**Intro: The teachings of Don Miguel Ruiz can guide our teaching practices so that we can have more peace, joy, satisfaction, and success. (30 minutes plus CD option)**

1. (Two minutes)

Parents, students, administrators, peers, and other stakeholders…society at large…often condemn the practices of teachers. How hurt are we by their words?

* I am not at all hurt. (apathetic or way confident)
* I hurt a little, am offended. (quality of hurt)
* I hurt sometimes, but it depends upon topic. (quantity)
* I acknowledge but do not respond. (stay intellectual; in perspective)
* I do not even acknowledge their opinion. (everyone has a right)
1. (Three minutes)

What are these words and comments that affect you? List.

1. (Three minutes)

What words ­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ do you make that have the same effect of hurt, shame, guilt?

1. To or about students
2. To or about colleagues
3. To or about admin
4. Others
5. (Five minutes)

Language is our code to communicate what is in your brain to my brain. But my interpretation rests in who I am, where I came from, and where I believe I am going. I own at least half of the interpretation of your words. Your words can knowingly or unknowingly trigger positive or negative experiences in me. [students often call teachers, “mom”, “teacher”, “bitch”.] When you are acting in alignment with who you are and who you want to be, no outside words will affect you. However, if you are acting out of synch with who you want to be or who you think you are, you will suffer a negative emotion. You punish yourself somehow, because you are domesticated, have superego/autonomy/carry the mission of society/civilization. You punish yourself in the amount of distance you have between your real self and your ideal self.

Words can be WHITE MAGIC or BLACK MAGIC. You can fill your world with the effects of words.

White magic can break the spell of fear, shame, and guilt.

1. (Three minutes)

Be impeccable with your word. Be the characteristics you want to be known for.

Act it out. Say it. SAY and DO. Your character grows from your words and actions.

The Four Agreements: A Practical Guide to Personal Freedom by don Miguel Ruiz. Track 4 disc 2:

The impeccable word: Without sin against yourself, your inclinations, your ambition.

1. (Two minutes)

Words create and complete your intent.

The sounds have power and implication, influence, projection

Words fertilize the brain/ Prime growth or destruction.

Thoughts are represented by words/images of our own.

Words are the seeds of prediction.

Affirm or label

Then repetition triggers expectations.

1. (Five minutes)

Name calling is self-negating because others will know you to be negative. Action, reaction, then return of your investment, your seed, your negativity.

Gossip is black magic. Gossip is open opinion; emotional poison; normal communication of non-truths. Computer virus, social virus.

Gossip is extra powerful if it triggers your pre-existing emotional wounds or if the words challenge your belief about what you thought others believed about you and who you are.

Only truth can break the spell of black magic. It begins with you being honest with yourself. Are you defensive because you believe you do not have those skills required? Because you do not have popularity? Are you low in professional prowess? Acceptance?

In teaching when we become honest with ourselves, we begin to feel shame or guilt or inadequacy. If we do not stay true to ourselves, we often fault others for what we have the power to change. It becomes easier for the moment only. We become victims.

Shame and guilt are the tools of society to keep us in line, to control our behavior. We look for acceptance and admiration and clout via our words and actions in society. Some of us became teachers to gain credibility in servitude. We are going to save these children, provide them with happiness and academic success; we are going to be their favorite… so that we can feel good about ourselves, our own ambitions.

1. (Two minutes)

John Wooden, super coach of UCLA Basketball for years, promoted the concept that success is in knowing that you did your very best under whatever circumstances existed at the time. When you recognize and accept your own reality, you can also accept shortcomings. You begin to see yourself, your real self. From there you can determine what strengths you do have. You can determine what skills, knowledge, or concepts you would like to develop.

1. (One minute)

We are social creatures. All the human emotions compel sharing. Happiness loves company. Misery loves company. Once humans begin to share negative words and black magic, the relation becomes adversarial. Once humans begin to share positive words and white magic, the relation becomes symbiotic.

1. (One minute)

Very often if not always, gossip, negative talk, black magic is how we seek relief to anxiety, get revenge, gain sympathy/empathy; purge negative experiences.

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