ENKI

THE BOOK OF GOD'S RULES

A guide to living with love, truth and kindness

LOVE CREATION
Care for the world.

LOVE YOURSELF
Care for your mind and body.

LOVE ONE ANOTHER
Treat others with dignity.

LOVE THE TRUTH
Be honest and keep learning.

PROTECT THROUGH LOVE
Choose safety and peace.

For children, adults and every family

Christian teachings • ENKI • The Four Pillars

By Tom Tom James Wood

A guide for everyone

This book offers clear everyday guidance inspired by Christian scripture and ENKI's Five Commandments of Love. It is a modern interpretation, not a new biblical revelation or a replacement for law, safeguarding or professional advice. Read it together or one rule at a time.

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RULE 01

Love creation

Care for the world and the life within it.

CHRISTIAN ROOTS • Genesis 2:15; Matthew 6:26

WHAT THIS MEANS

Look after animals and plants. Do not deliberately hurt living creatures. Put rubbish in the bin, save water and use only what you need. Enjoy nature without damaging it.

FOR CHILDREN

Water a plant with a grown-up. Pick up safe litter with a litter picker. Leave wild animals in peace.

FOR ADULTS

Reduce waste, care responsibly for animals and make thoughtful choices about the resources you use.

TRY IT IN REAL LIFE

A child wants to pull up a flower. Show them how to admire it or ask permission before picking it.

Curious Brian asks: What can I care for today?

RULE 02

Love and care for yourself

Your body and mind deserve care, dignity and rest.

CHRISTIAN ROOTS • Mark 12:31; 1 Corinthians 6:19–20

WHAT THIS MEANS

Wash your hands with soap for about twenty seconds, including between fingers. Brush your teeth twice daily for two minutes with fluoride toothpaste; young children need help. Eat a variety of foods, drink water, sleep enough and ask for help when you feel unwell.

FOR CHILDREN

Follow a picture routine: wash, dress, brush teeth, eat and prepare for the day. Ask for help with anything difficult.

FOR ADULTS

Make time for rest, healthcare and emotional wellbeing. Accept help when you need it. Do not treat illness or disability as a moral failure.

TRY IT IN REAL LIFE

If a toothbrush feels uncomfortable, try a softer brush or seek dental advice rather than forcing or shaming the child.

Circles help us create gentle routines.

RULE 03

Love other people

Treat other people as you would wish to be treated, while respecting their needs.

CHRISTIAN ROOTS • Matthew 7:12; Mark 12:31

WHAT THIS MEANS

Be kind, listen and help when you can. Ask before borrowing or touching someone. Respect differences in beliefs, abilities, appearance and background. No one has to earn basic dignity.

FOR CHILDREN

Invite someone to join your game. Accept their answer if they prefer not to.

FOR ADULTS

Practise fairness and compassion at home, work and in the community. Listen to people who see things differently.

TRY IT IN REAL LIFE

If someone is quiet, offer a friendly invitation without insisting that they speak.

Bridges grow through respect and listening.

RULE 04

Tell the truth

Do not lie, deceive or spread claims you cannot support.

CHRISTIAN ROOTS • Exodus 20:16; Ephesians 4:25

WHAT THIS MEANS

Say what happened as accurately as you can. If you are unsure, say so. Admit mistakes. Do not spread rumours. Beliefs, dreams and feelings may be meaningful, but they are different from evidence.

FOR CHILDREN

If you break something, tell a trusted adult what happened. You can ask for help to explain.

FOR ADULTS

Check information before sharing it. Keep accurate records and correct mistakes publicly when necessary. Raise concerns through appropriate channels.

TRY IT IN REAL LIFE

If you hear a rumour, do not pass it on as fact. Ask what is known and what remains uncertain.

Questioning Brian reminds us to ask, check and learn.

RULE 05

Protect life and choose peace

Never deliberately harm, threaten or abuse another person.

CHRISTIAN ROOTS • Exodus 20:13; Matthew 5:9; Romans 12:18

WHAT THIS MEANS

Keep hands, feet and words safe. Do not hit, bully, intimidate or encourage others to do so. If danger arises, move to safety and seek help. Protection does not mean punishment or revenge.

FOR CHILDREN

If someone is hurting you, move away if possible and tell a trusted adult. You are allowed to ask for help.

FOR ADULTS

Resolve disagreements peacefully. Protect people through safe, lawful action and professional support. Never use faith to justify violence.

TRY IT IN REAL LIFE

If anger feels too big, put down objects, create space and ask for support. In immediate danger in the UK, call 999.

Waves help us notice strong feelings before we act.

RULE 06

Respect bodies and boundaries

Every person has the right to safety, privacy and personal space.

CHRISTIAN ROOTS • Matthew 7:12; Luke 10:25–37

WHAT THIS MEANS

Ask before hugging or touching. Stop when someone says no or shows discomfort. No adult or child is entitled to another person's body. Private parts are private; necessary hygiene or medical care should be explained and provided safely. Never demand secrecy about unsafe behaviour.

FOR CHILDREN

You can say no to a hug, use a gesture or tell another trusted adult if something feels wrong.

