

A Bit of Uncommon Wisdom

Some tried, tested & truly Good Advice on how to Experience true Happiness

While perusing quite a few “self-help books” over the past several years, I was repeatedly stunned at how the “good advice” they espoused was almost completely self-centered. Indeed, most of the tips therein focused on encouraging their readers to strive for personal gain, enhanced individual comfort and/or more stability (“security”) for their selves. And as I have personally experienced the Truth that self-centered actions always tend to bring dis-ease and discord in the long term, I thought it would be kind to “positivize” some of these popular ideals in such a way as to Give seekers a fresh sort of Guidance – a selfless, Love--based Wisdom that would actually bring a more lasting and deep-seated sense of Happiness and Peace ...

While many of these bits of “Wisdom” reflect general life-principles, more than a few contain recommendations tied to specific activities ... As such, all can serve either as inspirational reading, or enable You to actually *experience* Peace & Happiness -- to the degree that you courageously and creatively *apply* them to your daily Living ...

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Animals don't have to be “yours” to care for them. Be actively Kind to all life forms ...

Watch a sunrise in silence with a friend at least once per week ...

Remember others' birthdays (write them in a calendar) -- **and**, more importantly, remember that every day is your own re-Birthday ... Celebrate accordingly!

“Over-tip” waiters and waitresses – *and* garbage men *and* teachers *and* librarians *and* gas station attendants *and* anyone else who happens to help you through your day. Remember to do so more with sincere Kindness &/or tangible gifts than with money ...

Traditional “good advice” encourages you to have a firm handshake. The Wisdom of Love tells us to stop shaking hands and hug others instead ...

Remember that true Kindness means not asking others for “small favors.” Do everything yourself that you yourself can do; only blessing others with the opportunity to help you when you truly need help ...

Be forgiving of yourself and others. Start each day “fresh” and give others the same benefit ...

Though traditional “good advice” encourages you to ask for a raise when you think you deserve it, the Wisdom of Love reminds you to remain humble and thankful – especially for your opportunities to serve others. With this in mind, choose to *never* ask for a raise. Instead, strive to cheerfully work twice as hard as your pay seems to require.

Traditional “good advice” encourages you, in a fight, to “hit first and hit hard.” The Wisdom of Love gently reminds you that the only way to truly win a fight is to refuse to engage it.

The Wisdom of Love reminds you to return all the things you've borrowed and to never borrow again ...

Volunteer your time with children ...

Traditional "good advice" encourages you to learn something new every day. The Wisdom of Love reminds you that it is thereafter never necessary to "learn" anything new. Rather, it is only necessary to **See** the Beauty that is already within and all around you ...

Keep the Earth in mind as you live out your Life ...

The Wisdom of Love notes that it is good to accept all gifts gratefully, especially those from children -- whether or not you "need" them (or even like them) ...

While traditional "good advice" encourages you to acquire "special things" because "you only live once", the Wisdom of Love reminds you that your possessions are to be used to Care for others. Otherwise, the pleasures received from them will prove fleeting and hollow ...

Traditional "good advice" encourages you to treat everyone you meet like you would want to be treated. The Wisdom of Love encourages you to simply **Be Kind** to others -- regardless of how you are treated or how you would wish to be treated ...

Plant trees on the days your four grandparents "passed on" ...

Donate blood. More importantly, donate your Love ...

Traditional "good advice" encourages you to "make new friends but cherish the old." The Wisdom of Love encourages you to treat every stranger as a cherished Friend ...

Traditional "good advice" encourages you to keep secrets, while the Wisdom of Love encourages you to keep none; neither keeping your own information from others, nor enabling others to keep their information hidden. Be open and honest easily by taking no "sides" in your discussions ...

Traditional "good advice" encourages you to "take lots of snapshots", while the Wisdom of Love reminds you to fully Live in your present moments -- by gently letting your past ones go ...

Traditional "good advice" encourages you not to give away anything that was given to you as a Gift. The Wisdom of Love encourages you to "double the power" of any gift you don't use by giving it immediately to someone who will. We are to gratefully accept all gifts give to us, and yet that acceptance does not require us to either keep that gift or use it personally ...

Eat and drink Self-lovingly ...

Traditional "good advice" encourages you to not postpone joy. The Wisdom of Love reminds you that the best way to enhance your true sense of Joy is to delay your personal gratifications.

Traditional “good advice” encourages you to write prompt thank you notes. The Wisdom of Love does not require that verbal thanks ever be given for gifts given to us, as we all *deserve* every gift we receive. The key to Meaning-full Living rests not in saying thanks for the gifts received, but rather rests in the Giving of Gifts to others.

Traditional “good advice” encourages you to “keep hope alive” and that, if things aren’t going well, trust that life will “get better.” The Wisdom of Love notes that these types of expectations lead inevitably to suffering. They are not needed anyway, as life is already filled with Wonder and opportunities to be Happy. Our task is not to make life “better”, but to find creative ways to appreciate the life we have already been blessed to Live ...

Traditional “good advice” encourages you to “respect the authorities” (e.g. teachers, laws, military personnel, etc.). The Wisdom of Love agrees that Respect is important, and yet it encourages us to show our Respect unconventionally. After all, to be affirming, Respect must be based in Love -- not fear. So, show Respect for your teachers by challenging what you are taught. Show Respect for laws by *voluntarily* following the ones that are just and bravely (and *civilly*) disobeying the ones that are not. Show Respect for military personnel by demanding an end to all war ...

