

# That Most Golden of “Rules”

across the spectrum of faith traditions

## **Baha’i Faith**

“Lay not on any soul a load that you would not wish to be laid upon you, and desire not for anyone the things you would not desire for yourself.”

~ Baha’u’llah, Gleanings

## **Islam**

“Not one of you truly believes until you wish for others what you wish for yourself.”

~ Number 13 of Imam Al Nawawi’s Forty Hadiths

## **Judaism**

“What is hateful to you, do not do to your neighbor. This is the whole Torah; all the rest is commentary.”

~ Hillel, Talmud, Shabbat 31a

## **Jainism**

“One should treat all creatures in the world as one would like to be treated.”

~ Sutrakritanga 1.11.33

## **Zoroastrianism**

“Do not do unto others whatever is injurious to yourself.”

~ Shayast-na-Shayast 13.29

## **Native American Tradition**

“We are as much alive as we keep the earth and others alive.”

~ Chief Dan George

## **Native American Tradition**

“All things are our relatives; what we do to everything, we do to ourselves. All is really One.”

~ Black Elk

## **Unitarianism**

“We affirm and promote respect for the interdependent web of all existence of which we are a part.”

~ Unitarian Principles

## **Christianity**

“In everything, do to others as you would have them do to you; for this is the law and the prophets.”

~ Matthew 7:12

**Sikism**

“Don’t create enmity with anyone as God is within everyone.”

~ Guru Arjan Devji, 259

**Taoism**

“Regard your neighbor’s gain as your own gain, and your neighbor’s loss as your own loss.”

~ T’ai Shan Kan Ying P’ien, 213-218

**Confucianism**

“One word which sums up the basis of all good conduct...loving kindness. Do not do to others what you do not want done to yourself.”

~ Confucius, Analects 15.23

**Buddhism**

“Treat not others in ways that you yourself would find hurtful.”

~ Udana-Varga 5.18

**Wiccan**

“An it harm no one, do what thou wilt.”

**Sufism**

“If you haven’t the will to gladden someone’s heart, then at least beware lest you hurt someone’s heart, for on our path, no sin exists but this.”

~ Javad Nurbakhsh

**Hinduism**

“This is the sum of duty: do not do to others what would cause pain if done to you.”

~ Mahabharata 5:1517

**Yoruba**

“One going to take a pointed stick to pinch a baby bird should first try it on himself to feel how it hurts.”

**Shito**

“Be charitable to all beings, love is the representative of God.”

~ Ko-ji-ki Hachiman Kasuga

**Humanism**

“Don’t do things that you wouldn’t want to have done to you.”

~ British Humanist Society