


## Good Karma

This is a nice reading, but short . Enjoy ! This is what the Dalai Lama has to say for 2009. All it takes is a few seconds to read and think over. Do not keep this message. The mantra must leave your hands within 96 hours. You will get a very pleasant surprise. This is true for all ~ even if you are not superstitious ~ of whatever religious belief... .. Faith... ..





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

*... just live your Dream*



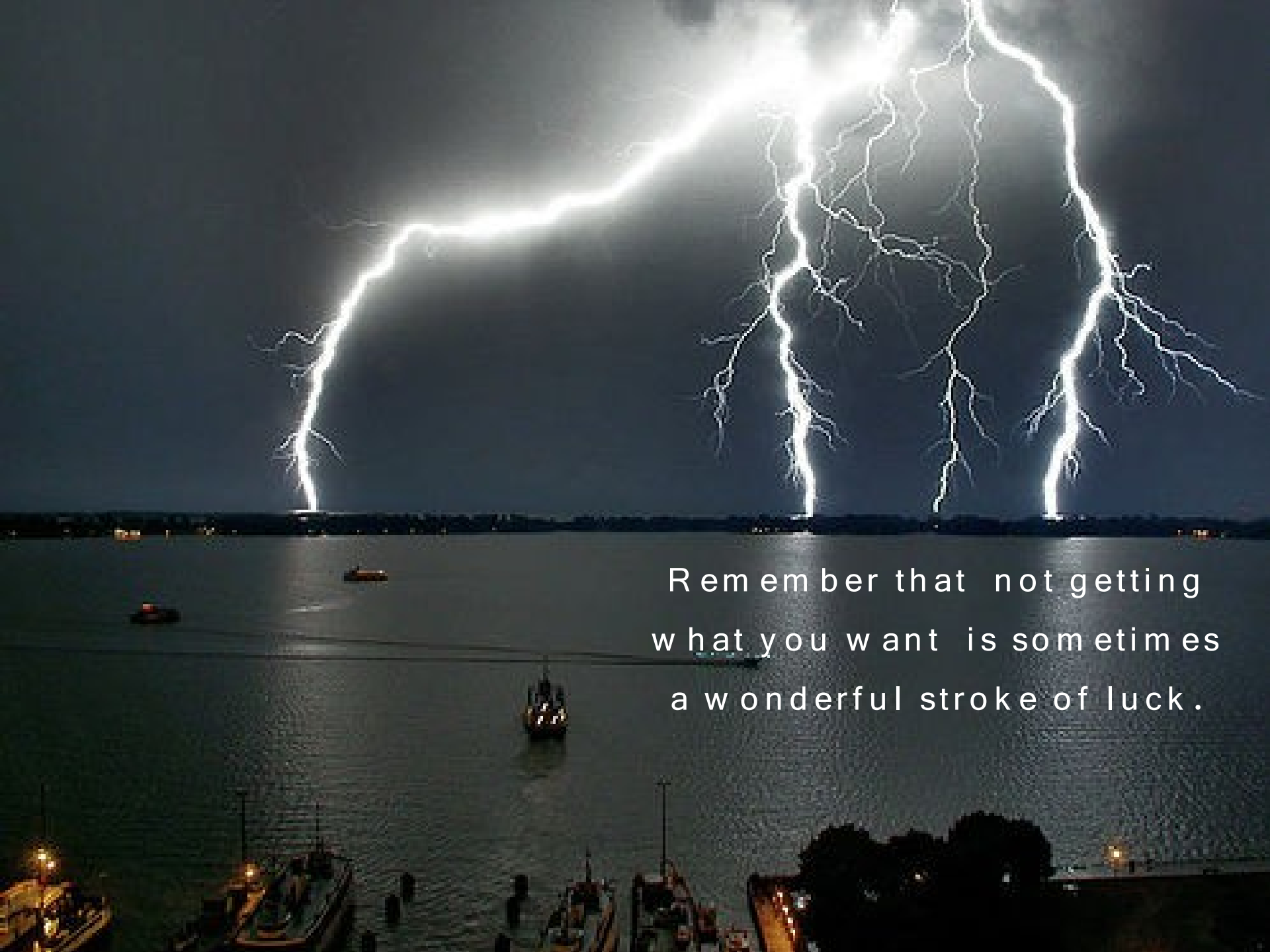
When you  
lose,  
don't lose  
the  
lesson... ..  
... ..



Follow the three R's:

- Respect for Self,
- Respect for Others and
- Responsibility for all 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.