Traditional “good advice” encourages you to “keep a tight reign on your temper.” The Wisdom of Love reminds you that keeping a tight reign on anything actually encourages its persistence. Instead of fighting your anger, simply choose to calmly forgive transgressions while looking elsewhere for your Joy ...

Do as much as possible in your Life without being told to do so ...

Traditional “good advice” encourages you to avoid overexposure to the sun. The Wisdom of Love reminds you to regularly sit in sunbeams ...

Traditional “good advice” encourages you to vote. The Wisdom of Love thinks this is fine, as long as you don’t expect any radical change to come about as a result. No lasting societal change comes from the “top down.” **Be** the changes you wish to see instead ...

Traditional “good advice” encourages you to surprise loved ones with little unexpected gifts. The Wisdom of Love encourages you to give such gifts to strangers, and even your enemies, as well ...

If you’re on a diet, keep it to yourself ... If you’re ill, keep it to yourself ... If you’re in pain, keep it to yourself ... If you do a Good Deed, keep it to yourself ...

Always accept an outstretched hand, and do so with *two* of your own ...

Traditional “good advice” encourages you to live so that your children would be proud of you. The Wisdom of Love notes that you are to do your Good Deeds to further Peace and Happiness; **not** to impress anyone else (including your friends or children) ...

After making a mistake, first forgive yourself, and then ask forgiveness of the person(s) injured by that mistake (*without hoping to receive that forgiveness*). Immediately thereafter, let it go and move on ...

Traditional “good advice” encourages you to lock your house and have someone pick up your mail when you’re out of town to thwart potential burglaries. The Wisdom of Love reminds you that the best security against burglary is to leave your doors and windows unlocked, as burglars are attracted to fear, not opportunity ...

Choose to own nothing you can’t readily part with ...

Traditional “good advice” reminds you to turn off your TV, while The Wisdom of Love encourages you to give it away ...

Traditional “good advice” encourages you to demand excellence. The Wisdom of Love encourages you to demand absolutely *nothing*, while seeing the innate excellence in *everything*.

Traditional “good advice” encourages you to pretend to be brave even if you’re not. The Wisdom of Love notes that it is impossible to effectively feign Courage. Bravery is not an attitude, but rather a courageous choice made *while you are afraid* ...

If it brings others Joy, sing or whistle ... If it doesn’t, don’t.

Traditional “good advice” encourages you to hug children after you discipline them. The Wisdom of Love reminds you that the hug IS the discipline!

Give all the clothes you haven’t worn in the past year to charity ...

Eat raw foods ...

Choose a charity in your community and support it generously *with your time* ...

Be thankful, not so much for your specific blessings as for simply being Alive ...

Traditional “good advice” encourages you to not associate with people who are criminal, dysfunctional or addicted to drugs. The Wisdom of Love reminds you that these are exactly the types of people who need your Care the most ...

Slow dance often; remembering that a partner isn’t necessary. Saunter while walking and sway with the wind ...

Avoid uttering sarcastic remarks. More importantly, respond to all of others’ sarcastic statements as if they were earnest ones ...

Traditional “good advice” encourages you to believe that a relationship’s most important trait is trust. The Wisdom of Love reminds you that the most important trait of any healthy relationship is actually unconditional Acceptance ...

Traditional “good advice” encourages you to avoid discouraging anyone from chasing their dreams. The Wisdom of Love reminds you to avoid **encouraging** anyone from engaging a particular dream as well ...

Traditional “good advice” encourages you to “be prudent” and buy insurance for your life, your car, your job, your home and your belongings. The Wisdom of Love reminds

you that no insurance policy can ever replace the loss of either life or possessions. In addition, the more you fear losing something or someone, the more likely you are to suffer that loss ...

Recycle all your newspapers, bottles and cans ...

Traditional “good advice” encourages you to “be prudent” and invest your money for the future. The Wisdom of Love reminds you that every penny invested for your future is one penny less with which you can do some good for another today ...

Traditional “good advice” encourages you to choose a “good life partner” for yourself. The Wisdom of Love encourages you to be in your relationships to Love – and not to be loved ...

Make it a habit to do anonymous nice deeds for others ...

Traditional “good advice” encourages you to attend high school reunions. The Wisdom of Love reminds you that every chance meeting with another person IS a reunion ...

Avoid lending anyone anything. Give to others freely instead ...

Traditional “good advice” encourages you to always have something beautiful in sight. The Wisdom of Love reminds you to find these beauties “hidden” in everything familiar and “normal”...

Regularly write others cards and/or letters by hand ...

Make your own Bill of Rights – and respect the other people in your life accordingly ...

Make what you already possess be more than enough ...

Instead of telling the children in your life that you trust them, tell them that you Love them completely regardless of what they have done or what they might do ...

Take a brisk 30-minute walk every day – but only if you are going to pay attention while doing so.

Be honest in every act or utterance. And if an honest word will probably harm another, be silent ...

See Life’s ever-present sense of humor – Smile & laugh accordingly (i.e. always) ...

The perfect late night snack is sleep ...

Insert creative, positive euphemisms into your language for all profanities ...

Traditional “good advice” encourages you to “live for the moment” – taking care of yourself and having a good time, because “life is short.” The Wisdom of Love reminds you that it means nothing to live life unless you are truly free to do so by being simultaneously prepared to die. Of course, being prepared to die does not mean fixating

upon death. Rather, being prepared to die means living each moment with Gratitude, as though it were your last moment -- and in Wonder, as though it were your first ...

