

Section F

Quick References to the Ten Commandments:

Discover the New Life That Is Waiting for You.

Introduction

The process of life change and spiritual transformation you're currently exploring is based on the Judeo-Christian scriptures as explained in the writings of Emanuel Swedenborg. This article builds on Section D of the *BNL Sourcebook* by describing one more aspect of Swedenborg's unique view of the Ten Commandments, and by explaining how to use Section F Quick References in Step 4.2 of the *BNL* process.

Swedenborg suggests that any time you abstain from a form of evil forbidden in one of the Ten Commandments, 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. Often that form of goodness will be the *opposite* of the evil you're abstaining from.

For example, consider the commandment, *You shall not commit adultery*. Imagine a married man who is currently in an adulterous affair, or who habitually looks at pornography with a desire to indulge feelings of lust. If he makes a responsible choice and gets out of the affair, or stops indulging his lust for pornography, the Lord is able to touch his heart with a growing desire for chaste interactions with his spouse, and a gentler, milder, more honorable attitude toward women in general.

As mentioned in the intro to Section D of the *BNL Sourcebook*, there are four places in Swedenborg's writings (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

Within these books, Swedenborg describes the forms of evil forbidden in each of the Ten Commandments. He also describes, or else implies, certain forms of goodness that can enter your heart, mind, and life as you abstain from these different 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*. Within *The Doctrine of Life* Swedenborg explains the commandments on *Murder, Adultery, Stealing, and Bearing False Witness*. He does not explain the other six commandments in *The Doctrine of Life*.

⁴ Volume 1 of that work, paragraph nos. 282-335

For purposes of Step 4.2 of the *BNL* process, a bullet point outline has been created for each of the Ten Commandments. Each outline (called a Quick Reference) gives a quick digest of the different forms of goodness that can flow into you from the Lord when you abstain from the evil forbidden in that particular commandment.

The value of these Quick References is that they allow you to get a complete look at the forms of goodness related to a particular commandment in a matter of minutes. This helps you do Step 4.2 of the process quickly and easily, and at the same time with meaning and depth.

Here's an example of how a Quick Reference is used: Imagine you've just gone through Steps 1, 2, 3, and 4.1 of the *BNL* process for an issue of sexual infidelity or sexual lust. You're now at the point where you're actively abstaining from one or the other of these sins. When you get to Step 4.2 of the process, 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?

An answer to this question may come readily to mind. For example, now that you're actively abstaining from the sin of infidelity or sexual lust, you may feel a leaning to be more faithful or devoted to your spouse. Maybe you'll spend more time with her/him, or work through a particular difference the two of you have had, or in some other way work on, strengthen, and strive to improve your marriage.

In addition to these new leanings that you may experience, you now go to Section F of the *Sourcebook* and open the Quick Reference on the 6th commandment—the commandment on adultery. You read through it and discover additional forms of goodness that you can actively engage in—either in your marriage, or if you are single, in relationships prior to marriage. Any of the descriptions in the outline that are particularly meaningful or inspiring get transferred and recorded on the Step 4.2 worksheet. Once you've recorded them there, you'll have a clear, concise idea of the new life you can now live.

There are two more things to note about these Quick References. First, if you end up transferring more than one, two, or a few descriptions from Section D to the Step 4.2 worksheet, you may wish to review the ones you've transferred, highlighting the ones that most resonate with you. Highlighting one, two, or a few of these leading descriptions on the Step 4.2 worksheet will make it easier to remember them as you continue through the process and beyond.

Second, and finally, one of the things people sometimes do is print out all the materials from the *Sourcebook* page of the *BNL* website, and create a sourcebook for themselves in hard copy (see the article titled, *How to Make a Printed Sourcebook* toward the bottom of the *Sourcebook* page). Then, any time they consult one of the Quick References using their personal copy, they'll mark or highlight the descriptions that most resonate with them *in their copy*. This makes those particular descriptions more quickly accessible the next time they use that Quick Reference.

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Commandment	Opposite form of goodness
1. You shall have no other gods before My faces.	Worship the true God.
2. You shall not take the name of the Lord your God in vain.	Love the things that come from God.
3. Remember the Sabbath day to keep it holy.	[Rest in God and live from Him.]
4. Honor your father and your mother....	[Honor God and people.]
5. You shall not murder.	Want what is good for your neighbor. (Love)
6. You shall not commit adultery.	Live faithfully with your spouse. (Mercy)
7. You shall not steal.	Aim to be honest. (Peace)
8. You shall not bear false witness against your neighbor.	Think and speak what is true. (Goodness)
9. You shall not covet your neighbor's house.	Want your neighbors to be doing well with what they have.
10. You shall not covet your neighbor's wife,... nor anything that is your neighbor's.	Want your neighbors to be doing well with what they have.

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Key to Quick References

- Non-bracketed words and phrases are direct quotations from the writings of Emanuel Swedenborg.
- Square brackets [] are used around words and phrases that have been a) altered to read more smoothly in outline form, or b) inserted for added clarity based on inference or a broader understanding of Swedenborg's thought.