A scenic landscape at sunset. The sky is filled with vibrant orange and yellow clouds, with the sun low on the horizon behind a range of jagged mountains. In the foreground, a river flows through a lush green valley, surrounded by dense evergreen forests. The overall mood is peaceful and majestic.

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

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




Rolf Ficker



A serene landscape featuring a calm pond in the foreground, surrounded by lush greenery and tall grasses. The background is dominated by a dense line of trees, including several prominent weeping willows with long, drooping branches. The sky is a clear, vibrant blue. The overall scene conveys a sense of peace and tranquility.

Spend some time  
alone every day.

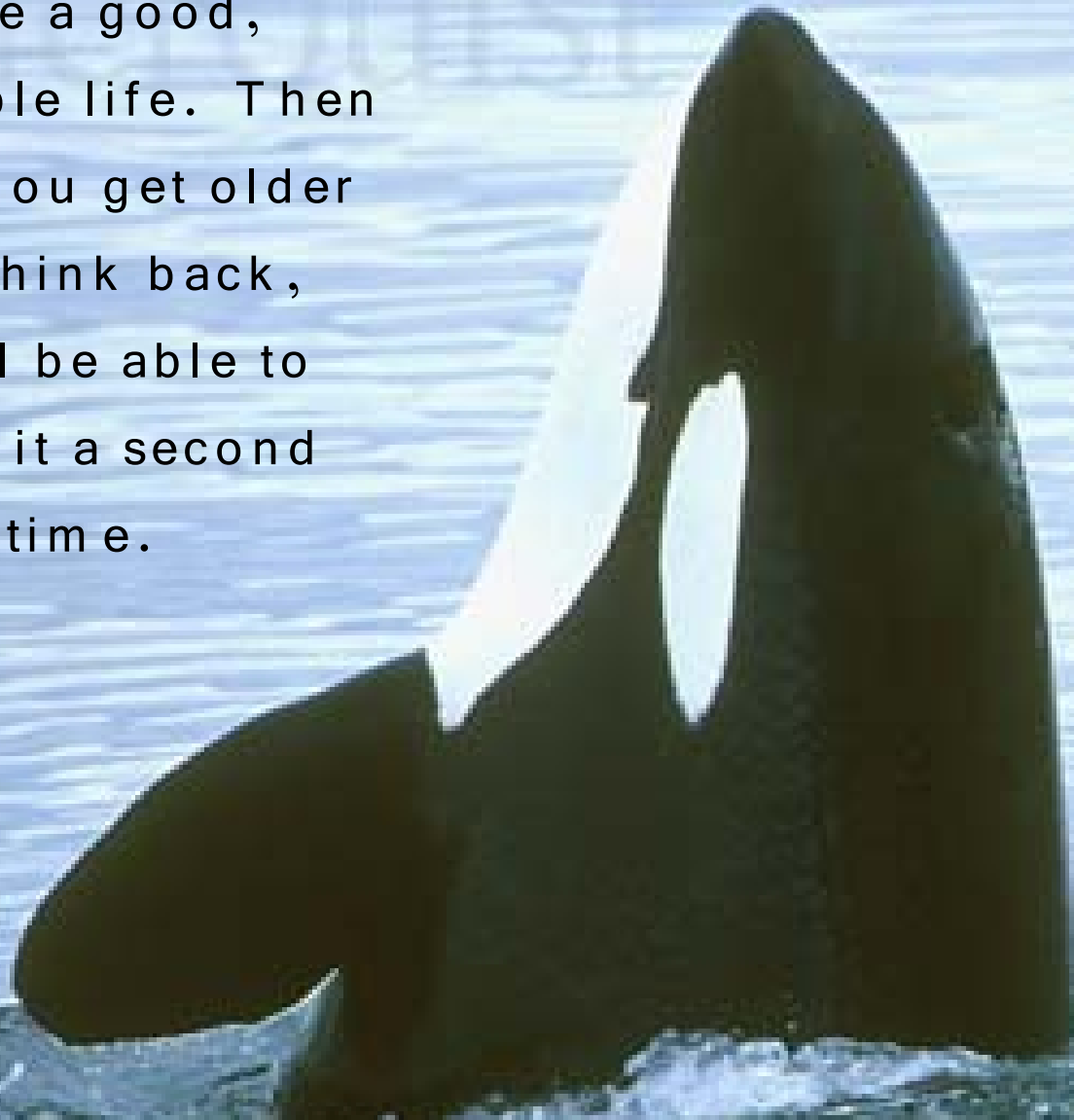
Two white tiger cubs are sitting on a large, weathered log. The cub on the left is slightly smaller and has a more orange-tinted white fur, while the cub on the right is larger and has a more pure white fur with dark stripes. Both cubs have blue eyes and are looking directly at the camera. The background is dark and out of focus, suggesting a natural habitat.