Avoid focusing so intently on where you are going that you forget to See the Wonders where you already Are ...

Opportunity may sometimes knock very softly, and yet remember that opportunity is always knocking ...

Traditional “good advice” encourages you to “dress appropriately.” The Wisdom of Love encourages you to be as “audacious” as possible – as long as you are true to your True Self. Have the courage to Be yourSelf and to let your attire reflect that persona ...

Traditional “good advice” encourages you remember people’s names. The Wisdom of Love reminds you to See the True Selves beneath those labels ...

The Wisdom of Love reminds you that it makes no sense to visit another city or site as a tourist until you have “visited” both your birthplace and your current neighborhood ...

The Wisdom of Love reminds you that it is a waste of time and money to “have your crooked teeth straightened” until you have first unconditionally Accepted yourself as you already Are ...

Traditional “good advice” encourages you to keep your watch five minutes fast. The Wisdom of Love encourages you to throw your watch away ...

Traditional “good advice” encourages you to never deprive someone of hope. The Wisdom of Love agrees with this in principle, though it reminds you that hope itself is anything but a blessing. Hope implies that you are attached to a specific outcome; an attachment that eventually leads to disappointment. It is still Kind, of course, not to “rain on another’s parade”, because it is not your place to shatter others’ dreams – even if they are self-centered or ill-advised ones. Simply Love others unconditionally and let Life do the shattering ...

Avoid worrying about money matters. Limited funds are a blessing, not a curse. Nothing encourages both creative thinking and a truer Appreciation of/for Life more than “not having enough money.” This is true, of course, only if you choose for it to be so – and yet it is true nonetheless ...

Expand your “circle of Compassion” regularly. Take a stranger bowling -- Treat a homeless person to lunch -- Bring an “enemy” some tea ...

Put candles in every room and use them instead of electric lights at least three nights per week ...

Traditional “good advice” encourages you to learn to handle a pistol and rifle safely. The Wisdom of Love reminds you that it is impossible to do so ...

Skip at least one meal per week and give *that meal* (as opposed to the money you would have spent on that meal) to a person “on the street” ...

Traditional “good advice” encourages you to get acquainted with a good lawyer, a good accountant, a good plumber and a good mechanic. The Wisdom of Love encourages you to have no contact at all with any of these folks – unless there is something you can do *for them* ...

Traditional “good advice” encourages you to stand at attention and put your hand over your heart when singing the national anthem. The Wisdom of Love reminds you that, though the principles of Liberty and Justice (for which America traditionally stands) are fine ones, the national anthem is a song dedicated to war. Thus, Respect-fully decline to sing the national anthem ...

Regularly pause to smell the flowers at your feet and admire the clouds overhead ...

Traditional “good advice” encourages you to pray not for things, but for The Wisdom of Love and courage. The Wisdom of Love reminds you that Gratitude **is** that The Wisdom of Love and selfless love **is** that Courage ...

Traditional “good advice” encourages you to have regular medical and dental checkups. The Wisdom of Love reminds you that no such check-ups are necessary if you regularly care for your body while regularly caring for others ...

Traditional “good advice” encourages you to be punctual. The Wisdom of Love encourages you to never hurry anywhere. Rather, simply Be where you already Are ...

Traditional “good advice” encourages you to insist on punctuality. The Wisdom of Love reminds you to never insist on anything from others ...

Avoid responding to your critics. Have Compassion for them while listening to what they have to share ...

Traditional “good advice” encourages you to avoid negative people. The Wisdom of Love reminds you to be Kind to them ...

Traditional “good advice” encourages you to be suspicious of all politicians. The Wisdom of Love encourages you to be suspicious of no one; choosing to hear Truth regardless of others’ intentions, while assuming that their intentions are selflessly Noble. It is far better to assume the best and have to deal with the worst, than to assume the worst and completely miss the best ...

Traditional “good advice” encourages you to “give others a second chance, but not a third.” The Wisdom of Love reminds you to give others unlimited chances ...

Traditional “good advice” encourages you to protect yourself and your things. The Wisdom of Love reminds you that nothing you are freely giving can ever be taken from you ...

Avoid taking any action when feeling sad, afraid or angry ...

Traditional “good advice” encourages you to do battle against prejudice and discrimination. The Wisdom of Love reminds you that the only way to effectively engage that “battle” is with the “sword” of unconditional forgiveness ...

Traditional “good advice” encourages you to “save your strength” and “pace yourself” during Life. The Wisdom of Love encourages you to give everything you have to give in every moment you have to give it. Never speculate on or invest in the future – It is filled with moments you are not guaranteed to ever experience ...

Traditional “good advice” encourages you to be romantic. The Wisdom of Love encourages you to avoid romance entirely by Loving others intimately instead. The former focuses on what one has or is receiving (or what one can “give” in order to then receive), while the latter focuses solely on bringing another Peace and Happiness, regardless of what is or is not received thereafter ...

Traditional “good advice” encourages you to let people know what you won’t stand for. The Wisdom of Love encourages you to focus on *showing* others what you **do** stand for instead ...

Traditional “good advice” encourages you to not quit one job until you’ve lined up another. The Wisdom of Love encourages you to never engage any job unwillingly. Better to have no job and your Self-Respect than the other way around ...

Traditional “good advice” encourages you to measure others by the size of their hearts, not the size of their bank accounts. The Wisdom of Love reminds you to avoid measuring others at all ...

Enter a room with purpose and confidence, ready and willing to engage your opportunities to serve others ...

