**Draft letter**

Subject**:** *Stand up straight with your shoulders back*

Dear …………..,,

Standing up physically also implies standing up metaphysically. Standing up means voluntarily accepting the burden of *Being*. Face the demands of life voluntarily. Respond to a challenge. Stand up straight with your shoulders back. Accept the terrible responsibility of life, with eyes wide open. Decide voluntarily to transform the *chaos* of potential. Adopt the burden of self-conscious vulnerability.

Speak your mind. Put your desires forward, as if you had a right to them. Walk tall and gaze forthrightly ahead. Dare to be dangerous. Start to assume that you are competent and able. Then you may be able to accept the terrible burden of the World and find joy.

*Chaos* and *order* are the most fundamental of lived experience. *Orde*r is not enough. You can’t just be stable, secure, and unchanging. Vital and important new things must be learned. You should take care of yourself, help and be good to yourself. It is not only you, but also those you are responsible for. You before others. Define who you are. Choose your destination and articulate your *Being*.

Surround yourself with people who support your upward aim. They will encourage you when you do good. And punish you carefully when you do not. Protect yourself from too-uncritical compassion and pity.

Compare yourself to who you were yesterday. Be cautious when you’re comparing yourself to others. Focus on growing yourself. Growing might be the most important form of winning. You must decide what to let go, and what to pursue to get focus on your growth.

Aim small. Ignore the overwhelming complexity of the world. Concentrate on your private concerns. You must choose what to see and let the rest go. Look where you have not yet looked. Life doesn’t have the problem. You do. Fix it. Be less concerned with the actions of other people. Because you have plenty to do yourself.

Pursue what is meaningful, not what is expedient. If the world you are seeing is not the world you want, it’s time to examine your values. It’s time to let go. You can become who you might become, instead of staying who you are. Freedom requires constraint.

Aim up. Pay attention. Fix what you can fix. Don’t be arrogant in your knowledge. Become aware of your own insufficiency. *Meaning* emerges when impulses are regulated, organized and unified. Meaning is the way, that the path of life is more abundant.

In a conversation of mutual exploration, the unknown makes a better friend than the known. Your current knowledge has neither made you perfect nor kept you safe. Listen to yourself and to those with whom you are speaking. Your wisdom consists not of the knowledge you already have, but the continual search for knowledge that is endless.

If you go for a walk, and a cat will show up. If you pay attention to the cat, then you will get a reminder for just fifteen seconds of the wonder of *Being*. Then you can be grateful for the tiny moments in life before going back to *chaos*. Enjoy the moment of order. Chaos and order belong together to progress in life. Life is about *chaos* and *order.* It is the way of *Being*.

Here is the link that will take you to the book *12 Rules of Life* on the Global Reading Club website.

<https://globalreadingclub.com/books/12-rules-for-life>

Enjoy reading and listening.

(Your name)

P.S. Attached is the Newsletter, featuring the book *12 Rules for Life.*