currency equals flow
3. Therefore...When you manage your agreements, you manage flow.

This is going to be demonstrated and shown with examples and exercises throughout the program, but we'll look into the definitions of this formula now.

The Currency Behind Money

Let's talk about currency. Most people relate currency with money. Currency is a flow of money. The word "current" means flow. With money, you have flow coming in and going out. So money is an obvious, easy, clear-cut demonstration of flow...of currency. What's important to understand about money is that money itself actually represents something else. It's been talked about by many people in self-help and success training that money is really just a symbol of something else. What is the actual currency that money represents?

Money is a representation of value.

What happens when you make agreements around money is that you make agreements to exchange value. You agree to create an inflow and outflow of value. So money is a representation of the agreements you make to exchange value.

Your job is the first agreement you have around money. Many jobs have a formal, written agreement about what you're supposed to do for your job...and what you'll get in return. This is an agreement made to determine a particular flow of value. As long as you do your part (your work), they'll do their part (pay you).

If you're a business owner, you'll have this same agreement with your employees or contractors. If they do X, then you'll pay them a certain amount of money. It's an exchange of value.

Money agreements – incoming or outgoing – tend to be explicit agreements. They tend to be expressed, written out, sometimes in formal contracts, and in many cases, both sides of the agreement know what they're getting into and what the expectations are.

This is not always true. Many small business owners fail to express what their expectations are of their people.

So what happens if money agreements break down? What happens if you or the other side breaks his agreements. Or what if the agreement is neglected or abandoned.

Simple. Money stops flowing. The value stops flowing in both directions. If you don't get paid by your employer, you're going to stop working. You don't give them the value any more. If you don't pay your phone bill, they'll turn off your phone.

Simple enough, right? Money agreements tend to be easily identified and tracked. However, we're going to explore some of the things that often go "out of agreement" with money agreements.

The Currency Behind Relationship

As you can see, agreements are very important in the flow of money, both in and out of your life. Another area where agreements are important is in relationships. Relationships thrive on agreements. They are defined by agreements. All your relationships, weather your significant other, your family, your friendships, your dog, cat. . . all of these relationships have agreements attached to them, weather explicit or implied. In fact, in most cases with relationships, your agreements are implied. They are unspoken, often unexpressed expectations on both sides.

Those agreements and expectations dictate another flow, another currency; the currency of relationship. Every relationship has something that flows back and forth that is controlled by agreement and expectation. The currency of relationship is attention.

Where you put your attention is where you're in relationship. Who you are in relationship with is where you put your attention. The more important a relationship is...the more attention you give it. And the agreements you make in relationships dictate the flow of that currency.

“That person whose calls you're always taking...that's who you're in relationship with. I hope you're both really happy.”

---from Devil Wears Prada

Let's look at an example: Marriage is an obvious relationship agreement. Often it's an explicit one with specific vows that are expressed. Do those vows cover everything? To honor, to cherish until death do you part? Probably for most people today, those vows don't really cover all the details, all the

expectations. What about money? What about the kids? How are you going to support me and how do you expect me to support you? What do we do in difficult times? Will you support me the way I expect it?

What happens when any of those unspoken agreements breaks down? What happens when your other doesn't support you in the way you expected it. Over time, your attention will diminish. This is seen even more clearly with friendships or business relationships, which tend to be more tied to their expectations and agreements. If the agreement is not met, the flow of attention stops. You stop caring for that relationship.

Family, work, pets, your significant other, these are all governed by agreements that manage the flow of attention being given and received. Since often, relationship agreements are not explicit but implied, we'll see that one of the things you can do to manage these agreements is to simply define them.

Breakdown is easy to occur when agreements are not defined.

But with relationship agreements, we feel that being explicit with them is somehow un-romantic and unfriendly. But it doesn't have to look formal, like a written agreement, it simply needs to be expressed. And if nothing else, it needs to be expressed to you...so that you know what that expectation is. There are all kinds of expectations in relationships that benefit from being expressed.

The Currency Behind Health & Happiness

As you can see, with relationship and money flows, our agreements control the amount of value and attention we have in life. This is the control of our lifeline.

The third area of agreements is your health and happiness. This is an area where agreements also tend to be implied, not expressed. They are also agreements that are often made with yourself. They are agreements with yourself about yourself.

This is not always true. Sometimes agreements are expressed. If you work with a personal trainer or coach doing goal setting programs, then maybe you are writing them down or expressing your agreements. But even if you are, you most certainly have other health and happiness related agreements that are not expressed. These are sometimes with you for a long time and you may not even realize you have them. Think about the goals you've set. Every one is an agreement you've made with yourself.

So what is the currency of health and happiness that flow in and out by your agreements? The currency of health and happiness is energy. When we feel energy, we are healthy and when we're healthy we feel energized. When we're happy we have positive happy energy. When we're down, the energy goes down.