Use sea salt ...

Traditional “good advice” encourages you to eat less red meat. The Wisdom of Love encourages you to only eat the animals that you have the courage to Respect-fully kill yourself ...

Carry only positive grudges ...

Show respect for all living things ...

Traditional “good advice” encourages you to commit yourself to constant self-improvement. The Wisdom of Love reminds you that, with regards to Life (which includes both your Self and others’ Selves), there is nothing that needs improving ...

When meeting someone for the first time, instead of asking them what they do for a living, ask them what they do to enLive their Lives (i.e. what they do for others and/or what they do to Appreciate Life) instead ...

No lawsuit has ever solved a dispute or effectuated “justice” ...

Show others how much you love them with your active thoughtfulness more than your kind words ...

Avoid gossip and avoid gossiping ...

Regularly lie on your back and gaze at the stars ...

When facing difficult tasks, remember that it is impossible to fail. If you fearlessly and sincerely engage a task, something good will always come from your efforts ...

Success is not attaining a certain goal or completing a certain task. Rather, success is complete the Moment you choose to actively serve another selflessly ...

Traditional “good advice” encourages you to leave everything a little better than you found it. The Wisdom of Love encourages you to simply Appreciate everything as it Is. Ironically, it is this Appreciation alone that truly leaves things “better” than you found them ...

Traditional “good advice” encourages you to never underestimate your power to change yourself. The Wisdom of Love reminds you that there is nothing about your True Self that needs changing. The object of Living is not to “get better”, but rather to re-member how amazingly Good you allReady Are – and then act accordingly ...

Choose to regularly attempt to see things from other people’s points of view ...

Traditional “good advice” encourages you to deliver what you promise. The Wisdom of Love encourages you to make no promises whosoever. Instead, simply intend to do more than others either expect or desire ...

Traditional “good advice” encourages you to discipline yourself to save money. The Wisdom of Love reminds you that money has absolutely nothing to do with security, happiness or success. In that sense, avoid saving it for yourself. Use it to serve others instead ...

Care for your body; not to become “more attractive” or to live longer, but rather to be better able to serve others when the opportunity arises to do so.

Traditional “good advice” encourages you to “not burn your bridges.” The Wisdom of Love reminds you that it is impossible to ever cross the same river twice. You might think you can return to places or relationships or situations from your past, and yet attempts to do so always meet with disappointment of one form or another. If something similar returns to you of its own free will, then it can be re-engaged. Otherwise, let go lovingly and move on ...

Traditional “good advice” encourages you to not spread yourself too thin by learning to say “no.” The Wisdom of Love reminds you that there is only the task at hand, which can always be given your full attention and maximum energy. In this regard, choose say “Yes!” courageously and enthusiastically to whatever service crosses your path ...

Traditional “good advice” encourages you to keep your expectations high. The Wisdom of Love encourages you to eliminate them completely ...

Traditional “good advice” encourages you to accept that pain and disappointment are a part of life. The Wisdom of Love reminds you that, once you accept pain as a part of your life, disappointment disappears from your Living ...

Traditional “good advice” encourages you that a successful partnership depends on finding the right person and being the right person. The Wisdom of Love reminds you that, as long as you are searching for the former, you cannot become the latter ...

Pause long enough to see your “problems” as the opportunities for empowerment that they all Ways are.

Traditional “good advice” encourages you to avoid expecting life to be fair. The Wisdom of Love reminds you that, though Life may not meet your personal expectations or definitions of “fair”, Fair it remains. It is not for us to alter life’s occurrences to make them more just. Rather, it is for us to make something powerful out of the occurrences that happen to/for you ...

Traditional “good advice” encourages you to become an expert in time management. The Wisdom of Love notes that you do so by both attending to the present moment and making no long-term plans ...

Traditional “good advice” encourages you to judge your success by the degree that you are enjoying peace, health and love. The Wisdom of Love reminds you that health and Love (and therefore true Success) can only come to you when you cease focusing on your own enjoyment, and start focusing on enhancing others’ Joy ...

There is no need to learn a skill that is not currently needed, *unless* you learn it for the imminent betterment of others or the imminent easing of their burdens ...

Give thanks for every meal, remembering that, even in your own home, you are always a guest ...

In evaluating your “net worth”, include both your time and your energy in the equation. Afterwards, choose to contribute 50% of your wealth to charity ...

The only truly “constructive criticism” is the advice for which the other asks to hear ...

It is impossible to “go out of your way” to Love another ... Love is your Way!

It is impossible to “go out of your way” to forgive another ... Forgiveness is your Way!

When someone asks you how you’re feeling, the only truly honest answer (from the True Self’s vastly clearer point of view) is “Wonder-full!” ...

Traditional “good advice” encourages you to “learn to disagree without being disagreeable.” The Wisdom of Love reminds you that the only way to be truly “agreeable” is to simply choose to find a way to sincerely agree ...

Traditional “good advice” encourages you to be tactful. The Wisdom of Love reminds you that tact **IS** a form of alienation. True, responding honestly in ways that injure others is not Right Action. *And* remember that you are never required to speak. Silence and a smile is often the only response that is both honest and Kind ...

Traditional “good advice” encourages you to hear both sides before judging. The Wisdom of Love encourages you to hear both sides *and then refuse to judge at all ...*

Traditional “good advice” encourages you to be courteous to everyone. The Wisdom of Love encourages you to be Kind to everyone, and *never* merely courteous ...

