

83. The Ten Commitments

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Ten Commandments

Georges asks for more confirmation about the subject of love within Christianity and the Ten Commandments. (8/8/94)

George: Could I ask a question about the Christian religion? We’ve had several. I’m looking at the good parts of Christianity—the prayer, the love—and I’m particularly looking at the Laws of Moses, the Ten Commandments, which indicate that we should love God, that we should love our neighbour as ourselves, we should not kill. Can you advise that these laws are *still* a good set of laws for us to observe?

It is the Eternal law. You have used the ultimate word—*LOVE*. The word love is the *be-all and the end-all*, of your existence—there is nothing more important for you to learn.

That does not mean to say it is a love encircled in its own way of thinking. You can have a love, but *still* have the freewill to disagree. What is the brotherhood of man, if it is not an eternal love that you need to learn—but at the same time, you can learn to disagree, without any hatred, any malice. *Love, love* is the eternal law. It is what you should *all* strive for. I can say no more than that. It is the very highest thing that you can strive towards.

The biblical seeker of truth - Moses

Salumet first introduces the idea of commitments rather than commandments. (24/3/03)

I would like to say to you that each one of you my dear friends are seekers of truth, but this you already know. But there are many types of seeking, and when I call you *seekers of truth*, I believe I am right in saying that you are seekers of the *one* Truth. Perhaps I could compare you to one in your religious book known to most people and whose name was Moses. He was but a seeker of truth. He was the one who introduced in that religious book what you term ‘commandments’. I would like to say to you this time—and it may

surprise you, or at this time in your growth it may not, that as a seeker of truth he brought many words to many people—I think you would not disagree with that—but what I would say to you my dear friends, that the words that he brought to this world were not ‘commandments’—that Great Creative Forces does not command—but issued forth words that should have been ‘commitments’. I would like you to ponder those words this time and perhaps when next we meet, we will discuss what you think I mean. Would anyone like to comment briefly?

George: So we are thinking of what we might call ‘the ten commitments’ as a pattern for living?

I would feel more comfortable with that, yes. Of course ‘ten’ is but a number. There were many words given that were to enable mankind to *seek out* the truth, the truth that already existed, but which mankind at that time in your history needed to hear.

George: It is just that ten of those commitments were written into the book as commandments.

Yes, and named as commandments. I would say but one thing: why would the Creative Force who is all-knowing—and we are part of that Creative Force—why would he need to command part of himself? That is what I wish you to think about.

Lilian: Yes, I see what you mean. If the knowing is within us, why did we need to be told? That is for each one to ponder. I feel this time I have said enough on that, but I will give you the opportunity my dear friends to speak and we will discuss it next time.

[The subject of commitments is discussed further](#)

Salumet addresses the difference between commandment and commitment, and why the commandment was used at this historic time. Minds were not as open to truth then and so commandments were a more appropriate steppingstone or progression. Salumet goes onto remind us of the profound responsibility we are taking on by recognising that we are part of all creation, not only for ourselves, but also for the planet. (7/4/03)

When I left you last time we spoke briefly about what you know on this Earth as your ‘Ten Commandments’. I assured you my dear friends that the information given should not have been ‘*command-ment*’ but should have been looked upon as a form of ‘*commitment*’ by each soul. I asked that you ponder my words and that we would discuss this time, our next meeting, what you had thought about. Would anyone like to ask me anything or would you like to discuss what you feel?

George: I would just like to say that your term ‘commitment’ feels much more comfortable and certainly I see the logic of this and I’m sure it goes along nicely with the idea that what we have in the past called the ‘Ten Commandments’ as being a *guiding* set of principles for our living. I think we’ve probably all taken it as that anyway and I agree the idea ‘commandment’ seems to be a misnomer with not quite the weight of meaning that it should have.

