

Chapter 1 : Deshoda – Ten Rules for Being Human

When you were born, you didn't come with an owner's manual; these guidelines make life work better. Although there's no formula to help you win the game of life, Dr ChÃ©rie Carter-Scott's rules for being human convey a universal wisdom that, once understood and embraced, can contribute to meaningful relationships with ourselves and others, at work and in the home.

Top Ten Rules for Being Human Top Ten Rules for Being Human I think we have all been there where we are going through a certain emotional rough patch, feeling a bit lost, and then all of a sudden the answer, helping hand, or clue that leads to our moment of revelation, falls right in our lap. I have been going through a huge transition lately, leaving behind my more conventional and corporate roots, and moving towards manifesting my true calling and life purpose. This journey has been an ebb and flow of excitement, fear, inspiration, doubt, and down right all-encompassing joy, that requires a full-time practice of self-reflection, blind faith and outright fearlessness to a fault. Life is a constant learning experience, which every day provides opportunities for you to learn more. Compassion is the remedy for harsh judgment of ourselves and others. Lessons repeat until learned. What manifest as problems and challenges, irritations and frustrations are more lessons they will repeat until you see them as such and learn from them. Your own awareness and your ability to change are requisites of executing this rule. To blame anyone or anything else for your misfortunes is an escape and a denial; you yourself are responsible for you, and what happens to you. While you are alive there are always lessons to be learned. Commit to the process of constant learning and change be humble enough to always acknowledge your own weaknesses, and be flexible enough to adapt from what you may be accustomed to, because rigidity will deny you the freedom of new possibilities. The other side of the hill may be greener than your own, but being there is not the key to endless happiness. Be grateful for and enjoy what you have, and where you are on your journey. Living in the present helps you attain peace. You love or hate something about another person according to what love or hate about yourself. Be tolerant; accept others as they are, and strive for clarity of self-awareness; strive to truly understand and have an objective perception of your own self, your thoughts and feelings. Negative experiences are opportunities to heal the wounds that you carry. Support others, and by doing so you support yourself. Where you are unable to support others it is a sign that you are not adequately attending to your own needs. You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. We all possess a strong natural power and adventurous spirit, which you should draw on to embrace what lies ahead. Trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration. Listen to feelings as well as sounds. Look, listen, and trust. Draw on your natural inspiration. We are all born with all of these capabilities our early experiences lead us into a physical world, away from our spiritual selves, so that we become doubtful, cynical and lacking belief and confidence. The ten Rules are not commandments, they are universal truths that apply to us all. When you lose your way, call upon them. Have faith in the strength of your spirit. Aspire to be wise wisdom the ultimate path of your life, and it knows no limits other than those you impose on yourself. What you make of your life is up to you.

Chapter 2 : 11 Rules For Being Human: | Rejuvenation Lounge

The Ten Rules of Being Human were created by Dr. Cherie Carter-Scott and form the basis of her book "If Life Is a Game, These Are the Rules". 10 Rules for Being Human Created by Dr. Cherie Carter-Scott.

