

The Golden Rule – (The Ethic of Reciprocity) As Articulated In Various World Religions

“Every religion emphasizes human improvement, love, respect for others, sharing other people’s suffering. On these things, every religion has more or less the same viewpoint and the same goal.”The Dalai Lama

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’ullah. Gleanings

Buddhism: “Treat not others in ways that you yourself would find hurtful.” The Buddha, Udana-Varga 5.18

Christianity: “In everything, do to others as you would have them do to you; for this is the law and the prophets.” Jesus, Mathew 7:12

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

Hinduism: “This is the sum of duty: do not do to others what would cause pain if done to you.”Mahabharata 5:1517

Islam: “Not one of you truly believes until you wish for others what you wish for yourself.”
The Prophet Muhammad, Hadith

Jainism: “One should treat all creatures in the world as one would like to be treated.”
Mahavira, Suttrakritanga

And: “In happiness and suffering, in joy and grief, we should regard all creatures as we regard our own self”Lord Mahavira 24th Tirthankara

Judaism: “Thou shalt love thy neighbor as thyself.” Leviticus 18,19

And: “What is hateful to you, do not do to your neighbor. This is the whole Torah; all the rest is commentary.” Hillel, Talmud, Shabbath 31a

Humanism: “Humanist affirm that individuals and social problems can only be resolved by means of human reason, intelligent effort, critical thinking joined with compassion and a spirit of empathy for all beings.”British Humanist Society

Native American: “Do not wrong or hate your neighbor. For it is not he who you wrong but yourself.”Pima Indian proverb

Shinto: “The heart of the person before you is a mirror. See there your own form.”
Ko-ji-ki Hachiman Kasuga

Sikhism: “I am a stranger to no one; and no one is a stranger to me. Indeed, I am a friend to all.”Guru Granth Sahib, pg 1299

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Sufism: **“The basis of Sufism is consideration of the hearts and feelings of others. If your 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.”**Dr. Javad Nurbakhsh, Master of the Nimalullahi Sufi Order

Taoism: **“Regard your neighbor’s gain as your own gain, and your neighbor’s loss as your own loss.”**T’ai Shang Kan Ying P’ien, 213-218

Unitarian Universalism: **“We affirm and promote the inherent worth and dignity of every person... justice, equity and compassion in human relations...[and] respect for the interdependent web of all existence of which we are a part.”**By-laws of the Unitarian Universalist Association

Wicca: **“An[d] it harm no one, do what thou wilt.”** (i.e. do whatever you will, as long as it does no harm to anyone, including yourself.) Wiccan Rede

Yoruba (Nigeria): **“One going to take a pointed stick to pinch a baby bird should first try it on himself to feel how it hurts.”**

Zoroastrianism: **“Do not do unto others whatever is injurious to yourself.”**Shayast-na-Shayast 13.29en

[Editor’s Note: The reader will notice that some of these articulations of “The golden Rule” are proactive statements of love and compassion, whereas others of these articulations are more passive and suggest we must simply not do harm to one another. They are nonetheless all considered to be affirmations of what theologians call “The Ethic of Reciprocity”]