Remember that it’s not how much time you have, but what you choose to *do* with the time you have that matters. We all have exactly the same hours per day that were allotted to Jesus, Rumi, Michelangelo, Thomas Jefferson, Martin Luther King Jr., Mother Teresa and the Peace Pilgrim. Avoid “making time” or attempting to “save time.” Rather, simply **use** the time you have powerfully by using it for Good ...

Traditional “good advice” believes that success comes to the one who acts first. The Wisdom of Love reminds you that, regardless of whether you act promptly or with hesitation, no true **S**uccess ever comes from acting selfishly ...

Traditional “good advice” encourages you to be wary of people who tell you how honest they are. The Wisdom of Love encourages you to be wary of no one. Those most likely to behave immorally are those who need our Kindness the most. And it is impossible to be truly Kind when you are afraid, anxious, worried or wary ...

Traditional “good advice” encourages you to remember that winners do what losers don’t want to do. The Wisdom of Love reminds you that winners are those who serve others, while losers are those who merely serve themselves ...

Seek opportunity, not security ...

Traditional “good advice” encourages you to rekindle old friendships. The Wisdom of Love reminds you to always Care for the ones you’re with. It is only time to rekindle old friendships when no one else is around ...

Traditional “good advice” encourages you to be prudent when traveling by keeping pertinent personal information in your wallet “in case something happens to you.” The Wisdom of Love encourages you to simply live with courageous kindness -- and become an organ donor “in case something happens” ...

Instead of the words “if only”, use the words “I can” ...

Instead of the word “difficulty”, use the word “opportunity” ...

Instead of the words “bad”, “terrible” &/or “awful”, use the words “interesting”, “empowering” &/or “challenging” ...

Live your Life every day in ways that reflect the epitaph “Dear God, Thanks!” ...

Traditional “good advice” encourages you to not be fooled – believing that if something sounds too good to be true, it probably is. The Wisdom of Love reminds you that nothing is too good to be True. Indeed, the only way that the amazing will come to fruition in your life is if you have the Courage to allow it come to fruition. Be bold and courageous in your Kindness ...

Traditional “good advice” encourages you to splurge occasionally on yourself. The Wisdom of Love reminds you that the only way to truly splurge on yourself is to splurge on others ...

Traditional “good advice” encourages you to never waste the chance to tell someone you love them. The Wisdom of Love encourages you instead to engage your Life’s constant opportunities to *show* someone you Love them ...

Avoid explaining all break-ups & “failures.” Accept responsibility for them, detach from them, and move on gratefully into you’re Here&Now ...

Traditional “good advice” encourages you to evaluate yourself by your own standards. The Wisdom of Love reminds you to let all your self-evaluations remain positive. In essence, continue to work towards exemplifying personal perfection, while simultaneously remembering that your personal perfection is innate within you – whether you exemplify it perfectly or not ...

When others request your assistance, remember to always be both cheerfully willing & completely **P**resent for them ...

Don’t let anyone talk you out of pursuing what you feel to be a great idea **and** release all your hopes and expectations related to that idea actually “succeeding” as you think to should. Simply stated, do Good and let go of the results; being simultaneously decisive and humble ...

Know when to keep silent – doing so far more often than not ...

Known when to speak up – doing so rarely & courageously ...

Perform every act with Purpose and Presence, and you will never need to waste your energies striving to “improve” ...

Even though we all journey through life alone, remember (and re-member) that our Paths are interconnected ones ...

Teach the children in your life about positive Self-image more by example than with words – while remembering that a truly positive Self-image comes only to those who have the Courage to selflessly serve others ...

Avoid allowing circumstances or other people to dictate your attitude to you ...

Traditional “good advice” encourages you to get all repair estimates in writing. The Wisdom of Love encourages you to have Faith in Honesty. Others can only reveal their inherent Integrity when you allow them to do so ...

Traditional “good advice” encourages you to be loyal to friends and family. The Wisdom of Love encourages you to redefine “friends and family” to include your “enemies”, whose Goodness may be deeply hidden from view, and yet rests within them just the same. Indeed, others cannot reveal their innate Kindness unless repeatedly given chances to Do so ...

Give your Gifts lovingly, and do so without worrying about others' ability (or lack thereof) to receive them fully (i.e. Joy-fully) ...

Traditional "good advice" encourages you to compliment even small improvements. The Wisdom of Love encourages you to give frequent compliments to others that are completely unrelated to their performance ...

Volunteer a significant portion of your time to volunteering ...

Traditional "good advice" encourages you to pay your fair share. The Wisdom of Love reminds you that there is no such thing. Just as you are not entitled to anything from Life, so too are you not required to give anything either. Choose to keep your ability to choose viable by releasing yourself from both of these myths ...

Traditional "good advice" encourages you to focus on making things better, not bigger. The Wisdom of Love reminds you that the only way to make things "better" is to unconditionally accept them as they are ...

Traditional "good advice" encourages you to avoid letting your possessions possess you. The Wisdom of Love reminds you that the only sure way to do this is to either use your possessions for the benefit of others or give them away ...

Traditional "good advice" encourages you to say you're sorry after causing others pain. The Wisdom of Love encourages you to *never* say you're sorry for actions that are well-intended. There is a big difference between apologizing for *inadvertently* causing others' pain and saying that you are sorry for engaging a particular action altogether. Have Compassion for others. At the same time, have the Courage to continue doing things for them when those choices intend to further their Happiness. Maybe you will cause someone pain. And yet, it's far better to have attempted to relieve another's burden and unintentionally cause them pain than it is to do nothing for them out of fear of "hurting them" ...

