

The Golden Rule across the World's Religions

Thirteen Sacred Texts

Bahá'í 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.

Bahá'u'lláh, 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, Matthew 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 1.11.33



Judaism

What is hateful to you, do not do to your neighbour. This is the whole Torah; all the rest is commentary. Go and learn it.

Hillel, Talmud, Shabbath 31a



Native Spirituality

We are as much alive as we keep the earth alive.

Chief Dan George



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, p.1299



Taoism

Regard your neighbour's gain as your own gain and your neighbour's loss as your own loss.



Lao Tzu, T'ai Shang Kan Ying P'ien, 213-218

Unitarianism

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

Unitarian principle

Zoroastrianism

Do not do unto others whatever is injurious to yourself.

Shayast-na-Shayast 13.29



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