

## ***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 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 a part of the process as the experiment that actually “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 up to you.
- 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.**

From "Rules for Being Human" by Cherie Carter Scott