

## **Rules for Being Human**

1. **YOU WILL RECEIVE A BODY.**  
You may like 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 them or think they’re irrelevant and stupid.
3. **THERE ARE NO MISTAKES, ONLY LESSONS.**  
Growth is a process of trial and error, of experimentation. The “failed” experiments are as much a part of the process.
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 done so, you can move 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 SIMPLY 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. **YOUR ANSWERS ARE WITHIN YOU.**  
The answers to life’s questions are to be found within. All you need to do is look, listen, and trust your “inner voice.”
10. **YOU WILL FORGET ALL OF THIS.**  
You will forget these rules, and other important insights, and need to be reminded from time to time. But don’t worry; the universe has all the time you need.