

# Sharing Ten New Commandments

As we move from celebrating Jesus' birthing in our lives into a new year, with new beginnings — Hill Connections shares Judith Pedersen-Benn's "aha" moment about commandments for living and loving fully in today's world.

"Passionate about knowing this world we live in," Judith finds that "as I explore my own life and observe the lives of others, I get insights, ideas and awakenings. I believe ideas, thoughts and intuitions, like music, may come to one person but be appreciated by many." In sharing her ten new commandments, she hopes that "my writing may strike a note with you, resonate, and spark your own creative passion — so that we may be one with all that is."

## THE COMMANDMENTS

### 1. **THOU SHALT NOT POLLUTE THE EARTH AND YOURSELVES.**

What you do to the earth you do to yourselves.  
*Clean up your act.*

### 2. **KNOW THYSELF.**

All knowledge is useless without self-knowledge.  
*Become yourself.*

### 3. **THOU SHALT NOT TAKE MORE THAN YOU NEED.**

Taking more turns you into a glutton  
and others into beggars.  
*Be satisfied with less.*

### 4. **LOVE YOURSELF.**

You must love yourself before you  
can love anyone or anything else.  
Embrace yourself.

### 5. **THOU SHALT FACE YOUR SUFFERING.**

Fear causes you to run away from  
suffering. This prolongs it.  
Let go of your fear.

### 6. **BE SILENT.**

Your spirit grows in solitude.  
*Give yourself growth.*



*Know that God is present.*

**God resides inside yourself and outside yourself.**

**Open to receive God.**

### 7. **THOU SHALT NOT CUT YOURSELF OFF FROM THE WORLD.**

Connection to people, places and things enlivens.  
*Join with the world.*

### 8. **KNOW THAT GOD IS PRESENT.**

God resides inside yourself and outside yourself.  
*Open to receive God.*

### 9. **LOOK FOR THE JOY IN LIFE.**

Sing, dance, play, and experience wonder.  
*Do the things you love to do.*

### 10. **THOU SHALT NOT FEAR DEATH.**

Death is only a crossing over.  
*Welcome the mystery.*

## HOW TEN NEW COMMANDMENTS CAME TO BE

This all came to pass one day as I was driving down the road after talking to a friend. During our conversation I had suggested that we were collectively being pushed toward a dangerous precipice from which there would be no return. I told him I felt "called" to do something to stop this from happening. And, I said I had no idea what I could do. I was so little and the problem was so large. We parted after sharing our sadness over this state of affairs.

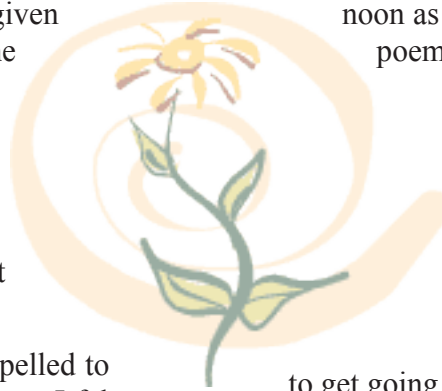
Moments later I was driving home on the busy freeway trying to stay out of the way of speeding trucks and commuters with phones. Suddenly I heard a voice as low and clear as thunder. A powerful voice, soft yet insistent. This miracle of a voice said to me, "This is a new commandment." It seemed like a good one to me. I wondered if there would be more. There were, in

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fact there were ten in all. When all were given the voice was still. It wasn't until I heard the voice the second time that it dawned on me who might be speaking to me. The next words gave it away: "Those commandments fit those times, now, you need these to guide you." I wasn't brave enough to speak back to the voice....not then.

Once I had arrived home, I felt compelled to write down what I had heard. Once written, I felt my job was done. These were good commandments. Over the next few days I developed a nagging feeling that there was more for me to do with them. Then the voice came again telling me to "Share the commandments with others." The next day I left for a two-week vacation.

I had thought the vacation would help me escape the voice and the growing feeling that I needed to do something with these commandments. I was wrong. All during the day and sometimes into the night I would hear the voice giving me more details about how to communicate the commandments to others. One after-



noon as I soaked up the beauty of a canyon, a poem came to me:

*Sun warms my heart,  
wind whispers my name,  
and earth holds me fast to itself.  
Share the secrets they sang,  
share our secrets  
so a new day can become.*

I felt this poem was a directive for me to get going and do what was being asked of me.

I wrote everything down and when I returned home I began putting them together into a book.

You may question that this was the voice of God; indeed, I too questioned it. Why I was chosen I have no idea, but the fact remains that a voice not my own did give me these commandments, and I choose to believe it was God's voice. It was never my intention nor my idea to create commandments. I am writing only because they were given to me, and for that, I am obliged to share them with you. May they be an agent of positive change in your life as they have been in mine.