

The Golden Rule: How to live

(English translations from various sources)

Baha'i	Blessed are those who prefer others before themselves (Baha'u'llah)
Buddhism	Hurt not others in ways that you yourself would find harmful. (<i>Udana Varga</i> 5:18)
Christianity	Do unto others as you would have them do unto you. (Jesus, <i>New Testament Bible</i> , Matthew 7:12)
Confucius	Never do to others what you would not like them to do to you. (<i>Analects</i> 15:23)
Hinduism	This is the sum of all duty; treat others as you yourself would be treated. (Mahabharata, bk 5, ch 49, v 57)
Islam	That which you want for yourself, seek for mankind. (Sukhanan-i-Muhammad, 63)
Jainism	In happiness and suffering, in joy and grief, regard all creatures as you would regard your own self. (Lord Mahavira, 24 th Tirthankara)
Judaism	... but you shall love your neighbor as yourself (<i>Bible</i> , Leviticus 19:18)
Northern Plains First Nations	Great Spirit, grant that I may not criticize my neighbor until I have walked a mile in his moccasins (shoes).
Plato	May I be of sound mind, and do unto others as I would that they should do to me. (<i>The Laws</i> , 11, number 919)
Sikhism	As you deem yourself, deem others as well; only then will you become a partner in heaven. (Guru Granth Sabib p. 480)
Zoroastrianism	Human nature is good only when it does not do unto another whatever is not good for its own self. (Dadistan-i-dinik 94:5)

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Questions to discuss or write about:

1. Why has this idea been called “The Golden Rule”?
2. Do you think this value is universal? Does everyone in the world believe it? Can the Golden Rule be used in every situation in life? Explain.
3. Do you think it is easy to follow the Golden Rule? Why or why not? Which personality characteristics are needed for someone to follow the rule?
4. Have you had an experience of choosing to follow or breaking the Golden Rule? Explain.
5. Do you think some animals follow the Golden Rule? Explain.
6. If a soldier dies for his country, is this an example of following the Golden Rule? Explain.
7. “An eye for an eye; a tooth for a tooth.” (*Bible*, Exodus 21:24)
This is a common saying about getting justice when someone is hurt.
Is this an example of the Golden Rule? Explain.
8. If you know any of the original sources of the Golden Rule (other page), do you know if the source has another comment which contradicts (is opposite to) the idea of the Golden Rule? Explain.

Group Task:

In your group, think of a situation when the Golden Rule can work (or does not work). Create a role play with a dialogue and do it in front of the class.

What is the problem? Who is involved? What do they say? How is the problem solved (or not solved)?