



THE GOLDEN RULE

5th April is Golden Rule Day. It is all about the universal principle shared by many cultures, religions & societies on earth;

"Treat others and the planet as you would like to be treated,"

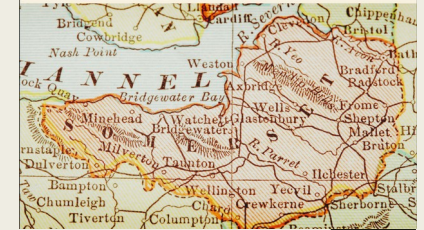
It was first proclaimed by URI-Africa and Interfaith Peace-building Initiative in 2007, calling upon all citizens of the world, organizations, and the United Nations to join them.

Since then, more than 700 organizations in 165 countries have committed to living according to the Golden Rule's teaching to make the world a better place!



<https://interfaithbelief.glade.org>





THE GOLDEN RULE

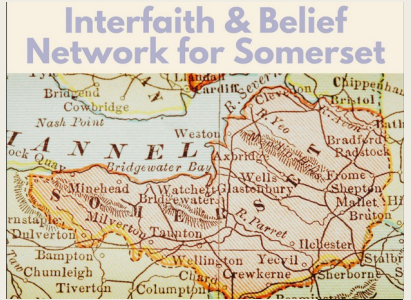
“Treat others and our planet as you would like to be treated.”

An opportunity for new conversations leading to interfaith dialogue



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THE GOLDEN RULE

At its core, the Golden Rule is urging us to step into someone else's shoes and consider how our actions impact on other people & our planet.

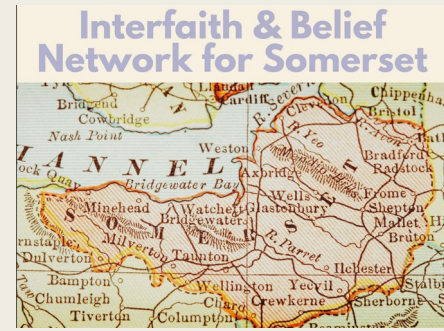


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The Golden Rule

"treat others & the planet as you would like to be treated"



Also known as the Ethic of Reciprocity, The Golden Rule has been valued by human societies for thousands of years and is found worldwide throughout cultures, religions, secular philosophies and indigenous traditions.

It reveals a profound unity underlying the rich diversity of human experience. With its emphasis on mutuality, interdependence and reciprocity, it is a simple but effective guide for respectful and harmonious co-existence.



Social & Lifelong Learning Objectives



- Reflect on how beliefs can be applied in our everyday lives, as a way of expressing belief or expressing values, to build caring, respectful and peaceful relationships with each other and with our planet
- Reflect how main beliefs seem to appear as threads within several religions and worldviews
- Spot opportunity for you to take action & have agency for The Golden Rule



Quick win sorting activities for new conversations



- Sort in 2 piles:- familiar sayings – unfamiliar sayings
- Sort into 4 piles sayings you think are:- A world religion. A law. An ancient culture/ traditional belief. Something else.
- Rank in diamond shape:- sayings that are easy to understand to sayings that are less easy to understand
- Top 3:- statements you like most & why
- Connections:- put sayings into piles, where you feel they have something in common. What is it each different pile has in common?



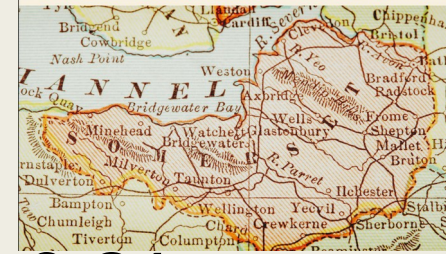


Sayings page 1)

- Just as a mother would protect her only child with her life, even so let one cultivate a boundless love towards all beings.
- What is hateful to you, do not do to your fellow man.
- Do to others as you would have them do unto you.
- No one of you is a believer until he desires for his brother that which he desires for himself.