Be enthusiastic about others' successes ...

Traditional "good advice" encourages you to take care of your reputation, as it is your most valuable asset. The Wisdom of Love reminds you that, because your reputation is entirely subject to the whimsical (and often fickle) opinions of others, it is impossible to regulate, and therefore completely worthless. Any action performed to satisfy the expectations of another is an action weakened, and therefore at least partially wasted ...

Avoid self-pity by doing something nice for another who is "less fortunate" than you *during* the moments when it strikes ...

Traditional "good advice" encourages you to share the credit. The Wisdom of Love encourages you to give the credit completely away ...

Traditional "good advice" encourages you to "improve your performance by improving your attitude. The Wisdom of Love reminds you that the only way to enhance your performance is to release the stress behind striving to "improve." Be positive -- Be courageous -- Be diligent -- And then unconditionally accept whatever comes ...

Traditional “good advice” encourages you to make a list of things you want to experience before you die and refer to it often. The Wisdom of Love encourages you to make a list of things for which you are grateful – and refer to it all day, every day ...

Every person you meet has done something amazingly Kind during their lives ... Honor them accordingly ...

Remember your parent’s laughter ...

Joy is the best Gift to share with others ...

If unsure, have the courage to say “I don’t know” ...

When incorrect, have the courage to say “I made a mistake” ...

When tempted with selfishness, maintain your Integrity ...

Traditional “good advice” encourages you to “show respect for everyone who works for a living.” The Wisdom of Love encourages you to show respect for everyone – period ...

Send gifts and think of reasons later ...

Your ultimate Happiness hinges solely on what you **Do** for others for free ...

Traditional “good advice” encourages you to look for opportunities to make people feel important. The Wisdom of Love encourages you to look for ways to help others remember that they already **Are** important ...

Avoid waiting for new ideas to find you -- Go looking for them instead ...

The Wisdom of Love reminds you that, when speaking with honesty and kindness, you do not have to be cautious with your words ...

Avoid interrupting others speech and avoid interrupting your own tasks ...

Traditional “good advice” encourages you to “be prepared, because you never have a second chance to make a good first impression. The Wisdom of Love encourages you to simply be yourself, regardless of what others might think. Be Kind and sincere, and let others’ first impressions take care of themselves ...

The Wisdom of Love definitely supports “walking your talk”, and yet it also reminds you to offer advice only when asked to do so. And if that advice isn’t founded in personal experience and/or doesn’t match your own current behaviors, choose to remain silent when so asked ...

Give thanks upon waking every morning & give thanks before sleeping every night ...

Traditional “good advice” encourages you to give others the benefit of the doubt. The Wisdom of Love encourages you to be Kind to others regardless ...

The Wisdom of Love encourages you to always be completely honest. When tired, rest -- When angry, forgive -- When bored, choose to look around and notice something wondrous ...

Traditional “good advice” encourages you to save 10% of what you earn. The Wisdom of Love encourages you to give away much more than that 10% ...

Traditional “good advice” encourages you to proof your goals by asking yourself whether or not they will help you become truly happy. The Wisdom of Love encourages you to proof your goals by asking yourself whether or not they enable you to powerfully serve others ...

Cherish the people in your life for who they **Are**, not for you you’d like them to be ...

Traditional “good advice” encourages you to “keep several irons in the fire.” The Wisdom of Love encourages you to only pay close attention to, and only invest your energies in, the task at hand ...

Traditional “good advice” encourages you to enjoy what you have worked hard to receive. The Wisdom of Love reminds you that the only way to purely enjoy what you have is to share it with others ...

Be alert for opportunities both to give your praise and show your appreciation ...

Traditional “good advice” encourages you to remember that “the lead sled dog is the only one with a decent view.” The Wisdom of Love reminds you that the true “lead dog” is never pulling the sled for himself ...

Traditional “good advice” encourages you to never underestimate the power of words to heal relationships. The Wisdom of Love reminds you to use kind words as a last resort. Heal your relationships with your caring actions instead ...

Traditional “good advice” encourages you to believe in love at first sight. The Wisdom of Love reminds you to treat every stranger accordingly ...

Traditional “good advice” encourages you to fulfill your civic duties (e.g. paying your taxes, accepting jury duty, etc.). The Wisdom of Love reminds you that you there are no “civic duties.” Act willingly or not at all ...

Traditional “good advice” encourages you to love others deeply even though you might get hurt. The Wisdom of Love reminds you that true Love is 100% Giving to another, and 0% taking from them. As such, in all moments when Love is purely given to another, it is impossible to get hurt ...

Traditional “good advice” encourages you to discipline others with a gentle hand. The Wisdom of Love reminds you that gentleness **is** true discipline ...

Traditional “good advice” encourages you to never be the first to break family tradition. The Wisdom of Love encourages you to never be the last to do so. Be Brave – Live unconventionally ...

Traditional “good advice” encourages you to keep a diary of personal accomplishments. The Wisdom of Love encourages you to keep a diary of all the nice things others do for you and reread it frequently to hold “positive grudges” ...

There is no appointment ever “important” enough to warrant recklessness ...

Traditional “good advice” encourages you to fight fairly in all disagreements. The Wisdom of Love reminds you that it takes two to disagree, and that the only fight that is truly Fair is the one that is not engaged at all ...

