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
- To know the truth about the world but remain detached from it
- To understand the world but remain detached from it
- To be in control of one's thoughts and feelings
- Right Thought
- To speak pleasantly and not say anything to hurt anyone
- Right Speech
- To continually try your best to achieve your goal and not give up
- Right Effort
- To respect life and property others
- Right Action
- To have a job that does not harm others
- Right Livelihood