

Section F

Quick References to the Ten Commandments:

Forms of Goodness that are Opposite to Harmful Habits, Traits, and Patterns Reflected in the Ten Commandments

Introduction

The process of life change and spiritual transformation that you are currently exploring is based on the Judeo-Christian scriptures as explained in the writings of Emanuel Swedenborg.

Swedenborg suggests that when you abstain from an evil forbidden in any one of the Ten Commandments (doing so from a good, genuine motive) a way is opened, and the Lord is able to enter and touch your heart, mind, and life with a particular form of goodness from within. That form of goodness will be the *opposite* of the evil you abstain from.

For example, consider the Commandment against *Adultery*. Imagine a married man who is currently in an adulterous affair, or who habitually looks at pornography with a wish to indulge feelings of lust. When that man makes a responsible choice and gets out of the affair, or stops looking at pornography, the Lord is able to start touching his heart with a desire for chaste interactions with women, and with a gentler, milder, cleaner attitude toward them.

As mentioned in Section D of this *Sourcebook*, there are four places (four different books) in which Swedenborg fully explains the Ten Commandments. These four books are (in chronological order):

- *Secrets of Heaven*¹
- *The Apocalypse Explained*²
- *The Doctrine of Life*³
- *True Christianity*⁴

In each of these works, Swedenborg describes the evils forbidden in each of the Ten Commandments. He also describes (or *implies*) certain forms of *goodness* that can enter your heart, mind, and life as you abstain from particular forms of evil.

¹ See Vol. 10 of that work, paragraph nos. 8853-8912.

² See Vol. 5 of that work, the second half of paragraph nos. 932-1028.

³ The full title of this work is *The Doctrine of Life for the New Jerusalem from the Ten Commandments*. It is found in a larger work by Swedenborg titled, *The Four Doctrines*. In *The Doctrine of Life*, Swedenborg explains the Commandments on *Murder, Adultery, Stealing, and Bearing False Witness*. He does not directly explain the other six Commandments in *The Doctrine of Life*.

⁴ See paragraph nos. 282-335.

For purposes of Step 4.2 of the *BNL* process, a numbered outline has been created for each of the Ten Commandments. Each outline (called a *Quick Reference*) gives a quick digest of all the *forms of goodness* that can flow in from God when you abstain from the evils forbidden in that particular Commandment.

As in Section D, the value of these *Quick References* is that they allow you to get a complete overview of any one Commandment in a matter of minutes. This helps you complete Step 4.2 of the process quickly and easily.

Here's an example of how these *Quick References* can be used: Imagine that you've just gone through Steps 1, 2, 3, and 4.1 for an issue of sexual infidelity or sexual lust. You've now gotten to a point where you are actively abstaining from either one or the other of these sins. When you get to Step 4.2, you see the following direction and question:

Imagine that you are now actively abstaining from your sin. The moment you abstain, what do you feel inclined to do, even a desire to do, that is new, different, and better, inspired by the Lord from within? Often it will be the exact opposite of what you've been doing up until now.

An answer to this question may be something that comes readily to mind. For example, now that you're actively abstaining from your sin, you may feel an inclination or desire to be more faithful or devoted to your married partner in some particular way. You may feel inclined to spend more time with your spouse, work through a particular difference you've had, or in some other way work on, strengthen, and improve your marriage.

In addition to these ideas that come readily to mind, you now open to Section F of the *Sourcebook*, and you go to Tab #6—the *Quick Reference* on *Adultery*. You read through it and discover different forms of goodness that you can practice, either in your marriage, or (if you are single) in relationships with people of the opposite sex. Any of the descriptions in the outline that are particularly meaningful or inspiring to you get transferred and recorded on the Step 4.2 worksheet. Once you've recorded them, you'll have a clear, concise idea of what the new life is that you'll now begin.

Note: If you use one of these *Quick References* during Step 4.2 of the process, **and you're using it in hard copy**, you may wish to *highlight* the descriptions that are most inspiring to you, or that most accurately describe the form of goodness you'll put into practice. Then you transfer one, two, or a few descriptions over to the 4.2 worksheet. Recording one, two, or a few descriptions (as compared to *many* of them) will make it easier to remember them later on—after you've finished this particular experience of the process. In addition, highlighting these descriptions in hard copy will make them more quickly accessible the next time you use this particular *Quick Reference*.

Section F Contents

Tab 1. You shall have no other gods before My faces.	Worship the true God.
Tab 2. You shall not take the name of the Lord your God in vain.	Love what is from God.
Tab 3. Remember the Sabbath day to keep it holy.	Remember what is true and will it.
Tab 4. Honor your father and your mother....	Love God and people in the way you live your life.
Tab 5. You shall not murder.	Wish well to your neighbor. (Love)
Tab 6. You shall not commit adultery.	Live chastely with a spouse. (Mercy)
Tab 7. You shall not steal.	Pursue sincerity. (Peace)
Tab 8. You shall not bear false witness against your neighbor.	Think and speak what is true. (Goodness)
Tab 9. You shall not covet your neighbor's house.	Wish that your neighbor enjoy what is his or her own.
Tab 10. You shall not covet your neighbor's wife,... nor anything that is your neighbor's.	Wish that your neighbor enjoy what is his or her own.

This page intentionally left blank for correct, two-sided photocopying.

Key to *Quick References*

- Non-bracketed words and phrases are quoted from Swedenborg's writings.
- Bracketed words and phrases [] have been altered to read smoothly in outline form, or inserted based on inference or a broader understanding of Swedenborg's thought.