

Enodatio: [*fig. vt.* unravel (puzzle); *sim.* explicare, retexere]

Stand still and do nothing but listen, for a full minute, at least once a day. Even if you hear nothing to your advantage, you will get significant satisfaction from the confusion of those around you, and for that you will owe no one. **F**or a surprisingly large world, a lot of the people in it see no further than the inside of their own minds. Reality is a shock, which many either find too inconvenient or flatly refuse to believe - the rest disapprove of it. **T**reat politicians with the disrespect they deserve - as paid professional liars they get enough attention already. **D**o not buy anything that is advertised with even the remotest reference to sex; look for what your attention is being drawn from, not to. **G**ive no quarter to any person who has the word "investment" in a job title - never forget that their purpose in life is to make money *from* you, not *for* you. **I**f you feel the need to bring someone down to size, do not insult or injure them, but merely picture them as an over-excited seven-year-old at a party, who has just thrown up over the buffet and soiled their underwear at the same time. You will inflict no hurt, but the thought will give you greater revenge than word or action ever can. **L**ove is hazardous; life more so. You cannot win a bet without making the wager; but if you lose, look in the mirror before you hurl blame. **F**ollow the three "R's"; respect for others, respect for yourself, responsibility for your actions. If you realise that you have made a mistake, correct it; don't leave it for some other schmuck to make matters worse. **R**emember that not getting what you want can often be a tremendous stroke of luck; good or bad. **L**earn the rules; so that you know how to break them well and properly. **D**o not let a petty dispute destroy a friendship; close or otherwise. **B**e gentle with the earth; one day you may need it to be gentle with you. **O**pen yourself to change. Whilst it something that many will resist, it is the one thing that is guaranteed to be unstoppable; so don't waste time trying. **I**n disagreements with loved ones, deal only with the current events; do not provoke the murk of history, you may get more than you bargained for. **T**ruth may not be easy, but there is usually only one version. Lies invariably come in many variations, and are a lot harder to track. **N**ever forget that silence is sometimes the best answer. **E**ven when you have pains, you don't have to be one. **S**hare your knowledge, it is one route to immortality, if not a fast buck. **O**nce a year, go somewhere that you have never been, to do something you have never done before. **A**pproach passion and cooking with reckless determination and remember that the best relationship is one where your love is more than your need; and that includes chocolate. **M**aking a living is not the same as making a life. Judge your successes by what you gave up to achieve them. **F**inally, although you cannot win, you cannot break even, and you cannot get out of the game; nobody said anything about *not* rewriting the rules.