

42 Principals of Ma'at

1. I am honourable in all I do
 - I have a high standard of values and live by them
 - I act in integrity with my beliefs. I walk my talk.
 - I am true to my word
2. I show gratitude for all things
 - I am grateful for all of my life's experiences, to perceived good and bad ones
 - I express gratitude to others
 - I am grateful to the Earth for her bounty
 - Gratitude is a practice I engage in unconsciously
3. I am peaceful within myself
 - I peacefully resolve the chaos and conflict
 - I remove myself from chaotic relationships/situations
 - I cultivate peace within myself. I practice peacefulness
 - I engage peacefully with others
4. I respect the property of others
 - I am honest when I've damaged something that belongs to another
 - I respect places and things that are not mine
 - I give back when I receive from places
5. I affirm that all life is sacred
 - I offer loving-kindness to elders, children, animals, the Earth, the plant kingdom.
 - None is too little to receive my kindness.
6. I give offerings that are genuine
 - I understand the principle of reciprocity.
 - I endeavor to always give back as much as I receive.
 - I balance the scales of reciprocity daily.
 - My offerings come from my heart, not from obligation.
7. I live in truth
 - I express absolute authenticity no matter who I am with or where I am.
 - I am true to myself at all times.
 - All of me is present everywhere, always.
8. I regard all altars with respect
 - I endeavor to master my physical vehicle.
 - I eat only what nourishes my mind, body and spirit.
 - I move my body daily to maintain strength and flexibility.
 - I practice mindfulness.
9. I speak with sincerity
 - I am mindful of the words I speak, words I say and how I deliver them.
 - I am impeccable with my words.
 - I am silent when that is the highest need.
 - I refrain from deliberate use of words that will harm.
10. I consume only my fair share
 - I am mindful and respectful of the impact my consumption has on the whole of humanity and the earth.
 - I give as much as I take.
 - I only take what I need.
11. I offer words of good intent
 - I assume another's good intent – I assume the highest and best in others.
 - I check my bias' whenever judgment arises.
 - I acknowledge the mirror another is showing me.
12. I am peaceful in all relationships
 - I process shadows and emotions in conscious and deliberate ways.
 - I approach communication cleanly, responsibly and with respect.

- I own what is mine.
13. I honor animals with reverence
I acknowledge and respect the animal kingdom.
If I consume animals, I fully acknowledge the life lived and taken.
14. I can be trusted
I am dependable.
I honour my words and commitment.
I trust others.
Others can trust me.
I lean on others as much as others lean on me.
Needs are reciprocated in all my relationships.
15. I care for the earth
I have deep reverence for the Earth.
I acknowledge the impact I am having and am humble in learning what I do not know about the earth.
16. I keep my own council
I take responsibility for myself and my life.
I am conscious of my actions.
17. I speak positively of others
I speak positively of others even if I disagree with them.
I seek to understand.
I forgive those who have hurt me.
18. I remain in balance with my emotions
I am mindful of my emotions and honour my shadows.
I take ownership of my stories without projecting them onto others.
19. I am trustful in my relationships
I trust myself and I trust others.
I trust universal unfoldment and the process of life.
20. I hold authenticity in high esteem
I am pure of heart.
I stand for what I believe in even if it's not popular or welcome.
I believe in the purity and divinity of others.
I believe in humanity.
21. I spread joy
I cultivate, nourish and treasure joyful experiences.
I choose joy.
22. I do the best I can
I honestly give all of who I am and what I can to living life.
I am All In with life.
23. I communicate with compassion
I choose compassion.
I truly desire to understand the words and actions of others.
24. I listen to opposing opinions
I am open to opposing perspectives.
I respect all and all opinions.
25. I create harmony
I contribute to harmony wherever I go.
I do my best to restore harmony when needed.
I do not feed chaos or gossip.
26. I invoke laughter
I seek authentic humour in situations.
I am a catalyst for laughter.
27. I am open to love in various forms
Philia: love between friends
Eros: ecstatic love of lovers
Storge: love of family and children

- Agape: unconditional love of all
I move easily between all forms of love
I AM love in physical form.
My heart remains open and unguarded to love.
28. I am forgiving
I have forgiven everyone who has hurt me or wronged me in some way.
29. I am kind
I am kind always, even when expressing boundaries and intense emotions.
30. I act respectfully
I treat others as they want and deserve to be treated.
I am respectful of all.
31. I am accepting
I accept the differences of others, unconditionally.
I am humble in receiving feedback about my actions and behaviors.
I strive to learn from my mis-steps.
32. I follow my inner guidance
I listen deeply to inner guidance and trust my own intuition.
I am guided and protected at all times. I believe this fully.
33. I converse with awareness
I am aware that I am part of a Greater Whole and that my thoughts, words and actions impact the whole.
I act accordingly.
34. I do good
I trust my body and my intuition and step forward courageously with that knowing.
I act in integrity with the wisdom I am shown.
I adjust my course when needed. I let go easily to do so.
I am in right relationship with my body, my heart, my loved ones and the Earth.
35. I give blessings
I bless others easily.
I genuinely want the best for others.
I give freely of my blessings to give joy to others.
36. I keep the waters pure
I act to preserve the waters of the Earth.
I drink purified water.
I learn about water and how to be in right relationship to it.
I hydrate my body.
37. I speak with good intent
I am mindful of the words I speak.
I set conscious intentions to guide my thoughts and actions.
I speak in right relationship to my intentions.
38. I praise the Goddess and the God
I am in devotion to a higher power.
I dedicate myself in some way to this devoted path.
39. I am humble
I acknowledge that there is much that I do not know.
I walk humbly upon the Earth.
I am graceful with apologies and strive to make right when there's been harm.
40. I achieve with integrity
My wants, desires and goals are in integrity with my soul.
I align the outcome of my life with my highest self.
I surrender to the Will of the God/Goddess/Creator
I walk the path of my destiny with courage.
41. I advance through my own abilities
I believe in my own innate gifts.
I courageously surmount all obstacles in my way.
I believe in my capacity to rise from all adversity.

I accept my weaknesses and honour my strengths.
42. I embrace the All
I embrace the dream as it unfolds.
I accept what is.
I harmonize to the flow of life.
I change course easily if the dream shows me a new path.