

That Most Golden of Rules

Across the Spectrum of Many 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.”

Fourth Hadith of an-Nawawi 13

Judaism

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

Talmud, Shabbat 31a

Jainism

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

Mahavira, Sutrakritanga 1.11.33

Zoroastrianism

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

Shayast-na-Shayast 13.29

Native American Spirituality

“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.”

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

“Surely it is the maxim of loving-kindness: Do not do to others what you do not want done to yourself.”

Confucius, Analects 15.23

Buddhism

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

Udana-Varga 5.18

Wiccan

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

The Wiccan Rede

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

Brahmanism

“This is the sum of duty: do naught unto others which would cause you pain if done to you.”

Mahabharata 5:1517

Various sources