

## **PARISH NURSE'S NOTES – (I got this when I was working with students at the VAMC)**

### **EASY RULES TO LIVE BY: DALAI LAMA**

#### **Instructions for life:**

- Take into account that great love and great achievements involve great risk
- When you lose, don't lose the lesson
- Follow the 3 R's:
  - Respect for self
  - Respect for others
  - Responsibility for 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 & honorable life. Then when you get older and think back, you'll be able to enjoy it a second time
- A loving atmosphere in your home is the foundation of your life
- In disagreements with loved ones, deal only with the current situation. Don't bring up the past
- Share your knowledge. It is a way to achieve immortality
- Be gentle with the earth
- Once a year, go somewhere 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 have to give up in order to get it
- Approach love and cooking with reckless abandon

**The great thing in this world is not so much where we are, but in what direction  
we are moving**

**Oliver Wendell Holmes**

**Above the cloud with its shadow is the star with its light**

**Victor Hugo**