

# HuManatee's Wisdoms

1. Be Your Own Best Friend
  2. Life is not Fair
  3. The Truth of Suffering
  4. Not Suffering is not Enough
  5. Try Your Best
  6. The Truth of Diversity
  7. Needing vs Wanting
  8. Information vs Knowledge vs Believing
  9. The Reality of Effort "on the Path"
  10. Align Your Life with Your Priorities
  11. Earth-time vs Industrial-time
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For most, meditation is an essential key to successful integration of wisdoms into life behaviors.

Breath... YOUR life is an amazing possibility!

Best of luck on your journey,

*Hu Manatee*

[www.HuManateeWorld.com](http://www.HuManateeWorld.com)

