

Eight Rules to Live By

This month, we're taking you through the Eight Rules of The School of Life – the eight fundamental ideas that underlie everything we teach.

RULE FOUR:

Accept Your Idiocy

The topic of this email was apt, as last time we managed to send it without hyperlinks. We are 'limitless buffoons.' Please accept our apologies along with our idiocy.

Do not run away from the thought you may be an idiot as if this were a rare and dreadful insight. Accept the certainty with good grace, in full daylight. You are an idiot but there is no other alternative for a human being.

Embracing our idiocy should render us confident before challenges – for messing up is to be expected – and ready to

extend a hand of friendship to our similarly broken and demented neighbours. We should overcome shame and shyness because we have already shed so much of our pride.

FREE ARTICLE

The Importance of Dancing Like an Idiot



One of the strangest but also most intriguing and redemptive things that humans get up to is occasionally to gather in large groups, bathe in the rhythmic sounds of drums, chants and cries, and move their arms and legs about in complicated and frenzied ways, losing themselves in the bewilderment of a dance.

This article is free to read.

[Read More](#)

ARTICLE

The Inner Idiot



‘The Inner Idiot’ is a bracing term used to describe a substantial, hugely influential and strenuously concealed part of everyone. An Idiot is what we deeply fear being, it is what we suspect in our darkest hours that we might be – and it is what we should simply accept, with humour and good grace, that we often truly are.

[Read More](#)

ARTICLE

How Thinking You’re An Idiot Lends Confidence



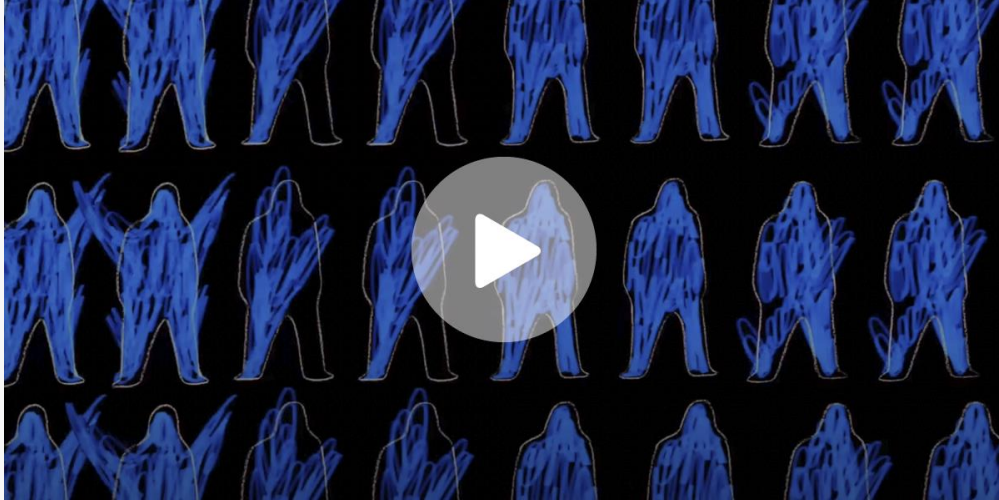
Now for the good news: once we learn to see ourselves as already, and by nature, foolish, it really doesn't matter so much if we do one more thing that might look quite stupid. The person we try to kiss could indeed think us ridiculous, an individual we asked directions from in a foreign city might well regard us with contempt.

But if these people did so, it wouldn't be news to us; they would only be confirming what we had already gracefully accepted in our hearts long ago: that we, like them – and every other person on the earth – are a nitwit. The fear of humiliation would no longer stalk us in the shadows of our minds.

[Read More](#)

YOUTUBE VIDEO

How to Lose the Fear of Being an Idiot



[Watch Now](#)

“Once we learn to see ourselves as already, and by nature, foolish, it really doesn’t matter so much if we do one more thing that might look quite stupid. Failure won’t be news to us; it will only confirm what we have already gracefully accepted in our hearts long ago: that we, like every other person on the earth, are limitless buffoons.”

– The School of Life