

## INSTRUCTIONS FOR LIFE

Said to be from THE DALA LAMA (see below)

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

### Note

Neither this chain message nor its "Instructions for Life" originated with His Holiness. The "Instructions for Life" are a truncated version of a much longer list that worked its way around the Internet in 1999 in conjunction with an ASCII art representation of a "Nepalese Good Luck Tantra Totem" (the list was also sometimes identified as being a "modern Japanese good luck tantra"):