

Instructions for Life in the new millennium from the Dalai Lama:

Take into account that great love and great achievements involve great risk.

When you lose, do not 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.

Do not let a little dispute injure a great friendship.

When you realize you have made a mistake, take immediate steps to correct it.

Spend some time alone every day.

Open your arms to change, but do not let go of your values.

Remember that silence is sometimes the best answer.

Live a good, honorable life. Then, when you get older and think back, you will be able to enjoy it a second time.

A loving atmosphere in your home is the foundation for your life.

In disagreements with loved ones, deal only with the current situation. Do not bring up the past.

Share your knowledge. It is a way to achieve immortality.

Be gentle with the earth.

Once a year, go someplace you have 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.

