

# Digests

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# Digest of Plan

Deity created the universe, guiding its development as necessary. Humans are their children. ...

<sup>1</sup> God the Father and God the Mother have many children. <sup>2</sup> For a long time, they all lived together in heaven. <sup>3</sup> Father and Mother have vast wisdom, and immortal, perfect bodies. <sup>4</sup> Their children were immortal spirits without physical bodies and with little knowledge.

<sup>5</sup> The Parents wanted their children to have wisdom and immortal, perfect bodies. <sup>6</sup> In preparation for their children's future, the Parents began the universe, allowing it to progress and form; <sup>7</sup> guiding it when necessary. <sup>8</sup> In heaven, during the preparation, the Parents taught their children many good things. <sup>9</sup> The children enjoyed progress and learned as much as they could.

<sup>10</sup> When mortal bodies were ready, Father and Mother began to send their children into mortality through birth.

<sup>11</sup> They sent each child to a body, on a planet, at a time, and in a location optimal for that child's growth.

<sup>12</sup> Living in a mortal body clouds each child's memory of their former life in heaven. <sup>13</sup> Some children can only feel the Parents' influence very quietly.

<sup>14</sup> Others can feel it more plainly. <sup>15</sup> All can learn to feel it better.

<sup>16</sup> Father and Mother want all their children to be happy, to master their mortal bodies, and to remember and act on the goal of wisdom and immortality. <sup>17</sup> To help them remember and act, the Parents have invited some of their children to be messengers. <sup>18</sup> Many messengers declined the invitation.

<sup>19</sup> Some delivered the message faithfully at first but allowed distractions of the world to lead them astray and confuse their message. <sup>20</sup> They often did not

know that they were distracted. People called some of these messengers prophets.

<sup>21</sup> Faithful messengers were found regardless of time, place, culture, status or religion into which they had been born. <sup>22</sup> The Parents knew that different messengers would help different children to progress, so they invited messengers of all kinds. <sup>23</sup> The essence of these messages has been stable, while the details vary to accommodate mortal bias.

<sup>24</sup> The Parents remain involved in and mindful of their children's lives. <sup>25</sup> Their involvement consists mainly in delivering information to their children when they need it and request it. <sup>26</sup> Physical intervention is rare. <sup>27</sup> Compulsion is absent.

<sup>28</sup> Upon death, the Parents welcome each child home. <sup>29</sup> The child, now wiser, receives an eternal reward calculated to bring them satisfaction and joy

according to who they have become.

## Digest of Priorities

<sup>1</sup> You have a conscience to govern your free will. <sup>2</sup> These priorities are a guide to keep conscience within proper bounds. <sup>3</sup> They are listed from most important to least important. <sup>4</sup> Try to observe all these commandments. <sup>5</sup> If two must conflict, prefer the more important one.

<sup>6</sup> Love God. <sup>7</sup> Love people.

<sup>8</sup> Only use compulsion to stop an immediate threat to life, property or free will.

<sup>9</sup> Be humble. <sup>10</sup> Forgive wrongs, real and perceived.

<sup>11</sup> Only have sexual relations with your spouses. <sup>12</sup> Maintain stable, long-term relationships with your spouses.

<sup>12</sup> Offer formal prayer daily. <sup>13</sup> Study the digests or canons daily.

<sup>14</sup> Be honest. <sup>15</sup> Obey the laws of the land. <sup>16</sup> Maintain political neutrality. <sup>17</sup> Respect property, yours and others.

<sup>18</sup> Tend to your own affairs.

<sup>19</sup> Abstain from consuming alcohol and tobacco. <sup>20</sup> Abstain from addictive behaviors.

<sup>21</sup> Ten percent of your annual expenditures must be donations. <sup>22</sup> Serve anonymously.

<sup>23</sup> Don't make unwise promises. <sup>24</sup> Keep your word. <sup>25</sup> Avoid contention. <sup>26</sup> Speak kindly and quietly. <sup>27</sup> Seek moderation in all things.

<sup>28</sup> Take care of yourself. <sup>29</sup> Take care of your children. <sup>30</sup> Respect your parents. <sup>31</sup> Relationships with your spouses, children, and parents should be your strongest emotional connections.

<sup>31</sup> Acquire useful knowledge. <sup>32</sup> Engage skillfully in an occupation, trade or craft. <sup>33</sup> Receive no remuneration for your service in the Church. <sup>34</sup> Make

an honest profit.

<sup>35</sup> Use debt rarely and sparingly, and pay it back quickly.

<sup>36</sup> Devote one day in seven to spirituality.

<sup>37</sup> Have children within marriage.

<sup>38</sup> Keep a modest reserve of useful assets.

<sup>39</sup> Improve your surroundings.

