**THE THIRTY-ONE ADMONITIONS**

1. **I have not questioned, denied or devalued God’s image in me.**
2. **I have not tried to remake another person in my own image.**
3. **I have not slain man, woman or child.**
4. **I have not stolen from God or from anyone alive or dead.**
5. **I have not told lies or been deceitful in my words or deeds.**
6. **I have not treated life, any life with disrespect.**
7. **I have not coveted my neighbour’s spouse or other belongings.**
8. **I have not disobeyed the law.**
9. **I have not cursed anyone or used vulgar or obscene language.**
10. **I have not polluted land, water, air or myself.**
11. **I have not manipulated currency to gain unwholesome wealth.**
12. **I have not disowned, neglected or trivialized my Ancestors.**
13. **I have not wasted time, my time, my life, my earthly existence.**
14. **I have not committed sin or knowingly worked evil.**
15. **I have not disrespected any culture, religion or people.**
16. **I have not consumed excessively, unhealthily or greedily.**
17. **I have not failed to love, respect and protect all our Sisters.**
18. **I have not indulged in adhominemism.**
19. **I have not failed to strive for oneness with self and others.**
20. **I have not indulged in coerced, deceitful or unfair enterprise.**
21. **I have not stolen anyone’s land.**
22. **I have not failed to be charitable in thought, word and deed.**
23. **I have not disregarded my safety or security.**
24. **I have not disrespected anyone’s person or security.**
25. **I have not promoted war or participated in one.**
26. **I have not indulged in any practice that is morally unfounded.**
27. **I have not negated responsibility for our children’s education.**
28. **I have not made unjust laws.**
29. **I have not disowned our home and Motherland.**
30. **I have not failed to embrace and memorialize our Ancestors. (+1)**

**Authored by JS Demba. Inspired by Ma-at’s 42 precepts of Kemet**