

MY ETHICAL WILL

(WRITTEN BY A B'ALMAH WORKSHOP PARTICIPANT)

I leave to the world...

Wisdom - learning, patience, kindness

Love - connectedness: friends, family, strangers, (friends you haven't yet met), groups

No Regrets

Enthusiasm trumps perfectionism

Do things at the height of your ability, but don't shrink from things you love, but don't do well

The past shapes the present, and that includes the past two minutes, so consciously select your past experiences whenever you can.

Forgive freely, seek forgiveness frequently.

Be humble in the face of others' anger - ask yourself first, if there's any basis for it. You can always get angry later, but it is hard to take back anger once it is expressed.

Be honest and not greedy in dealing with others.

Don't spend your money with someone whose politics you disagree with - no need of fattening frogs for snakes.

Be content with whatever material things you have - use your energies to strive for more spiritual understanding, more wisdom and more knowledge.

Wonder!

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