



A Universal Code



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## INTRODUCTION

Imagine a world that would keep a universal code.

A value system that can inspire and guide us all, no matter who we are or where we come from.

Values that can create a better and more peaceful life for everyone.

This booklet is based on the Noahide Code, a set of universal laws and a common moral denominator for all people.

The Code was first given to Noah and later taught by Moses at Sinai.

Cherish these values and together let us make a better world.

# KINDNESS

Acts of goodness and kindness create a better world.

Care for others and be considerate.

A soul may descend to this world and live for 70 or 80 years just to do another person a favour.

Charity is for the needy, kindness is for all.

Think of others, not only yourself.

*Do acts of kindness every day.*

# RESPECT

Respect people of all backgrounds and faiths.

Respect parents, teachers, elders and children.

Listen, empathise and validate.

Respect others even though you may not agree with them.

You are precious; have self-respect.

*Be respectful to all.*

# SANCTITY OF LIFE

Every person is unique and precious.

See the potential in yourself and others.

One who destroys a life has destroyed an entire world.

One who saves a life is considered as if they have saved the entire world.

Do not murder!

Do not take your own life – you matter.

Only resort to force as an act of self-defence.

*Life is precious.*

# EDUCATION

Education is not just about learning. Education is about building character and a moral compass.

Education should help one grow as a person.

Learn something from every experience.

In the classroom, just try your best.

The best teachers show by example.

Strive to be an example for others.

*Live, learn and grow.*



# GRATITUDE

Say "thank you" – even for small things.

Show appreciation to others.

Be grateful for an opportunity to make a difference.

Appreciate friendship, family and community.

Don't bite the hand that feeds you.

Remember to say thank you.

# HUMILITY

Be of humble spirit before all people.

Arrogance leaves no space for others.

You don't become great by putting others down.

Don't chase honour. If you deserve it, it will chase you.

Consider: If I am not for myself, who will be for me?

But if I am only for myself, what am I?

Be flexible and accommodating.



# PEACE

There is no greater blessing than peace.

There may be food and drink, but if there is no peace, there is nothing.

Compromise for the sake of peace.

Be slow to anger and easily calmed.

Remember: your challenge in life is how you choose to *respond*.



Love peace and pursue peace.

# SELF-CONTROL

Who is strong? – one who exercises self-control.

The path of change is always open.

Never let your emotions overpower your intelligence.

You may not get rid of the struggle, but you *can* control it.

Always maintain your dignity.

*If you feel anger, pause for as long as it takes for the anger to dissipate.*



# HEALTH

Eat to be healthy.

Eat to live, instead of living to eat.

Having a healthy mind and a healthy body are equally important – exercise both.

Don't burn the candle at both ends – pace yourself.

Visit the sick and cheer them up. Offer food and hope to those in need.

Comfort the mourner and show compassion.

Watch your health! Live a healthy lifestyle.

# JOY

Count your blessings.

See the cup as half full, not half empty.

Be positive and never lose hope.

Keep your sense of humour. Laughter is often the best medicine.

The key to happiness is knowing you are doing the right thing.

One way to overcome feelings of sadness is to do a good deed for another.



Think good and it will be good.

# WISDOM

Rather than trying to be clever – always try to be wise.

Seek a mentor and follow good advice.

Cherish the golden middle path – do not veer to extremes.

Know how it should be, how it is, and how it could be.

Recognise and realise your own potential, and the potential of others.



Who is wise? He who sees the consequence of their actions.

# FAITH

Life has purpose and meaning.

You are unique and your contribution to the world is unique.

Create moments of silence in your soul to feel the presence of a Higher Being: an underlying oneness within all creation.

Think of an eye watching, an ear listening and a hand writing.

Pray for good health, wisdom and peace.

Do not worship idols – this includes money, power and ego.

The purpose of life is to create a beautiful peaceful world.

# PATIENCE

With patience and friendliness, we can succeed in all matters.

Every beginning is difficult.

A journey of a thousand miles begins with one step.

Be patient – sometimes the world is slower than you are.

Be patient = There is a time for everything.

# CRITICISM

Seek and speak the good in others. Praise and raise.

Constant criticism destroys.

Cherish constructive criticism.

Be slow to judge others.

If something is wrong don't blame others; rather, ask "How can I help to put it right?"

Where there is no person to do it – *you* be that person.

Praise and point out the good.



# ACTION

Act! Moaning and groaning doesn't help.

Better one deed than a thousand sighs.

If not now when? Do not put off until tomorrow what you can do today.

It's never too late – one can always correct.

Action is stepping up to do whatever is needed.



~~Actions speak louder than words.~~

# SPEECH

The words of the wise are spoken softly.

A soft answer quells anger. Watch your tone of voice.

Words that come from the heart enter the heart.

