



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'l-láh, Gleanings)



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



Buddhism: Treat not others in ways that you yourself would find hurtful. (Udana-Varga 5.18)



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)



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



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)



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)



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)



The Golden Rule



Jainism: One should treat all creatures in the world as one would like to be treated. (Mahavira, Sutrakritanga)



Native Spirituality: We are as much alive as we keep the earth alive. (Chief Dan George)



Unitarianism: We affirm and promote respect for the interdependent web of all existence of which we are a part. (Unitarian principle)



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)



Zoroastrianism: Do not do unto others whatever is injurious to yourself. (Shayast-na-Shayast 13.29)