be conscious because the more conscious we are of ourselves, others, and the forces influencing our lives, the more capacity we have to create happy, healthy lives and relationships; be honest because dishonesty obscures the truth and engenders confusion; be authentic because pretending to be someone we are not disconnects us from ourselves and others; be exceptional listeners because listening, deeply, is one of the rarest, most valuable and transformative gifts we can give; be exceptional communicators because speaking clearly, and precisely, makes it possible to understand and be understood; spend time alone, exploring our depths because the better we know ourselves, the more fully we can connect with others; seek to uncover, heal, and transform shadow issues because unconscious destructive forces exist in all human beings -- and terrorize those who ignore them; create safe places because the parts of ourselves -- and others -- that need healing the most fight or flee if they feel threatened; accept responsibility for our lives and realities because believing others are responsible for our successes and failures harms them and disempowers us; be compassionate and forgiving because everyone is imperfect and we must give what we hope to receive; love wholeheartedly and unconditionally because love is the heart and soul of life and when we are connected to this elemental, irresistible force, all things are possible; pay attention to timing because good deeds, offered at the wrong time, can be hurtful; change, grow, evolve because this is the nature of life, and things that do not change, grow, and evolve, die; be patient because solid foundations, with deep roots, are not built overnight; cultivate an adventurous spirit because only those who follow their soul’s deepest impulses can realize their full potential; see the humor in life because laughter heals the body, clears the mind, frees the heart, and lifts the spirit; include everything, exclude nothing because whole pictures broaden perspectives and deepen connections, while partial pictures encourage misunderstanding and suffering; invoke the higher, deeper, all-knowing, all-powerful forces of life because journeys made without the guidance, protection, and loving presence of our Higher Selves, are dangerous and unsuccessful; find and fulfill our unique purpose in life because doing so infuses our life with meaning and moves all life one step closer to the Divine; join with others because joining with others is where our deepest learning, greatest happiness and ultimate destiny lie.