Examples of the Golden Rule from around the world

1) ‘He should treat all beings as he himself should be treated. The essence of right conduct is not to injure anyone.’ Jainism, from The Suta-Kritanga (about 550 BCE, India)

2) ‘Do not do to others what you would not like for yourself.’ Confucianism, from The Analects of Confucius (about 500 BCE, China)

3) ‘I will act towards others exactly as I would act towards myself.’ Buddhism, from The Siglo-Vada Sutta (about 500 BCE, India)

4) ‘Do not do to others that which would anger you if others did it to you.’ Socrates (fifth century BCE, Greece)

5) ‘This is the sum of duty: Do nothing to others which, if done to you, could cause you pain.’ Hinduism, from The Mahabharata (about 150 BCE, India)

6) ‘What you would avoid suffering yourself, seek not to impose on others.’ Stoicism, Epictetus (about 90 CE, modern-day Italy)

7) ‘Love your neighbour as yourself.’ Judaism/Christianity, Leviticus 19, in the Torah (about 400 BCE, Israel), quoted by Jesus in Matthew 22 and Mark 12 (first century CE)

8) ‘The law imprinted on the hearts of all men is to love the members of society as themselves.’ Roman Pagan Religion (Italy)

9) ‘None of you truly believes, until he wishes for his brothers what he wishes for himself.’ Islam, a saying of Muhammad (seventh century CE, modern-day Saudi Arabia)

10) ‘As you think of yourself, so think of others.’ Sikhism, Guru Granth Sahib (1604 CE, India)

11) ‘Someone going to take a pointed stick to pinch a baby bird should first try it on himself to feel how it hurts.’ Yoruba Proverb (Nigeria)

12) ‘To do as one would be done by, and to love one’s neighbour as one’s self, constitute the ideal perfection of utilitarian morality.’ Utilitarianism, John Stuart Mill (1861 CE, UK)

13) ‘He should not wish for others what he does not wish for himself.’ Baha’i, from the writings of Baha’u’llah (about 1870 CE, modern-day Iran)

14) ‘Treat other people as you’d want to be treated in their situation; don’t do things you wouldn’t want to have done to you.’ Humanism, Humanists UK, (1999 CE, UK)
The Golden Rule around the world