

# The 20 Commandments (long version)

## Introduction

Welcome to The 20 Commandments, the voluntary, independent, holistic, and global usable guidelines to improve health, economy, environment, and peace (HEEP) in a balanced way.

The 20 Commandments can be applied by everybody, regardless of one's age, gender, culture, nationality, character, political views, work activities, status and religion.

When continuously respected in a playful, relaxed and balanced way, The 20 Commandments help one to be healthy on all levels, feel happy, live in pleasure together with others, recognize and achieve one's needs and wishes, develop oneself in a positive direction, and to be in harmony with oneself. – And considering The 20 Commandments benefits others as well.

The 20 Commandments are based upon experiences, observations, thoughts, intuition and general knowledge. They supplement laws, agreements, and personal beliefs, and strengthen other activities for developing health, economy, environment and peace.

Practicing The 20 Commandments creates clarity and supports a harmonious relationship between partners, parents, children, siblings, friends, teachers and students, employers and employees, companies and customers, states and citizens, people and animals, people and the environment, among people in general and within oneself. The Commandments help each individual person, the entire humanity and the Earth itself to achieve positive progress and cause a lasting world peace.

Most people live already partly or fully as The 20 Commandments suggest. Therefore, and because they correspond to human nature, it is easy to consider these principles.

Life on Earth can be very nice and will be much nicer when everybody considers The 20 Commandments.

## The Commandments

- I love myself** and wish to be continuously very healthy, feel happy, develop myself in a positive way, and be in harmony with myself. ♦ I am interested in myself, I am my own person, and accept myself. ♦ I consider myself valuable. ♦ I think and act responsibly. ♦ I motivate myself, use my strengths, take care of myself and protect myself. ♦ I am pleased about my health, my luck, my body and my look. ♦ I enjoy making, receiving, owning, and spending money with purpose.
- I live in the present** and enjoy happiness, joy, health, and serenity. ♦ I use the moment to cause positive change and to give and receive love. ♦ I am pleased with positive circumstances and I am grateful about it. ♦ I let the past and the present have positive influence on the future.
- I eat and drink healthily**, joyfully, sufficiently, regularly, reasonably, with diversity, appropriately to me and gratefully. ♦ I enjoy what I eat and drink.
- I exercise and relax** extensively, frequently, reasonably and joyfully.
- I maintain order** and arrange my home and my surroundings so that I feel good.
- I am creative**, I generate new ideas, new things and new approaches. ♦ I am open towards something new. ♦ I am happy about positive changes.
- I create clarity** and decide when I have achieved clarity. ♦ I inform myself in advance and sufficiently, and ask when necessary. ♦ I allow my feelings. ♦ I pay attention to my feelings, my heart, my soul, my intuition, my talents, my instincts, my experiences and my mind. ♦ Based on these attentions I continuously formulate my needs and wishes so that I feel good or relieved.
- I free my mind**. I focus my attention on positive things, so that I feel good about them. ♦ I trust that I recognize thoughts, good ideas, my needs and wishes in advance and clearly. ♦ I note the ones that are important to me in a central place, and keep them up to date. ♦ I assume that others also apply The 20 Commandments.
- I plan the next step** for each of my wishes or leave it open intentionally having confidence that I will recognize the next step in advance, or that circumstances will develop for my wish to come true anyway. ♦ I plan more than enough time for each step and complete each step as soon as possible, and in a way that makes me feel good. ♦ If necessary I adjust the next step or the wish. ♦ I assume that my wish comes true, look forward to it and let it happen.
- I collect experiences** and based upon them I define or redefine my needs and wishes. ♦ I learn from experiences and develop myself further in positive ways.
- I communicate positively**, friendly, clearly, honestly, warmly, with appreciation, and often with humor – verbally, in writing, and non-verbally. ♦ I think positively and assume positive circumstances and results.
- I am respectful**. I think and speak about myself and others with respect, even if I make assumptions, and when others are absent. ♦ I respect mistakes that I or others have made. ♦ I apologize appropriately for mistakes that I have made and correct them if reasonable and possible. ♦ I forgive my own and others' mistakes.
- I inform others in advance** and reasonably about how I feel or how I experience something, what makes me feel good, or what I wish.
- I am interested in others**, and exchange with others if I feel good about it. ♦ I trust that others are also wonderful, successful and happy people or that they will become so. ♦ I acknowledge people as they are and accept their behavior if I feel okay about it. ♦ I motivate and compliment others in appropriate ways. ♦ I am pleased about health, happiness, success, and good looks of others. ♦ I am pleased that others spend my spent money again.
- I cultivate friendships** which affect me in a positive way – especially those with my life partner or partners, my child or children, my parents, my siblings, and with myself.
- I help** if help is needed, if it is possible for me, and if it feels right to me. ♦ If necessary, I ask others for help. ♦ I let others help me if I feel okay about it. ♦ I appreciate the help of others, and thank them in appropriate ways.
- I negotiate** if necessary to satisfy my needs or to fulfill my wishes. ♦ When necessary I make an agreement.
- I stay independent** or dissolve dependencies from others, opinions and things as good as possible and if reasonable.
- I am patient** with myself, with others, and with changes. ♦ I follow my needs and wishes in relaxed and patient ways. ♦ I practice patiently what I want to do well and what I enjoy doing.
- I enjoy the environment**, care about it, and act accordingly. ♦ I prevent humans, animals, plants and things from damage. ♦ I use resources sensibly and as sustainably as possible.