

The Platinum Rule

Bahá'í

I hope that each one of you will become just, and direct your thoughts towards the unity of mankind; that you will never harm your neighbors nor speak ill of any one; that you will respect the rights of all men, and be more concerned for the interests of others than for your own.

Abdu'l-Bahá, Paris Talks, Part Two:49

Buddhism

In the same way, the individual is made of non-individual elements. How do you expect to leave everything behind when you enter a meditation center? The kind of suffering that you carry in your heart, which is society itself. You bring that with you, you bring society with you. You bring all of us with you. *Being Peace (Berkeley, CA: Parallax Press, 1987), 45-47, quoted in King, Being Benevolence.*

Christianity

For even as the body is one and yet has many members, and all the members of the body, though they are many, are one body, so also is Christ... God has so composed the body... so that there may be no division in the body, but that the members may have the same care for one another. And if one member suffers, all the members suffer with it; if one member is honored, all the members rejoice with it. *1 Cor. 12:12, 24-26*

Confucianism

In the Analects, there is a dialogue between Confucius and his disciple Zi Gong, who asks: "Is there any one word that could guide a person throughout life?" The Master replied: 'How about *shu*: never impose on others what you would not choose for yourself?'

In many versions, *shu* here is translated as reciprocity but there are many meanings behind this character. It also means empathy and forgiveness. So in the Confucian tradition you would prioritise the other rather than the self; you would look at the other person's needs first.

Analects 15.24, Commentary by Dr. Yinya Liu

Hinduism

Honor your mother as God
Honor your father as God
Honor your teachers as God
Honor the stranger as God.

Taittiriya Upanishad

Islam

The Messenger of Allah said: 'I start prayer and I want to make it long, but then I hear an infant crying, so I make my prayer short, because I know the distress caused to the mother by his crying.' *Ibn Majah*

Jainism

Thus [*Anekānta*] ... teaches to respect alternative viewpoints even when we disagree with them. This mindset cultivates an attitude of tolerance, openness and co-operation, which helps to build bridges rather than walls, cohesion rather than conflict. *Dr. Samaniji Shashi Prajna*

Judaism

When the community is suffering, a person should not say to himself, 'I will go to my own home, and eat and drink, and imagine myself at peace...'. But rather, he should share in the community's pain. So we find that Moses our Teacher shared in the pain of the community, as is written: 'But Moses' hands grew heavy; so they took a stone, and put it under him and he sat on it...'. Did Moses not have a cushion or pillow to sit upon? No! Moses insisted, 'Since Israel is in pain, I will be with them in their pain.' *Babylonian Talmud Tractate Ta'anit 11a*

Sikhism

Within all living beings is the same light - the light of the Divine Creator. *Guru Nanak Dev Ji, p13, Guru Granth Sahib Ji.*

Taoism

Make your will one! Don't listen with your ears, listen with your mind. No, don't listen with your mind, but listen with your spirit.

From Chapter 4 of the "Chuang Tzu", translated by Burton Watson

Unitarian Universalism

We affirm and promote the inherent worth and dignity of every person with respect for the interdependent web of all existence of which we are a part.

Unitarian Universalist Principle

Wicca

The world is sacred and so we seek to live in a sacred way, guided by Nature's wisdom that our interdependence makes the world better for all Life.

Phyllis Curott, Wiccan Priestess and Jurist Doctor