



# 42 Laws of MAAT

1. I WILL NOT DO WRONG
2. I WILL NOT STEAL
3. I WILL NOT ACT WITH VIOLENCE
4. I WILL NOT KILL
5. I WILL NOT BE UNJUST
6. I WILL NOT CAUSE PAIN
7. I WILL NOT WASTE FOOD
8. I WILL NOT LIE
9. I WILL NOT DESECRATE HOLY PLACES
10. I WILL NOT SPEAK EVIL
11. I WILL NOT ABUSE MY SEXUALITY
12. I WILL NOT CAUSE THE SHEDDING OF TEARS
13. I WILL NOT SOW SEEDS OF REGRET
14. I WILL NOT BE AN AGGRESSOR
15. I WILL NOT ACT GUILFUL
16. I WILL NOT LAY WASTE THE PLOWED LAND
17. I WILL NOT BEAR FALSE WITNESS
18. I WILL NOT SPEAK AGAINST ANY PERSON
19. I WILL NOT BE WRATHFUL & ANGRY
20. I WILL NOT LAY WITH A MAN'S WIFE
21. I WILL NOT LAY WITH A WOMAN'S HUSBAND
22. I WILL NOT POLLUTE MYSELF
23. I WILL NOT CAUSE TERROR
24. I WILL NOT POLLUTE THE EARTH
25. I WILL NOT SPEAK IN ANGER
26. I WILL NOT TURN FROM WORDS OF TRUTH
27. I WILL NOT UTTER CURSES
28. I WILL NOT INITIATE A QUARREL
29. I WILL NOT BE EXCITABLE OR CONTENTIOUS
30. I WILL NOT BE PREJUDICE
31. I WILL NOT BE AN EAVESDROPPER
32. I WILL NOT SPEAK OVERMUCH
33. I WILL NOT ACT AGAINST MY ANCESTORS
34. I WILL NOT WASTE WATER
35. I WILL NOT DO EVIL
36. I WILL NOT BE ARROGANT
37. I WILL NOT BLASPHEME THE ONE MOST HIGH
38. I WILL NOT COMMIT FRAUD
39. I WILL NOT DEFRAUD TEMPLE OFFERINGS
40. I WILL NOT PLUNDER THE DEAD
41. I WILL NOT MISTREAT CHILDREN
42. I WILL NOT MISTREAT ANIMALS

[www.rasekhihealing.com](http://www.rasekhihealing.com)

