

## A Modern Ten Commandments<sup>1</sup>

1. There is only one Ultimate Reality, seen partially in each religion's insights and experiences. Your faith does not contain me. I am to be found in life. See me within and around you in every moment!
2. Look deeply and develop understanding and compassion by means of your spirituality. Don't make idols of any doctrine or ideology, even your own. Teachings are not doctrines to fight, kill or die for.
3. Respect all religion. Don't swear or use obscene speech in the name of, or about, any religion.
4. Follow the guidance of your faith every day of the week, because every moment is sacred.
5. Honour your ancestors, your parents, your society, and future generations. You don't live alone on this earth.
6. Preserve life. Protect the lives of people, animals, plants and minerals. Don't kill, or let others kill, or support any act of killing in the world, in your thinking or in your way of life.
7. Protect the safety and integrity of individuals, couples, families, and society. Don't engage in sexual relations without love and a long-term commitment. Respect your commitments and the commitments of others. Do everything you can to prevent sexual abuse of children and the breakup of couples and families through sexual misconduct.
8. Practice generosity. Share your time, energy and material resources with those who are in real need. Don't steal. Don't possess anything that should belong to others. Respect the property of others, but prevent others from profiting from human suffering or the suffering of other species on earth.
9. Speak truthfully, with words that inspire self-confidence, joy and hope. Don't spread news that you do not know to be certain and don't criticize or condemn things of which you are not sure. Refrain from uttering words that can cause division or discord, or that can cause the family or community to break. Make every effort to reconcile and resolve all conflicts, however small.
10. Live simply. Don't take fame, profit, wealth or sensual pleasure as the aim of your life. Don't accumulate wealth while millions are hungry and dying.

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<sup>1</sup> Posted to the Midrash on-line discussion group. Derived from the writings of Thich Nhat Hanh and B.A. Robinson. Excerpted from Aha! 12.2 January – March 2003. [www.logosproductions.com](http://www.logosproductions.com)