

Wisdom from the Dalai Lama of Tibet

INSTRUCTIONS FOR LIFE

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

A blind guy and his guide dog walk into a bar. The blind guy grabs the dog by the tail and swings it around. The bartender yells "WHAT ARE YOU DOING?" and the blind guy says "looking around."

IF

Rudyard Kipling

If you can keep your head when all about you are losing theirs and blaming it on you.
If you can trust yourself when all men doubt you, but make allowance for their doubting too.
If you can wait and not be tired by waiting, or, being lied about, don't deal in lies.
Or, being hated, don't give way to hating; and yet don't look too good nor talk too wise.
If you can dream and not make dreams your master;
if you can think and not make thoughts your aim;
If you can meet with triumph and disaster; and treat those two impostors just the same.
If you can bear to hear the truth you've spoken twisted by knaves to make a trap for fools,
Or watch the things you gave your life to broken; and stoop and build 'em up with worn out tools.
If you can make one heap of all your winnings and risk it on one turn of pitch-and-toss, and lose, and start again at your beginnings; and never breathe a word about your loss.
If you can force your heart and nerve and sinew to serve your turn long after they are gone, And so hold on when there is nothing in you except the Will which says to them: "Hold on."
If you can talk with crowds and keep your virtue, or walk with kings - nor lose the common touch.
If neither foes nor loving friends can hurt you; if all men count with you, but none too much.
If you can fill the unforgiving minute with sixty seconds' worth of distance run -
Yours is the Earth and everything that's in it, and - which is more - you'll be a Man, my son!

Wordly Words of Wisdom

Destiny

Thoughts become words
Words become actions
Actions become habits
Habits become values
Values become your destiny

Old Sanskrit Proverb

Look to this day, for it is life, the very life of life.

In its brief course lie all the realities and verities of existence; the bliss of growth, the splendour of action, the glory of power.

For yesterday is but a dream, and tomorrow is only a vision, but today, well lived, makes every yesterday a dream of happiness and every tomorrow a vision of hope.

Look well, therefore, to this day.

- "A mind too active is no mind at all"...Theodore Roethke
- "Sit down before fact as a little child, be prepared to give up every conceived notion, follow humbly wherever and whatever abysses nature leads, or you will learn nothing"...Thomas Huxley
- "The voyage of discovery is not in seeking new landscapes but in having new eyes"...Marcel Proust
- "A good traveler has no fixed plans, and is not intent on arriving"...Lao Tzu (570-490 B.C.)
- "Wheresoever you go, go with all your heart.".... Confucius

Creation

When God had made the earth and sky The flowers and the trees

He then made all the animals and all the birds and bees
And when His work was finished not one was quite the same

He said:"I'll walk this earth of mine and give each one a name."

And so He travelled land and sea and everywhere He went, a little creature followed Him until it's strength was spent.

When all were named upon the earth and in the sky and sea, the little creature said: "Dear Lord, there's no name left for me."

The Father smiled and softly said: "I've left you to the end, I've turned my own name back to front and called you 'DOG' my friend!"

Desiderata

Author unknown

- Go placidly amid the noise and haste and remember what peace there may be in silence.
- Speak your truth quietly and clearly and listen to others, even the dull and the ignorant, for they too have their story.
- Avoid loud and aggressive persons; they are vexations to the spirit.
- If you compare yourself with others you may become vain and bitter, for always there will be greater and lesser persons than yourself.
- Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.
- Exercise caution in your business affairs, for the world is full of trickery; but do not let this blind you to what goodness there is, for everywhere there are people striving for high ideals and love is as perennial as the grass and the trees.
- Be yourself; especially do not feign affection; neither be cynical about love, for in the face of all aridity and disenchantment it is perennial as the grass.
- Take kindly the counsel of the years, gracefully surrendering the things of youth.
- Nurture strength of spirit to shield you in sudden misfortune, but do not distress yourself with imaginings; many fears are born of fatigue and loneliness.
- Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees and the stars; you have a right to be here; and whether or not it is clear to you, no doubt the universe is unfolding as it should.
- Therefore be at peace with God, whatever you conceive Him to be, and whatever your labours and aspirations, in the noisy confusion of life, keep peace with your soul.
- With all its' sham, drudgery and broken dreams, it is still a beautiful world.
- Be careful. Strive to be happy.

Indian Pythagorean Theorem

By coincidence, three Indian squaws are giving birth on the same night.

One has a deer hide for a bed, and gives birth to a 5 lb. boy.

Another has an antelope hide and gives birth to a 6 lb. boy.

The third squaw has a buffalo hide and has an 11 lb. boy.

Which proves that the son of the squaw on the hippopotamus = the sum of the sons on the other 2 hides

The Mind is All Powerful But Is Your Right Foot Smarter?

1. While sitting, lift your right foot off the floor and make clockwise circles with it.

2. Now, while doing this, draw the number "6" in the air with your right hand.

Your foot will change direction!!!

So now you can say you have more brains in your right foot...and prove it too!

AN ATHEIST BECOMES A BELIEVER

An atheist was spending a quiet day fishing when suddenly the Loch Ness monster attacked his boat.

In one easy flip, the beast tossed him and his boat high into the air. Then it opened its mouth to swallow both.

As the man sailed head over heels, he cried out, "Oh, my God! Help me!"

At once, the ferocious attack scene froze in place, and as the atheist hung in mid-air, a booming voice came down from the clouds, "I thought you didn't believe in Me!"

"Come on God, give me a break!" the man pleaded. "Two minutes ago I didn't believe in the Loch Ness monster either."