

# Simple Life Rules

By Karel Murray

Having dinner with some dear friends started me thinking about belief systems as we develop them through our family interaction and experiences. I know this time of year seems to beg for reflection, but I would prefer to evaluate and share some of those things I've learned over the years. Some may be profound, others simply practical. No matter what the result, enjoy and pass it along if it brought you comfort in knowing someone else out there thinks like you!

## Simple Life Rules

- ❖ Laugh. When you laugh, it leaves less room for self pity.
- ❖ Tell your significant other that you love them. People can't read minds . . . they need to hear it.
- ❖ Don't be afraid to share your feelings. Good or bad, they mean something to you and have value. Just don't flatten the other person in order to make yourself feel better.
- ❖ Hit the wall to get roaches off the ceiling.
- ❖ Buy a good car, the first time.
- ❖ No dream is too big or outrageous. The world has a way of aligning itself to a person's vision. What you think and believe does matter. It creates an energy which is defined by your positive or negative outlook. Believe in the possible.
- ❖ Write your dreams down. You might discover meaning in them later in the day or week. Or you just might discover that you are a truly sick person and need help. I thought my dream of Iceland was outlandish until I got an ice cream headache later that day. Kinda scary.
- ❖ When you have a passion for something . . . pursue it. (Unless it is illegal or unhealthy or could harm others).
- ❖ Stay healthy. Check out symptoms that could be a result of a bigger issue. My husband recognized a mole on our 27 year old son's jaw as possibly a cancer cell. Our son had it evaluated and it proved to be a deadly carcinoma that needed surgical intervention immediately. A little mole was replaced by a four

inch scar along the jaw line and another scar at the collarbone where lymph nodes were removed. A small price to pay considering the alternative. Be observant and don't ignore something because you think you might be foolish.

- ❖ Be a dog, cat, fish, or ferret person. Animals bring a whole other dimension to living such as their powerful dedication to making humans happy.
- ❖ Be a truthful person, especially when looking at yourself. For example, I'm no longer 35 years of age. Shocking but true. I "think" I can still do things like I did when I was younger, but my body is shouting otherwise. My mental acuity is working in different ways now. I may not be physically agile anymore, but I do know how to handle a rude cab driver. Couldn't do that in my 20's.
- ❖ Help others to reach their dreams if you have the means to assist them. I firmly believe what goes around, comes back.
- ❖ Buy pants with elastic waistlines. Easier when you eat too much.
- ❖ Work and make friends with good people. If you don't respect the people you are most closely associated with, get out. Staying in that relationship only deteriorates your personal self esteem and could negatively influence those who look up to you.
- ❖ Your integrity is who you are. Protect it at all costs.
- ❖ Give people the benefit of the doubt. We all mess up at times. Sometimes spectacularly. Evaluate the transgression, see if it will really make a difference ten years from now about how you feel about yourself or think about the situation. Then act accordingly.
- ❖ I think Jackalopes are real. You know, those oddities in life that we think just can't be possible? If I believe Jackalopes are real, then I can believe I will achieve a size 10 again this year. I don't think it's that big a stretch.
- ❖ When you don't know what is going on... seek answers. Keep asking questions until you are satisfied or have a true understanding of things.. Remember there are always two (even three) sides to any situation. Perspective is critical. Go to the source.

- ❖ You only have one Mom and Dad. They may not be the best people in your life, or they may be a treasure. Do what you can, when you can to maintain at least some semblance of contact. When they are gone, at least you will know that you did everything in your power to create a relationship that was healthy in some respect. Live for no regrets when it comes to family matters.
- ❖ Marry someone who respects and values you. This individual should make you want to be the best possible human being. Just knowing that person exists for you will make your life trials manageable.
- ❖ Try something new. You never know what you will discover. I tried eating lobster until someone told me I was eating the roach of the sea. Once was enough.
- ❖ Live your life with excitement, not fear. Cowering from risk, backing away from a confrontation that could improve your situation are all elements of personal fear. I don't mean you should drive faster, cut corners closer, or intimidate the wrong person for an adrenaline rush. Live with your arms wide open, ready to embrace what comes your way. You can always shove it back out of your life if it isn't a good fit.
- ❖ Remember your personal history. We have a way of repeating ourselves without even realizing it.
- ❖ I believe we all have guardian angels on our shoulders. Try to be one in life.
- ❖ Don't ever, ever say it can't be done. If you are willing to work hard enough, learn, invest, and apply yourself, you can achieve goals that others might think are unreachable. Your best revenge is to succeed.

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