

**Original Article****The 21 Commandments Blue Print of Divine Wisdom - A Spiritual Study****Daxaben B. Gajjar**

PhD Scholar, Yogic Science (Education), No- MIU/23/PYS/EDU/GL/ 44

Manipur International University, Imphal and Center for Academic Research (CARE) Mu. Abu, Rajasthan

Manuscript ID:
IBMIIRJ -2025-021015**Submitted:** 08 Sept. 2025**Revised:** 12 Sept. 2025**Accepted:** 10 Oct. 2025**Published:** 31 Oct. 2025**ISSN:** 3065-7857

Volume-2

Issue-10

Pp. 71-73

October 2025

Abstract

The present paper explores the '21 Commandments Blueprint' as a spiritual framework for self-development, ethical living, and higher consciousness. This study attempts to connect spiritual commandments with psychological growth, self-discipline, and social harmony. Through a qualitative spiritual study, the research highlights how the principles of divine wisdom can transform human behavior, enhance self-identity, and promote inner peace. The discussion further situates these commandments within the context of contemporary society, where materialism often overshadows moral and spiritual values. The findings suggest that the '21 Commandments Blueprint' provides not only a spiritual guideline but also a holistic model for personal empowerment, collective well-being, and sustainable moral development.

Keywords: 21 Commandments, Blueprint, Divine Wisdom, Spiritual Study**Introduction**

Human life requires balance of soul and Supreme Soul. True Rajyoga represents soul-consciousness and a direct connection with God. The 21 Commandments provide a divine blueprint for leading a value-based life. There is limited academic exploration of these commandments as a structured framework. Human life requires not only material progress but also spiritual direction. Across world traditions, guiding commandments have shaped moral and social conduct. For instance, the Ten Commandments in Christianity, the Eightfold Path in Buddhism, and the Five Vows in Jainism all provided blueprints for ethical living. Within the Indian spiritual context, the Bhagavad Gita and Upanishads emphasize self-realization, truth, and yoga as pathways to liberation. This paper examines "The 21 Commandments of Divine Knowledge" as a modern spiritual framework that integrates ancient wisdom with contemporary relevance. The study argues that these commandments can serve as guiding principles for the vision of Viksit Bharat—a developed India—by fostering personal integrity, social harmony, and sustainable living.

Literature Review

- Spiritual psychology emphasizes the role of values in mental health (Wilber, 2000).
- Rajyoga studies show benefits for self-confidence, stress reduction, and social harmony (BKWSU, 2015).
- Ethical living and leadership have been highlighted in classical and modern studies (Gandhi, 1927; Sharma, 2019).
- However, a research gap exists in systematically analyzing the 21 Commandments from a spiritual perspective.
- Spiritual traditions universally emphasize moral commandments as foundations of human life.
- Indian Scriptures: The Bhagavad Gita highlights selfless action (nishkama karma), devotion (bhakti), and knowledge (jnana).
- Yoga Philosophy: Patanjali's Yoga Sutras underline yamas (restraints) and niyamas (observances).
- Western Traditions: The Ten Commandments provide a moral code for Christians.

Creative Commons (CC BY-NC-SA 4.0)

This is an open access journal, and articles are distributed under the terms of the [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International](#) Public License, which allows others to remix, tweak, and build upon the work noncommercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.

How to cite this article:

Gajjar, D. B. (2025). The 21 Commandments Blue Print of Divine Wisdom - A Spiritual Study. InSight Bulletin: A Multidisciplinary Interlink International Research Journal, 2(10), 71-73.
<https://doi.org/10.5281/zenodo.17620929>



Quick Response Code:

Web. <https://ibrj.us>DOI: [10.5281/zenodo.17620929](https://doi.org/10.5281/zenodo.17620929)DOI Link:
<https://doi.org/10.5281/zenodo.17620929>

Creative Commons

- Positive Psychology: Maslow discussed self-actualization as the highest human need, while Emmons identified gratitude and compassion.
- Rajyoga Literature: Brahma Kumaris teachings emphasize soul-consciousness, God remembrance, purity, and value-based living.

Objectives

- Explore the 21 Commandments as a divine wisdom framework.
- Analyze their relevance through Rajyoga philosophy.
- Examine their impact on self-confidence, self-image, and self-acceptance.
- Highlight implications for personal, social, and spiritual growth.

Methodology

- Design:** Qualitative spiritual study.
- Sample:** Teachings of Rajyoga, Gita wisdom, and divine discourses.
- Data Collection:** Rajyoga classes, spiritual discourses, articles, and Brahma Kumaris literature.
- Data Analysis:** Thematic grouping of commandments, comparative analysis with existing literature.