Sources of Sayings page 1)



- **Buddhism:-** Khuddaka Patha, from the Metta Sutta
- **Judaism:-** Talmud: Shabbat 31a
- **Christianity:-** Luke 6.31
- **The Church of Jesus Christ of Latter-day Saints** also uses this
- **Islam:-** Al-Nawawi's Forty Hadith, 13





Sayings page 2)

- This is the sum of duty: do naught to others which if done to thee would cause thee pain.
- No one is my enemy, and no one is a stranger. I get along with everyone.
- I forgive all beings, may all beings forgive me, I have friendship towards all, malice towards none.
- I am a stranger to no one and no one is a stranger to me. Indeed I am a friend to all



Sources of Sayings page 2)



- **Hinduism:-** Mahabharata
5.1517
- **Jainism:-** Pratikraman
Sutra 35: 49
- **Sikhism:-** Sri Guru Granth
Sahib p.1299
- **Sikhism:-** Sri Guru Granth
Sahib p.1299



Sayings page 3)

- Blank for your own



Sources of sayings page 3)

- Blank for your own



Shorter Sayings



Print & handout sayings below as needed

In happiness and misery, in the agreeable and the disagreeable, one should judge effects as if they came to one's own self

Treat others as you want to be treated, for this sums up the Law and the Prophets

Each one should do unto others as he would have others do unto him

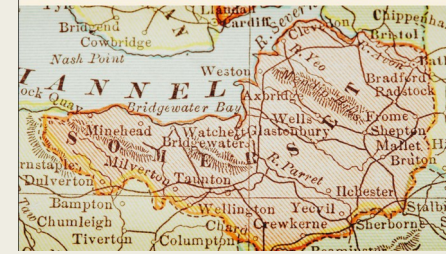
Hurt not others with what pains yourself

What is hateful to yourself, don't do to another. That is the whole Torah. The rest is commentary.

None of you is a true believer unless he wishes for his brother what he wishes for himself.

All human beings are born free and equal in dignity and rights ... and should act towards one another in a spirit of brotherhood



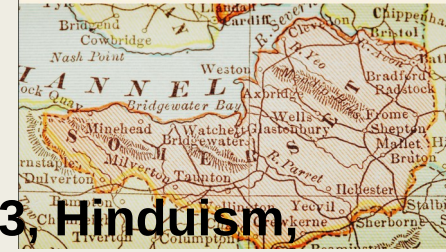


Try these Shorter Sayings

- In happiness and misery, in the agreeable and the disagreeable, one should judge effects as if they came to one's own self
- Treat others as you want to be treated, for this sums up the Law and the Prophets
- Each one should do unto others as he would have others do unto him
- Hurt not others with what pains yourself
- What is hateful to yourself, don't do to another. That is the whole Torah. The rest is commentary.
- None of you is a true believer unless he wishes for his brother what he wishes for himself.
- All human beings are born free and equal in dignity and rights ... and should act towards one another in a spirit of brotherhood



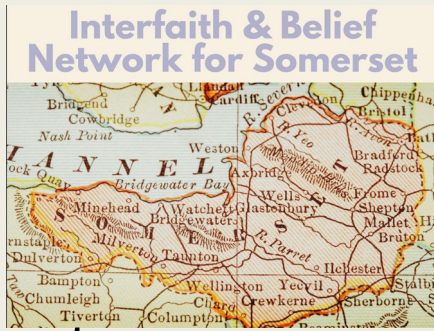
Sources of Simpler sayings



- In happiness and misery, in the agreeable and the disagreeable, one should judge effects as if they came to one's own self → **Mahabharata bk. 13, Hinduism, circa 400BC**
- Treat others as you want to be treated, for this sums up the Law and the Prophets → **Bible, Matthew 7:12. Christianity, circa 4 BC-65 AD**
- Each one should do unto others as he would have others do unto him → **Inca leader Manco Capac, Peru, circa 1200 AD**
- Hurt not others with what pains yourself → **Dhammapada, Northern Canon 9:18, Buddha, 563-483 BC**
- What is hateful to yourself, don't do to another. That is the whole Torah. The rest is commentary. → **Rabbi Hillel in Sanhedrin of the Babylonian Talmud 56a, Judaism, 30 BC – 10 AD.**
- None of you is a true believer unless he wishes for his brother what he wishes for himself. → **Via several Hadiths: Bukhari 1:2:12, Muslim 1:72f, and An-Nawawi 13), Muhammad, 610**
- → **United Nations Declaration of Human Rights, 1948**



