

# The Ten Utterances

*In this week's Torah portion, Yitro, we witness the revelation at Sinai. Here is an interpretive version of the Ten Utterances from Rabbi Yael Levy.*

Standing at the foot of a mountain filled with flame,  
We listened to the One reverberate in our hearts.  
And in the silence, we heard the Mystery call:

1. I am, I was, I will be. I am the unfolding of all that is. I am constant transformation calling you forward to be.
2. You cannot arrest me in motion. You cannot grasp or hold onto time. Do not strive for certainty. Do not seek permanence.
3. Do not use a Divine name to make false promises. Do not use sacred teachings to lift up a destructive path.
4. Rest, Stop, Pause. Be. Honor creation. Declare your freedom. Rest and allow others to rest as well.
5. Honor your parents. Honor your ancestors. Honor those upon whose shoulders you stand.
6. Do not murder.
7. Do not betray.
8. Do not steal.
9. Do not use the power of words to hurt or destroy.
10. Feel the fullness of your life. Don't be led astray by comparing yourself to others. Don't get lost in desiring what others have. Be content, be fulfilled with what your life brings.

*-- Rabbi Yael Levy*

**FEBRUARY 1, 2018**

# The Ten Commandments – Sefaria Exodus Chapter 20 1:14

1. I am the LORD thy God, who brought thee out of the land of Egypt, out of the house of bondage.

2. Thou shalt have no other gods before Me. (4) Thou shalt not make unto thee a graven image, nor any manner of likeness, of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; (5) thou shalt not bow down unto them, nor serve them; for I the LORD thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate Me; (6) and showing mercy unto the thousandth generation of them that love Me and keep My commandments.

3. Thou shalt not take the name of the LORD thy God in vain; for the LORD will not hold him guiltless that taketh His name in vain.

4. Remember the sabbath day, to keep it holy. (9) Six days shalt thou labour, and do all thy work; (10) but the seventh day is a sabbath unto the LORD thy God, in it thou shalt not do any manner of work, thou, nor thy son, nor thy daughter, nor thy man-servant, nor thy maid-servant, nor thy cattle, nor thy stranger that is within thy gates; (11) for in six days the LORD made heaven and earth, the sea, and all that in them is, and rested on the seventh day; wherefore the LORD blessed the sabbath day, and hallowed it.

5. Honour thy father and thy mother, that thy days may be long upon the land which the LORD thy God giveth thee.

6. Thou shalt not murder.

7. Thou shalt not commit adultery.

8. Thou shalt not steal.

9. Thou shalt not bear false witness against thy neighbour.

10. Thou shalt not covet thy neighbour's house; thou shalt not covet thy neighbour's wife, nor his man-servant, nor his maid-servant, nor his ox, nor his ass, nor any thing that is thy neighbour's.