Of course, when I spoke to you about the ‘Ten Commandments’, that is only one religion known to you. Of course, throughout all of earthly time, truth has been given to many nations, many people and each have their own source of knowledge and truth. But what it does mean is that which has been given has amongst all nations the same aspect of truth, which comes from the Creative Force. I chose the ‘Ten Commandments’, because it would

be known to you all, because of the religion of your time. Would you like to comment on any one of the commandments given and focus rather on why it is a commitment rather than a command?

Sarah: It's Love thy neighbour as thyself. So that's in a way, not having any bad thoughts, which is what you've told us, and it makes you focus on good instead of bad. That is part of what you have been teaching us, the thought that is so important—good thought.

It is not only the thought which is important, it is that you must now have the awareness, you must have the all-knowing experience, because in loving your neighbour you are loving yourself, and in loving yourself you are expressing that God-force which is all-loving. Do you see? (Yes)

George: Of course, the overriding one I think is: *'Love your God with all your heart, with all your mind, with all your soul.* I think if one lives to this then everything else follows.

Of course, because we will use the word God for your convenience, but you know it is a much wider picture. (Yes) Yes, if your awareness is such that you love that God-force, then what you are doing is saying 'I am aware of who and what I am' and if that awareness is there, then of course you must understand that you are part of the greater picture of life.

George: And other commandments such as *'Thou shalt not kill,'* they seem to be, or that particular commandment seems a mere *detail* embraced within the love principle.

All is embraced in the love principle, because if you are love itself, there would be no need to harm anyone; so the important word for these commitments is love, awareness, thankfulness of beginning to know yourselves. Each one of you has the responsibility of taking those commitments and working through them, seeking, searching in order that you may know yourselves. It all sounds so simple does it not? (Yes) But full well you know that as you tread each step in life that sometimes it seems more difficult. The more awareness you gain, the more difficult life seems to be at times. Remember what I told you: you have to experience life. That is the secret, but in gaining the experience then you have that fuller awareness. Do you understand? (Affirmed)

Lilian: The harder times we are experiencing at any given time makes us more aware of our failings.

It should make you more aware of who and what you are and that you are that all-knowing—all-knowingness which is part of the fuller picture. It is not easy my friends, but if we return to what we call the 'Ten Commandments', they were given to the people of that time, whose minds were not completely open to the truths. Therefore, to be commanded to them was a natural progression. It was easier for them to take those words of truth and to use them for the betterment of mankind, for that particular time. As in all cases with other nations, they have their own Masters, if you wish to call them that, who came at specific times onto this Earth in order that the people would accept what was truth. Truth has never altered, but men have; and in this time of your evolution on this planet and especially amongst groups such as this, mankind is now beginning to awaken once more. Mankind for too long has existed in quite a great deal of darkness, because they have not accepted truth. Would you have any comments? Would anyone like to speak?

George: Yes I can see the consistent truth as received from Silver Birch and White Eagle and from yourself, to name three recent teachers of truth. I would comment that you are able to talk to us about *certain items* which previous Masters have not mentioned, such as UFOs, space travel and corn circles. These are all very modern things and so I can see the present teaching embraces more details of knowledge, I would say.

Each one who has come to this planet teaches to the ability of the pupil. You must know and understand that throughout your earthly history mankind has varied so much. There have been many civilizations, as I have told you previously, whose knowledge was far greater, but in the course of time for whatever reason has been extinguished. There also has been on this planet many people who have been simple in their lifestyles, but who have had great knowledge and truth. But each one of us who have come to this planet for the betterment of mankind has always taught to the ability of those to whom we speak. And yes, my dear friend, you mentioned the modern areas of living, which is of interest to man, and that is as it should be. When I came to you, I came to you in the knowledge that each step we took would be a single, simple step that my teaching to each of you, each in your various degrees of understanding, would be simple, my words would be simple and my teaching would be understandable. I know that my approach to you my dear friends has been the right one; I have seen you grow so much. I have appreciated your tolerance and time with me, I have seen the hearts of each one of you shine forth, not only in this room, but when you are in your everyday lives; I have seen my teachings to you come to fruition through your very words to others. Therefore, I accept that my simple words to you my dear friends are all that is needed, because in those simple words, I see come forth from each one of you understanding and knowledge. **Would you wish to comment?**

Sarah: Yes, there's one thing I would say. You said to us just now that with the knowledge, each step gets more difficulties, but on the other side, with your teaching it has helped me enormously to get through the problems, because of the understanding and the knowledge which you've given to us, and so for that I am very grateful.

