

*Instructions
for
Life
by
The Dalai Lama*

This is what The Dalai Lama had to say on the millennium, all it takes is a few seconds to read and think.

*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

*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 realize
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.*

*In disagreement
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.*

