

1-4) The Ten Commandments
Spiritual Wisdom
Hinduism



1-4-1) The Ten Commandments of Hinduism

1. Satya (Truth)
2. Ahimsa (Non-violence)
3. Brahmacharya (Celibacy, non-adultery)
4. Asteya (No desire to possess or steal)
5. Aparighara (Non-corrupt)
6. Shaucha (Cleanliness)
7. Santosh (Contentment)
8. Swadhyaya (Reading of scriptures)
9. Tapas (Austerity, perseverance, penance)
10. Ishwarpranidhan (Regular prayers)

1-4-2) The Ten Commandments of Peace of Mind by Hinduism

1. Do not interfere in others' business
2. Forget and forgive
3. Do not crave for recognition
4. Do not be jealous
5. Change yourself according to the environment
6. Endure what cannot be cured
7. Do not bite more than you can chew
8. Meditate regularly
9. Never leave the mind vacant
10. Do not procrastinate and never regret

The Ten Commandments

The End