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



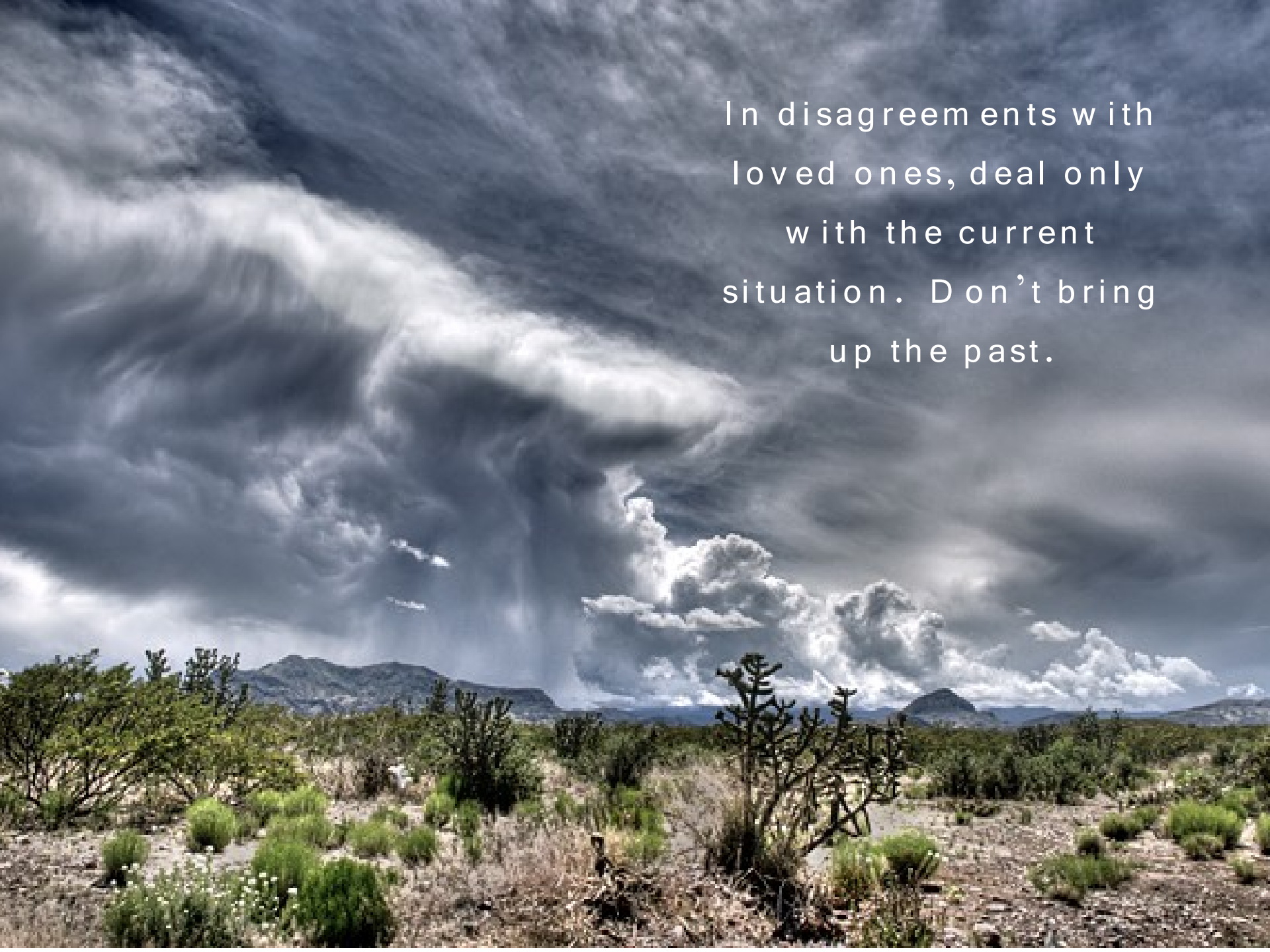
Remember that silence is sometimes the best answer.

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 home is the  
foundation for your  
life.



A dramatic landscape photograph featuring a dark, stormy sky with heavy, dark grey clouds. A large, bright white cloud formation is visible on the left side, partially obscuring the sky. In the foreground, there is a desert landscape with various green and brown shrubs, including a prominent cholla cactus. In the background, there are rolling hills and mountains under a lighter sky. The overall mood is intense and atmospheric.

