

## Rules for Happiness (Ingredients):

1. The moon has a colourful spirit. Watch the tides for waves of color, irrational moods, and silent rebellions
2. Air can be shaped. See what shapes you can make out of the unoccupied spaces
3. Food is divine.
4. Haphazard habits will be outlived more than any norm.
5. Everyone is graciously different, equality is a comfort myth
6. Catharsis comes through creativity and tears
7. Being read aloud to is erotic
8. I believe in those wing'd purposes/
9. And acknowledge red, yellow, white, playing within me/
10. And consider green and violet and the tufted crown intentional/
11. And do not call the tortoise unworthy because she is not something else
12. There are no revolutions without dancing, not even those of the personal sort...
13. Disney teaches young girls to be disobedient and dependent
14. Its true, yawns are contagious, just like a deep deep laugh
15. Good writers make it look easy
16. Celebrate anything
17. You dont know shit
18. The imagination does not age
19. Books are the keys to the human heart
20. Be not afraid of the chase...or cheese
21. Cellphones are Decepticons
22. Responsibility is overrated
23. The alternate universe says you should eat with your hands
24. Urge and urge and urge. Always the procreant urge of the world.
25. There was never any more inception than there is now/
26. Colour outside the lines
27. And will never be any more perfection than there is now/
28. Nor any more heaven or hell than there is now.
29. Your birthday suit is not your nude skin, its your smile
30. Loose the stop from your throat...hum
31. Unscrew the locks from the doors! Unscrew the doors themselves from their jams!

Lines 8,9,10,11,24,25,27,28,30,31 taken from Walt Whitman's Song of Myself

Mariel Rodney, 2007