

## 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)