



Rules to Live By, According to A.Y.

24 SOUNDBITES FROM "DEAR UNIVERSE"

1. Your voice is a resource – used well and it has the power for good; used poorly and it has the power to destroy.
2. Dance to the beat of your own drum and fuck everybody else and their rules.
3. Look back and remember your roots; remember before the external voices came and told you to be something or someone else.
4. What you seek has probably been inside you the whole time, it's just a matter of whether you were listening.
5. Don't settle for someone telling you can't be or do something because they said so.
6. Go after your dreams even if you make mistakes.
7. Standing up for what is right will still always be better than doing nothing at all.



8. Let your freak flag fly.

9. Sometimes the truth hurts but it can also be the very thing you need to hear.

10. Wear yourself like you would wear your favorite pair of pants – bravely.

11. There are so many ways to speak, to be heard and seen, so long as the other person is willing to pay attention.

12. Choose what matters to you not what you think may matter to someone else.

13. Internalizing leads to spontaneous combustion; let your shit out.

14. Find your tribe – those are the people you can stand in your power with, and when you learn to stand tall with them, you can then brave the rest of the world.

15. Words have the power to memorialize those we love so that they never really leave us.

16. Not everyone has the power to speak or the right words but if you can, they have a chance.

17. Someone robbing you of something is always the robber's fault.

18. Follow your heart.

19. Once you can own your story, you can help others own theirs.





20. Ignoring what calls to you won't mean that it goes away.

21. Failing to show up for yourself will eventually bite you (and everyone around you) in the ass.

22. Be brave. Listen to your intuition and higher power. Trust what you feel and know.

23. Create your own paths and define your own rules; design a life that is yours, no one else's. When one door closes, another (or maybe a window) opens.

24. Discover your gifts, understand them, and be grateful.

