

THINGS TO DO

spend time alone, in quietude, think, meditate
live in balance
communicate, listen, reflect, understand, accept, detach, let go
do not believe everything you read
have a belief (but beware truthiness)
don't have beliefs (be guided by rationalism)
raise children, teach them well, learn from them
welcome egalitarianism (... all human beings are equal)
learn to live with conflicts
expand your consciousness, become aware
think about death - memento mori
be fair
forgive
be kind
don't lie
do your duty
have no fear
trust in science
show compassion
conduct yourself ethically
accept the concept of higher justice
abide by the moral law (the Golden Rule)
love and be loved
explore the mind
be attached to nothing
support pacifism
study various philosophies and religions
examine reality (get real)
do not fear to be eccentric with your opinions
do not have opinions - strive for the truth
be spiritual - explore the true meaning of spirituality
do not follow a system - or a leader; make your own way; be free
don't have expectations (adopt stoicism)
acknowledge other truths
avoid killing (go vegetarian)
oppose war
practice yoga
embrace Zen
have no respect for the authority of others (except where it regards the law)
maintain doubt ... don't be certain about anything, question everything

*That said, there is one thing to be (almost) certain about:
"That which has always been accepted by everyone,
everywhere ... is almost certain to be false." Paul Valéry
(1871 - 1945), French poet, essayist and philosopher.*

*go also to the appendix with my To Do List for this life
don't miss the wall- or fridge-chart at the end of the book*