FOR ADULTS

Respect consent, age-appropriate boundaries and safeguarding. Never pressure someone into affection, contact or secrecy. Follow safeguarding requirements.

TRY IT IN REAL LIFE

An adult asks for a hug. Offer a wave instead if you prefer. A child who declines affection is not being rude.

Safety Brian and Circles remind us that boundaries protect everyone.

RULE 07

Honour parents, carers and elders

Show respect without giving up your right to be safe.

CHRISTIAN ROOTS • Exodus 20:12; Ephesians 6:1–4

WHAT THIS MEANS

Use considerate words, listen and help with suitable tasks. Adults must also respect children. You do not have to obey an unsafe instruction or keep a harmful secret. You may ask questions and disagree politely.

FOR CHILDREN

Say please and thank you in your own way. Ask why if you do not understand an instruction.

FOR ADULTS

Model the behaviour you expect. Explain rules calmly, offer choices and never humiliate or physically punish a child.

TRY IT IN REAL LIFE

If an adult tells a child to hide something frightening, the child should tell a safe adult or a safeguarding professional.

Bridges work both ways: respect is mutual.

RULE 08

Use kind words and good manners

Speak thoughtfully and listen without putting others down.

CHRISTIAN ROOTS • Ephesians 4:29; James 1:19

WHAT THIS MEANS

Say please, thank you, excuse me and sorry when appropriate. Do not insult people or use words to frighten them. At meals, wash your hands, chew safely, ask before taking food and help clear away when able.

FOR CHILDREN

Try cheeky alternatives when frustrated: Oh flapjacks! Oh sugar! What the jelly beans? Use words that do not target anyone.

FOR ADULTS

Avoid degrading language and threats. Respect communication differences; eye contact, speech and stillness are not compulsory signs of respect.

TRY IT IN REAL LIFE

If a child needs to move during dinner, agree a safe movement break rather than calling them naughty.

Sensitive Brian reminds us that words can affect people differently.

RULE 09

Do not steal or cheat

Respect what belongs to others and act fairly.

CHRISTIAN ROOTS • Exodus 20:15; Proverbs 11:1

WHAT THIS MEANS

Ask before taking or using things. Return what you borrow. Do not cheat in games, take someone else's work or exploit someone's trust. If you cause a loss, help put it right.

FOR CHILDREN

Ask before using a friend's toy. Return it when you finish.

FOR ADULTS

Deal honestly with money, property, work and agreements. Pay what you owe and seek permission before using someone's material.

TRY IT IN REAL LIFE

If you find a purse or wallet, hand it to a responsible adult or an appropriate lost-property service.

Circles give us rules that make sharing safe.

RULE 10

Keep trust and commitments

Be faithful, reliable and honest in your relationships.

CHRISTIAN ROOTS • Exodus 20:14; Matthew 5:37

WHAT THIS MEANS

Keep reasonable promises and tell people when plans change. Respect other people's privacy. Do not pressure someone into making a promise. A promise must never require you to stay in an unsafe situation.

FOR CHILDREN

If you promise to return a book, remember it or ask for help.

FOR ADULTS

Honour mutually agreed relationship commitments, consent and privacy. Do not manipulate, deceive or control a partner.

TRY IT IN REAL LIFE

If you cannot keep a promise, explain honestly and agree a new plan if possible.

Bridges are strengthened by reliability, not control.

RULE 11

Be grateful, not jealous

Appreciate what you have without resenting someone else's happiness.

CHRISTIAN ROOTS • Exodus 20:17; Luke 12:15

WHAT THIS MEANS

It is normal to feel jealous or disappointed sometimes. Do not take, damage or demand another person's belongings because of those feelings. Notice what you enjoy and work towards goals fairly.

FOR CHILDREN

When a friend gets something you want, name your feeling and choose something kind to do.

FOR ADULTS

Avoid treating wealth, status or relationships as things you are owed. Be generous without expecting repayment or affection.

TRY IT IN REAL LIFE

If you feel left out, ask to join or find another activity instead of ruining the game.

Waves can rise; our choices still matter.

RULE 12

Forgive, repair and learn

Own your mistakes and make amends without excusing harm.

CHRISTIAN ROOTS • Matthew 6:14–15; Luke 19:1–10

WHAT THIS MEANS

When you make a mistake, stop, tell the truth and try to repair it. Say sorry sincerely if you are ready, and show change through your actions. Forgiveness is a choice; nobody has to forget harm or return to an unsafe person.

FOR CHILDREN

If you knock over a tower, help rebuild it if the other child wants you to.

FOR ADULTS

Apologise specifically, accept consequences and respect another person's decision about contact. Seek professional support for serious harm.

TRY IT IN REAL LIFE

Say: I did something that hurt you. I am sorry. What can I safely do to make it right?

Learning Brian turns mistakes into learning.

RULE 13

Share, serve and help

Use your abilities to make life better without demanding a reward.

CHRISTIAN ROOTS • Luke 10:25–37; Matthew 25:35–40

WHAT THIS MEANS

Share when you can and help people who ask. Respect their answer if they do not want help. Do not give away things that belong to someone else or put yourself in danger to help.

