

Digests

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Digest of Plan

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

¹ God the Father and God the Mother have many children.

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

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

¹⁰ When mortal bodies were ready, Father and Mother began to send their children into mortality through birth. ¹¹ They sent each child to a body, on a planet, at a time, and in a location optimal for that child's growth.

¹² Living in a mortal body clouds each child's memory of their former life in heaven. ¹³ Some children can only feel the Parents' influence very quietly. ¹⁴ Others can feel it more plainly. ¹⁵ All can learn to feel it better.

¹⁶ 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. ¹⁷ To help them remember and act, the Parents have invited some of their children to be messengers. ¹⁸ Many messengers declined the invitation. ¹⁹ Some delivered the message faithfully at first but allowed distractions of the world to lead them astray and confuse their message. ²⁰ They often did not know that they were distracted. People called some of these messengers prophets.

²¹ Faithful messengers were found regardless of time, place, culture, status or religion into which they had been born. ²² The Parents knew that different messengers would help different children to progress, so they invited messengers of all kinds. ²³ The

essence of these messages has been stable, while the details vary to accommodate mortal bias.

²⁴ The Parents remain involved in and mindful of their children's lives. ²⁵ Their involvement consists mainly in delivering information to their children when they need it and request it.

²⁶ Physical intervention is rare. ²⁷ Compulsion is absent.

²⁸ Upon death, the Parents welcome each child home. ²⁹ The child, now wiser, receives an eternal reward calculated to bring them satisfaction and joy according to who they have become.

Digest of Priorities

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

⁶ Love God. ⁷ Love people.

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

⁹ Be humble. ¹⁰ Forgive wrongs, real and perceived.

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

¹² Offer formal prayer daily. ¹³ Study the digests or canons daily.

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

¹⁸ Tend to your own affairs.

¹⁹ Abstain from consuming alcohol and tobacco. ²⁰ Abstain from addictive behaviors.

²¹ Ten percent of your annual expenditures must be donations. ²² Serve anonymously.

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

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

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

³⁵ Use debt rarely and sparingly, and pay it back quickly.

³⁶ Devote one day in seven to spirituality.

³⁷ Have children within marriage.

³⁸ Keep a modest reserve of useful assets.

³⁹ Improve your surroundings.

⁴⁰ Skip two meals each month.

⁴¹ Make a will to peacefully dispose of your assets upon your death.

⁴² Do worthwhile things that are hard for you. ⁴³ Be patient.

⁴⁴ In your public appearance, avoid drawing sexual attention.

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

⁴⁷ Make amends.

⁴⁸ Spend some time each day quiet and alone. ⁴⁹ Spend two consecutive days every three months alone in prayer and meditation and abstaining from worldly affairs.

⁵⁰ Be grateful. ⁵¹ Smile.

⁵² Carry the challenge coin. ⁵³ Wear the signal of faith.

⁵⁴ Choose some things that you will have at the expense of some things that you won't. ⁵⁵ Give no importance to that which has none. ⁵⁶ If it can change, it should change occasionally.

⁵⁷ Give away what you wish to receive.

⁵⁸ Follow your conscience.

Digest of Virtues

¹ Every virtue taken to extreme becomes a vice.

² The virtues below are listed in pairs. ³ Each person must seek their own balance between the two virtues in a pair. ⁴ When two virtues in a pair conflict, and one is unsure how to balance them, err on the side of the first virtue.

⁵ There is no fixed priority between the pairs.

⁶ Companionship and solitude. ⁷ Contentment and ambition.

⁸ Detachment and attachment. ⁹ Evidence and faith. ¹⁰ Flexibility and tenacity. ¹¹ Generosity and frugality. ¹² Innovation and tradition. ¹³ Mercy and justice. ¹⁴ Preparation and improvisation. ¹⁵ Scarcity and abundance. ¹⁶ Silence and communication.

¹⁷ Solemnity and humor.

¹⁸ Totality and detail. ¹⁹ Transparency and privacy. ²⁰ Work and repose.

Digest of Prayer

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

⁴ Formal prayers should be spaced approximately evenly during your waking hours.

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

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

⁹ In your own words, express heartfelt gratitude to God.

¹⁰ Confession: Bow, eyes closed, hands on knees, face downward. ¹¹ Recite, “God in heaven, I strive to keep the Priorities,

and to learn from my failures when I don't. ¹² I want to be more like you. ¹³ I fall short in these ways." ¹⁴ In your own words, confess to God your failures, weaknesses, and ways you need to improve.

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

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

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

Parables

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

^{1:5} Patients discovered that the optometrist had given some of them identical prescriptions. ⁶ They could swap glasses with each other and still see clearly. ⁷ However, swapping glasses with some people made the world blurry and distorted. ⁸ Patients with the same prescription congregated together saying among themselves, ⁹ "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."

^{1:10} So it is with the religions of the world.

^{2:1} A very young child asks his mother how a baby is made.
² Knowing the child's rudimentary understanding, she responds,
³ "The father places a seed in his wife's belly. The wife nourishes that seed and it grows into a baby."

^{2:4} So it is when Gods teach their children.

^{3:1} A wealthy king had two vaults filled with treasure. ² Each vault was protected by a combination lock. ³ Two poor men sought the treasure. ⁴ The first man turned the dials of the lock. ⁵ He listened carefully as the wheels turned inside. ⁶ He noticed patterns of sound and vibration within the dial. ⁷ He noticed relations between the dials. ⁸ After many days of persistence and study, he discovered the combination.

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

^{3:14} Both men received treasure. ¹⁵ So it is with knowledge.

^{4:1} There were two lakes. ² The first lake said to himself, "I will retain every drop of water that flows into me so that I can be great." ³ His waters became salty and putrid. ⁴ His fish died and the plants along his shore wilted. ⁵ 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. ² The first student is given a math test. The second is given a history test. ³ The first student provides the answers A, C, B, C, and D. ⁴ The second student provides the answers A, C, B, C, and D. ⁵ 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." ² The mother reaches the cup for him. ³ A grown man asks his mother, "Please get me a cup from the high shelf." ⁴ 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 ² then served this to his guests as bread.

^{9:3} So it is with many religions.

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

^{10:6} So it is with the nature of deity.

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

^{11:5} Another man chose to climb the same mountain. ⁶ He gazed permanently at his feet, to avoid the errors of the first man, and began hiking. ⁷ Without tripping once, he wandered off into a valley, ⁸ and was unable to attain the summit.

^{11:9} So it is with totality and detail.