

# 10 Ethical & Sociological Practices That Can Enhance Our Lives & Fortify Our Society

**Written By:** Ramin Vassighi



[Http://www.4ava.net](http://www.4ava.net)

March 29, 2023

The following advice comes from Imam Ali (A)<sup>1</sup> regarding 10 principles that, if followed, can help us lead healthy lives and build a strong society. Instilling these principles in our children is crucial to ensure their success in life.

These 10 ethical and sociological practices can enhance our lives and fortify our society:

Respect and protect the rights of your neighbors, whether they are physical neighbors, colleagues, neighboring communities, or neighboring countries. This is especially important when economic and social issues are at stake. Always respect the limits and borders of your neighbors, regardless of the conditions.

1. Be loyal to your promises, commitments, and contracts. Do not make promises that you cannot keep, but if you do make a promise, be steadfast in fulfilling it.
2. Show mercy to others, and you will be shown mercy in return. Compassion and kindness towards others will open doors to blessings in this life, whether they are economic or social in nature.
3. Behave in a kind and benevolent manner. By doing so, you will attract honest and loyal friends who will love and protect you. Avoid engaging in gossip or speaking ill of others.
4. Always be humble and stand up against those with unhealthy egos or selfish pride. This will help you to embody virtuous behavior and to oppose negative influences in your life.
5. Uphold high moral character and continuously seek knowledge. Strive to reach your highest potential and be a lifelong learner, embodying virtuous behavior in all aspects of your life.
6. Respect and appreciate the true value of life, treating it with reverence and respect. As it is said in the Quran, taking a human life is equivalent to destroying humanity itself.

---

<sup>1</sup> Nahajul Balagha (Peak of Eloquence), Part of Sermon number 192 “Khotbe Ghasse-aa”



7. Treat others fairly and do unto them as you would have them do unto you. This applies to personal, economic, and social affairs.
8. Exercise self-control and prevent overreactions to emotions, especially anger, to avoid making mistakes and having to apologize. This will help maintain healthy relationships and prevent unnecessary conflicts.

Avoid corruption and decay, and do not ruin the lives of others or the planet before you. Plan your life in a way that does not lead to your downfall and make choices that will contribute to a better future for yourself and others. It is crucial to learn from history, analyze the actions of others, and avoid repeating their mistakes. We must be mindful not to follow in the footsteps of those who have destroyed themselves before us. Instead, we should study their successes and failures to ensure a bright and prosperous future for ourselves and our communities.