FOR CHILDREN

Help set the table, make a card or share a toy with permission.

FOR ADULTS

Support vulnerable people through responsible, consensual help. Give within your means and respect professional safeguarding.

TRY IT IN REAL LIFE

If a stranger seems distressed, tell a safe adult or call for appropriate help rather than following them alone.

Kindness Brian builds Bridges through everyday actions.

RULE 14

Respect God, faith and freedom

Practise faith with humility and respect other people's freedom of belief.

CHRISTIAN ROOTS • Exodus 20:1–11; Matthew 22:37–40

WHAT THIS MEANS

Christians are taught to love God, respect God's name and make time for worship and rest. ENKI encourages reflection on creation and love. Nobody should be bullied or forced to believe, pray or take part in a spiritual practice.

FOR CHILDREN

You can pray, reflect quietly, draw or ask questions with a trusted adult.

FOR ADULTS

Practise your beliefs peacefully. Do not claim that spiritual authority gives you power over others or permission to ignore their rights. Seek medical and practical help when needed.

TRY IT IN REAL LIFE

Two people believe different things. Both can be kind and learn together without having to agree.

Curious Brian can explore faith while respecting evidence and uncertainty.

RULE 15

Be responsible for your choices

Follow fair rules, seek help and accept proportionate consequences.

CHRISTIAN ROOTS • Galatians 6:5; Micah 6:8

WHAT THIS MEANS

Rules should help keep people safe, not frighten or shame them. Learn routines, ask for explanations and make repairs when needed. Everyone needs support sometimes. Feelings are allowed; harmful actions are not.

FOR CHILDREN

Use a now/next chart and ask for a break when overwhelmed.

FOR ADULTS

Set clear, accessible expectations. Follow the law, respect safeguarding and use non-violent, proportionate responses. Provide reasonable support for different needs.

TRY IT IN REAL LIFE

If a rule seems unfair, explain your concern calmly or seek help from a trusted person. Do not take revenge.

Brian's, Waves, Circles and Bridges work together.

The Four Pillars

Tom Tom's Four Pillars help us turn the rules into everyday actions. Different brains learn in different ways. Use pictures, signs, movement, quiet time or communication aids as needed.

Brian's • Understand your mind

Notice what your different Brains are telling you. Curious Brian asks questions; Safety Brian looks for danger; Kindness Brian notices others.

Ask: What am I thinking, and what do I need?

Waves • Understand your feelings

Feelings can be calm or powerful. Pause, breathe if helpful, move to a quieter place or ask for support.

Ask: How big is my wave? What will help me feel safer?

Circles • Build safety and routine

Use clear routines, predictable rules and healthy boundaries. Make adjustments when someone needs extra help.

Ask: What happens now, and what happens next?

Bridges • Connect with others

Listen, communicate, share and repair relationships without forcing contact or agreement.

Ask: How can I be kind and respect the other person's choice?

The Five Commandments of Love

1 Love creation

Respect the world, its creatures and the preciousness of life.

2 Love yourself

Understand yourself, care for your body and mind, and recognise your worth.

3 Love one another

Treat every person with compassion, dignity, kindness and respect.

4 Love the truth

Be honest, ask questions, seek evidence and never stop learning.

5 Protect through love

Protect children and vulnerable people through peaceful, responsible and caring actions.

Love is not control. Respect is not blind obedience. Faith is not a reason to harm yourself or another person.

My daily promise

I will try to care for myself, tell the truth, treat others kindly, respect boundaries and ask for help when I need it. I do not have to be perfect. I can learn and try again tomorrow.

- [ ] I looked after my body and mind.
- [ ] I used kind words or helpful communication.
- [ ] I respected someone's personal space.
- [ ] I told the truth or corrected a mistake.
- [ ] I cared for something in creation.
- [ ] I asked for help or gave help safely.

Something I learned today:

Something I would like help with:

One kind thing I can try tomorrow:

Christian foundations

These passages are the foundations of the book's modern ENKI interpretation. The rules are paraphrased and grouped by everyday purpose, rather than presented as a new or verbatim version of scripture.

The Ten Commandments

Exodus 20:1–17; Deuteronomy 5:6–21. Worship, respect for God's name, rest, honouring parents, protecting life, faithfulness, honesty, property and avoiding covetousness.

The greatest commandments

Matthew 22:37–40; Mark 12:29–31. Love God and love your neighbour as yourself.

The Golden Rule and peacemaking

Matthew 7:12; Matthew 5:9; Matthew 5:44. Treat others with care, seek peace and resist hatred.

The Good Samaritan

Luke 10:25–37. Compassion crosses social and religious boundaries.

The responsibilities of adults

Ephesians 6:1–4; Colossians 3:21. Family respect includes adults' duties towards children.

A NOTE FOR FAMILIES

These rules are for guidance, not a test of worth. Adapt them to age, ability and needs. If a child is unsafe, listen, believe their right to be heard, and seek appropriate safeguarding help. In an emergency, call 999 in the UK.