

The Twelve New Commandments

Excerpted from The God Tablets

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These are my rules for living.

- I. I am the God of all people. I am called by many names, and all are precious to me.*
- II. I can be found in churches, temples, mosques, and any place of worship. I am in nature, the arts, science, and people's hearts.*
- III. I made the heavens and the earth, everything seen and not seen. My techniques are my own, and greater than even the greatest of you may imagine.*
- IV. Set aside one day each week to honor me and to rest, but spend time with me daily.*
- V. Love one another as you love me. Honor your parents, respect people of other faiths and races, cherish children, love yourselves.*
- VI. Do not harm other people. Honor life.*
- VII. I made the earth for you, so do not despoil it. Do not waste my precious resources.*
- VIII. Do not take what is not yours. Appreciate what you have. Spiritual health is more important than material wealth.*
- IX. Tell the truth. Live simply and honestly, in integrity with your highest nature.*
- X. Help the poor and less fortunate. Helping others helps the giver and the receiver. Meaningful work strengthens the soul.*
- XI. Honor women. It saddens me to see any group hurt, restricted, or made to seem less than others. Both women and men are precious to me.*
- XII. Do not make war in my name. Woe be unto any who harm others in my name. Peace honors me.*