



SHARED VISIONS: GOOD DEEDS

Across the world's religions, traditions, and practices, good deeds are recognized as a powerful way to have a positive impact on the people around us. By helping others, we put the Golden Rule into practice. And research shows [you'll be happier](#) when you do.¹

BAHÁ'Í

By faith is meant, first, conscious knowledge, and second, the practice of good deeds. 'Abdu'l-Bahá, Baha'i World Faith, p. 383

BUDDHISM

Whoever, by a good deed, covers the evil done, such a one illumines this world like the moon freed from clouds. *Dhammapada 173*

CHRISTIANITY

And let us not grow weary of doing good, for in due season we will reap, if we do not give up. *Galatian 6:9*

HINDUISM

The wise see knowledge and action as one; they see truly. *Bhagavad Gita 5.4, 5*

ISLAM

(And) lo! those who believe and do good works are the best of created beings. *Qur'an, 98.7 (Pickthall)*

JUDAISM

I call heaven and earth to witness: whether Jew or Gentile, whether man or woman, whether servant or freeman, they are all equal in this: that the Holy Spirit rests upon them in accordance with their deeds! *Midrash, Seder Eliyahu Rabbah 10*

NATIVE AMERICAN WISDOM: SHENANDOAH

It is no longer good enough to cry peace, we must act peace, live peace and live in peace. *Shenandoah*

SIKHISM

Heaven is not attained without good deeds. *Adi Granth, Ramkali-ki-Var, M.1, p. 952*

TAOISM

Anything evil refrain from doing; all good deeds do! *Tract of the Quiet Way*

¹ "New Study: Volunteering is positively linked with mental and physical health." Psychology Today. <https://www.psychologytoday.com/blog/the-empathy-gap/201308/the-caring-cure-can-helping-others-help-yourself>. Accessed June 22, 2016.