

The Golden Rule

"There is no better training in awareness and sensitivity~even understanding and attention~because in order to consider my brother or my neighbor externally I need to take him or her into the field of my attention in a very real way. I must be open to his or her needs, sufferings, and that means putting some of my own self-absorption off to one side."

Annie Lou Stavely

"Don't go around hurting people and try to understand things."

Capo 2nd Hopi Indian Culture

"You shall love your neighbor as yourself."

Judeo-Christian — Leviticus 19:18

"The heart of the person before you is a mirror. See there your own form."

Shinto

"What you would avoid suffering yourself, seek not to impose upon others."

Greek Philosopher — Epictetus

"One should seek for others the happiness one desires for one's self."

Buddhist

"Nations must treat other nations as they wish to be treated. Thus, peace."

Jonathan Granoff

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

Islam — Sunnah

"The golden way was to be friends with the world and to regard the whole family like the members of one family."

Mahatma Gandhi

"It is a very high goal: free and responsible development of the individual, so that he may place his powers freely and gladly in the service of mankind."

Albert Einstein

As we try living the Golden Rule, we find that it is an ongoing process fed by a struggle with the smaller parts of ourselves which care only about our own needs and desires. This common striving, which comes to us from all directions and all times, inspires us to persevere. The real value comes with the struggle.

