

10 COMMANDMENTS

For our modern world

1

THINK FOR YOURSELF

Mainstream media, online social media have eroded free thought. People just follow the new bandwagon and that's not good for the world. Think for yourself. Test, use your empirical faculties and examine life yourself and decide on your own. Information isn't to be obeyed but first doubted and then followed if the evidence allows. Think for yourself.

2

RESPECT THE NATURAL WORLD

You don't poo where you sleep, so why should you poo where others sleep? The world, this planet is our home, respect it. Use little, don't abuse our precious resources. Recycle, don't pollute, think long term and sustainability. Keep your bed clean. Respect the natural world.

3

DO NOT WAR

Violence in all forms is war, aggression against others, be they one or many. Refuse all pleas to join in a fight, to be violent against others. No matter how much the argument appeals. Seek to communicate, to live with others, to see yourself in the heart of another. Do not war.

4

LOVE YOURSELF

It's the only life you've got. Use it well. Don't let others tell you your own value. Don't measure yourself with another's yardstick. You are of the universe, unique and invaluable. Love yourself.

5

LIVE NOW

There is no past. The past is just a memory. There is no future. The future is just a promise. Live now, smell the roses in front of your face. Don't postpone your happiness, your possibility. Tomorrow may never come. Live now.

6

PURSUE YOUR PASSION

The world improves and betters when we all have the freedom and opportunity to pursue our happiness through doing what we love. Expression of self is beneficial to the whole. Find your passion and grab it, don't let it go and see it to the end. Commit. In commitment, the world will open up, allow, and your passion will find its resolution. Pursue your passion.

7

LOVE ALL THINGS

All things are conscious and alive. Our science is just slow finding this out. Feel the sacred all around. See the grace in all form, all energy and love it as you love yourself. Respect it. Be grateful for the diversity of expression in this world. Love all things, monkeys, rocks, shoots of grass and the last drops of molecules of water.

8

TAKE OUT THE CORK

Say and speak to the world, who you are. Don't live in a cave. Be, get yourself and your thoughts and beliefs out there. Stand by them. Let yourself be known. Take the cork out.

9

SUFFER WELL

You will never eliminate suffering, no matter your billions, no matter the tricks you play. Suffering is a way to our own self-knowledge and participation in the dance of this universe. However, suffer well knowing this. Suffer well.

10

KNOW THAT YOU DO NOT KNOW

Have humility. He who knows the Buddha, does not know the Buddha. We are all on a journey into the ether and darkness. Most of life, what it is about, we don't know. Reject hubris. Learning is a never ending process, as is life itself. Truth is but a temporary signpost on our road of life. Know what you don't know.