



## Food for thought : The Golden Rule

Here are some notions about common courtesy, common sense and the practical applications of the Golden Rule you might want to think about:

1. If you open it, close it.
2. If you turn it on, turn it off.
3. If you unlock it, lock it.
4. If you break it, repair it.
5. If you can't fix it, call in someone who can.
6. If you borrow it, return it.
7. If you use it, take care of it.
8. If you make a mess, clean it up.
9. If you drop it, pick it up.
10. If you move it, put it back when you're done.
11. If it belongs to someone else and you want to use it, get permission.
12. If you don't know how to operate it, leave it alone until you learn how.
13. If it doesn't concern you, don't mess with it.
14. If you need help, ask for it.
15. If you say you'll do it, do it.
16. If you say you won't do it, don't.
17. If you can help, offer.
18. If you can't help, stay out of the way.
19. If you don't know what to do, ask.
20. If you know what to do, do it.

**On a more philosophical note, there are also a few notions about being human that you might ponder:**

1. **You will receive a body.** You may like it or you may hate it, but it will be yours for the 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 or 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 it is 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 not 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 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 do is look, listen and trust.
10. **You will forget all this.**

—anonymous