

An alternate translation of the "10 commandments,"  
literally the 10 sayings, in the positive:

Understand that the universe flows in love, towards freedom and joy. Just as the release from the constriction of the birth canal enabled your lungs to expand and your neshama to enliven you, so too the narrow places of your lives are designed to encourage growth, expansion, enlivenment and enlightenment.

The Divine Mystery cannot be named, categorized, understood or held back. Be grateful, aware and in awe of the miracles that surround you in every moment.

Your unhealed psychic wounds can profoundly affect your children, grandchildren and great grandchildren. Go with the flow, live a life of loving compassion, and thousands of generations will be illuminated by your light.

Be meticulous with your words, for they have the potential to deeply heal as well as to deeply wound.

Keep the Shabbat holy, it is a gift, a blessed day to renew your soul. Remember that you are human beings, not human doings. Stop and just be. Rest and remove yourself from daily commerce and immerse in the divine flow of love, freedom and joy. Create sacred space around you. Keep sacred your family time. Delight in your loved ones. Allow your animals, your workers and your neighbors their sacred space and time.

Honor and respect your parents, with gratitude and forgiveness. Honor your teachers, your rabbis, your elders. Protect and adore your children, teach them according to their unique path and in alignment with the divine loving flow.

Revere all life, honor mother earth and the inter-connectedness of all living beings on the planet. Seek the divine spark in the other.

Pursue equanimity, feel contentment and gratitude for your portion. Treat your loved ones with love, compassion, appreciation and support.

Speak the truth with compassion. Deeply listen with compassion. Be just and compassionate in all your actions.

Respect the property and sacred relationships of others. Take delight in the success of others.

Rabbi Sue Mauer Morningstar, Ashland Oregon, May 2013