

# THE RULES FOR BEING HUMAN

## HANDED DOWN FROM ANCIENT SANSKRIT

### **1. YOU WILL RECEIVE A BODY.**

You may like it or not, but it will be yours for the entire period round.

### **2. YOU WILL LEARN LESSONS.**

You are enrolled in a full-time, informal school called life. Each day in this school you will have the opportunity to learn lessons. You may like the lessons or think them irrelevant and stupid.

### **3. THERE ARE NO MISTAKES, ONLY LESSONS.**

Growth is a process of trial and error, experimentation. The 'failed' experiments are as much a part of the process as the experiment that ultimately works.

### **4. A LESSON IS REPEATED UNTIL IT IS LEARNED.**

A lesson will be presented to you in various forms until you have learned it, then you can go on the next lesson.

### **5. LEARNING LESSONS DOES NOT END.**

There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.

### **6. 'THERE' IS NO BETTER THAN 'HERE.'**

When your 'there' has become 'here', you will simply obtain another 'there' that will, again look better than 'here'.

### **7. OTHERS ARE MERELY MIRRORS OF YOU.**

You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself.

### **8. WHAT YOU MAKE OF YOUR LIFE IS UP TO YOU.**

You have all the tools and resources you need, what you do with them is up to you. The choice is yours.

### **9. THE ANSWERS LIE INSIDE YOU.**

The answers to life's questions lie inside you. All you need to do is look, listen, and trust.