

Joel's Comments

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| #1 | TRUTH/DOGMA Truth is often buried under dogma | #2 | REAL RELIGION Your real religion is your actions moment by moment |
| #3 | FOCUS Focus on doing the next right thing | #4 | DARE Dare to experiment experience & learn |
| #5 | IMPORTANT DECISION Make the decision not to complain | #6 | ROOTS Root yourself in Mother Earth |
| #7 | KINDNESS Seldom is kindness resented | #8 | FOCUS Focus on the solution not on the problem |
| #9 | GRATITUDE Keep gratitude in your attitude | #10 | HAVE PATIENCE Most things are difficult until they become easy |
| #11 | MISTAKES OK to make mistakes not OK to make same Mistake over & over | #12 | GREATEST GIFT The greatest gift can not be found by seeking but only seekers will stumble upon it |

#13 **IMPORTANT**
What happened in our past
is only important for what
we choose to become
as a result of our past

#14 **FEELINGS**
Feelings are a gift
feel them fully
express them appropriately

#15 **PRACTICE**
Practice kindness
in all situations

#16 **VIETNAM VETS/JANE FONDA**
Vietnam Vets not Fonda Jane

#17 **12 STEPS**
The twelve step programs are
one of the few things of real
value created in the last 75
years

EPITAPHS

Lived his sermons
didn't preach them

Always late to work
compensated by
leaving early

Her lies were great
here she lies

Helpful alcoholic
died sober
graduated

There is no death
only change

He didn't speak in
words
he spoke in deeds

She was better than
anything that
could be said

An Elder
full of wisdom
Ignored

Ended the high cost
of low living