

If LIFE is a GAME, THESE are the Rules By Cherie Carter-Scott, Ph.D.
I recommend purchasing the book and reading it for yourself to gain your own understanding.



In August, the 10 Rules for Life were listed; in September,

Rule 8 was explored because 2009 is full of growth and opportunity for me and it is also the number of New Beginnings.

Rule 2 was the focus for the month of October.

In November, we examined, compassion, forgiveness, ethics, and humor, which is Rule 3.

The challenge of Rule 4 is to identify and release the patterns that you are repeating. Because December 31 is the last day of the month; the last day of the year; the last day of the decade; and the end of a season, I thought that the emphasis of mistakes and lessons should be emphasized.

January welcomed the new year to many. I pray everyone created goals and objectives to obtain this year. Lastly, we will discuss one more rule out of this wonderful book: Rule 6: "There" is no Better than "Here"

This is the Last month of we will discuss this book. As an author, I must not reveal everything in or about an book. This forces potential readers to purchase the book. Next month, we will dive into a new book. Stay Tuned!

Rule 6: "There" is no Better than "Here"



Rule 6: "There" is no Better than "Here"

When your "there" has become a here you will simply obtain a there that will look better to you that your present "here."

~Many people believe that they will be happy once they arrive at some specific goal they set for themselves.



~Whatever your "there" is, you may be convinced that once you arrive you will finally find the peace you have always dreamed of. You will finally become fulfilled, happy, generous, loving, and content.

~However, more often than not, once you arrive "there" you will still feel dissatisfied, and move your "there" vision to yet another point in the future.

~By always chasing after another "there," you are never really appreciating what you already have right "here."

~By continuously engaging a cycle of longing, you never actually allow yourself to be in the present.

~You only have one moment---the one right here, right now.

*The challenge of Rule Six is to live in the present.

~In formal education and your job, as well as in your private life, goal setting is a necessary skill.

~There is nothing wrong with wanting to improve your circumstances. Your challenge is to focus on the present, and on what we have right now, while simultaneously holding the intention of your future goals.

~By learning the lessons of gratitude, unattachment, abundance, and peace, you can bring yourself closer to fulfilling the challenge of living in the present.



1. Gratitude - To be grateful means you are thankful for and appreciative of what you have and where you are on your path right now.

A. Gratitude fills your heart with the joyful feeling of being blessed with many gifts and allows you to fully appreciate everything that arises on your path.



B. Gratitude is a lesson that needs to be reinforced often.

C. It is too easy to overlook the gifts you have when you focus on those that you hope to obtain, and you diminish the value of where you currently are on your path if you do not pause often to appreciate it.

2. Unattachment - the release of need or expectations associated with a specific outcome.

A. We become attached to the way we envision something working out, and struggle to make circumstances bend to our desires.



B. Life, however, often has its own agenda, and we are destined to suffer unless we give up our attachment to things working out exactly as we would like.

C. The way to happiness is to eliminate desire and the way to eliminate desire is to eliminate attachments.

D. Being unattached does not mean being disinterested or removed; rather, it means remaining neutral in your judgments of circumstances and in your desire for a specific outcome.

E. Pay attention to the motivations behind your attachments.

F. A sense of security comes from within, not from attachment to any person, thing, or idea.

G. It is important to recognize that your desire or intention may also show up in a form different from that which you might have expected.

H. Keep your eyes wide open for gifts from the universe, as they sometimes come in unexpected packages.

3. Abundance - all things are possible and there is more than enough of everything for everyone, right here and now.



A. One of the most common human fears is scarcity. Many people are afraid of not having enough of whatever it is they need or want, and so they are always striving to get to some point in the future when they finally have enough.

B. As you shift your focus from some point in the future to the present, you are able to fully see the riches and gifts you already have and thus learn the lesson of abundance.

C. No amount of external objects, affection, love, or attention can ever fill an inner void.

D. The void can only be filled by looking within.

E. You already have and are enough; revel in your own interior abundance and you will

never need to look elsewhere.

4. Peace - relaxing in the quiet moment puts you in the mental and physical state of calm, quiet, and tranquility.



- A. Living in the present brings the one thing most people spend their lives striving to achieve: peace.
 - B. If you are in the moment doing whatever you are doing, then there is no time to examine the gap between your expectation and the reality of how things are, or between where you are and where you think you should be.
 - C. You are too busy being in the moment to analyze it and find fault with it.
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Conclusion

~When you stop comparing what is right here and now with what you wish were, you can begin to enjoy what it is.

Cheri Huber

~Perhaps the hardest lesson to learn is not to be attached to the results of your actions.

Joan Borysenko

~The richest person is the one who is contented with what he has.

Robert C. Savage

~There is nothing to do but be.

Stephen Levine

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