

SYMPTOMS OF INNER PEACE

Be on the lookout for symptoms of inner peace. The hearts of a great many have already been exposed to inner peace and it is possible that people everywhere could come down with it in epidemic proportions. This could pose a serious threat to what has, up to now, been a fairly stable condition of conflict in the world.

Some signs and symptoms of inner peace:

- A tendency to think and act spontaneously rather than on fears based on past experiences.
- An unmistakable ability to enjoy each moment.
- A loss of interest in judging other people.
- A loss of interest in interpreting the actions of others.
- A loss of interest in conflict.
- A loss of the ability to worry. (This is a very serious symptom.)
- Frequent, overwhelming episodes of appreciation.
- Contented feelings of connectedness with others and nature.
- Frequent attacks of smiling.
- An increasing tendency to let things happen rather than make them happen.
- An increased susceptibility to the love extended by others as well as the uncontrollable urge to extend it.

Rules for Being Human

1. You will receive a body.
You may like it or hate it, but it will be yours for the entire period 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 the lessons or think them irrelevant and stupid.
3. There are no mistakes, only lessons.
Growth is a process of trial and error, experimentation. The "failed" experiments are as much a part of the process as the experiment that ultimately "works."
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 learned it, you can then go 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 merely 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 lie inside you.
The answers to life's questions lie inside you. All you need to do is look, listen, and trust.
10. You will forget all this.