Knowing the 10 rules keeps you alert to the lessons. I would like to review the 10 Rules for Being Human and add some of my thoughts as follows. Rule 1 " You will receive a body. You may love it or hate it, but your body will be yours for the duration of your life on Earth. Well, since you have no choice but to accept your body, you may as well learn to embrace it and any imperfections that you may perceive. What matters more is your essence, what is on the inside. Rule 2 " You will be presented with lessons. You will be given plenty of opportunities to grow and evolve. Life is a constant journey of learning experiences. Everyday offers you a chance for renewal. Your lessons are unique and specific to you, so that you can discover meaning for yourself. Rule 3 " There are no mistakes, only lessons. It is inevitable that things may not go as expected or planned. Growth is a process of trial, error, and experimentation. In fact, the failed experiments are as much a part of the process as the experiments that work. Also, learn to stand apart and laugh at yourself. Rule 4 " The lesson is repeated until learned. You can expect to go through the same lessons over and over again until you have integrated the learning experience with new beliefs and expanded your awareness. At the core, it is about taking responsibility of your life. You are not a victim of fate or circumstance. Hence, avoid affixing blame on anyone or anything. Understandably, you may feel frustrated or irritated when you come upon problems or difficulties. In fact, you may notice that it is the same pattern of issues all over again. Therein lies the opportunity for you to overcome your challenges with a shift in awareness. Rule 5 " Learning does not end. Learning does not end the moment you graduate from school or formal education. In fact, while you are alive and unless you have already attained enlightenment, there will always be lessons to be learned. Hence, rather than resist, be a constant learner. Commit to constant learning and change. Be a humble student of life. Be also flexible " rather than rigid and closed to possibilities " so that you can learn to adapt and grow. There is a popular saying: We often believe that others have it better. As such, we are seldom happy and satisfied with our current situation. Well, you may think that the grass is greener on the other side. However, your own garden will be just as green if you take the time and effort to water your own. Hence, appreciate your own journey. Take charge and tend to your own garden. Be thankful for who you are and what you have got. Rule 7 " Others are only mirrors of you. You cannot love or hate something about another unless it reflects something you love or hate in yourself. Others mirror the world inside you. When you are feeling frustration at someone else, it means that there is a part about yourself that you need to resolve. In short, it is not about them. It is about yourself. Emotional disruptions present opportunities for you to heal the wounds that you carry. Negative experiences offer a chance for you to make a change. Hence, when handling relationships, accept others as they are. Practice empathy and seek to understand where they are coming from as well. In supporting others, you are supporting yourself. Rule 8 " What you make of your life is up to you. Take responsibility for yourself and your life. Learn to let go of the things that you cannot change. Avoid holding on to the bitterness in bad memories as your negative emotions clutter your mind. Life offers you a canvas and you are its painter. You have all the tools and resources you need. Get hold of your own brushes or someone else will. Rule 9 " Your answers lie inside of you. Often, the answers that you seek do not lie outside. Hence, trust your intuition. Listen for the tiny voice and look out for the flash of inspiration. Tune into your own feelings and trust its guidance. Your intuition may just nudge you in the right direction when you are seeking assistance for a problem at hand. Take inspired action from your intuitive impulses. Rule 10 " You will forget all this at birth. You are essentially a spiritual being. However, somehow while you are incarnating into the physical world, you forgot all 10 Rules. Fortunately, you can always remember them at any time. Here is a video that I created for 10 Rules for Being Human. Simply call on them as you navigate life. By calling on them, you will find it a lot easier to embrace your journey. Distill insights from your life experiences and lead your best life! Discover my step-by-step guide that will show you how you can finally unlock your wealth potential with improved Qi and Energy flow This has been scientifically-backed by the Traditional Chinese

Medicine!

Ten Rules for Being Human: 1. You will receive a body. You may like it or hate it, but it's yours to keep for the entire period. 2. You will learn lessons. You are.

It expressed everything that I felt to be true in my heart about life. Fingers crossed you find it as illuminating and reassuring as I did. Enjoy, and let me know what you think. Rule number nine is my favourite. You will receive a body; Rule 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. There are no mistakes, only lessons: Growth is a process of trial and error: A lesson is repeated until learned: A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can then go on to the next lesson. 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. Others are merely mirrors of you: You cannot love or hate something about another person unless it reflects something you love or hate about yourself. What you make of your life is up to you: You have the tools and resources you need. What you do with them is up to you. The choice is yours. Your answers lie inside you: All you need to do is look, listen and trust. You will forget all this: You can remember whenever you want.

Chapter 4 : The Rules for Being Human | Chicken Soup for the Soul

10 Rules for Being Human by Dr Cherie Carter-Scott, from "If Life is a Game, these are the Rules" August 3, at PM 1) You will receive a body.