<sup>40</sup> Skip two meals each month.

<sup>41</sup> Make a will to peacefully dispose of your assets upon your death.

<sup>42</sup> Do worthwhile things that are hard for you. <sup>43</sup> Be patient.

<sup>44</sup> In your public appearance, avoid drawing sexual attention.

<sup>45</sup> Maintain your body in strength, speed, flexibility, and balance. <sup>46</sup> Exert yourself physically, six days out of every seven.

<sup>47</sup> Make amends.

<sup>48</sup> Spend some time each day quiet and alone. <sup>49</sup> Spend two consecutive days every three months alone in pray-



er and meditation and abstaining from worldly affairs.

<sup>50</sup> Be grateful. <sup>51</sup> Smile.

<sup>52</sup> Carry the challenge coin. <sup>53</sup> Wear the signal of faith.

<sup>54</sup> Choose some things that you will have at the expense of some things that you won't. <sup>55</sup> Give no importance to that which has none. <sup>56</sup> If it can change, it should change occasionally. <sup>57</sup> Give away what you wish to receive.

<sup>58</sup> Follow your conscience.

## Digest of Virtues

<sup>1</sup> Every virtue taken to extreme becomes a vice.

<sup>2</sup> The virtues below are listed in pairs.

<sup>3</sup> Each person must seek their own balance between the two virtues in a pair.

<sup>4</sup> When two virtues in a pair conflict, and one is unsure how to balance them, err on the side of the first virtue.

<sup>5</sup> There is no fixed priority between the pairs.

<sup>6</sup> Companionship and solitude. <sup>7</sup> Contentment and ambition. <sup>8</sup> Detachment and attachment. <sup>9</sup> Evidence and faith. <sup>10</sup> Flexibility and tenacity. <sup>11</sup> Generosity and frugality. <sup>12</sup> Innovation and tradition. <sup>13</sup> Mercy and justice. <sup>14</sup> Preparation and improvisation. <sup>15</sup> Scarcity and abundance. <sup>16</sup> Silence and communication. <sup>17</sup> Solemnity and humor.

<sup>18</sup> Totality and detail. <sup>19</sup> Transparency and privacy. <sup>20</sup> Work and repose.

# Digest of Prayer

<sup>1</sup> Offer formal prayer one, two, or three times per day. <sup>2</sup> Perform at least one formal prayer outside each day. <sup>3</sup> When praying outside, turn your back to the approximate location of the sun.

<sup>4</sup> Formal prayers should be spaced approximately evenly during your waking hours.

<sup>5</sup> If unable to perform a posture, use the closest approximation you are able to perform.

<sup>6</sup> Gratitude: Stand with your eyes closed and your face turned toward the sky until you are tranquil. <sup>7</sup> Recite, “God in heaven, I thank you for life, air to breathe, quiet places, and the ability to choose; <sup>8</sup> for challenges, work, emotion, and the gift of reason.” <sup>9</sup> In your own words, express heartfelt gratitude to God.

<sup>10</sup> Confession: Bow, eyes closed, hands on knees, face downward. <sup>11</sup> Recite,

“God in heaven, I strive to keep the Priorities, and to learn from my failures when I don’t. <sup>12</sup> I want to be more like you. <sup>13</sup> I fall short in these ways.” <sup>14</sup> In your own words, confess to God your failures, weaknesses, and ways you need to improve.

<sup>15</sup> Petition: Squat, arms outstretched, hands cupped to form a bowl, your face forward. <sup>16</sup> Recite, “God in heaven, you have given me a beautiful world to live in, messengers to teach me, and guidance when I ask. <sup>17</sup> Hear my prayer.” <sup>18</sup> In your own words, request God’s guidance in achieving your righteous desires.

<sup>19</sup> Listen: Stand with your face downward. <sup>20</sup> Recite, “God in heaven, you let the sun rise on good and evil people alike. <sup>21</sup> You send guidance through a gentle thought, a quiet feeling, or a soft voice. <sup>22</sup> I’m listening.” Listen for God’s guidance.

<sup>23</sup> Action: Bow, eyes closed, hands on knees, face downward. <sup>24</sup> Recite, “God in heaven, the greatest gift brings no profit when left unused. <sup>25</sup> I thank you for giving me guidance. <sup>26</sup> I plan to act.” <sup>27</sup> In your own words, tell God how you will act on the guidance you have received.

## Parables

<sup>1:1</sup> An optometrist visited a city where everyone was myopic. <sup>2</sup> Patients came to him to have their vision corrected. <sup>3</sup> Through careful measurement and practiced knowledge, he crafted glasses for each patient; <sup>4</sup> a different prescription according to each patient’s needs.

