

REFLECTIONS ON NONVIOLENCE

Across many of the world's religions, traditions, and practices, nonviolence is recognized and revered. Practicing nonviolence is a way to stand up for justice, recognize each person's humanity, and contribute to a more peaceful world.

BAHÁ'Í

A Bahá'í denies no religion; he accepts the Truth in all, and would die to uphold it. He loves all men as his brothers, of whatever class, of whatever race or nationality, of whatever creed or color, whether good or bad, rich or poor, beautiful or hideous. He commits no violence; if he is struck he does not return the blow.
–'Abdu'l-Baha

BUDDHISM

One is not called noble who harms living beings. By not harming living beings one is called noble.
–Dhammapada

CHRISTIANITY

You have heard that it was said, 'Eye for eye, and tooth for tooth.' But I tell you, do not resist an evil person. If anyone slaps you on the right cheek, turn to them the other cheek also. And if anyone wants to sue you and take your shirt, hand over your coat as well. –*Matthew 5:38-40*

HINDUISM

Nonviolence (Ahimsa) is the highest virtue, nonviolence is the highest self-control, nonviolence is the greatest gift, nonviolence is the best suffering, nonviolence is the highest sacrifice, nonviolence is the finest strength, nonviolence is the greatest friend, nonviolence is the greatest happiness, nonviolence is the highest truth, nonviolence is the greatest teaching. –*Mahabharata 13.117.37-38*.ⁱ

ISLAM

Good and evil are not equal; repair the evil done to you with something that is better. Then the enemy who did evil to you may turn into a close and true friend. –*Qur'an 41:34*

JAINISM

To kill any living being amounts to killing one self. Compassion to others is compassion to one's own self. Therefore, one should avoid violence like poison and the thorn (that cause pain).
–Mahavira *Bhagavati Ardhana*

JUDAISM

And they shall beat their swords into plowshares, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war anymore. –*Isaiah 2:4 and Micah 4:3*

SIKHISM

To act without understanding is to lose the treasure of this human life. –Sri Guru Granth Sahib

TAOISM

Weapons are ominous tools. They are abhorred by all creatures. Anyone who follows the Way shuns them.
–*Tao Te Chin*

ⁱ Metta Center for Nonviolence, *Ahimsa*. <http://mettacenter.org/definitions/gloss-concepts/ahimsa/>. Ahimsa has multiple translations, while its best translation in English is nonviolence, it connotes love in action, not just the absence of violence.