

## The Rules For Being Human

**1. You will receive a body**

You may like it or hate it, but it will be yours for the entire period of this time around.

**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 you 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 part of the process as the experiment that ultimately “works”.

**4. A lesson is repeated until learned**

A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can then go on to 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 a “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 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. Your answers lie inside you**

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

**10. You will forget all this**

**11. You can remember it whenever you want**

*Anonymous*