

Impressum

Klaus Bung (ed): The Five Commandments

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Compiled by Klaus Bung from ancient sources

The Five Commandments

THE FIVE COMMANDMENTS		
Prohibitions	Recommendations	Beneficiaries
1. No violence	Acts of kindness	Others
2. No theft	Generous giving	Others
3. No sexual misconduct	Treating the body of others with kindness	Others
4. No sins of speech	Helping others through good use of speech	Others
5. No mind-altering drugs (including alcohol and tobacco)	Consuming healthy foods and drinks as necessary for the welfare of the body	Self: Improves Self-control & Mindfulness

All these apply cogitatione, verbo et opere,
in thought, words and deeds.

Failing on #5 causes failure in #1, #3 and #4.

Most of the ills that befall individuals and society and are reported daily in the news can be traced back to offending against one of these five precepts. Heeding them and propagating them can help us to avoid such troubles.

In addition, there are three dangerous emotions (traditionally known) of whose pernicious effects we should be aware and which we should try to subdue:

desire, fear and anger

- Desire causes us to offend against #2 and #3, above.
- Fear can cause us to offend against #1 and take unnecessary and counterproductive precautions.
- Anger causes us to offend against #1 and #4