Do not gossip or tell tales.

Keep your speech clean. Foul language loses dignity.

The tongue can kill or grant life – guard your tongue!

Sometimes silence is a sin.  
Sometimes it saves your life.

~~Always use positive and uplifting words.~~

# FRIENDSHIP

Be generous and good of heart.

Be a good neighbour and a devoted friend.

Greet everybody with a cheerful face.

If your heart is heavy, share your feelings with a friend and find ease.

Who is honoured? – one who honours others.

Be there when you are needed.

# RELATIONSHIPS

Seek a partner who offers love, respect, and works on their self-improvement.

Intimacy is a relationship of the soul.

Lasting relationships are founded on the qualities of loyalty, trust, commitment and unconditional love.

You can't change others, but you can change yourself.

Appreciate what you have.



'Yes, dear', 'I'm sorry' and  
'I love you' are great words.

# HOME & FAMILY

The home is the nucleus of society.

A home is where you should feel safe, secure and loved.

Work hard to maintain peace in the home.

The greatest thing you can do for kids is to have peace in the home.

Give children love, food, time and education – the rest will fall into place.

Be considerate and think of others.

Open your home and heart to the poor and needy.

~~Family takes time and is a priority.~~

# LOVE

To love is to give.

Greater by far than the love we receive is the love that we give.

Attachment, trust and loyalty are the hallmarks of true love.

Love that depends on something is conditional and will not last.

Only unconditional love will last.

Looks fade but true love lasts.

~~Loving is giving.~~



# MORALITY

Conscience is the voice of morality.

Envy, lust and the pursuit of honour degrade our humanity.

Temptation is sweet in the beginning and bitter in the end.

Do not cheat.

Do not abuse.

Do not commit adultery.  
Be faithful.

Outer dress should reflect inner beauty.



Check your moral compass often to ensure you are always going in the right direction.

# WEALTH

Who is wealthy? – one who is happy with what they have.

In material matters always look at those who have less than you.

In spiritual matters always look up to, and learn from, those who have more than you.

Money and possessions are not true wealth – being a good human being is.

All you take to the grave is your good name and your good deeds.

Wealth is a blessing to be used wisely and shared.

# WORK

In life don't take short cuts – according to the effort is the reward.

There is no success without effort, no achievement without hard work.

No one worth admiring succeeded without many mistakes along the way.

TEAM = Together Everybody Achieves More.

Being human means being productive.

Try your best.

Whatever you do, do it well.

# TIME

The world says, 'time is money'. In truth time is life.

Life is too short to waste.

Gossip, envy, anger and unfounded criticism waste valuable time.

A day with some good in it is a day used well.

We all juggle with priorities – make time for what is truly important.

Use your time well =  
make every day count.





# RESPONSIBILITY

You create the atmosphere around you.

Where there are no leaders, strive to be a leader.

Good leaders create followers. Great leaders create leaders.

Life presents you with windows of opportunity – open them.

Care for your family and community.



Take responsibility for your mood, words and actions.

# JUSTICE

The world is established on three things: justice, truth and peace.

If not for a system of justice, there would be anarchy.

Law brings order and order requires law.

Everyone is innocent until proven guilty.

Give all people the benefit of the doubt.

The law of the land is law – no one is above it.

# THEFT

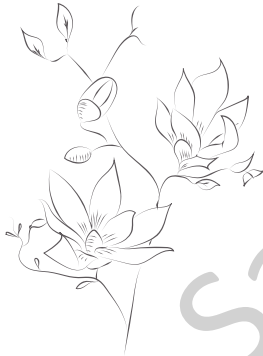
Do not steal, neither a penny nor a pound.

Nothing healthy will come from stolen goods.

You will receive whatever is meant for you.

Do not steal another person's time, sleep or ideas.

Value other people's property as if it were your own.



What you don't like done to you =  
don't do to others.

# TRUTH

Acknowledge the truth.

There is no mistaking the truth.

When we try to deceive others, we succeed only in deceiving ourselves.

What is right is not always popular.

What is popular is not always right.

Speak the truth in your heart.

Do not tell a lie.

## ENVIRONMENT

Stop, admire and appreciate the marvels of nature.

The world is a Divine garden – we are the gardeners.

Let us make this world a beautiful garden.

Do not destroy needlessly, or waste resources.

Conserve wildlife and do not be cruel to animals.

Recycle and preserve.



## FINAL WORD

Regardless of our own personal beliefs or spiritual paths, following this code can shape a better world.

It can create a world of peace, goodness, respect and kindness.

Cherish the wisdom within.

Live one universal code.

Together let's make a cleaner world.



- Sample -

This booklet presents Universal Values.  
Its contents can inspire us all. It speaks to people  
of all backgrounds and faiths.  
Share these values with family and friends.  
Together let's make a better world.