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.



A dramatic landscape featuring a vibrant green field in the foreground and a turbulent, stormy sky above. The sky is filled with large, dark, grey clouds, with a bright light source breaking through on the left side, creating a lens flare effect. The overall mood is intense and powerful.

Be gentle with the Earth.

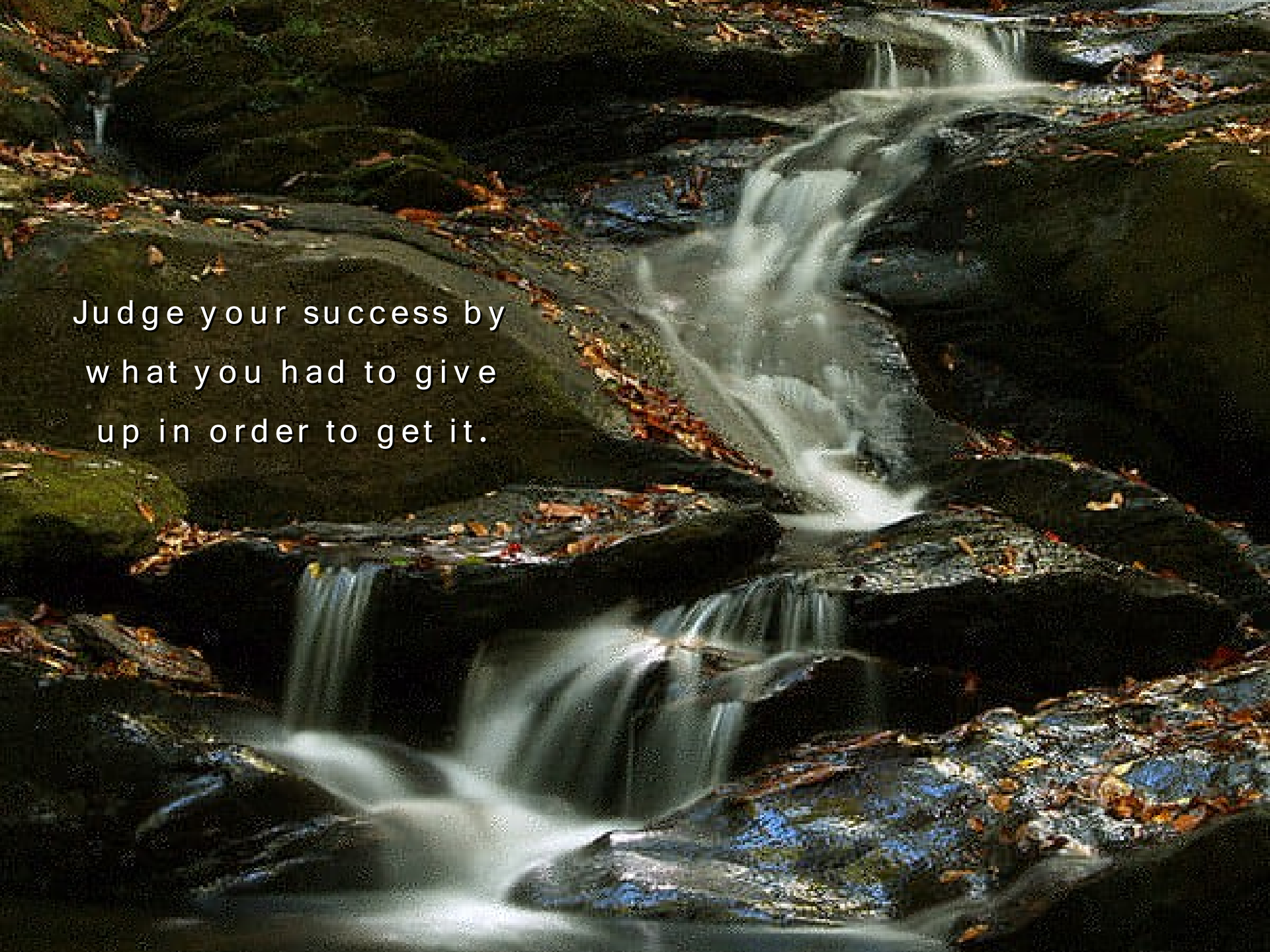




Once a year, go some place you've  
never been before.



