

RULES FOR BEING HUMAN

You will receive a body. You may like it or hate it, but make the best of it because it's going to be with you the rest of your life.

You will learn lessons. You are enrolled in a full-time informal school called life on planet earth. Every person or incident is the Universal Teacher.

There are no mistakes, only lessons. Growth is a process of experimentation. "Failures" are as much a part of the process as "successes".

A lesson is repeated until learned. It is presented to you in various forms until you learn it - then you can go on to the next lesson.

If you don't learn easy lessons, they get harder. External problems are a precise reflection of your internal state; pain is how your subconscious gets your attention. First it whispers; then it yells. When you clear inner obstructions, your outside world changes.

You will know you've learned a lesson when your actions change. Wisdom is practice, practice, practice. And remember: A little of something is better than a lot of nothing.

"There" is no better than "here". When your "there" becomes a "here" you will simply obtain another "there" that again looks better than "here".

Others are only mirrors of you. You cannot love or hate something about another unless it reflects something you hate in yourself.

Your life is up to you. Spirit provides the canvas; you do the painting. There are three kinds of people: Those who make things happen; those who watch what happens; and those who wonder what happened. Take charge of your life -- or someone else will.

You always get what you want. Your subconscious rightfully determines what energies, experience and people you attract -- therefore, the only foolproof way to know what you want is to see what you have.

There is no right or wrong, but there are consequences. Corollary law: No one gets away with anything: Everything has a value -- and a price; you pay now or you pay later.

Your answers lie inside you. Children need guidance from others; as we mature, we trust our hearts, where the laws of Spirit are written. You know more than you have heard or read or been told. All you need to do is to look, listen and trust.

You will tend to forget this. But you can remember any time you wish.

Prepared by Dan Millman, author of Way of the Peaceful Warrior