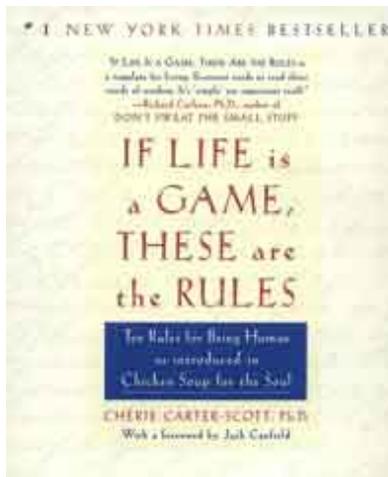


IF LIFE is a GAME, THESE are the RULES

Ten Rules For Being Human



By
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Overview

This #1 New York Times bestseller offers some useful and understandable advice that can be applied to many situations. The idea of life as a series of lessons can help to put things into perspective and add to anyone's ability to deal with setbacks and reach their full potential.

Key ideas

Rule one - You will receive a body

Carter-Scott encourages readers to make peace with their body, so that it can effectively serve its purpose and share its valuable lessons. Acceptance or rejection of your body only carries weight in your own mind, and your perception has no bearing on how your body actually looks, so why not choose the ease of acceptance rather than the pain of rejection? The choice is yours. Be able to easily find a way to the core of your essential value, find and be able to rediscover a path to that source. Your body will honor you when you honor it with diet and exercise.

Rule two - You will be presented with lessons

Each day in the school of life you will have the opportunity to learn custom designed lessons. You will be presented with all the lessons that you specifically need to learn, whether you choose to learn them or not is entirely up to you. Don't worry about the disparity between others' lessons and yours, you will only be faced with lessons that you are capable of learning and are specific to your own growth.

See these lessons as gifts, or guides along your path toward living as your authentic self. See the loss of a job as an opportunity to learn the lesson of flexibility and resourcefulness instead of a catastrophe. Realize that you have a choice. You can either continue with the resistance and feel badly or you can learn whatever the lesson is there to teach you.

This choice allows you to see that you have control over your resistance and how you choose to deal with life's challenges. What perception of unfairness holds you back?

In the state of grace you trust in yourself and the universe. You can celebrate

other people's blessings, knowing that their gifts are right and appropriate for them and that the universe has your gift right around the corner.

Every situation in which you do not live up to your own expectations is an opportunity to learn something important about your own thoughts and behaviors.

Rule three - There are no mistakes, only lessons

Growth is a process of experimentation, a series of trials, errors, victories and setbacks. The failed experiments are as much a part of the process as the experiments that work.

To ease the process of learning, you must first master the basic lessons of compassion, forgiveness, ethics, and ultimately, humor. Without these lessons, it is difficult to convert mistakes into valuable learning opportunities.

Practice forgiveness -

1. Forgive yourself for doing the best you could with the resources you had at the time, make amends and release the situation.
2. Begin forgiveness of another: Identify with that person's motivation so you can understand why she did what she did, allow yourself to feel the hurt or anger.

Show compassion and then release it, knowing that the situation is a necessary part of your spiritual evolution.

Humor - allows you to transform perceived bad situations into opportunities to learn something about the absurdity of human behavior, especially your own.

Rule four - A lesson is repeated until learned

Lessons will be repeated to you in various forms until you have learned them. When you have learned them, you can then go on to the next lesson.

You will continually attract the same lesson into your life. You will also draw to you teachers to teach you that lesson until you get it right. The only way to free yourself is to shift your perspective so that you can recognize the patterns and learn the lessons that they offer. In couples undergoing counseling it is often noted that people who divorce and remarry nearly always marry the same type of person that they just left.

Causality - acknowledgement that everything that you attract in coming to you because of something you are projecting out into the world.

Rule five - Learning does not end

There is no part of life that does not contain lessons. If you are alive, there are lessons to be learned. Your journey on earth is constantly unfolding, and while your wisdom grows and your capacity to deal with challenges expands, new lessons will present themselves. As the wisdom expands, the challenges will expand also.

Surrender- allows yourself to flow with the rhythm of live, rather than struggling against it. Surrender or no surrender- the reality remains the same.

Commitment - devoting yourself to something or someone and staying with it, no matter what.

Humility - the universe likes to keep things in balance, so when an inflated ego ignores civility and patience, it introduces humility as a way to bring the ego back down to earth. Be confident yet modest and know that I have not done or learned it all.

Flexibility - being flexible makes the curves in your life's path much easier to maneuver.

Rule six - There is no better than here

This rule encourages you to live fully in the present. When your 'there' has become a 'here', you will simply obtain a there that will look better to you than your present here. Once you arrive there, you will still feel dissatisfied and move your there vision to yet another point in the future and not really appreciating what you already have right here. Avoid the continuous cycle of longing.

Ask yourself - when I said "I'll be happy when...." was I really any happier when I actually arrived? Perhaps for a brief moment but often the same longing arises. The secret is to dance on the fine line between living in the here and now while holding in your heart your fondest dreams and aspirations for the future. By learning the lessons of gratitude, unattachment, abundance and peace, you can bring yourself closer to fulfilling the challenge of living in the present.

Unattachment is the release of need or expectation associated with a specific outcome or desire for material things. Ultimately these attachments are fleeting and we spend a lot of our time and energy in pursuit of them, preventing us from paying attention to the really important things in life.

