Tommie's Rules for Living

- Be honest and true to everyone you meet and especially to yourself.
- Do not do unto others what you do not want done to yourself.
- Primum non nocere (first do no harm).
- Suum Cuique (to each his own)
- Make time for quietness each day, without fail.
- Keep things simple.
- Be as healthy as you possibly can be.
- Find things and people that make you laugh - often!
- There is a right and a wrong and you ought to know the difference.

MIA Tools:

Mindfulness - By managing your attention, you can choose what you give your attention to, as well as what you do not. You engage in many different activities each day, often without giving them any attention at all. By managing your attention, you can become mindful whether you are meditating or kayaking or doing any activity.

Breathing - Breathing is something you always do, even without giving it any attention. But when you do pay attention to your breathing, you will immediately find yourself, relaxing.

Condition - Take time to check your condition. Pay attention to your different states of being throughout your day.

Senses - You can adjust the attention you give your senses anytime. Pay attention to your senses to learn how to watch yourself and the world around you.

Perspective - You can quickly change your perspective in time, by thinking of the past or of the future. You can always bring your attention back to now and this present moment. You can also use knowledge and information to change your perspective of space, both at a macroscopic level and a microscopic level. Atoms are made mostly of space as is the universe.

Emotions - Pay attention to fear, anger, and sadness. By giving your emotions some attention, you can reduce stress levels caused by negative emotions. Let visions of the future be full of joy and peacefulness.

To Do List - There is always a to do list. Keep it short and give it attention when necessary, but do not constantly dwell on things that need to be done. Remember to keep the fun things near the top of the list.

Roles - You have many roles in your life. Everyone wears a mask at different times. Remember to use your imagination to view your life and your day, as if it were a play or a movie and you are in the audience watching. Sometimes you may imagine who is in the audience also watching you play your role.

Reality - Reality, it is what it is. Pay attention to your rules, your activities, your habits, and your routines. Give attention to desires and things that bother you. Once you focus your attention, you can change, reduce, or eliminate what is unwanted.

Jesus Trigrams:

Seek Love Within
Possess Happy Fruit
Follow Abundant Light
Free Peaceful Rest

Here are the verses used to create each word:

... **seek** ye first the kingdom of God, and his righteousness; ... Mat 6:33

And thou shalt **love** the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment. And the second is like, namely this, Thou shalt love thy neighbor as thyself. There is none other commandment greater than these. Mark 12:30-31

... behold, the kingdom of God is **within** you. Luke 17:21

... a man's life consisteth not in the abundance of the things which he **possess**eth. Luke 12:15

If ye know these things, **happy** are ye if ye do them. John 13:17

Wherefore by their **fruit**s ye shall know them. Matthew 7:20

My sheep hear my voice, and I know them, and they **follow** me: John 10:27

... I am come that they might have life, and that they might have it more **abundant**ly. John 10:10

... I am the **Light** of the world: he that followeth me shall not walk in darkness, but shall have the light of life. John 8:12 1

... If ye continue in my word, then are ye my disciples indeed; And ye shall know the truth, and the truth shall make you **free**. John 8:31-32

Peace I leave with you, my peace I give unto you ... John 14:27

Come unto me, all ye that labor and are heavy laden, and I will give you **rest**. Matt 11:28

Family News Quotes:

1992:
“We play our part, here upon the stage without the need to fully understand the final plot. We do not need to know the plot because we know the playwright.”

“Sometimes it is better to know what you cannot do than what you can do.”

“Nothing in life is to be feared. It is only to be understood.”

1993:
“The greatest of faults is to be conscious of none.”

1994:
“To thine own self be true and it must follow as the night, the day, thou cans’t not be false to any man.” William Shakespeare

1995:
“If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away.” Henry David Thoreau

1996:
“If fifty million people say a stupid thing, it is still a stupid thing.” Leroy Jack Syrop

1997:
“He who knows, does not speak. He who speaks, does not know.”

1998:
“Patience, patience, patience is what the sea teaches. Patience and faith. One should lie empty, open, choiceless as a beach, waiting for a gift from the sea.” Anne Morrow Lindbergh

1999:
“We haven’t the time to take our time.” Eugene Ionesco

2000:
“Happiness is a butterfly, which when pursued, is always beyond our grasp, but which if you will sit down quietly, may alight on you.” Nathaniel Hawthorne

2001:
“An expert is one who knows more and more about less and less, until he knows absolutely everything about nothing.”

“It is better to light a candle than to curse the darkness.” Chinese proverb

2002, 2003, and 2004 - no quotes were used.

2005:
“One of the lessons of history is that nothing is often a good thing to do and always a clever thing to say.” –Will Durant

I have often regretted my speech, never my silence.” Publilius Syrus (~100 BC), Maxims

2006:
“Life is really simple, but we insist on making it complicated.” Confucius

“You have succeeded in life when all you really want is only what you really need.” Vernon Howard

2007:
“A man should look for what is, and not for what he thinks should be.” Albert Einstein

2008:
“Age is an issue of mind over matter. If you don't mind, it doesn't matter.” Mark Twain

2009:
“A man is rich in proportion to the number of things he can afford to let alone.” Henry David Thoreau

2010:
To thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man." William Shakespeare

2011:
"Don't sweat the small stuff and it’s all small stuff." -Richard Carlson

2012:
“Whenever you find yourself on the side of the majority, it is time to pause and reflect.” Mark Twain.

2013:
Health is the greatest possession. Contentment is the greatest treasure.” Lao Tzu

2014:
“Happy is he who forgets ... what cannot be changed.” Mark Twain

2015:
“Rainbows introduce us to reflections of different beautiful possibilities so we never forget that pain and grief are not the final options in life.” -- Aberjhani

2016:
“It is better to light one candle than to curse the darkness.” Chinese Proverb

2017:
“Be yourself; everyone else is already taken.” Oscar Wilde

2018:
"Life moves pretty fast. If you don't stop and look around once in a while, you could miss it." Ferris Bueller

2019:
"The life of the dead is placed in the memory of the living." Marcus Tullius Cicero

2020:
"Adopt the pace of nature. Her secret is patience." Ralph Waldo Emerson

"I took a walk in the woods and came out taller than the trees." Henry David Thoreau

2021:
“Our deeds determine us, as much as we determine our deeds.” George Elliot

2022:
“I found things in the woods that I didn’t know I was looking for.” Jennifer Pharr Davis

“Two roads diverged in a wood and I - I took the one less traveled” Robert Frost