

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 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 think them irrelevant or 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 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 again, looks 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 of you.** The answers to life's questions lie inside you. All you need to do is look, listen and trust.