

REFLECTIONS OF THE DALAI LAMA

Take into account that great love and great achievements involve great risk.

When you lose, don't lose the lesson.

Follow the three R's: Respect for self. Respect for others and
responsibility for all of your actions.

Remember that not getting what you want is sometimes a wonderful stroke of luck.

Learn the rules so you know how to break them properly.

Don't let a little dispute injure a great relationship.

When you realize you've made a mistake, take immediate steps to correct it.

Spend some time alone every day.

Open your arms to change, but don't give up your values.

Remember that silence is sometimes the best answer.

Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time.

A loving atmosphere in your house is the foundation for your life.

In disagreements with loved ones, deal only with the current situation. Don't bring up the past.

Share your knowledge. It is a way to achieve immortality.

Once a year, go some place you've never been before.

Remember the best relationship is the one in which your love for each other exceeds your need for each other.

Judge your success by what you had to give up in order to get it.

From our family to yours, we wish you a Happy and Healthy New Year!

Bruce and Shari Blitman