

# THE TEN COMMANDMENTS: THE BOOK



There are so many interpretations of The Ten Commandments that it's difficult to know how to utilize them effectively to live our lives. Yet they were meant, not only for a people gathered at the Mount, but for each and every individual who walks this earth. What if you can be guided on your path in life, helping you with the day-to-day conflicts and worries that sometimes overwhelm you?

The Ten Commandments hide a universal Code intended for all living people. Author Dorit Ben-Dor reveals the code.

Many understand the Ten Commandments as a set of laws and commandments intended for religious practice. When deciphered, the Ten Commandments hide secret meanings and messages relevant to our lives. A more intimate reading of the commandments reveals an inspiration for everyone, a guide through life; helping us to understand the role our soul and mind play in the life choices we make. The author takes the reader on a journey to a wider understanding of the commandments as a tool for guidance and personal-development; offering an authentic, complete, balanced and more fulfilling approach to life.

Dorit has helped countless people understand the Ten Commandments as they were really meant to be understood, not as generic do's and don'ts but as specific tools to help the individual – you – get in touch with what a successful life is really meant to be.

Dorit Ben-Dor, studied mysticism and has been a mentor and channeler for the past 15 years, following a long and successful career in the business world. She leads workshops and channels Moses as a light being, conveying his messages to people. Many have benefitted from this ancient wisdom as guidance for life, liberation from self-imposed shackles and a celebration of free choice.

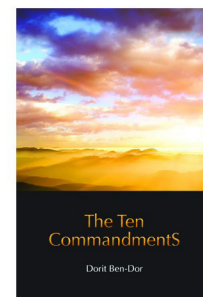
Dorit-Ben Dor delineates each of these basic Guides For A Successful Life, in a comprehensive book that offers the reader a clear path for achieving harmony in every aspect of daily life. The exercises in the book will help you plan your day, your week, your life. They will show you how to look at yourself and appreciate who you are.

You'll quickly discover the secrets woven into The Ten Commandments, such as:

- How sanctifying the Sabbath can help you accept the consequences of your life.
- How honoring your parents is the basic need to express respect through action, to place value on your life on earth.
- How the command against adultery is a social message that encompasses the need to show respect for another person's space, a call for equal rights.

This is not a book of religious values or goals, but all religious values and goals are incorporated in the author's lucid revelation of the great teachings as valid today as they were long ago.

“A MAGICAL SPIRITUAL JOURNEY TAKES THE READER THROUGH TIME AND SPIRITUAL SPACE WHILE REMINDING US WHAT LIFE IS ALL ABOUT: A CELEBRATION IN THE JOY OF BEING.”



#### FURTHER READING

The Ten Commandments - Lessons in Personal Growth by Dorit Ben Dor published by Contento de Semrik, paperback (196 pages).