

Ten Black Commandments

**Written by
Godfrey Patterson**

We **MUST** seek unity with our Creator, recognizing the reality of God, as we search for the Truth which will set us free.

Brothers **MUST** commence being real men, protecting our elders, setting examples for our youth and no longer exploiting the weaknesses of our women by disrespecting and misusing the bearers and nourishers our our future.

Command Respect As a Woman

Sisters **MUST** dress and have a decorum that commands respect, then demand that men cease abusing you for present, short-term gratification at the expense of future, long-range objectives.

Treat Your Body As a Holy Temple

We **MUST** treat our bodies as Temples of the Holy, and safeguard our health by consuming nutritious, life-giving food and drink, and abstain from harmful, death-dealing drugs and alcoholic beverages.

Cultivate a Wholesome Race Pride

We **MUST** by our everyday examples challenge our friends, relatives, and associates to cultivate a wholesome race pride which will generate warmth, love, and a spirit of community among us as a people.

Strive for Academic Excellence

We **MUST** strive for academic excellence, not for the purpose of selfish material gain, but to prepare ourselves for a lifetime of productive service for the advancement and elevation of our people.

Destroy the Barriers

We **MUST** actively engage in destroying the artificial barriers of political, sectional, fraternal and religious differences which so foolishly divide and fragment our race.

Stop Lying, Gossiping, and Stealing

We **MUST** stop lying, gossiping, and stealing, for these actions stunt the growth and development of both perpetrator and victim, thus undermining the faith and trust so desperately needed among us.

Integrate and Be Non-Violent With Self

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We MUST, today, work as hard to integrate and be non-violent with ourselves, as we worked, yesterday, to integrate and be non-violent with others.

Refrain From Imitating

We MUST stop imitating the degenerate actions of a people whose world order is diametrically opposed to the legitimate aspirations of Black and other oppressed peoples, and learn from the mistakes they have made in fashioning their now decaying civilization, as we structure a new society of equity and justice.

Web Source: <http://www.assatashakur.org/forum/self-restitution-redefining-our-education/38982-ten-black-commandments.html>