



**3-5) The Ten Commandments**  
**Physical Wisdom**  
**Human Relationships**

# 3-5-1) The Ten Commandments of Human Relations

Source: [www.wowzone.com](http://www.wowzone.com)

1. Speak to people; There is nothing as nice as a cheerful word of greeting.
2. Smile at people; It takes 72 muscles to frown, only 14 to smile.
3. Call people by name; The sweetest music to anyone's ears is the sound of his own name.
4. Be friendly and helpful; If you want friends, you must be one.
5. Be cordial; Speak and act as if everything you do is a joy to you.
6. Be genuinely interested in people; You can like almost everybody if you try.
7. Be generous with praise; and be cautious with criticisms.
8. Be considerate with the feelings of others; There are usually three sides to a controversy: Yours, the other fellow's and the right side.
9. Be eager to lend a helping hand; Often it is appreciated more than you know.
10. Add to this: a good sense of humor, a huge dose of patience and a dash of humility. This combination will open many doors and the rewards will be enormous.

## 3-5-2) The Ten Commandments of Higher Teaching

Source: Bertrand Russell

- 1.) Do not feel absolutely certain of anything.
- 2.) Do not think it worthwhile to proceed by concealing evidence.
- 3.) Never try to discourage thinking for you are sure to succeed.
- 4.) When you meet with opposition, endeavor to overcome it by argument and not by authority.
- 5.) Have no respect for the authority of others. There are always contrary authorities to be found. Everybody wants to be an authority.
- 6.) Do not use power to suppress opinions you think pernicious.
- 7.) Do not fear to be eccentric in opinion.
- 8.) Find more pleasure in intelligent dissent than in passive agreement.
- 9.) Be scrupulously truthful, even if the truth is inconvenient.
- 10.) Do not feel envious of the happiness of those who live in a fool's paradise.

## 3-5-3) The Ten Commandments of Graceful Aging by Sono Ayako, Japanese Novelist

1. Do not hurry.
2. Do not expect children's help.
3. Do not be stubborn.
4. Do not envy.
5. Do not do self-praise.
6. Take a shower daily.
7. Change underwear daily.
8. listen lots and talk little.
9. Move lots and walk lots.
10. Reduce your greed and share with others.

## 3-5-4) The Ten Commandments of Marriage

1. Marriage: Exclusivity; I am committed for life. An exclusive relationship.
2. Don't Love a Substitute
3. Speak Well of Your Mate
4. Spend Exclusive Time Together
5. Honor Your Spouse by Showing How Grateful You Are
6. Don't Destroy Your Spouse But Learn to be Gentle
7. Anger erodes relationships. If you have a hot temper, get it under control, or the devil will control you through it.
8. Be a Person of Integrity
9. Be Truthful
10. Be Content with What You Have

# 3-5-5) The Ten Commandments of THE HUMANIST

## Source: The American Humanist Association

- 1) Thou shalt strive to promote the greater good of humanity before all selfish desires.
- 2) Thou shalt be curious, for asking questions is the only way to find answers.
- 3) Harm to your fellow human is harm to humanity. Therefore, thou shalt not kill, rape, rob, or otherwise victimize anyone.
- 4) Thou shalt treat all humans as equals, regardless of race, gender, age, creed, identity, orientation, physical ability, or status.
- 5) Thou shalt use reason as your guide. Science, knowledge, observation, and rational analysis are the best ways to determine any course of action.
- 6) Thou shalt not force your beliefs onto others, nor insist that yours be the only and correct way to live happily.
- 7) If thou dost govern, thou shalt govern with reason, not with superstition. Religion should have no place in any government which represents all people and beliefs.
- 8) Thou shalt act for the betterment of your fellow humans, and be, whenever possible, altruistic in your deeds.
- 9) Thou shalt be good to the Earth and its bounties, for without it, humankind is lost.
- 10) Thou shalt impart thy knowledge and wisdom gained in your lifetime to the next generation, so that with each passing century, humanity will grow wiser and more humane.

# The Ten Commandments

The End