Practice exercise –

1. Notice what you want and acknowledge the outcome you are attached to.

2. Image the ideal outcome along with the worst-case scenario. This brings any hidden fears to light and makes it acceptable for the outcome to go either way.
3. Make a clear statement of your desire and create the image of you holding the intention lightly in the palm of your hand.
4. Mentally release the desire out into the universe, trusting that whatever outcome you will receive will be the right one. Actually see yourself letting go of the attachment.

Rule seven - Others are only mirrors of you

You cannot love or hate something about another person unless it reflects something you love or hate about yourself. See the qualities that you admire in others as characteristics that you have already embraced in yourself, allow them to illuminate more clearly your own feelings of self-worth.

Conversely, view people with negative qualities as gifts, presented to show you what you are not accepting about yourself. Perhaps it is an opportunity to extend the loving arm of compassion to them, or to work on a shortcoming that you have.

Try to shift your perspective radically from judgment of other/outer to a lifelong exploration or self/inner. Your task is to assess all the decisions, judgments, and projections you make onto others and to begin to view them as clues to how you can heal yourself and become whole.

Whenever you find yourself intolerant of someone, ask yourself, "What is the feeling underneath this judgment that I don't want to feel?" It might be discomfort, embarrassment, insecurity, anxiety or some other feeling of diminishment that the person is causing in you.

Focus on that feeling and your intolerance can evaporate, and you can embrace your own emotions along with the actions or behavior of the person you are judging.

Rule eight - 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.

Power leaks come in many forms: intimidation, discouragement and disappointment, setbacks, rejection, loss, etc.

The best way to patch these is to look back at your earlier successes as a way to remind yourself of what you are capable of.

You will have to patch these leaks many times, but once you groove an easy path back to the power source within you and live from within it, you will never again question the idea that what you make of your life is entirely up to you.

Lesson nine - Your answers lie inside of you

All you need to do is look, listen and trust. Many answers to life's problems are available by trusting your intuition and listening to the 'little voices' in your head. According to Carter-Scott, we all possess spiritual DNA, which is the inner wisdom that resides within us and transmits messages about our life path. These messages are signals or directives from your inner source of intuition that guide you toward and through your authentic life.

She recommends spending time in nature as a way to bring out the 'little voices' of intuition. The arts are another source of inspiration. Beautiful poetry, literature or music can open your heart and soul so your innate knowledge can flow forth. By trusting the process and listening to the messages that you are receiving, anyone can access this source of insights.

Keeping an 'inspiration box' with objects that inspire you such as favorite quotes, religious artifacts and other possessions can help when you are searching for answers to one of life's questions.

Lesson ten - You will forget all of this at birth

Remember your truth, again and again, and create ways to find your way back when you forget.

Surround yourself with people who know your personal truth and are familiar with your authentic self. They can help keep you rooted.

Touchstones - in your enlightened moments, collect things that connect you to your source. They can be symbols or objects or bits of writing or quotes, or anything that brings you back to the place within you that is connected to the universal spirit.

Wisdom - is not a state to be achieved, but rather a state to be recalled. It is where you synergies your deepest understanding with your everyday actions.

General Notes

Human beings are social creatures. However, most of us require some coaching in order to interact effectively with the people in our business life. Here are eight important ways you can tend to these relationships so that both you and they can succeed to your highest aspirations.

1. Always keep your word. It has been said that you are only as good as your word. Keeping your promises and doing what you say you will do is how you earn the trust of others. If you are known as reliable, you will attract more business, earn the respect of those who work with you, and polish your reputation. You also will feel good about yourself and therefore will be naturally inclined to do better in the world. Doing what you say you will do lets others know that you are someone to be counted on and reinforces your self-respect.

2. Appreciate those around you, and let them know it. Be sure to thank them for work well done, for their support or guidance, or for their business. Thank them in both words and actions. A verbal "thank you" is a good start, yet every now and then there needs to be more. Pay attention to how you feel when thanking them, and also to their reaction. If the verbal recognition does not feel sufficient, you will know. Then decide what is needed; perhaps a public acknowledgment, flowers, a raise, or bonus will let them know how you feel. Do not take anyone for granted. Honor everyone's contributions and acknowledge the part they all play in your work life.

3. Go the extra mile for someone important in your life. If you do this even though it does not benefit you directly or immediately, you will embody "right action." Doing this will not only create goodwill and make you feel good about yourself, it also will serve as a personal deposit in the karma bank. Remember, what goes around comes around.

4. Treat others with respect. Listen when they speak. Show up on time. Be responsive and timely with phone calls, faxes, and e-mails. Pay attention to their priorities, not just your own. Treat them as people worthy of consideration.

5. Forgive when necessary. Forgive mistakes, practice empathy and compassion. As long as people put forth their best effort and conduct themselves honorably, make room for the occasional error.

6. Honor the human in them. Show your coworkers that you care about their well-being. Be interested and involved with their victories and disappointments. The author's mother always took the time to inquire about the families of people who supported our family. The carpenter, the policeman down the street, the cleaning lady were all treated with respect, concern, and genuine interest. As a result, all would strive to go the extra mile for her in exchange.

Within each person, regardless of his or her title or job description, dwells every facet of being human. If people feel valued by you, as a person, they will become a precious resource, not merely temporary coworkers.

7. Pay attention to the details. Make it easy for people to do business with you. Take the obstacles out of their way. Make their day brighter by easing the stumbling blocks. Listen to their needs and wants.

8. Communicate clearly. Articulate your expectations. Express your concern when necessary. Ask for what you need.