

A serene sunset over a lake. The sky is filled with dramatic, golden-orange clouds. In the foreground, a seagull stands on a rock. In the middle ground, a person is silhouetted on a rock. The water reflects the warm light of the setting sun. The overall mood is peaceful and contemplative.

2-5) The Ten Commandments Mindful Wisdom Life

2-5-1) The Ten Commandments of Smart and Simple Life

Source; Kathy Gottberg

1. **You get to make it up;** There is no final authority or rules you have to follow. Each of us gets to decide the way that we create a lifestyle that best reflects our deepest longings.
2. **The best things in life aren't things.** Freedom, peace of mind and joy are deep emotions that offset anything you can buy and possess.
3. **Less is more.** "More-ness" only complicates, confuses and distracts us from the peace, joy and freedom that a minimal life offers. Eliminating all the clutter from our too-busy minds and our over-packed lives.
4. **Debt is the Worst Poverty.** Debt asks us to work at jobs that suck the life out of us just to pay our bills.
5. **What you appreciate--appreciates.** Choose to be grateful for the benefits that exist in our life.
6. **Comparison is the thief of joy.** Letting go of comparison is a sure way to enjoy true peace of mind and wellbeing
7. **Treasure Your Relationships Not Your Possessions.**
8. **Slow down and stop the addiction to busy-ness.** Simple living asks us to spend time doing more of what brings us joy, and less time doing the opposite.
9. **There is no Planet B.** All 7+ billion humans are currently living in this planet and are connected to one another.
10. **Life is short--do what matters.** Face it; our time is limited and far too short to be wasting it on unimportant or un-meaningful ways.

2-5-2) The Ten Commandments of The Moral Life of Confucius

Source; Confucianism the Moral Life with T.C. Peng

1. Respect the old, educate the young, and trust your friends. (Proper conduct for the survival of civilization.)
2. Do not do to others what you would not have them do to you. (Uniform standards for equal justice.)
3. Great man sets the good example, then he invites others to follow it. (Do as I do, not double standard.)
4. Shall I tell you what knowledge is? It is to know both what one knows and what one does not know. (Intellectual honesty.)
5. Humanity-at-its-best: At home be humble, at work be respectful, and with others be loyal.
6. Society is not an adversarial system based on contractual relationship, but is a community of trust with emphasis on communication.
7. A political culture based on responsibility and trust is politics with moral persuasion. The purpose of government is not only to provide food and maintain order but also to educate. (People do not live by bread alone.)
8. Great man demands it of himself; petty man of others. (Buck stops at oneself; don't pass the blame to others.)
9. You can always learn from three people in the street, take up the good and improve the bad. (Learn from the successes and mistakes of others.)
10. Remain sincere in purpose while studying widely, continue to think while posing frank and open questions. Therein lies Manhood-at-its-best. (Sincerity and openness.)

The Ten Commandments

The End