That is because your awareness of life has grown, your awareness of who you *are* has grown. When first I came to you, I am sure that you would not recognize yourselves now, but life back when first I came to you was troublesome at times, but that is why you have grown so. You have not only taken my words but you have experienced them. Do you see? (Yes) I could say that each one of you within this group, now knows and understands that life is a great responsibility upon this planet, that each one of you accepts not only for yourselves, but for the whole of the planet that mankind has a great responsibility. In accepting that responsibility, what you are doing is accepting that you are part of all Creation. That is profound my dear friends.

George: I think we feel the responsibility; we are aware of so many deep connections; we experience all sorts of synchronicities and recognize them I think for what they are and they in themselves seem to indicate a vast connectedness.

Yes. You can delay knowledge, you can delay truth but not for long. Each individual is given in any one lifetime the opportunity to recognize and to grow. And you are quite correct, there are so many instances within your life, which I know sometimes amazes you, but it is as it should be. This planet at this time my dear friends, although you feel it is troubled, this planet is growing, this planet has much to give; the people of this planet are being bombarded with the Truth. So, never despair, there is no room now for such emotion in your lives. You must recognize always what you are, that you belong to the Creative Force—you *are* part of the Creative Force. You have responsibilities and you are going forward with all that I give to you. Therefore, again this time I would say, look to those words given as the 'Ten Commandments', look to them through new eyes and see how you are committed to them.

I think this time that it is not necessary to speak more words to you. These commitments of life should to each one of you possibly have different meaning, but to each one of you

these commitments are the next step forward in our growth together. Therefore, my dear friends I ask that you think a little more deeply about them. Perhaps next time you will tell me what you feel within your hearts before we move on with some more fresh words.

Discussion about the previous week's teaching

The group discusses what they understood and their feelings about the 10 commitments. Words spoken are recorded in the transcript file. The evening was introduced thus:

My hope this time is to listen to you to see what you have understood and what you have felt within your hearts about what we called 'commitments'. (14/4/03)

The Creative Force would never command - because what would be the purpose of commanding that self-creation?

Salumet discusses the responsibility that we carry in our lives. Responsibility to ourselves, to each other, the planet and to the growth of our souls. We are not however, responsible for the thoughts or actions of others. Salumet goes onto discuss the very deep meaning of responsibility and how it can manifest into our physical lives. We are also reminded of the importance of going within through meditation because if we do not go within, then we go without! (21/4/03)

We were most interested in your conversations last time. It was comfortable to be with you and to listen to the words that you had to express to each other. You may have wondered my dear friends why I have raised that particular subject with you. After all, we have made many references to religion in our talks over time. I now feel that your understanding of my words 'commitment' has taken hold and that your understanding is a little clearer. But why, I wonder, do you suppose I used the word 'commitment'? Mankind, after all, has been guided by many throughout its evolution on this planet.

George: Yes, *commitment* tends to be self-guidance I would say.

