

## Digests

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## Priorities

<sup>1</sup> You have reason and conscience to govern your choices. <sup>2</sup> These priorities are a guide to keep conscience within proper bounds. <sup>3</sup> They are listed by decreasing importance. <sup>4</sup> Try to observe all the priorities. <sup>5</sup> If two must conflict, prefer the more important one.

<sup>6</sup> Compulsion may only be used to stop an immediate threat to life, property, or free will. <sup>7</sup> Choose what you will have at the expense of what you won't. <sup>8</sup> Give no importance to that which has none. <sup>9</sup> Tend to your own affairs.

<sup>12</sup> Make promises sparingly. <sup>13</sup> Keep your word. <sup>14</sup> Make amends. <sup>17</sup> Be grateful.

<sup>18</sup> Take care of yourself. <sup>19</sup> Be sparing and cautious with behaviors that might be addictive.

<sup>20</sup> Respect others. <sup>21</sup> Speak kindly and quietly. <sup>22</sup> Maintain a few strong relationships. <sup>23</sup> Maintain stable, long-term relationships with your spouses. <sup>24</sup> Obtain consent from your spouses for all intimate relations. <sup>25</sup> Have children with your spouses.

<sup>26</sup> Spend some time each day quiet and alone. <sup>27</sup> Pray daily. <sup>28</sup> Study the Digests and Messages daily, balancing literal and figurative interpretation.

<sup>29</sup> Avoid contention. <sup>30</sup> Forgive wrongs, real and perceived. <sup>31</sup> Maintain political neutrality.

<sup>32</sup> Acquire useful knowledge, then act on it. <sup>33</sup> Engage skillfully in an occupation, trade, or craft. <sup>34</sup> Make an honest profit. <sup>35</sup> Incur debts rarely and sparingly, and pay them back quickly. <sup>36</sup> Ten percent of your annual expenditures should be donations. <sup>37</sup> Keep a modest reserve of useful assets.

<sup>38</sup> Smile. <sup>39</sup> Serve anonymously, without remuneration.

<sup>40</sup> Maintain your body in strength, speed, flexibility, and balance. <sup>41</sup> Devote one day in seven to rejuvenation and spiritual growth.

<sup>42</sup> Improve your surroundings.

## Virtues

<sup>1</sup> Every virtue taken to extreme becomes vice. <sup>2</sup> The virtues below are listed in pairs. <sup>3</sup> Balance the two virtues in a pair. <sup>4</sup> If you're unsure how to balance them, err on the side of the first.

<sup>5</sup> The pairs are listed alphabetically, with no relative importance intended.

<sup>1</sup> Challenge, comfort. <sup>1</sup> Companionship, solitude. <sup>1</sup> Contentment, ambition. <sup>1</sup> Detachment, attachment. <sup>1</sup> Flexible, tenacious. <sup>1</sup> Generous, frugal. <sup>1</sup> Gradual, swift. <sup>1</sup> Holistic, atomistic. <sup>1</sup> Humble, confident. <sup>1</sup> Independence, conformity. <sup>1</sup> Intellect, emotion. <sup>1</sup> Mercy, justice. <sup>1</sup> Open, guarded. <sup>1</sup> Prepare, improvise. <sup>1</sup> Silence, communication. <sup>1</sup> Simple, abundant. <sup>1</sup> Solemnity, humor. <sup>1</sup> Stable, dynamic. <sup>1</sup> Tactful, honest. <sup>1</sup> Tradition, innovation. <sup>1</sup> Tranquility, excitement. <sup>1</sup> Work, repose.

## Prayer

<sup>1</sup> Offer formal prayer one, two, or three times during your waking hours, <sup>2</sup> with at least one performed outside. <sup>3</sup> When praying outside, it can be helpful to turn your back towards the approximate location of the sun. <sup>5</sup> Make your best effort to perform each posture, even if it's not perfect.

<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, to balance the Virtues, and to learn from my failures when I don't. <sup>12</sup> I want to be more faithful. <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>2:1</sup> A young child asks his mother, "How is a baby made?" <sup>2</sup> Knowing the child's rudimentary understanding, she responds, <sup>3</sup> "The father places a seed in the mother's belly. The mother nourishes that seed and it grows into a baby."

<sup>3:1</sup> A king had two vaults filled with treasure, each protected by its own lock. <sup>2</sup> The king said that whoever opened a vault could have the treasure inside. <sup>3</sup> Two men sought the treasure.

<sup>3:4</sup> The first man turned the dials of the lock. <sup>5</sup> He listened carefully as the mechanism moved inside. <sup>6</sup> He noticed patterns of sound and vibration within the dials. <sup>7</sup> After many days of persistence and study, he discovered the combination and unlocked the vault.

<sup>3:8</sup> The second man offered to be the king's servant. <sup>9</sup> He listened carefully to the king's wishes, and executed them faithfully. <sup>10</sup> He noticed patterns among the king's requests and anticipated his wishes. <sup>11</sup> After many days of persistence and service, the second man asked the king for the combination and received it.

<sup>3:13</sup> Both men received treasure.

<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.

<sup>4:6</sup> 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.” <sup>7</sup> His waters became clean and sweet. <sup>8</sup> His fish grew large and the plants along his shore prospered. <sup>9</sup> Animals and travelers came from afar to enjoy his splendor.

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

<sup>6:1</sup> A horse, a dolphin, and an eagle each consume their own kind of nourishment, <sup>2</sup> and yet each grows to full stature and majesty.

<sup>7:1</sup> A child asks his mother, “Please get me a cup from the top 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 top shelf.” <sup>4</sup> She responds, “You can reach it yourself.”

<sup>8:1</sup> A man mixed one measure of sugar and the juice from one lemon into 2,000 measures of water, <sup>2</sup> then served it to his guests as lemonade.

<sup>9:1</sup> A man brought eggs home from the market. <sup>2</sup> Upon arriving, he announced, “I brought home one dozen eggs.” <sup>3</sup> His wife said, “No you didn’t. You brought home twelve individual eggs.” <sup>4</sup> A son said, “You’re both wrong. There are clearly three rows of four eggs each.” <sup>5</sup> A daughter disagreed, “Not at all. There are actually four columns of three eggs each.”

<sup>10:1</sup> A man decided 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 reach the mountain top.

<sup>10:5</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 reach the mountain top.

<sup>11:1</sup> A man noticed a few small pieces of a jigsaw puzzle resting on a table. <sup>2</sup> He wanted to assemble the new puzzle, but there weren’t enough pieces to complete the task. He also didn’t know how the puzzle should look when it was finished.

<sup>11:3</sup> From time to time a new piece would appear on the table, but there still weren’t enough to guess the puzzle’s final form. <sup>4</sup> One day, a sketch of the finished puzzle appeared next to the scattered pieces. <sup>5</sup> The man began to assemble what he had only to realize that some pieces were still missing. <sup>6</sup> He returned each day, sometimes to find a new piece, sometimes to find an old piece that had been accidentally bumped loose, and sometimes to find no changes at all. <sup>7</sup> In time, all the pieces arrived and he gathered the puzzle together into its beautiful, complete form.