The Forty-two Commandments of Maat

Maat was one of the most important goddesses. She was the personification of Justice and Truth, and her symbols were the “scale” and above all the “feather”, that she wore on her head. Maat symbolizes the Cosmic Order as opposed to sterile Chaos. Scribes devoted to her had drawn up a complex series of prescriptions that had to be followed for a better society. Later, the Jews copied many of these rules, which acquired a more radical nature in Moses’ Ten Commandments. Conversely, in Egypt, these rules had no punishing function at all, but were deemed necessary for a better life and higher respect of others.

Here is the whole list:

1. Thou shalt not kill, nor bid anyone kill.

2. Thou shalt not betray the person you love or your spouse

3. Thou shalt not burn with rage.
4. Thou shalt not cause terror.

5. Thou shalt not assault anyone nor cause anyone pain.

6. Thou shalt not exploit nor enslave anyone.

7. Thou shalt not do any harm to man or to animals.

8. Thou shalt not cause the shedding of tears.

9. Thou shalt respect thy neighbour.

10. Thou shalt not steal that which does not belong to you.

11. Thou shalt not take more than thy fair share of food.

12. Thou shalt not damage nature.

13. Thou shalt not deprive anyone of what they love.

14. Thou shalt not bear false witness.

15. Thou shalt not lie, nor speak falsely to the hurt of another.

16. Thou shalt not force your ideas on others.

17. Thou shalt not act deceitfully to the hurt of another.

18. Thou shalt not speak scornfully against others.

19. Thou shalt not eavesdrop.

20. Thou shalt not ignore the truth or words of righteousness.

21. Thou shalt not judge anyone hastily or harshly.
22. Thou shalt not disrespect sacred places.

23. Thou shalt respect and help those who suffer.

24. Thou shalt not be angry without good reason.

25. Thou shalt not hinder the flow of running water.

26. Thou shalt not waste the running water.

27. Thou shalt not pollute the land.

28. Thou shalt not take Neteru’s name in vain.

29. Thou shalt not despise other people’s beliefs.

30. Thou shalt not take advantage of other people’s beliefs to do evil.

31. Thou shalt not prey the Gods too much nor less than what is due.

32. Thou shalt not covet thy neighbor’s goods.

33. Thou shalt not disrespect the dead.

34. Thou shalt observe the appointed holy days even if you are not a believer.

35. Thou shalt not hold back the offerings due to God.

36. Thou shalt not interfere with sacred rites, even if you do not like them.

37. Thou shalt not slaughter any animals without a serious reason.

38. Thou shalt not act with insolence.

39. Thou shalt not act with arrogance.

40. Thou shalt not magnify your condition beyond what is appropriate.

41. Thou shalt comply with these principles.

42. Thou shalt obey the law provided it is not against these principles.
Law of Maat

Written by Administrator
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Note: See the specific Chapter dedicated to Egyptian esotericism and this ceremony in SOS COLLEMAGGIO Web Site.

Heart to Heart

A man cannot change the world but he can spread a message that can change the world

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