Select Page The Ten Rules For Being Human In the past twenty-four years, the Rules for Being Human have circled the globe – photocopied and passed from friend to friend, transmitted via the Internet, printed on brochures. Life is a constant learning experience, which every day provides opportunities for you to learn more. Compassion is the remedy for harsh judgement of ourselves and others. Lessons repeat until learned. What manifest as problems and challenges, irritations and frustrations are more lessons – they will repeat until you see them as such and learn from them. Your own awareness and your ability to change are requisites of executing this rule. To blame anyone or anything else for your misfortunes is an escape and a denial; you yourself are responsible for you, and what happens to you. While you are alive there are always lessons to be learned. Commit to the process of constant learning and change – be humble enough to always acknowledge your own weaknesses, and be flexible enough to adapt from what you may be accustomed to, because rigidity will deny you the freedom of new possibilities. The other side of the hill may be greener than your own, but being there is not the key to endless happiness. Be grateful for and enjoy what you have, and where you are on your journey. Living in the present helps you attain peace. You love or hate something about another person according to what love or hate about yourself. Be tolerant; accept others as they are, and strive for clarity of self-awareness; strive to truly understand and have an objective perception of your own self, your thoughts and feelings. Negative experiences are opportunities to heal the wounds that you carry. Support others, and by doing so you support yourself. Where you are unable to support others it is a sign that you are not adequately attending to your own needs. You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. We all possess a strong natural power and adventurous spirit, which you should draw on to embrace what lies ahead. Trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration. Listen to feelings as well as sounds. Look, listen, and trust. Draw on your natural inspiration. We are all born with all of these capabilities – our early experiences lead us into a physical world, away from our spiritual selves, so that we become doubtful, cynical and lacking belief and confidence. The ten Rules are not commandments, they are universal truths that apply to us all. When you lose your way, call upon them. Have faith in the strength of your spirit. Aspire to be wise – wisdom the ultimate path of your life, and it knows no limits other than those you impose on yourself.

Chapter 5 : Ten Rules For Being Human, by Cherie Carter-Scott

The Ten Rules For Being Human. Dr. Cherie Carter-Scott's Rules of Life. The Ten Rules For Being Human. Rule One - You will receive a body. You may love it or hate it, but it will be yours for the duration of your life on Earth.

You will receive a body. You may like it or hate it, but it will be yours for the entire period of this time around. 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 and stupid. There are no mistakes, only lessons. Growth is a process of trial and error: A lesson is repeated until learned. A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can then go on to the next lesson. 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. Others are merely mirrors of you. You cannot love or hate something about another person unless it reflects something you love or hate about yourself. What you make of your 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. Your answers lie inside you. All you need to do is look, listen and trust. You will forget all this. In order to protect the rights of the copyright holder, no portion of this publication may be reproduced without prior written consent. More stories from our partners.

Chapter 6 : Ten Rules for Being Human - The Meta Picture

Ten Rules For Being Human --by Cherie Carter-Scott (Jul 09,) Rule One: You will receive a body. You may love it or hate it, but it will be yours for the duration.

You may love it or hate it, but it will be yours for the duration of your life on Earth. Rule Two â€” You will be presented with lessons. Each day in this school you will have the opportunity to learn lessons. You may like the lessons or hate them, but you have designed them as part of your curriculum. Rule Three â€” There are no mistakes, only lessons. Growth is a process of experimentation, a series of trials, errors and occasional victories. The failed experiments are as much as a part of the process as the experiments that work. Rule Four â€” The lesson is repeated until learned. Lessons will be repeated to you in various forms until you have learned them. When you have learned them, you can go on to the next lesson. Rule Five â€” Learning does not end. There is no part of life that does not contain lessons. If you are alive, there are lessons to be learned. Rule Seven â€” Others are only mirrors of you. You cannot love or hate something about another person unless it reflects something you love or hate about yourself. Rule Eight â€” What you make of your life is up to you. You have all the tools and resources you need. What you do with them is up to you. Rule Nine â€” Your answers lie inside of you. All you need to do is look, listen, and trust. Rule Ten â€” You will forget all this at birth. You can remember it if you want by unraveling the double helix of inner-knowing. Leave a Reply You must be logged in to post a comment.

