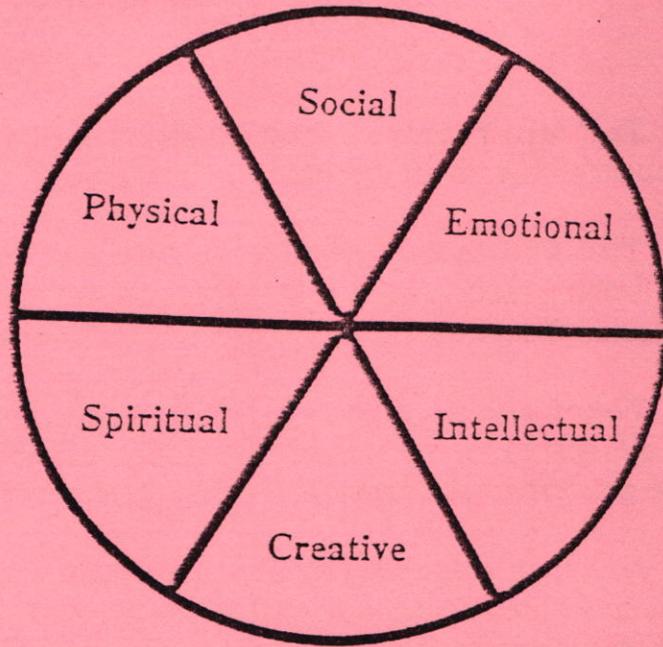


RULES FOR BEING HUMAN

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 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 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.**

-Anonymous



Social Needs

The need for friendship, for companionship.

Emotional Needs

The need for love, for praise, for feeling worthwhile.

Intellectual Needs

The need for intellectual stimulation, for thinking new thoughts, for reading challenging books, for learning something new.

Physical Needs

The need for sleep, for food, for exercise.

Creative Needs

The need to make something, to dance, to write a poem, to create something.

Spiritual Needs

The need to know that we are part of something bigger than ourselves and that we can increase our awareness of and sensitivity to it.