

## INSTRUCTIONS FOR LIFE

Here is some great guidance from the Dalai Lama. Take one from the list and work with it each day and notice how your life responds.

1. Take into account that great love and great achievements involve great risk.
2. When you lose, don't lose the lesson.
3. Follow the three R's: Respect for self- Respect for others and – Responsibility for all your actions.
4. Remember that not getting what you want is sometimes a wonderful stroke of luck.
5. Learn the rules so you know how to break them properly.
6. Don't let a little dispute injure a great friendship.
7. When you realise you've made a mistake, take immediate steps to correct it.
8. Spend some time alone every day.
9. Open your arms to change, but don't let go of your values.
10. Remember that silence is sometimes the best answer.
11. Live a good, honourable life. Then when you get older and think back, you'll be able to enjoy it a second time.
12. A loving atmosphere in your home is the foundation for your life.
13. In disagreements with loved ones, deal only with the current situation.
14. Share your knowledge. It's a way to achieve immortality.
15. Be gentle with the earth.
16. Remember that the best relationship is one in which your love for each other exceeds your need for each other.
17. Once a year, go someplace you've never been before.
18. Judge your success by what you had to give up in order to get it.
19. Approach love and cooking with reckless abandon.

*Dalai Lama*

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About Shirley:

Shirley Hicks publishes her monthly Health Matters newsletter for clients and people interested in creating a happier , healthier lifestyle. If you want more happiness and health in your life , then sign up for her Health Matters Newsletter at [www.shirleyhicks.com.au/healthmatters](http://www.shirleyhicks.com.au/healthmatters).

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