Findings: The 21 Commandments of Divine Knowledge

- Self-realization: "I am a soul, not a body."
- Remembrance of God: "Constant spiritual connection with the Supreme."
- Truthfulness: "Alignment of thought, word, and deed."
- Self-respect: "Awareness of inherent divine qualities."
- Self-mastery: "Control over mind and senses."
- Purity and Celibacy: "Sacred vision and living."
- Nonviolence: "Harmlessness in thought, word, and action."
- Restraint and Patience: "Balance in desires and responses."
- Sattvic lifestyle: "Pure diet and disciplined habits."
- Value of Time: "Time as the greatest resource."
- Compassion and Kindness: "Empathy for all beings."
- Forgiveness and Tolerance: "Letting go of resentment."
- Positive Thinking: "Cultivating optimistic attitudes."
- Gratitude: "Appreciation for life and resources."
- Universal Brotherhood: "Seeing all as one family."
- Service as Worship: "Selfless contribution to society."
- Study and Reflection: "Regular engagement with spiritual knowledge."
- Meditation and Rajyoga: "Union with the Supreme for peace and power."
- Conservation of Resources: Responsible use of nature and wealth.
- Righteous Action: "Performing deeds with noble intent."
- Divine Resolve: "A lifelong commitment to virtuous living."

Sample Commandments Table

No.	Commandment	Rajyoga View	Outcome
1	Purity of Thoughts	Soul-consciousness	Positive attitude
2	Peaceful Living	Connection with Suprim Soul	Stress-free mind
3	Truthfulness	Divine wisdom	Integrity
4	Service to Humanity	Seva as dharma	Harmony
5	Self-Realization	Rajyoga practice	Liberation, bliss

Findings & Discussion

- Commandments can be categorized into purity, peace, service, discipline, and self-realization.
- From the Rajyoga perspective, each commandment strengthens आत्मा-परमात्मा awareness.
- Practical outcomes include stress reduction, moral strength, and social harmony.
- These commandments act as Shrimat (divine instructions) that are applicable in daily life.
- Spiritual Dimension: These commandments foster soul-consciousness and God remembrance.
- Psychological Dimension: They enhance self-esteem, reduce stress, and promote resilience.
- Social Dimension: Principles like nonviolence, service, and brotherhood encourage harmony.
- National Relevance: In the context of Viksit Bharat, they align with value-based education and ethical leadership.

Implications of the Study

- Personal:** Enhances self-image, inner peace, resilience.
- Social:** Promotes harmony, cooperation, ethical conduct.
- Spiritual:** Strengthens Rajyoga practice, soul-Supreme relationship.

Future Scope

- Quantitative validation with youth and professionals.

- Comparative study with other meditation techniques.
- Application in education, counseling, and leadership training.
- Development of a “21 Commandments Scale” for measuring spiritual empowerment.

Conclusion

The 21 Commandments of Divine Knowledge serve as a spiritual blueprint for holistic development. Rooted in ancient wisdom yet highly relevant to contemporary society, they offer a pathway to personal transformation and collective progress. By integrating these commandments into education, governance, and daily living, India can not only achieve material advancement but also establish itself as a spiritually developed nation—Viksit Bharat.

Acknowledgment

The author expresses deep gratitude to the Manipur International University, Imphal, and the Center for Academic Research (CARE), Mount Abu, Rajasthan, for their academic guidance, institutional support, and encouragement throughout the course of this spiritual research work.

Heartfelt thanks are extended to the Department of Yogic Science (Education) for providing an environment conducive to reflective study and for nurturing the integration of spiritual wisdom with academic inquiry.

The author sincerely acknowledges the teachings of Rajyoga, the Brahma Kumaris organization, and the spiritual literature of the Bhagavad Gita and Upanishads, which served as the foundation and inspiration for this study.

Special appreciation is conveyed to mentors, fellow researchers, and spiritual guides whose insights, blessings, and encouragement strengthened the author's understanding of divine knowledge and the 21 Commandments.

Finally, the author dedicates this work with humble reverence to the Supreme Source of Divine Wisdom (Paramatma), whose eternal light continues to guide humanity toward purity, peace, and perfection.

Financial Support and Sponsorship

Nil

Conflicts of Interest

The authors declare that there are no conflicts of interest regarding the publication of this paper.

References

1. Brahma Kumaris. (2010). *Raja Yoga: Path of self-realization*. Mount Abu: Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya.
2. Emmons, R. A. (2007). *Thanks! How the new science of gratitude can make you happier*. Houghton Mifflin Harcourt.
3. Feuerstein, G. (2008). *The yoga tradition: Its history, literature, philosophy and practice*. Hohm Press.
4. Maslow, A. H. (1968). *Toward a psychology of being*. Van Nostrand Reinhold.
5. Radhakrishnan, S. (1993). *The Bhagavadgita*. HarperCollins Publishers India.