

Baha'i Faith

Lay not on any soul a load 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](#)

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.
[Mahariva, Sutrakritanga 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](#)

THE GOLDEN RULE