



## **A Foundation of Truths**

The truths that someone learns eagerly and believes as a little child and which he afterward either confirms, doubts, or denies, are especially these:

There is God and He is one

He has created all things

He rewards those who do good and punishes those who do evil

There is life after death

The evil go to hell and the good go to heaven

Thus that there is a hell and a heaven

And the life after death is eternal

Also that people ought to:

Pray every day and do so with humility

Keep the Sabbath day holy

Honor their parents

Not commit adultery, kill, or steal

And follow many other truths like these.

Such truths are learned and absorbed by a person from earliest childhood; but when he begins to think for himself and to lead himself, if he confirms these truths in himself, and adds to them further truths of a more interior kind, and lives according to them, then it is well with him.

(see *Arcana Coelestia* 5135:3)