<sup>1:5</sup> Patients discovered that the optometrist had given some of them identical prescriptions. <sup>6</sup> They could swap glasses with each other and still see clearly. <sup>7</sup> However, swapping glasses

with some people made the world blurry and distorted. <sup>8</sup> Patients with the same prescription congregated together saying among themselves, <sup>9</sup> “The optometrist gave us the true prescription. Other prescriptions are confusing and prevent one from seeing clearly. If others would use our prescription, they could see clearly too.”

<sup>1:10</sup> So it is with the religions of the world.

<sup>2:1</sup> A very young child asks his mother how a baby is made. <sup>2</sup> Knowing the child’s rudimentary understanding, she responds, <sup>3</sup> “The father places a seed in his wife’s belly. The wife nourishes that seed and it grows into a baby.”

<sup>2:4</sup> So it is when Gods teach their children.

<sup>3:1</sup> A wealthy king had two vaults filled with treasure. <sup>2</sup> Each vault was protected by a combination lock. <sup>3</sup> Two poor men sought the treasure. <sup>4</sup> The

first man turned the dials of the lock.  
<sup>5</sup> He listened carefully as the wheels turned inside. <sup>6</sup> He noticed patterns of sound and vibration within the dial.  
<sup>7</sup> He noticed relations between the dials.  
<sup>8</sup> After many days of persistence and study, he discovered the combination.

<sup>3:9</sup> The second man offered to be the king's servant. <sup>10</sup> He listened carefully to the king's wishes. <sup>11</sup> He executed the king's wishes faithfully. <sup>12</sup> He asked the king for the vault's treasure. <sup>13</sup> After many days of persistence and service, the king gave him the combination.

<sup>3:14</sup> Both men received treasure. <sup>15</sup> So it is with knowledge.

<sup>4:1</sup> There were two lakes. <sup>2</sup> The first lake said to himself, "I will retain every drop of water that flows into me so that I can be great." <sup>3</sup> His waters became salty and putrid. <sup>4</sup> His fish died and the plants along his shore wilted.  
<sup>5</sup> Animals and travelers avoided him.

4:6 The second lake said to himself, "I want to prosper all life on the mountain below me I will retain a modest pool for myself then allow each drop to pass down the river to those who might use it." 7 His waters became clean and sweet. 8 His fish grew large and the plants along his edge prospered. 9 Animals and travelers came from afar to enjoy his splendor.

4:10 So it is with all assets

5:1 Rain, freshly fallen from a cloud, is clean and good to drink. 2 As it flows down mountains and across plains, it becomes soiled and bitter. 3 The sun must extract pure water again from the sea, leaving impurities behind, to produce fresh rain once more.

5:4 So it is with messages from heaven.

6:1 A horse, a dolphin, and an eagle eat different food, 2 yet each grows to full stature and majesty.



6:3 So it is with the spiritual nourishment of each person.

7:1 Two students are taking a multiple choice test. <sup>2</sup> The first student is given a math test. The second is given a history test. <sup>3</sup> The first student provides the answers A, C, B, C, and D. <sup>4</sup> The second student provides the answers A, C, B, C, and D. <sup>5</sup> The first student scores 100

7:6 So it is with the test of mortality.

8:1 A small child asks his mother, "Please get me a cup from the high shelf." <sup>2</sup> The mother reaches the cup for him. <sup>3</sup> A grown man asks his mother, "Please get me a cup from the high shelf." <sup>4</sup> She responds, "You can reach it yourself."

8:5 So it is with Gods and their children.

9:1 A man mixed three measures of flour, one egg, a little sugar, and a little

salt into 2000 measures of water <sup>2</sup> then served this to his guests as bread.

<sup>9:3</sup> So it is with many religions.

<sup>10:1</sup> A man brought eggs home from the market. <sup>2</sup> Upon arriving, he announced “I brought one dozen eggs.” <sup>3</sup> His wife said, “No you didn’t. You brought twelve individual eggs.” <sup>4</sup> A son said, “You’re both wrong. There are clearly three rows of eggs.” <sup>5</sup> A daughter disagreed, “Not at all. There are actually four columns of eggs.”

<sup>10:6</sup> So it is with the nature of deity.

<sup>11:1</sup> A man chose to climb a mountain. <sup>2</sup> He fixed his gaze permanently on the summit, and began hiking. <sup>3</sup> He tripped over unseen rocks at his feet, <sup>4</sup> and was unable to attain the summit.

<sup>11:5</sup> Another man chose to climb the same mountain. <sup>6</sup> He gazed permanently at his feet, to avoid the errors of the first man, and began hiking. <sup>7</sup> Without tripping once, he wandered off into a

valley, <sup>8</sup> and was unable to attain the summit.

<sup>11:9</sup> So it is with totality and detail.