Yes, and that my dear friend is where I am leading you to. I told you I believe that it is time for you all to begin to know yourselves; and how, my dear friends, can you begin to understand and to recognize the true self without that commitment, that responsibility of *life*. That is the key word now my dear friends for you all: '*responsibility*'. Do you see that each step leads to another, that *commandment*, although used in those far-gone days, was useful for the time. But that Creative Force by all accounts would never command, because what would be the purpose of commanding that self-creation? Do you understand? (*Affirmed*) Therefore my dear friends when mankind was placed upon this planet, not only to discover oneself, the true self, the spiritual self; the purpose of life was that the human being recognize that spiritual self, whilst clothed in the physical body. But, to do so you must endeavour to take all responsibility for *life*. I told you recently in your time that mankind is responsible for all that happens on this planet. That responsibility my dear friends is a burden to some, but to you of some knowledge, I hope that responsibility shows you what you are about. Do you understand my words? (*Affirmed*)

George: I think joy and pride can be coupled to that responsibility.

Responsibility should bring forth much love in all that you do. Too often we hear: ‘Why are there so many problems?’ I will tell you why, because mankind has *refused* to accept responsibility. That may seem to you my dear friends a very sweeping statement.

George: Yes, it seems almost as if the Spirit part of us is endeavouring to train the biological part of us so that the material human gets it right in the end.

When responsibility is there then physical life becomes so much sweeter for you. Physical life holds no problems for you, and I do not mean that all is, how would you say, rosy?

Margaret: Hunky dory.

Hunky dory... (Much laughter at that phrase) I am not aware of that one.

Margaret: My children used to say that they were ‘hunky dory’ when everything was going right.

I will accept your words dear friend. Yes, but when mankind has realized individual responsibility and, after all, responsibility spreads to all of his neighbours, his friends, all that he has contact with: responsibility is not alone. Therefore, I would like you to look at this word ‘responsibility’ within your own lives, then I would like you my dear friends to express what you feel to the further field of all of mankind. If you think of the word now, what comes into your hearts? Would anyone like to express what they feel within their heart?

Sarah: I would say ‘caring’. If you care for everybody then you are taking responsibility and helping at the same time.

Lilian: Not to move away from our responsibilities, as easy as that would be.

George: Caring/parenting/being part of.

Margaret: Showing people love and care.

Paul: Taking more care, yes, taking more care for the Earth and all the life on the Earth.

Graham: I think responsibility is a method to extend your love.

I like that expression. You have given me good answers my dear friends but all of those answers in a way are connected to physical living. Responsibility also includes the nurturing of your souls. One cannot be without the other, and I do not apologize for returning to that word ‘love’. Before each one of you came to this lifetime, you expressed with love what type of individual life you would have in order for the soul’s growth: that is responsibility. You chose the people to be born to, you chose conditions, you chose places: *that* is responsibility, because it was done by the soul. Do you see the difference? And when the soul is aware of all of those responsibilities, then it manifests into the physical life.

George: I think there are two types of responsibility ensuing from that: the responsibility and care for the planet and the responsibility for the soul’s further growth.

Yes. The soul’s responsibility is, of course, much greater, if I may put it to you in that way, but only in so much as the soul will continue. The lifetime on this planet is transitory, but is of utmost importance for you all to experience life. You do not come to this planet without the knowledge of what each one of you has to do to keep this planet beautiful, but as I have said, mankind has fallen down many times, but within each one of you lies that love which can encircle all things. The responsibility lies with you my dear friends, in so much as each one of you all have spiritual power which enables you to do anything that you so desire. And again, here is where responsibility enters. When you have such power, you have the responsibility to use it wisely. I would like to give you one example perhaps of how mankind does not use his responsibility. So often in thoughts we hear: ‘Why does this happen?’ ‘Why cannot we help more?’ Let me say this to you, the example I will give

to you is simple: So many people on this planet who come to our side of life, because of lack of food and water. Shall we place a figure just for example? Let us say we have forty thousand people who are dying at this time. What is mankind's responsibility? Why can they not be fed? Why can they not have water? And yet mankind brings to this planet fifty thousand new lives. Can you see where responsibility lies? You have the answers, but you do not have the responsibilities. You have to, my dear friends, look at the wider picture if you are to begin to understand what I am telling you. I am taking in your silence. Would anyone like to comment? What I say seems simple, does it not? But indeed it is most profound.