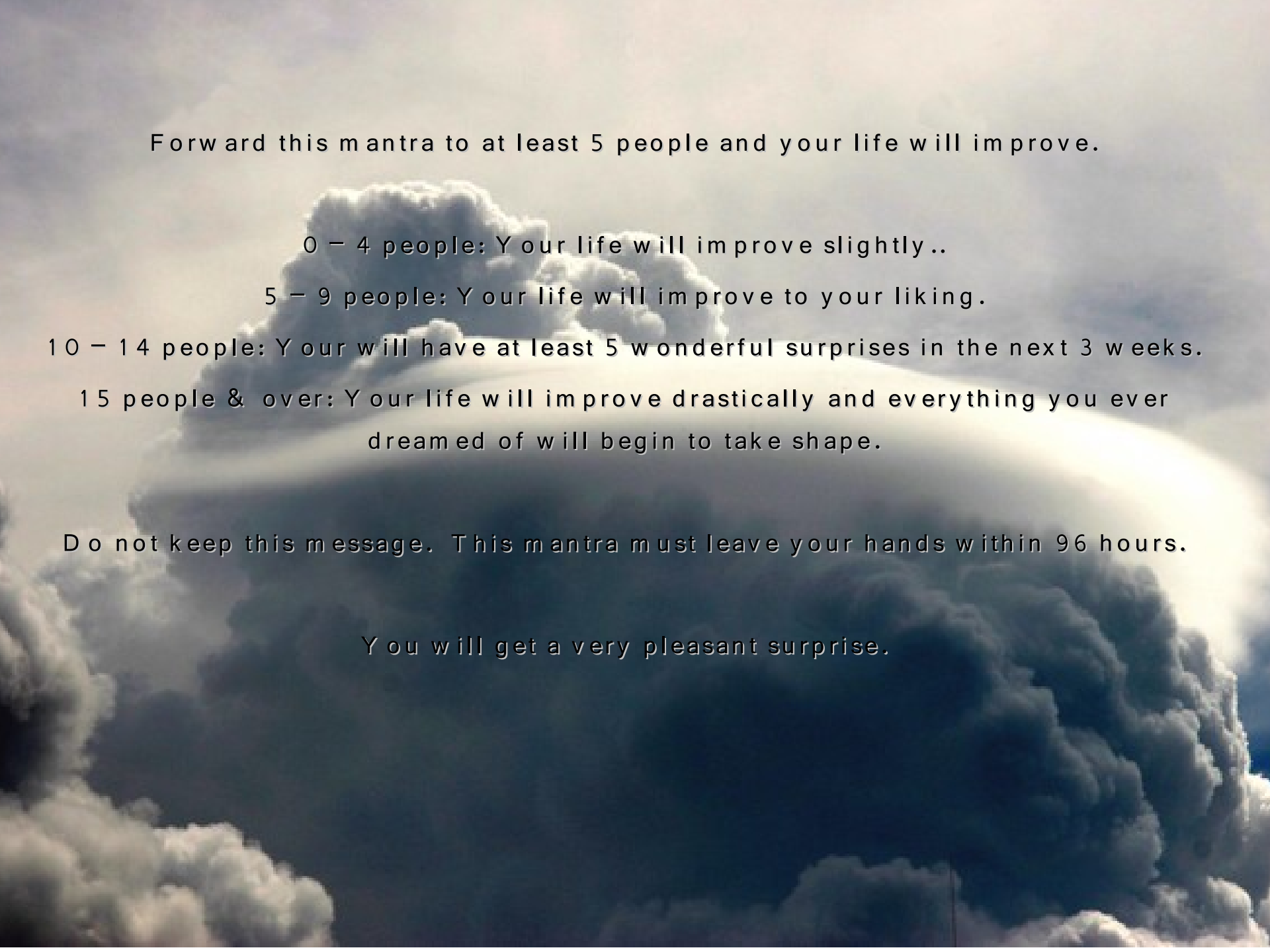
Remember the best relationship is  
one in which your love for each  
other exceeds your need for each  
other.

A photograph of a waterfall cascading over dark, mossy rocks in a forest. The water is captured in a long-exposure shot, creating a soft, blurred effect. The rocks are covered in green moss and scattered with fallen brown leaves. The background is dark and out of focus, suggesting a dense forest.

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

Approach love and  
cooking with  
reckless abandon.





Forward this mantra to at least 5 people and your life will improve.

0 – 4 people: Your life will improve slightly..

5 – 9 people: Your life will improve to your liking.

10 – 14 people: You will have at least 5 wonderful surprises in the next 3 weeks.

15 people & over: Your life will improve drastically and everything you ever dreamed of will begin to take shape.

Do not keep this message. This mantra must leave your hands within 96 hours.

You will get a very pleasant surprise.