

# the golden rule

ONE RULE THAT ALL RELIGIONS  
CAN AGREE ON

**Buddhism** Hurt not others with that which pains yourself.  
UDANAVARGA 5.18.

**Christianity** Always treat others as you would like them to treat you; that is the Law and the Prophets. BIBLE, MATTHEW 7:12.

**Confucianism** Do naught unto others what you would not they should do unto you. ANALECTS 15.23.

**Hinduism** This is the sum of duty: Do nothing to others which, if done to you, would cause you pain. MAHABHARATA 5.1517.

**Islam** No one of you is a believer until he loves for his brother what he loves for himself. TRADITIONS.

**Jainism** In happiness and suffering, in joy and grief, we should regard all creatures as we regard our own self, and should therefore refrain from inflicting upon others such injury as would appear undesirable to us if inflicted upon ourselves. YOGASHASTRA 2.20.

**Judaism** What is hurtful to yourself do not to your fellow man. That is the whole of the Torah and the remainder is but commentary. Go learn it. TALMUD.

**Sikhism** As you deem yourself so deem others. Then you will become a partner in partner to heaven. KABIR.

**Taoism** Regard your neighbor's loss as your own loss.  
T'AI SHANG KAN YING P'EN.

— PAUL MCKENNA

For a world of resources on the Golden Rule,  
see [scarboromissions.ca/golden-rule](http://scarboromissions.ca/golden-rule).

Spirituality  
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