George: Yes, as a planet we are squandering resources, we are producing monetary funds and spending those funds on the wrong things. I think we are all aware of that. We are not able to see all of the wider picture. This came up in connection with the Iraqi war when we are not always able to understand the wider picture, but I accept there are plenty of pictures which we are able to see and understand.

You are not, my dear friend, responsible for another human being's thoughts or actions. The responsibility you have is in developing your own soul, your own spirituality to be able to see what you truly *are* on this planet, whilst in these clothes. It is not easy and I do not say these things to you to make you wonder, but I tell you these things in order that your consciousness be raised, that my words although difficult at times to understand, will gradually creep into that consciousness which gives to you a wider vision. Do you see?

George: Yes, and we can change the world by changing the consciousness.

You can change this world by changing yourself. When mankind learns to talk to his fellow man in *peace*, then we will begin to go forward. Mankind must put to one side differences in religions, differences of culture and mankind has to recognize the Spirit within. It is possible and gradually we are going forward, but at this point in time, my dear friends, my purpose is that each one of you has a little more understanding. You *are* beacons of light, as I have told you previously, but we desire that that light be of such clarity that it cannot be extinguished. I hope you understand my words. Now you see the purpose of using the word 'commitment' rather than 'commandment'.

Paul: In helping the needy, we're helping them, but perhaps even more so we are helping ourselves to grow.

That is most important. Always I have told you, that you must go within. I have stressed these words to you on many occasions, because if you do not go within, you are without. They are simple words, but they mean so much. Think about them my dear friends and your understanding will be greater. We feel so much love for each one of you who gathers here. We do not often find the dedication which you as a group of people have given. It is part of your responsibility that you come together, and this you do with good and open hearts, and it is there for all of us to see, but it is our hope for you that in this lifetime, not only do you come together, but that you grow so much that the soul within is forever outside in your daily lives, in all that you achieve, because when the soul shines forth, it does not matter what conditions life brings to you, they will just become part of your responsibility, they will be dealt with and you will not give more than a thought to these very conditions. I feel such deep love for each one of you this time, and there are so many around at this time, who wish to come and stand by each one of you. I will say to you, to each one, that when you leave this time there will be much upliftment in your lives. (*Thanks expressed*

Which is the most important commitment?

A simple question with an obvious answer. (24/8/15)

What, my dear friends, out of those Ten Commands do you think is the most important one?

(Jan and Lilian quickly responded with: 'Love one another—love thy neighbour')

Yes, that encompasses all others, because if you love your neighbour as you love yourselves, there would be no *harm* done to any other people.

(Acknowledged and enthusiastically agreed)

So, we need only one command. I had to step in just to say these words to you.

Jan: Thank you for that.

Paul: That clarifies it—yes.

Lilian: It's very simple when you think about it **(yes)**.

Jan: I was talking about them in the context of the other person who came through—Miriam—the selfishness—teaching people how to be more self/ess **(yes)**. That's more to the point why I raised the Ten Commandments—each one is something to do with not being selfish but doing things only in love. That's how I read them.

Yes. To speak as you do, my dear friends, brings harmony not only to yourselves, in your discussions, but you leave this room thinking a little deeper each time. And that in itself is something you should cherish, because if you do not think about the deeper matters of life, what is there to think about?

Jan: Very true—it's all trivial.

Yes—you are wise, my dear friends, and my only hope is that the words that you spread help others to gain that wisdom.

Jan: We do our best.

Yes—now, for this time, unless there is a very quick question, I will leave you to finish this evening in whatever way is for you to do.

George: I would just like to comment that we're back to that song again with the title 'Love is All You Need'. *(All you need is Love—the Beatles)* We've mentioned that before and I think you approved that title.

Yes, I indeed did approve, because the words say it all—yes. With 'love' you have everything.