Responses to the Golden Rule:- illustrated, personal & beyond



- The following slides show some of the parallels within and between society and cultures across time and place. They are not definitive, so you could search for more.
- Find a way to share a personal example of The Golden Rule within your own deep-held values or belief system.
- Generate your own creative response to the Golden Rule; creative writing, a piece of visual art, a short mood piece, a beginnings of a tapestry, compose some music or sound
- Create a short podcast of your response to these conversations about the Golden Rule [see quick tips, following]



Hinduism: This is the sum of duty: do not do to others what would cause pain if done to you. (Mahabharata 5:1517)



Islam: Not one of you truly believes until you wish for others what you wish for yourself. (The Prophet Muhammad, Hadith)



Judaism: What is hateful to you, do not do to your neighbour. This is the whole Torah; all the rest is commentary. (Hillel, Talmud, Shabbat 31a)

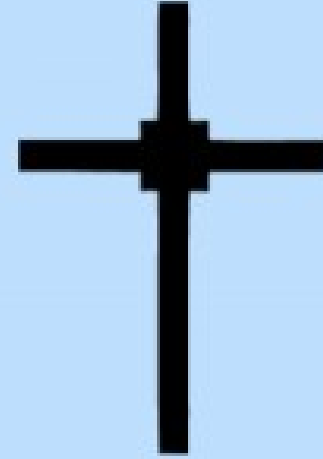


Sikhism: I am a
stranger to no
one; and no one is
a stranger to me.



Indeed, I am a friend to all.
(Guru Granth Sahib, p. 1299)

Christianity: In everything, do to others as you would have them do to you; for this is the law and the prophets. (Jesus, Matthew 7:12)

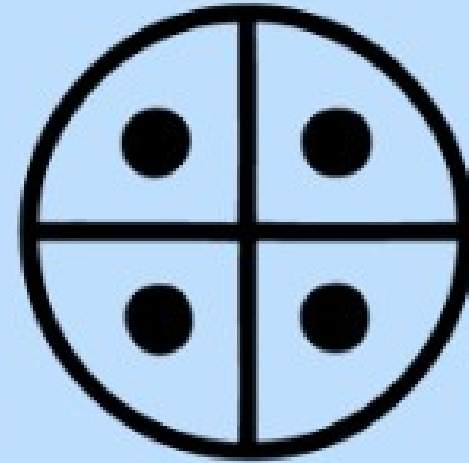


Taoism: Regard your neighbour's gain as your own gain, and your neighbour's loss as your own loss. (T'ai Shang Kan Ying P'ien, 213-218)



Native Spirituality:

We are as much
alive as we
keep the earth alive.
(Chief Dan George)



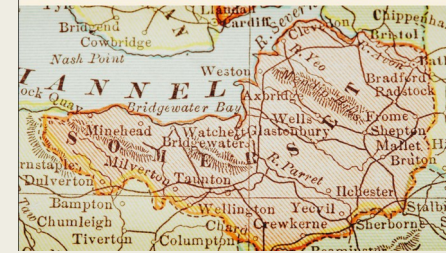
SHARED VALUES: THE GOLDEN RULE

Exploring differences and commonalities and working together on the basis of shared values is a vital part of living together well in a diverse society.

Each faith tradition has teachings about the importance of treating others as we ourselves would wish to be treated. These teachings inspire and underpin engagement of people of different faiths with others and their social action for the wellbeing of society. These teachings are sometimes called the Golden Rule. There are equivalents in non-religious belief writings.

The Inter Faith Network for the UK has worked with its member bodies since 1987 for inter faith understanding and cooperation in the UK. The Golden Rule quotations here were drawn together by it, with the assistance of its Faith Communities Forum. The Act of Commitment by the Faith Communities of the UK, developed with the Inter Faith Network, reflects other values that the faith communities saw as held in common
www.interfaith.org.uk/resources/act-of-commitment

Interfaith & Belief Network for Somerset



Baha'i faith

Lay not on any soul a load which ye would not wish to be laid upon you, and desire not for any one the things ye would not desire for yourselves.

This is my best counsel unto you, did ye but observe it.
Baha'u'llah, Gleanings, 128



Buddhism

Just as a mother would protect her only child with her life, even so let one cultivate a boundless love towards all beings.

