

THINGS TO DO

spend time alone, in quietude, think, meditate

live in balance

have a belief (but beware truthiness)

raise children, teach them well, learn from them

communicate, listen, reflect, understand, accept, detach, let go

learn to live with conflicts

expand your consciousness, become aware

think about death

do your duty

accept the concept of higher justice

abide by the universal law (the Golden Rule)

love and be loved

explore the mind

be attached to nothing

support pacifism

examine reality (get real)

be spiritual (explore the true meaning of spirituality)

don't have expectations (embrace stoicism)

acknowledge other truths

avoid killing (go vegetarian)

oppose war

practice yoga

embrace Zen

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*