

GOLDEN RULE 黄金律

己所不欲 勿施于人



The principle known as the Golden Rule: 'Do unto others what you would have them do unto you' (Matthew 7, 12), is often thought of as the apex of Jesus' moral teachings and of being unique to Christianity. However, the Buddha made this same principle one of the cornerstones of his ethics too. For example, the Buddha said: 'All tremble at punishment. Life is dear to all. Put yourself in the place of others and harm none nor have them harmed'. To make the so-called Golden Rule central to one's thought and behavior, several prerequisites are necessary. One must be clear about one's own true welfare, one must be aware of the reactions of others, and one must be detached enough to get out of one's own feelings and enter into the feelings of others. So interestingly, true empathy and compassion are preceded by a degree of mindfulness and detachment.

One should treat others as one would like others to treat oneself (positive or directive form).

One should not treat others in ways that one would not like to be treated (negative form).

What you wish upon others, you wish upon yourself (empathic form).

The concept of this Golden Rule occurs in nearly every religion and ethical tradition. Psychologically, it involves a person empathizing with others. Philosophically, it involves a person perceiving their neighbor also as "I" or "self". Sociologically, "love your neighbor as yourself" is applicable between individuals and groups.

Confucius spent his entire life trying to reconcile the social world with the natural world, looking for truths throughout that would improve society and the relationship between man and spiritual world. The

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“What you do not want done to yourself, do not do to others”. An English paraphrase would be “do unto others as you would want them to do unto you” which is known as the “Golden Rule”.