Khuddaka Patha, from the Metta Sutta



Christianity

*Do to others as you would have them do unto you.**

Luke 6:31



Hinduism

This is the sum of duty: do naught to others which if done to thee would cause thee pain.

Mahabharata 5.1517



Islam

No one of you is a believer until he desires for his brother that which he desires for himself.

Al-Nowawi's Forty Hadith, 13



Jainism

I forgive all beings, may all beings forgive me, I have friendship towards all, malice towards none.

Pratikraman Sutra 35: 49



Judaism

What is hateful to you, do not do to your fellow man.

Talmud: Shabbat 31a



Paganism

*The wholeness of nature is experienced as unconditionally sacred.***



Sikhism

No one is my enemy, and no one is a stranger. I get along with everyone.

Sri Guru Granth Sahib p.1299



Spiritualism

We are all part of the universal creative force and therefore one family in God. [...] Spiritualists try to understand the needs of others and help all people regardless of race, colour or creed.

Brotherhood of Man, Spiritualists' Second Principle



Zoroastrianism

That nature only is good when it shall not do unto another whatever is not good for its own self.

Dadistan-i-Dinik 94.5



* The Church of Jesus Christ of Latter-day Saints also uses this 'golden rule'.
** There are many paths within contemporary Paganism. The example above reflects principles of modern Druidry as practised by members of The Druid Network

www.interfaith.org.uk

This material is drawn from the IFN publication Connect: A youth inter faith action guide which was based on consultation with the Faith Communities Forum of the Inter Faith Network for the UK and its Board of Trustees.

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Poster available to download free from
<https://www.interfaith.org.uk/resources/shared-values-golden-rule>

<https://interfaithbelief.glade.org>



Guided questions for conversations

- Do you think it is easy to follow the Golden Rule?
- How do you think the world would be different if everyone lived by this rule?
- Do you agree with the version/s shown, or can you improve with your own version? What would you say?
- Can you think of a time when you have seen someone apply the Golden Rule? How about a time when they haven't? How did it make you feel?
- What do You already do that reflects the Golden Rule ?
- Can you think of a new way you can apply the Golden Rule in everyday life? How could you 'live the Golden Rule'?

UN International Days align well with The Golden Rule

The Golden Rule is ancient and contemporary, secular and religious, has personal meaning and encompasses our global community too.

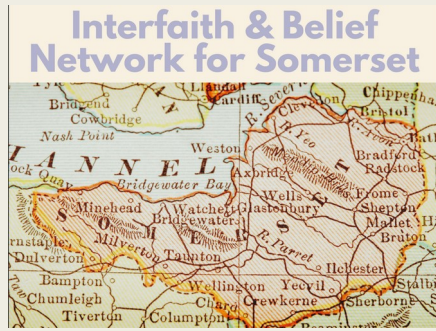
Golden Rule Day is one opportunity for humanity to reflect on and celebrate the universal and global principle of treating others and our planet the way that we want to be treated. The Golden Rule is powerful when we practice it.

The United Nations designates specific days, weeks, years and decades as occasions to mark particular events, topics or themes. These days are global occasions to educate the general public on issues of concern, to mobilize political will and resources to address global problems, and to celebrate and reinforce achievements of humanity. Usually, it is one or more Member States that propose these observances and the General Assembly establishes them with a resolution.

Useful overview from UN ; <https://www.un.org/en/observances>

UN international days & weeks; <https://www.un.org/en/observances/international-days-and-weeks>

Quick Tips for Recording a Podcast/ Video inspired by The Golden Rule



- **Choose Your Device;** smartphone, tablet, digital camera.
- **Find a Good Location;** ensure good lighting, minimal background noise, what background?
- **Position the Camera;** use a tripod or stable surface, check your settings to avoid shaky footage.
- **Frame Yourself Properly;** centre your face with some space above your head, check your device settings to track and keep you in focus.
- **Check Audio Settings;** speak clearly and if signing, ensure your hands are in shot and your mouth not in shadow
- **Press Record;** start recording, talking at conversation speed and volume. Pause or stop, it's easier to have a few short sound and video files of 2 or 3 minutes than one long video.
- **Review Your Footage;** watch your video/ podcast to check for clarity and quality.
- **Check you have permissions and/ or signed releases to upload your video/ podcast online. If under 19 years old, you might need a parent/ carers permission to do this. Check first**