Energy is the currency of health and happiness. That's what's flowing when you make agreements with yourself or others and it stops flowing when you're out of agreement around your health and happiness.

The Flow of Life

Energy, attention and value are the currencies of life. These are the currencies that are managed by agreements. The flow of these expands and contracts based on your agreements. These are the critical areas that we'll work with in this program.

We'll look at agreements you have with yourself and others, agreements that are explicit or implied and we're going to start managing those agreements to create amazing flow in life. Sometimes flow starts as soon as you start paying attention to these agreements and sometimes you have to work the process a bit, but when you start managing your agreements in these three areas, you'll see incredible flow start moving in and out of your life.

The Hidden Benefit

There is a hidden benefit to all this management of agreements. You start feeling great about you. Your self esteem comes from your ability to keep your agreements – especially those with yourself. It adds real-life, concrete value to your esteem when you can consistently manage your currencies and you end up with an increase in self-worth from this activity.



How to Manage Agreements

What do you have to do to manage your agreements? Here are the keys. There are only four ways to manage any agreement:

Management Option One: You Can Keep Your Agreements

The first thing you can do is keep your agreements. What happens when you keep agreements? The currency keeps flowing or sometimes it expands.

Management Option Two: You Can Break Your Agreements

The second way you can manage an agreement is to break it. Often, people break agreements by avoiding them, neglecting them or abandoning them. This is a very unconscious way to break agreements. But there are conscious ways to break agreements. Sometimes you can choose deliberately to break an agreement, knowing full well the consequences you'll be paying. We don't advocate breaking agreements consciously as the first management strategy you take. Even done consciously, breaking agreements is a last resort. But it can be an effective way to manage an agreement.

What happens when you break an agreement? The first thing is that the flow stops. The currency stops. But there are often other consequences that occur when agreements are broken. Specific financial agreements often have explicit penalties associated with breaking them. There are also implied consequences that occur when breaking agreements. The stopping of the flow is an implied consequence.

But another implied consequence is the emotional reaction that occurs. Generally these are negative or unwanted emotions. You might feel guilty about breaking your agreement, you might feel ashamed or low self image. You might feel fear about what other consequences might come.

Management Option Three: You Can Re-Negotiate Your Agreements

One of the key ways we'll be working with throughout this program is to renegotiate your agreements, so you can get back into agreement and return the flow. That's what renegotiating is all about. Here's something to consider:

Ninety nine point nine percent of all agreements CAN be renegotiated.

Occasionally, an agreement cannot be renegotiated. If one of the parties is unwilling to renegotiate or if they cannot be trusted to deal fairly or keep their end of the bargain, then renegotiation may be impossible. But in most cases, you can find a way to come back to agreement and back into flow.

A very big part of this process is to examine where your agreements are out of flow and how to renegotiate them back into flow. We have specific processes and tools for knowing exactly what renegotiation needs to happen. You often need ideas and outside help to know how to renegotiate agreements – especially the ones you are not conscious of, the ones that are implied.

We'll provide you with charts and tools and processes that will help you determine the next move to make in any situation around any agreement.

Management Option Four: You Can Define Your Agreements

When agreements are not explicit, but implied, then defining them is a valuable way to begin managing them. As you can see with relationship, health and happiness agreements, a great many of the agreements you have in life are not expressed well. Define the terms of your unexpressed agreements. You can do this by determining the expectations on both sides (all sides).

My Story

Not long ago, when going through this process, I realized that my wife and I were entering a new phase in our relationship and our lives. I wanted to enter this new phase with a more expressed set of expectations on both sides. This was a new phase that was potentially going to change some important external aspects of our lives, such as where we lived. When you change your home, it's a bit deal and there are many new expectations that go along with that. These expectations should be expressed.

So we sat down and acknowledged that we were entering a new phase and we agreed to talk about what we expected from this...from each other, from ourselves, and from our relationship.

We looked back at the phase we just completed and asked ourselves "how did that go?" and "What were the unspoken expectations we had at the beginning and how did we do?"

We took an inventory of our last phase and we realized that it went quite well and we accomplished about 80% of what we expected to accomplish. But there were a few areas that we decided we'd like to do better this

next time. What would we like to establish as expectations for this next phase?

The conversation continued for a couple hours and it was quite fun and exciting and turned our thought in a positive direction. And just from that one expression of an agreement (or set of related agreements), we had a breakthrough in our relationship that has lasted since then.

It really can happen that fast, especially with relationship agreements and other potent agreements in life.



How to Recognize The State of Your Agreements

The final key in this part is about your emotions. As a way of explaining how this breakthrough process came to be...I'd like to give a little history about the research that went into it.

