

A serene sunset over a lake. The sky is filled with vibrant orange and yellow clouds, with the sun low on the horizon. In the foreground, a seagull stands on a rock in the water. In the middle ground, a person is silhouetted on a rock. The background shows a line of trees and a calm lake reflecting the sunset.

**2-4) The Ten Commandments**  
**Mindful Wisdom**  
**Peace/Happiness**

# 2-4-1) The Ten Commandments of The Peace of Mind

Source; Shri Gyan Rajhans - Hinduism

1. **Do not interfere in others' business**; Most of us create our own problems by interfering too often in others' affairs.
2. **Forget and forgive**; This is the most powerful aid to peace of mind. We often nurture ill feeling inside our heart for the person who insults or harms us. We forget that the insult or injury was done to us once but by nourishing the grievance we go on excavating the wound forever.
3. **Do not crave for recognition**; This world is full of selfish people. They seldom praise anybody without selfish motive. They may praise you today because you are rich and have power but no sooner you are powerless, they will forget your achievement and start criticizing you.
4. **Do not be jealous**; We all have experienced how jealousy can disturb our peace of mind
5. **Change yourself according to the environment**; If you try to change the environment single handedly, the chances are you may fail. Instead, change yourself to suit the environment.
6. **Endure what cannot be cured**; This is the best way to turn a disadvantage into an advantage. Every day we face numerous inconveniences, ailments, irritations and accidents that are beyond our control. We must learn to endure them cheerfully thinking, "God will it so, so be it".
7. **Do not bite more than you can chew**; This maxim should be always remembered. We often tend to take more responsibilities than we are capable to carry out. This is done to satisfy our ego. Know your limitations
8. **Meditate regularly**; Meditation makes the mind thoughtless. This is the highest state of peace of mind.
9. **Never leave the mind vacant**; An empty mind is devil's workshop. All evil deeds start in the mind. Keep your mind occupied in something positive
10. **Do not procrastinate and never regret**; Do not waste time in wondering "should I or shouldn't I?" Days, weeks, months and years may be wasted in that futile mental debating. You can never plan enough because you can never anticipate all future happenings. Always remember God has His own plan too. Value your time and do things.

# 2-4-2) The Ten Commandments of Happiness

Source; Psychology Today - Galen Guengerich Ph.D.

1. **Remember your standards.** No matter where your personal code of conduct comes from, you need to have your own standards and live up to it.
2. **Forgive your mistakes.** You can learn from your mistakes and try again.
3. **Always show up.** Life tends to reward people who take action and take responsibility.
4. **Never give up.** As you navigate the obstacles that inevitably show up in your path, you'll need to change your course and sometimes even change your destination. But if you quit, your story will end in defeat.
5. **Take a break.** As far back as the book of Genesis, people knew that everyone needs a period of rest once in a while.
6. **Leave a mark.** Albert Schweitzer once said that the only people who will be truly happy are those who have sought and found a way to serve. Look around and see what needs to be done, and then get to work.
7. **Start something new.** Do something new today. Your life will get stale if you keep doing the same things over and over again.
8. **Stop something old.** You can break a bad habit if you have the courage to turn the page and begin a new chapter. Start small, set a goal, and make a commitment.
9. **Live with gratitude.** We depend upon the people and world around us for everything, from the air we breathe and the food we eat to the parents who gave birth to us. We should make certain our words and actions return the favor.
10. **Love with abandon.** At its heart, love is the quiet discipline of paying attention to the people and world around you, all the while knowing they depend on you, just as you do on them.

# The Ten Commandments

The End

