

Ten Modern Day Commandments for Full Personal Freedom

by Bill Bauman

We're all familiar with the Ten Commandments from Moses' era. They have served as a source of moral guidelines and inspiring values for centuries. One day I started wondering: If there were commandments for those who feel called not just to morally positive living but to full personal freedom, empowerment and awakening, what would those commandments look like? How would they be written for our expansion-oriented mind, heart and soul? The following is a list of those "modern" Ten Commandments, as they appeared at the tip of my pen in response to my wondering. You'll note that they include four 'don'ts,' four 'do's' and two 'above all's'. I offer them for your inspiration, reflection and expansion:

- 1. Don't judge.** Stop allowing yourself to judge people, circumstances and/or events. Sidestep any thought that is negative about or disapproving of humanity, the world, God, good and evil, injustice, everything, anything. Train your mind to be neutral in its value judgments about, yes, *everything*.
- 2. Don't blame.** Don't blame yourself, other people or your life circumstances. Avoid criticizing, finding fault, badmouthing, belittling, condemning or inflicting guilt on anyone (including yourself). When blaming thoughts appear, ask your all-loving heart to heal them by loving the object of your blame.
- 3. Don't complain.** Stop whining, moaning, groaning, protesting or feeling/acting like a victim. Decide to no longer feel sorry for yourself, complain to others about your latest misery or try to get sympathy from others. Take charge of all victim-like thinking and feelings; eliminate them from your life.
- 4. Don't believe your beliefs.** Your beliefs are your personal stories, your best guess at what's true. But they are always too small and limited. The real truth is always many steps bigger than the current version of your beliefs. Enjoy your beliefs, but don't ever get attached to them or claim them as *true*.
- 5. Show up.** Be 100% present to whatever appears in your life. Instead of avoiding or withdrawing from any person or circumstance, face it/them completely; call yourself to stay fully engaged and involved. Never allow yourself to feel victimized by or afraid of anyone or anything. Show up completely.
- 6. Accept every circumstance.** Whatever happens or appears in your life—no matter how scary or uncomfortable—say yes to it. Embrace its meanings, invitations and challenges. Don't push it away or resist it. Welcome it into your heart—and love it, be friends with it, partner with it for your growth.
- 7. Accept responsibility for everything.** You and you alone are in charge. Now that you're no longer blaming others or feeling sorry for yourself, be fully responsible for everything in your life. Armed with your personal inspiration, vision and power, take total charge of every issue and circumstance.
- 8. Experience gratitude.** On the heels of having ignored the multiple blessings in your life, notice those blessings now. Take note of the ways in which life supports you, others love you and grace embraces you. Feel immense gratitude for them, express that gratitude and allow gratitude to fill you with joy.
- 9. Above all, be unconditionally loving.** Open your heart—fully, completely, fearlessly, radically. Invite *LOVE* to take over your life, to heal your wounds, to bring miracles to you. Let love become the guiding light and the 'everything' of your life. No matter what, go for love. After all, it's who you are!
- 10. Above, yes, above all, be totally loyal to your own truth.** You were created perfect, wondrous and "just right." Every truth you need already lives within you and every resource you need is waiting to be unlocked in you. Visit your soul every day—for therein lay the vast secrets of your beautiful self.