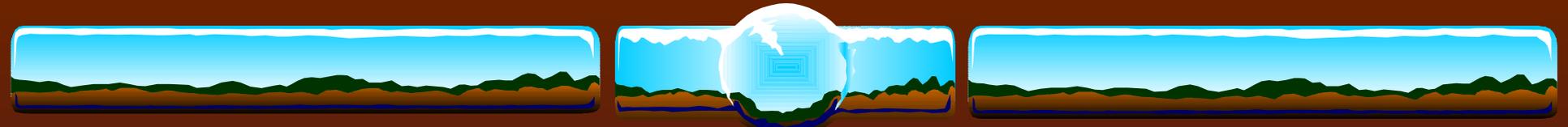


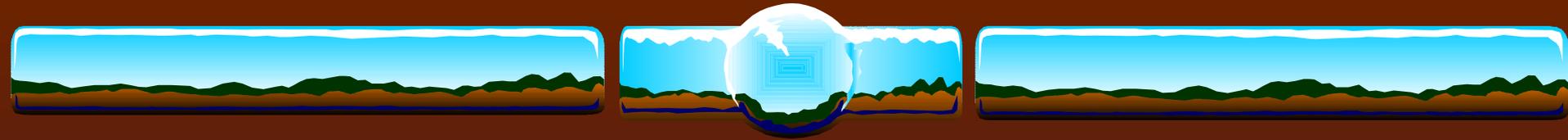
GOOD KARMA

This is a nice reading, but short. Enjoy! This is what The Dalai Lama has to say for 2006. 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... or of whatever religious belief... Faith...

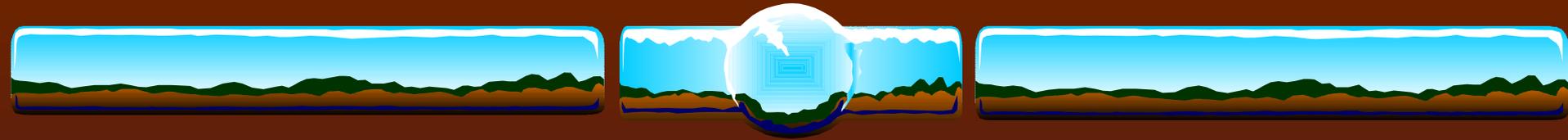


INSTRUCTIONS FOR LIFE

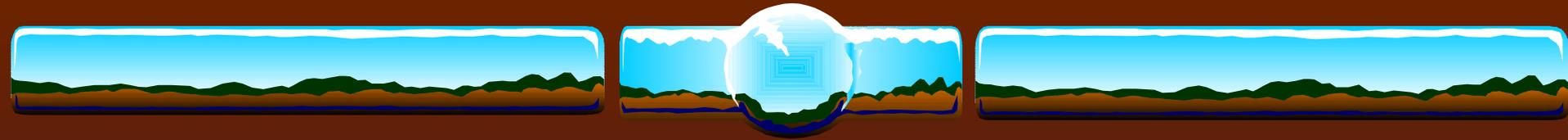
1. Take into account that great love and great achievements involve great risk.
2. When you lose, don't lose the lesson.
3. Follow the three R's:
 - Respect for self,
 - Respect for others and
 - Responsibility for all your actions.



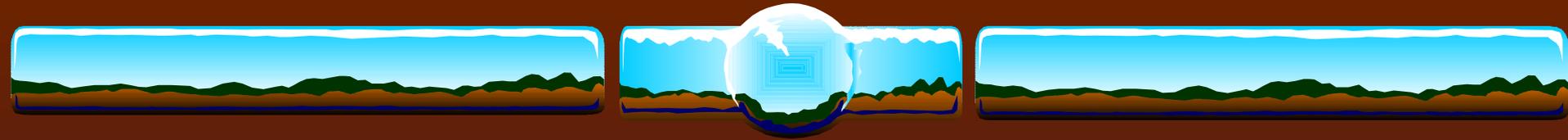
4. Remember that not getting what you want is sometimes a wonderful stroke of luck.
5. Learn the rules so you know how to break them properly.
6. Don't let a little dispute injure a great relationship.
7. When you realize you've made a mistake, take immediate steps to correct it.



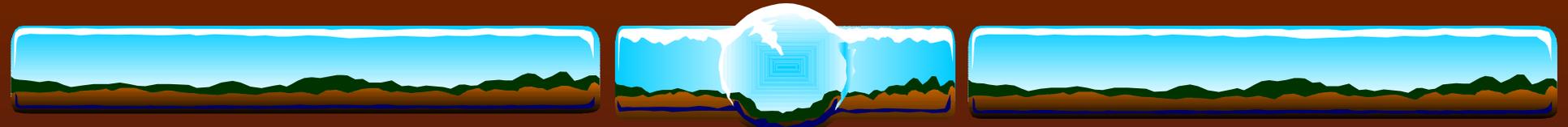
8. Spend some time alone every day.
9. Open your arms to change, but don't let go of your values.
10. Remember that silence is sometimes the best answer.
11. Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time.
12. A loving atmosphere in your home is the foundation for your life.



13. In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
14. Share your knowledge. It is a way to achieve immortality.
15. Be gentle with the earth.
16. Once a year, go someplace you've never been before.



17. Remember that the best relationship is one in which your love for each other exceeds your need for each other.
18. Judge your success by what you had to give up in order to get it.
19. Approach love and cooking with reckless abandon.



FORWARD THIS MANTRA E-MAIL 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.
- 9-14 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. The mantra must leave your hands within 96 hours.

You will get a very pleasant surprise...