

A TEN COMMANDMENT CHECKLIST

I *am* the Lord your God. Do not put false gods before me.

False gods? Is money my god? What about power? Do I expect political or business leaders to fix everything wrong in my country or workplace? Where do prayer and meditation fall on my priority list? Whatever in this world I worship ... whatever I see as responsible for my wellbeing or the answer to my problems ... whomever I believe will rescue me ... is a false god.

Do not take God's name in vain.

How much atrocity is done in the name of God? How much harm is done through literal interpretation of Scripture? When have I thought my religion was the only one ordained by God? When have I felt superior or been judgmental of others?

Remember to keep holy the sabbath day.

Do I set aside adequate time each week to nurture my mind, body, soul, and spirit? Through rest, time in nature, play, prayer, and meditation, I care for the gift of life I have been given.

Honor your father and mother.

Do I regularly acknowledge that I stand on the shoulders of my parents, spiritual masters, and teachers? Do appreciate and all those who nurture and mentor me. Honoring them helps me grow in wisdom, humility, and gratitude.

Do not kill.

Do I understand that murder includes things like character assassination, resentment, bullying and gossip? Have I ever hated someone or wished anyone dead? What about self-criticism and self-hatred? When have my words or actions been violent?

Do not commit adultery.

Adultery means betrayal of integrity ... failure to hold sacred our promises and commitments. This commandment warns us that not keeping our word can cause harm to others and do damage to our own psyches and souls. When have I failed to honor my commitments and promises?

Do not steal.

Stealing includes, not only the taking of another person's belongings, but also their ideas, reputation, time, or peace of mind. When have I failed to pay what I owe or put in an honest day's work? When have I failed to do my best?

Do not bear false witness against your neighbor.

Bearing false witness means lying or gossiping about another, lying to ourselves, or pretending to be someone we're not. Do I realize that lying and inauthenticity damage my soul? When have I blamed someone else for something I did? When have I been afraid to stand for what is right and true?

Do not covet your neighbor's wife ... or goods.

This commandment cautions us about envy and jealousy because they are deep, insidious forms of anger that can eat us up from the inside out. When have I been jealous of another? When have I failed to respect someone else's property or relationship? When have I neglected the most important things in my own life in order to look good or "keep up with the Joneses"?