I did a lot of work in the area of personality typing systems, from the Enneagram to Jungian archetypes to astrology, to Myers-Briggs personality typing. I began mapping those systems with emotions, using work I was doing with Neuro-Emotional Technique (NET), which is a tool that many Chiropractors use to determine how emotions map to the body...how your

emotions are a part of the neuro-emotional activity going through your spinal column and into your organs.

Without going into detail about the NET neuro-emotional mapping, suffice it to say that I started combining that technology with the technology of archetypes and began mapping the emotions to the archetypes. I began to discover the patterns – emotional patterns that could be identified with certain archetypes – but also the behavior patterns that went along with the emotions and archetypes.

So the combination of all this began to reveal itself. This program uses all this and brings-in the element of agreements – using the specific behaviors around agreements to map into the system. This is a very powerful key to why this program has so much potential to create change and flow. It takes those emotional mapping technologies and focuses it on the behaviors you have around your agreements.

So we use emotional and behavioral patterns to identify what's going on with your agreements. The process begins with an inventory of your agreements. We use emotions and behaviors as a reflection of the state of your agreements. You can easily inventory your agreements by identifying your emotions and behaviors.

If you break agreements, or if you keep them, you're going to have an emotional reaction. Quite often even keeping agreements creates uncomfortable emotions. Perhaps you have a new business deal that requires a certain contribution from you. That agreement, even when it's being kept, may cause you anxiety. So what needs to happen to increase the flow? The emotional mapping technology in this program will help identify what needs to happen. It's measurable, concrete and can be repeated with predictability.

To support this work, we offer meditations in each module of the program, so you can get more energetic and subconscious support of the practices used here.

What are your emotions telling you?

Your emotions are a road map to the current state of your agreements

confusion
no emotion

unloved
abandoned
alone

anger
frustration
resentment



disconnected
ungrounded

Fear
shock
numb

hopelessness
powerlessness
egotism
low self-esteem

bitterness
disappointment



Your Agreements Inventory

Use the inventory worksheet located at these links:

[Excel Version](#)

[PDF Version](#)

One is a PDF for printing. The other is an Excel worksheet to which we will add pieces as we go through the modules, so this is the preferred version if you can use it.

Your Money Agreements

The first part of the inventory is about agreements you've made around money, which includes career, donations, side projects, investments, finances, your business, income, vacations, purchases...anything that has to do with money flow (in and out) in your life.

Write down agreements you've made about money with other parties. This includes any

Don't put every single agreement you have about money. Just focus on agreements that seem "out of place" or that are incomplete or somehow not satisfying you in some way...either on your side, the other side or in general. Focus on agreements that seem out of alignment.

If you have a phone bill and nothing is wrong with your phone service and you pay your bill on time...don't add that to the inventory. But if you have a phone bill and you're unhappy with your service, or maybe you've been feeling that the bill is too high or you've been meaning to change your service, but haven't gotten around to it...please ADD this to your inventory.

Any agreements for which there are emotions that are uncomfortable or unwanted.

As you move across the worksheet, you can enter information about the agreement. Indicate if the agreement is explicit or implied. Explicit means there is a clear understanding on all sides of the agreement of what is expected. If that's not true, then it's an implied agreement.

Next, write down the feelings associated with this agreement. What are you feeling right now about this agreement or situation? To help you, we have a page in the worksheet with an emotions chart.

If you're using the Excel chart, this is one of the page tabs at the bottom of the worksheet. If you're using the PDF, then move to the last page of the file to see the chart.

This chart will help you identify the emotions or behaviors that may be happening around your agreements. Look in the groups of emotions to see if you're feeling any of the emotions related to the agreement. You don't have to experience ALL the emotions in the group...just any ONE of them.

Write down the group TYPE associated with the emotions you are feeling.

NOTE: if you feel more than one category of feelings, then use the category of feelings that is more intense. If you can't determine which group is most intense, then use the one that comes first on the chart.

Next, indicate the level of intensity about the emotions you've indicated and write that down on a scale from 1 to 10.

Finally, inventory the agreements you have with yourself around money. Think about your goals and unstated expectations of yourself...like savings plans. Savings is an implied agreement that we often have with ourselves around money.

Your Relationship Agreements

This includes agreements around home (dog, cat, plants). Are you going out to work every day and pass a potted plant and think to yourself “I’ve got to start watering that plant more” or “I’ve got to take care of these plants better”? And you pass that plant every day and think that same thing...please write that down on your inventory worksheet. That’s an important agreement that needs to be managed.

It doesn’t matter what agreements you have out of place. No matter how large or small the agreement...fixing it will create flow in any area of your life. Starting to water your plants again (using the example from before), will get you back into agreement and often create flow in another are of your life...like money. You may receive money from an unexpected place.

Flow comes from managing agreements in any and all areas of your life. And the mismanagement of agreements stops the flow in all areas of life.