Remember that everyone you meet is afraid of something and loves something. And remember that everyone deeply yearns to act on the latter by letting go of the former ...

Traditional “good advice” encourages you to never betray a confidence. The Wisdom of Love encourages you to never accept one. Avoid encouraging or assisting others to be dishonest (a.k.a. “secretive”) ...

Traditional “good advice” encourages you to never claim victory prematurely. The Wisdom of Love encourages you to simply never claim victory – period!

Continually wish others Health & Happiness ...

Traditional “good advice” encourages you to make the punishment fit the crime. The Wisdom of Love reminds you that the only punishment that fits the crime is the unconditional forgiveness of the same. Avoid arrogantly “playing God” ...

There is a big difference between quitting prematurely and butting your head against a wall. Choose to do neither ...

Traditional “good advice” encourages you to remember the 3 R’s: Respect for Self; Respect for others; and Responsibility for all your actions. More importantly, The Wisdom of Love reminds you that selfless Caring for others satisfies all three ...

Traditional “good advice” encourages you to avoid losing the lesson whenever you lose. The Wisdom of Love reminds you that, if you are acting from a sense of Kindness, it is impossible to “lose” at all ...

Traditional “good advice” encourages you to not overlook life’s small joys while searching for its bigger ones. The Wisdom of Love reminds you that you can only notice life’s small Joys when you cease to search for those “bigger ones” ...

Traditional “good advice” encourages you to signal in three’s whenever lost or in distress. The Wisdom of Love reminds you that it is impossible to be in distress while serving others, and that it is impossible to be lost when you choose to Appreciate where you already Are ...

Traditional “good advice” encourages you to remember that luck favors those who are prepared. The Wisdom of Love reminds you that there is no luck or coincidence in life. To be fortunate, simply choose to want whatever comes your way ...

Traditional “good advice” encourages you to not expect your love alone to make a neat person out of a messy one. The Wisdom of Love encourages you to refuse to try and change another person -- in any way, for any reason ...

Traditional “good advice” encourages you to “remember that the person who steals an egg will also steal a chicken.” The Wisdom of Love encourages you to remember instead that the person who *forgives* the egg-stealer can forgive a chicken thief just as readily ...

Traditional “good advice” encourages you to be the first to fight for a just cause. The Wisdom of Love reminds you that anger only makes the sources of injustice stronger. What is attacked tends to defend itself. Instead, to fight for a just cause effectively, you must “fight” it with unconditional Kindness ...

The Wisdom of Love reminds you that, even though there are people who will find reasons why you shouldn't be able to do what you believe is Right, Do it anyway ...

Remember to let your greetings be heartfelt and your Gratitude be witnessed ...

Traditional “good advice” encourages you to correct your mistakes. The Wisdom of Love reminds you that you cannot correct your mistakes, but you *can* take active steps to ameliorate their painful effects ...

Traditional “good advice” encourages you to be realistic when it comes to your finances. The Wisdom of Love reminds you to realize first and foremost that you *always* have enough to regularly give to others ...

Traditional “good advice” encourages you to “know your facts.” The Wisdom of Love reminds you that, especially with regards to the other people in your life, there are no “facts” ...

The Wisdom of Love reminds you that true Friendship has nothing at all to do with what others might do for *you*, and everything to do with what you are doing for *them*.

Traditional “good advice” encourages you to judge others from where they stand, not from where you stand. The Wisdom of Love encourages you to judge neither from the vantage of your shoes nor the vantage of the others'. The Wisdom of Love encourages you simply to judge not – period ...

Traditional “good advice” reminds you that, the next person you meet could become your best friend. The Wisdom of Love encourages you to remember that the next person you meet already **is** your best friend ...

Attend fully to whatever you are doing ...

Traditional “good advice” encourages you to never threaten another if you don't intend to back it up. The Wisdom of Love reminds you to never threaten another – period ...

Avoid confusing comfort with Happiness ...

Avoid confusing material wealth with Success ...

Let no person, company or government shackle your Self-Responsibility ...

Read something inspiring and cheerful before going to bed ...

Turn enemies into friends by [persistently and sincerely] doing nice things for them ...

The Wisdom of Love reminds you that the only two ways to be truly foolish with your money are to spend it on yourself and to hoard it ...

Traditional “good advice” encourages you to open your arms to change, but don’t let go of your values. The Wisdom of Love reminds you that the only way to maintain your personal values is to be open to change – including a shift in those values ...

Traditional “good advice” encourages you to “know when to stop when it comes to worrying or painting a picture.” The Wisdom of Love encourages you to keep painting until you die, and to stop worrying before you start ...

Give others more than they expect in ways other than they might desire ...

Wait not for inspiration to find you. Simply begin, and it will do so ...

Rely on none of what you hear and only half of what you see – and do Good anyway ...

Traditional “good advice” encourages you to be engaged at least six months before you get married. The Wisdom of Love reminds you that Love needs neither tests nor contracts to thrive. Indeed it is the tests that weaken that Love, and it is the contracts that destroy It ...

Traditional “good advice” encourages you to win without boasting. The Wisdom of Love reminds you that the only Victory is the one used to enable the Peace and Happiness of others ...

Traditional “good advice” encourages you to lose without excuses. The Wisdom of Love reminds you that the only “loss” is the lesson within each difficulty that goes unlearned ...

Traditional “good advice” encourages you to remember that a “good price” is what an object is worth to you. The Wisdom of Love reminds you that a truly good price reflects what the object is worth to the other person for whom you are buying it ...