Chapter 7 : Ten Rules For Being Human - spiresinthesnow's Blog - BPAL Madness!

In the past twenty-four years, the Rules for Being Human have circled the globe - photocopied and passed from friend to friend, transmitted via the internet, printed on brochures. However, credit for this masterpiece of wisdom goes to Cherie Carter-Scott, author of 'If Life Is A Game, These Are.

On Nov 22, Timoteo wrote: On Sep 12, sria wrote: Its so much true that we hate some charecteristics of others which probably are inherent of our own!! On Aug 12, alancia wrote: On Jul 15, kennedy momanyi wrote: Am inspired by these intelligence thoughts. They carry truth value. The ten rules are the pillars on which mankind must lay his or her foundation: On Jul 11, Krishna Kumar wrote: These touched my heart. Thank you very much. Post Your Reply On Jul 10, mark stodghill wrote: Walking along the 10 ruled path was fairly light and generally useful The most beautiful lessons I ever learnt. On Jul 10, Rishi wrote: This is a wonderful thought. The one rule that disturbs me was the one about others being a mirror. I can be quite critical of others and if they are mirroring me then I am one irritating bitch. I also identify with his rule about being here and desiring to be there. Now did I really sign up for this? On Jul 10, selina wrote: It puts suffering into perspective. Post Your Reply On Jul 10, one-being. What a fortunate journey! THis is sublime teaching - extracting the essence of life and encapsulating it in simple clear language as a universal message! On Jul 10, pappu wrote: On Jul 10, sweena wrote:

Chapter 8 : 10 Rules for Being Human

Top Ten Rules for Being Human. I think we have all been there where we are going through a certain emotional rough patch, feeling a bit lost, and then all of a sudden the answer, helping hand, or clue that leads to our moment of revelation, falls right in our lap.

Learning the Rules that Govern our Humanness Becoming authentic is about learning the rules that govern our being human. Our humanness is often perceived as our vulnerability and therefore seen as our best kept secret - the place deep within us where we hide away even from ourselves. Cherie Carter-Scott has given this list of rules to enable us to grasp the concept of our humanness and to understand that we are responsible for our lives, our choices, our self reflection and our world. You will receive a body. You may love it or hate it, but it will be yours for the duration of your life on Earth. You will be presented with lessons. You may like the lessons or hate them, but you have designed them as part of your curriculum. There are no mistakes, only lessons. Growth is a process of experimentation, a series of trials, errors, and occasional victories. The failed experiments are as much a part of the process as the experiments that work. A lesson is repeated until learned. Lessons will be repeated to you in various forms until you have learned them. When you have learned them, you can then go on to the next lesson. Learning does not end. There is no part of life that does not contain lessons. If you are alive, there are lessons to be learned. Others are only mirrors of you. You cannot love or hate something about another person unless it reflects something you love or hate about yourself. What you make of your life is up to you. You have all the tools and resources you need. What you do with them is up to you. Your answers lie inside of you. All you need to do is look, listen, and trust. You will forget all of this at birth. You can remember it if you want by unravelling the double helix of inner knowing. What is Our Self Identity? Within us all lies the deep yearning to know and to be known. From this comes the question of self identity, who am I? This question lies at the root of all searching on the journey towards meaning and purpose for our lives. Self Perception Our self perception determines our behavior - if we think we are inadequate, we act that way. If we think we are splendid, we act that way. The pathway forward towards happiness and authenticity is not determined by something outside ourselves. So if our way forward feels blocked, it is blocked by the way we perceive ourselves, by our fears and how they cause us to act toward ourselves. We take forward with us our unhealed inner negative perceptions and recreate the same situations over and over.

Chapter 9 : Top Ten Rules for Being Human - The Holy Kale

Ten Rules for Being Human. May 15, / You are correct that you can break whatever rules you want. #10 This is only true if you are not at a high enough level.

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