This tells us not to have a judgment on the importance of any agreement. You may think that watering the plants is not important...after all, the worst that can happen is they’ll die and you’ll get new ones. But that agreement is important to look at and add to your inventory.

If you have a dog and you don’t have as much time to take the god for walks...but you know you should...add that to your inventory, as it’s a very important agreement that’s not being taken care of.

Are you taking care of your kids in the way you expect yourself to? The way your spouse expects you to?

What about agreements with your community. There are certain unspoken community ethics that exist within each culture that are very important. Taking care of your neighborhood, pollution, city politics or anything you feel in your own mind is important to manage.

Social life, love life, sex life...what agreements – especially implied agreements – are needing to be added to the inventory?

Finally, add agreements with yourself that are related to relationships. There are agreements you may have with yourself about others. Perhaps you're single and have a goal to find a relationship by a certain time. Or perhaps you've vowed never to enter a relationship again with a certain type of person. Are you fulfilling this agreement?

Most likely these agreements are implied and not explicit.

Choose the feelings from the feelings chart and enter the intensity.

Your Health & Happiness Agreements

Think about the agreements you have with yourself and others about health and happiness. These are often agreements with yourself, but they could be with others. You could possibly have agreements about health with trainers, friends or work-out buddies. These are probably implied agreements, but they may be explicit.

Are you happy with your health? Do you feel Vibrant? Do you feel energy? Remember, if health and happiness agreements are out of alignment, then the currency of health and happiness stops flowing. What is this currency? Energy.

Final Inventory Round

Now do the inventory backward, starting with the emotions and behaviors to look for any emotions or behaviors that appear frequently in your life...anywhere in your life. Don't think about agreements, just look for the emotions and behaviors. If you have trouble with this, then ask a close friend or significant other. They'll be able to tell you these patterns and BE READY to listen and accept what they say.

Write down the situation that is associated with the emotion or behavior. If you can identify the agreement, then write it down. If you can't identify the agreement, then just write down the situation and we'll discover the agreements later.

Identifying Agreements Behind Emotions

How do you identify the agreements that are behind emotions and behavior patterns when all you know is the pattern? You know that traffic makes you angry...how is that an agreement? It's just traffic, right?

Once you've identified the emotional or behavioral patterns, you can begin the process of discovery. Start by allowing yourself to verbally "rant" about the issue. Let yourself get angry or frustrated or depressed about it...and imagine talking with someone about it, explaining without holding back, the reasons why you feel this way.

While you're ranting...listen to yourself. Listen for emotions, accusations made by you, and claims of victimization from you (they are victimizing you in some way).

For example, if people cutting you off in traffic make you angry, start going on and on about why they make you angry. Listen for accusations.

Maybe they make you angry because you feel they are taking advantage of others. There's the accusation: they are victimizing others.

What expectation do you have about human interaction that says people won't take advantage of you or others? Is this a reasonable expectation to have? This might be a relationship agreement...maybe an agreement you have with your culture. You expect that people will not take advantage of others. That's probably an unrealistic expectation.

Why do you have this expectation? Are you protecting others? Are you protecting yourself from something?

Here's another possibility about the traffic issue: Maybe you experience Confrontation patterns in traffic because people are slowing you down and making you late....

There's the accusation: others are making you late.

So what's the truth? Who is responsible for you getting to work on time? What's the agreement there? In your agreement with yourself about your inner peace and calm...are you living up to your expectations? Are you giving yourself enough calm? What would getting up earlier do for your calm? Why aren't you doing it? What's the truth?

With this process, you can find agreements related to your emotions and behaviors if you don't know what they are at first glance.

Agreements Meditation

1. Sit in a comfortable position with your legs crossed and your hands resting in your groin area.
2. Breathe deeply in and out and pay attention to your breathing. Feel your chest move and the air enter your body as you breathe in. Breathe at least three times deeply.
3. When you're ready, relax your body from your head all the way down to your toes.
4. Next, move your awareness back up your body from your toes to your legs and up to your groin. As you visit your groin, make contact with this part of your body. Tell it that you are opening a channel of communication and wish to have open two-way communication from this point forward.
5. Repeat this for every major organ of your body: stomach, bladder, liver, kidneys, heart, lungs, thyroid, pituitary, and brain. Open communication with each part individually.
6. From the top of your head, make an announcement to your body that you are creating a network of communication and an agreement that you will increase energy flows in exchange for this communication.
7. When you're ready, become aware of your body sitting in this room. Become aware of your breathing.
8. Clear your mind and, when you are ready, return to normal breathing and reality.

Final Breakthrough

The Power of Agreements

Get the entire final breakthrough series at:

www.VanBurenPublishing.com/breakthrough

First, read this mini-ebook, which is the first book of the series – and see if you are ready for a breakthrough!