Traditional “good advice” encourages you to remember that the more you know, the less you fear. The Wisdom of Love reminds you that true Courage does not come from knowledge, but rather from those times when you do **not** know and **are** afraid, and yet Do Good anyway ...

Traditional “good advice” encourages you to remember, when a loved one becomes ill, that hope and positive thinking are strong medicine. The Wisdom of Love reminds you that positive thinking is much more potent than hope (which is actually counter-productive to healing), and that Loving intimacy is much more potent than positive thinking. If there is enough time to pray for someone every day, then there is enough time to visit them once per week ...

Remember that all children (and all adults, for that matter) hear what you do, not what you say ...

Remember as well that nothing ever needs mere “doing.” Perform an action with quality or don’t perform it at all ...

The Wisdom of Love encourages you to be sincere and positive when acting, regardless of whether that act is a public prayer or an anonymous Good Deed ...

Hold a child’s hand &/or give a child a hug every chance you get ...

The Wisdom of Love reminds you that, if you are afraid of having your things stolen, you either have too many possessions or you value them too highly ...

The Wisdom of Love encourages you to have no private thoughts. Let your thoughts be positive and remember that no positive thought ever need be “kept secret” ...

Traditional “good advice” encourages you to be humble and polite, but don’t let anyone push you around. The Wisdom of Love encourages you to be humble and kind, regardless of whether someone is pushing you around or not -- noting that humble kindness does not require you to always do exactly what others desire. Humble kindness simply means maintaining a caring attitude towards others regardless of how they are treating you. Indeed, it is this attitude that most effectively dissuades others from “pushing you around” ...

Let your spirit of adventure triumph over your good sense. After all, your spirit of adventure **is** your good sense ...

Traditional “good advice” encourages you to not say no until you’ve heard the whole story. The Wisdom of Love encourages you to not say no even *after* you’ve heard the whole story ...

Traditional “good advice” encourages you to never accept unacceptable behavior. Even if you do not condone the particular actions of others, The Wisdom of Love encourages you to always forgive and care for those who commit them ...

Remember that how you say something is as important as what you say. Remember as well that what you Do is much more important than either how or what you say ...

Hear what others do, as opposed to what they say ...

You can’t fill an emptiness in your heart with money. Of course, neither can you fill it with “love.” Indeed, the only way to fill “emptiness” is by Caring selflessly for others ...

Traditional “good advice” encourages you to leave notes admonishing those who park illegally in handicapped parking spaces. The Wisdom of Love encourages you to leave notes forgiving those drivers for the same. It is this forgiveness, and not your condemnation or the threat of punishment, that will allow them to remember to “Do the Right Thing” the next time ...

Traditional “good advice” encourages you to remember that the shortest way to get anywhere is to have good company traveling with you. The Wisdom of Love reminds you that the goal of any travel is not to “get there”, but rather to appreciate the Journey ...

In order to accurately hear what is being said, choose to detach from both the negativity of criticism as well as the positivity of praise ...

Start every day with the most important thing you have to do that day. And remember that life’s truly Important tasks are always those done for others ...

Traditional “good advice” encourages you to make duplicates of all your keys. The Wisdom of Love encourages you to remove all of your locks ...

Traditional “good advice” encourages you to refuse to pick up after your children, as that’s “their job.” The Wisdom of Love reminds you to regularly pick up after *everyone*. That’s your *privilege* ...

Traditional “good advice” encourages you to never risk what you can’t afford to lose, and Wisdom reminds us that our Dignity is the only thing that you can’t afford to lose ...

Traditional “good advice” encourages you to regularly go somewhere you’ve never been before. The Wisdom of Love Just reminds you just as regularly to go someplace you often frequent and “see it for the first time” ...

The Wisdom of Love encourages you to do nothing where fear is your primary motivation ...

Traditional “good advice” encourages you to encourage others who are trying to improve mentally, physically or spiritually. The Wisdom of Love reminds you first of all that it is impossible for anyone to improve spiritually. And as far as physical and mental “improvement” is concerned, only provide others with gentle encouragement in that regard *after* having informed them that you Care for them regardless of whether their efforts are successful or not ...

Traditional “good advice” encourages you to remember that half the joy of achievement is in the anticipation thereof. The Wisdom of Love reminds you that *all* the Joy contained in any action is *completely* released the moment it is selflessly engaged for the benefit of another ...

Traditional “good advice” encourages you to remember that the best relationship is one where your love for each other is greater than your need for each other. The Wisdom of Love reminds you that true Love only exists in those moments when your Caring for each other is constant and your need for each other is nonexistent ...

Traditional “good advice” encourages you to never be ashamed to cry. The Wisdom of Love reminds you to let your tears be sincere – *and* short-lived ...

Traditional “good advice” encourages you to never be ashamed of laughter that is too loud or singing that is too joyful. The Wisdom of Love reminds you that there are no such things ...

Traditional “good advice” encourages you to give that extra effort that separates the winner from the one in second place. The Wisdom of Love reminds you that the only true Winner is the one unconcerned with “winning” ...

Traditional “good advice” encourages you to never ignore evil. The Wisdom of Love reminds you to “fight” evil by Caring courageously of all “evil-doers” ...

When you hear church bells, pause to cherish that moment ...

When others offer to help you, let them ...

Approach both love and cooking with reckless abandon ...

Traditional “good advice” encourages you to remember that “life is short.” The Wisdom of Love reminds you that Life is as long as you make it. The more you selflessly Care for others, the longer It gets ...