

The Nine Moral Principles

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An excerpt from his book “**Jesus Moses & Buddha: Collective Teachings to Help You Create a Heaven on Earth**,” copyright © 2018. Books available at the offices of Dr. Coppola, or purchase online: www.DrDavidCoppola.com

1. Treat others like you want to be treated

We begin the list with the most obvious of actions one can take to build a world of harmony and gratitude. All this takes is a moment of heartfelt recognition and a breath to formulate a wise response. Ask yourself, “What if I had to walk a mile in his or her shoes?” How would I want to be supported, uplifted, treated, and loved? This moment of contemplation and deliberate choice of action is compromised when judgment overrules our compassionate nature. Be less judgmental, and allow kindness to determine your cooperative actions.

2. Be loving-kind and patient

Acknowledging the interconnectedness of all living things helps restore our ability to be loving-kind. We all learn, grow, and evolve at different rates. The process of growing and evolving requires patience, support, belief, and love, and everyone does this according to their own scheduled destiny. Be patient with others, whether you are standing in line at the grocery store or waiting for your turn to express a want or need. He or she who knows patience, knows peace.

3. Be tolerant and forgiving

Do you realize how many different cultures and forms of upbringing have been established in this world, and how many ways there are to do things? Let us have a little more flexibility and understanding in all our human interactions. This is called tolerance. In order to personally experience a little leeway for our own ways, we must allow others to be themselves. It is paramount to freely forgive others' shortcomings. Selfish, rude, and mean criticism can be toxic to the whole world.

4. Be humble and compassionate

Being humble and compassionate are qualities that go hand in hand. No one is better than anyone else. Thankfully, people have different talents. In that light we can rationalize rank. Realize that modesty attracts sincere assistance from other kind, conscientious people in the world. Make the challenge of living in bliss easier for all! Help remove others' suffering and the world will become a happier place for everyone. That is the essence to, and means for practicing compassion.

5. Be conscious of your inner being

Our inner being is linked to our limbic system, the place where emotions flow. It is a built-in guidance system. It has a direct line to God. When we have a gut feeling, the vibration of our true nature is telling us if we are in alignment, or not, with our contribution towards a greater good. When we are conscious of our

inner being we create opportunities for win/win situations, which are the ideal results of all transactions.

6. Choose to be happy and accept what is

It is our nature to be happy. When we are happy, we are at peace, and we are comfortable in our bodies. And the good news is, we can decide to be happy. The way we reinforce this fabric of being is to accept what is, and follow Ghandi's advice to be the change you want to see in the world. When it comes to happiness, Ghandi's words are: "Happiness is when what you think, what you say, and what you do are in harmony."

7. Honor and respect the dimensions of diversity

This is a fundamental action for all of humanity to practice in order to create world peace. This principle fortifies the process of attaining the common goal of living in heaven on Earth. By imagining and acting in accordance with the reality of world peace one can establish their own heaven on Earth. And I guarantee it will be a sought-out planet for all kinds of loving, cooperative, sentient beings in the universe to visit. How exciting is that? Welcome to Earth, Mr. and Mrs. Alien...please let me show you around!

8. Be honest and loyal every day in every way

This moral principle reminds us of the power and peace that honesty and loyalty bring to our daily lives; they facilitate peace of mind and a strong, confident

sense of character and well-being. I have found this moral to be invaluable. In putting it forth, I am not implying that you are not already honest and loyal, but instead, that there are deeper levels of these qualities that are attainable by all of us. Make a decision today to continue to explore the rich depths of being genuine and trustworthy.

9. Always help others

Whenever you can, provide service with a smile. While walking down the street it is not necessary to stop, say hello, and ask, "Is there anything I can do to help ease your suffering?" But it could make someone's day to simply smile at them and recognize their presence in the world. Remember that acting out of compassion and helping others bolster the force that holds this universe together. In turn, you will receive help in some miraculous way, maybe when you least expect it.