



10

RULES OF
BEING HUMAN

by Dr. Chèrie Carter-Scott

RULE #1 - YOU WILL RECEIVE A BODY

- * You may love it or hate it, but it is yours for the duration of your life on Earth.

RULE #2 - YOU WILL BE PRESENTED WITH LESSONS

- * You are enrolled in an informal school called "life" & each day in this school you will have the opportunity to learn lessons.
- * You may like the lessons or hate them, but you designed them as part of your curriculum.

RULE #3 - THERE ARE NO MISTAKES ONLY LESSONS

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

RULE #4 - THE 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 go on to the next lesson.

RULE #5 - 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.

RULE #6 - "THERE" IS NOT BETTER THAN "HERE"

- * When your "there" has become a "here", you will simply obtain a "there" that will look better to you than your present "here".

RULE #7 - 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.

RULE #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.

RULE #9 - YOUR ANSWERS LIE INSIDE OF YOU

- * All you need to do is look, listen, and trust.

RULE #10 - YOU WILL FORGET ALL OF THIS AT BIRTH

- * You can remember it if you want by unravelling the double helix of inner knowing

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