

THE TEN COMMANDMENTS

ONE: *'You shall have no other gods before Me.'*

TWO: *'You shall not worship idols.'*

THREE: *'You shall not take the name of the LORD your God in vain.'*

FOUR: *'Remember the Sabbath day, to keep it holy.'*

FIVE: *'Honor your father and your mother.'*

SIX: *'You shall not murder.'*

SEVEN: *'You shall not commit adultery.'*

EIGHT: *'You shall not steal.'*

NINE: *'You shall not bear false witness against your neighbor.'*

TEN: *'You shall not covet your neighbor's house; you shall not covet your neighbor's wife, nor his male servant, nor his female servant, nor his ox, nor his donkey, nor anything that is your neighbor's.'*

The 8-Fold Path to enlightenment

Practice

concentration

**RIGHT
CONCENTRATION**

To be in
control of
one's
thoughts and
feelings

**RIGHT
THOUGHT**

To continually try
your best to
achieve your goal
and not give up

**RIGHT
EFFORT**

To have a job that
does not harm others

**RIGHT
LIVELIHOOD**

**RIGHT
ACTION**

To respect life and
property other others

**RIGHT
SPEECH**

To speak
pleasantly and
not say anything
to hurt anyone

**RIGHT
AWARENESS**

To understand the
world but remain
detached from it

To know the
truth about
the world
**RIGHT
UNDERSTANDING**

