

Ten Rules for Being Human by Cherie Carter-Scott

1. You will receive a body

You may love it or hate it but it will be yours for the duration of your life on Earth.

2. You will be presented with 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 hate them but you have designed them as part of your curriculum.

3. There are no mistakes – only lessons.

Growth is a process of experimentation, a series of trials, errors, and occasional victories. The failed experiments are as much a part of the process as the experiments that work.

4. Lessons are repeated until learned!

Lessons will be repeated to you in various forms until you have learned them. When you have learned them, you can then go on to the next lesson.

5. Learning does not end.

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

6. 'There' is no better than 'here'.

When your 'there' has become a 'here', you will simply obtain a 'there' that will look better to you than your present 'here'.

7. Others are only mirrors of you

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

9. All your answers lie inside you.

All you need to do is look, listen and trust.

10. You will forget all this at birth.

You can remember it if you want by unravelling the double helix of inner knowing.